



For Best Results After Your Adjustment

- Go for a 3-5 minute walk, this allows the nervous system to get used to the new function of the vertebrae and tension of the muscles.
- Avoid strenuous exercise and sport for a least 2 hours.
- Avoid activities such as vacuuming and gardening, and don't do the week's grocery shopping straight after an adjustment. Carry any bags evenly.
- Drink a glass of water or two in order to hydrate the body and dilute any toxins stirred up by the adjustment.
- Avoid sugary foods and alcohol that day as these dehydrate the muscles and can put them into a spasm.
- Split your time equally between sitting, standing and walking (don't go home and sit on the couch in front of the TV all night!).
- BREATHE .. Deeply, in through the nose and out of the mouth, this dissipates a lot of the tension in the nervous system and is the natural way to relax and tune into your body.
- Remember your posture; stand nice and tall with your shoulders back!

Remember that after you have had an adjustment, the body needs to integrate the changes.

Relax, and let the adjustment do its work 😊

