Dear Smith UCHC practice member,

Why do some patients respond quickly while others take longer to recover?

Good question.

Over the years we've seen our share of difficult cases eventually respond to Upper Cervical Chiropractic care and improved nervous system function. It's impossible to predict how quickly a patient will experience the results that they seek.

Patients often ask me what they can do to speed their recovery and enhance the healing process. Here are some ideas:

1. **Keeping Their Appointments**. Each visit builds on the ones before it. It takes time to retrain muscles and soft tissues to support the spine properly. Our recommendations for you come from the experience of helping others with similar conditions. Follow your visit schedule for the best results.

2. **Proper Rest**. A good night's sleep gives your body time to heal. Use a supportive mattress and a pillow that promotes proper neck curve. Sleep on your back or side. Smith UCHC recommends, The NeckPillow by Tempur-pedic. Ask us for details and ordering information.

3. **Eating Nutritious Foods**. Your body needs the building blocks offered by good nutrition to heal properly. Make sure your body has the best raw materials to heal muscles and soft tissues. While good nutrition is always important, it's doubly important now. Make a conscious effort to eat healthful foods. Supplements are becoming the best way to give your body the materials to rebuild and stay healthy. We use Shaklee Products and Juice plus. Ask us for more information.

4. **Exercising Moderately**. A sedentary lifestyle can hamper the healing process. A regular walking program can help improve overall muscle tone. You will receive important exercises that are designed to support your healing process and relax working muscles. Practice members who consistently experience the best results are always the ones who develop a routine for these exercises and stick to it. These exercises are designed not only to provide relief from pain but also to condition the muscles for your body's transition to improved posture and spinal health.

5. **Correct Lifting**. Lift with your knees and keep your back straight. Correct sitting and good posture is important. Consider using a small pillow to help maintain proper spinal curves when at work or in your car.

6. **Avoiding Environmental Toxins**. This is the time to quit smoking, reduce alcohol intake and clean up some of the habits that can delay healing. Limit prescription and over-the counter medications to only the essentials. Many can slow your healing process by tricking your body. We can discuss any concerns with you. Changes in the quality of both water and air have become important factors in our health. Ask us for more information about this.

7. **Remaining Optimistic**. A positive attitude is a powerful ally in the healing process. We remain optimistic about your case--you should too! You become what you think about most of the time so, make your thoughts positive and always of what you want to accomplish. Worry will give you something to do but will not get you anywhere.

8. **Being Patient**. You are a self-healing organism. Honor this inborn wisdom of your body and allow the healing process to unfold. Just as it took you body time, maybe even years, to get to the state of health you are currently in, so to will it take time to heal and repair the damage. The difference is you are now an active participant in your health. Never before has your body had this ability to heal since becoming subluxated. Remember, healing takes time.

9. **Tell Others**. Interestingly, patients who tell others about their Upper Cervical Chiropractic experience seem to get well faster. Telling others can reinforce your commitment and remind you of the simple truths of the Upper Cervical Chiropractic approach to better health.

Healing takes time. Between what we do at the office and what you do at home, the road to recovery looks promising.

Sincerely,

Dr. Smith, Wendy & Smith Upper Cervical Health Care

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