



Chiropractic Health & Wellness Centre

Your Healing Process

Our Healing Goal

Phase Four

Scheduled visits consists of specific holistic care (adjustments, nutritionals, strategic homeopathics & botanicals) that identifies and removes any interference to the expression of vital life force in and through your body thus supporting optimal cellular balance and function according to a higher design. What's best about you is the point, so enjoy!

➡ To allow for an optimal state of ideal health, through the development of a personalized healthy lifestyle programme to enhance the vibrant expression of your wellbeing... all naturally!

Phase Three

Your spine is more resilient, nerves are flowing to all parts of your body. Muscles, organs and cells and tissues are becoming more vibrant. Spinal correction is necessary to reduce the impact of daily stressors that would interfere with bodily processes and optimal bodily function. Organs and systems that have been weakened may require further therapeutic cleansing and support.

➡ To gently and effectively remove interferences to the healing process by determining and addressing deeper, underlying causes.

Phase Two

You are able to hold your adjustments for longer periods. Your nervous system is flowing (life force) to all parts of your body. As a result, the healing process begins, your energy increases and your restful periods are more complete. Continued adjustments will support this part of your healing phase. Specific, customized nutritionals, homeopathics and botanicals will be utilized to support the body's self healing process.

➡ To promote the body's healing and recuperative powers safely and naturally implementing effective protocols and procedures such as personalized nutritional supplementation, digestive cleansing, hormonal balancing, lifestyle counseling, diet and exercise.

Phase One

Symptoms are a sign that the body parts are in a breakdown phase (weak and damaged). This is likely due to a spinal misalignment and a loss of conductive life force (nerve flow) to the cells, tissues, organs and muscles of the body. You will require a number of adjustments during this first phase as this weakened state will not allow you to hold your adjustments.

➡ To gently relieve your pain and symptoms while bringing the inflammation under control so that the channels of healing may be effectively opened: quickly as possible!

Personalized nutritional, botanical and homeopathic supplementation may be added to your treatments to provide you with relief from pain and help control inflammation.