After the Blair Adjustment

- Some people feel an increase in energy.
- Others feel exhausted and want to sleep.
- Some notice symptoms go away.
- Others feel new areas of discomfort.

These are ALL normal and okay responses to a Blair Adjustment

During you care program

- You will have great days, weeks and even months.
- Other days, weeks and months will be a struggle.
- You will have some adjustments that seem like miracles.
- Others adjustments will feel like nothing happened or now there is discomfort where before there was not.

These are ALL normal responses and part of the HEALING PROCESS!

Please, always discuss any questions and concerns with us!

- **Always remember that healing does take time!**
  - We are here to serve you and your loved ones!

- **OUR MISSION:** To provide Life-Altering Upper Cervical Chiropractic Care with passion and integrity to unleash our practice member's incredible health and life potential!