MY FIRST UPPER CERVICAL SPINAL CORRECTION

Yes, I now understand why the Upper Cervical Spinal Correction is a specialty in the field of Chiropractic- no jerking, twisting or cracking; just a gentle touch on the side of the neck that is barely felt.

This is possible because of the precision x-ray analysis, prior to the correction, that provides the Doctor with the exact formula used for the correction. The formula was engineered for my individual correction. No two formulas are the same; each one is developed for that individual person.

Immediately after the spinal correction is made and body balance is restored, muscles begin to relax, blood and oxygen circulation is increased, healing messages flow from the brain to the affected area, and the body's self-healing process is reactivated.

The first six to eight weeks after the correction is the body's stabilization and healing period as it adapts to the new balanced, relaxed condition.

Listed, are some of the reactions and changes that are possible during the stabilization and healing period, as the body is at work restoring health:

- **Alleviation of symptoms**
- **Tired and/ or relaxed feeling**
- **Light-headedness – possible headaches**
- **Cold-like symptoms, i.e. runny nose, as the body goes through a cleansing process**
- **Muscle stiffness in other parts of the body as it adapts to the correction**
- **Pain in the area of an old injury**
- **Tingling or heat sensation as blood and oxygen circulation continued to normalize**
- **Body elimination changes – either diarrhea or constipation as the body adapts to changes after the correction**

Symptoms may decrease immediately or pain may change and move to another area of the body. All are signs that indicate the self- healing process is working.

Most patients get results with the first spinal correction and will experience 85% or better results during the 6 to 8 weeks stabilization and healing period – provided Body Balance is maintained. It is very important for the Doctor to continue to monitor progress during this period to prevent any interruption of the healing cycle.

When the body fully adapts to the Upper Cervical Spinal Correction, renewed health is assured.

***Smith** Upper Cervical Health Care*
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