

Holding is Healing

It is important to allow your body to rest and build strength after each adjustment/correction. While you will be eager to get back to your active lifestyle following an adjustment, it is important that you allow your spine the opportunity to hold.

Upper Cervical care is a **unique approach to health**, focused on restoring nerve function by gently unlocking the Upper Cervical spine. This is achieved through gentle and precise adjustments/corrections to the top two bones of the spine: the Atlas and Axis. The goal of an upper cervical correction is not to force the body into place, but to unlock subluxations and restore brain-to-body communication.

Do I need adjustments forever?

As the body is strengthened and subluxations are eliminated, the body moves from a Corrective Phase to a Wellness Phase. The ultimate goal of Upper Cervical Care is to **reduce** adjustments/corrections as spinal alignment is ultimately restored. Holding is healing.

How can I promote holding in my spine?

DO NOT:

- Engage in explosive or jerky movements.
- Sit for extended periods of time.
- Engage in household chores such as sweeping or mopping.
- Exercise heavily immediately (ex: weightlifting, intense workouts).

DO:

- Drink plenty of water.
- Engage in light, steady movements (ex: walking).
- Get enough sleep (on your back!).
- Maintain a straight back.
- Do stretches advised by your chiropractor.

Your Upper Cervical Chiropractor doesn't just adjust your spine. They also work to monitor the nervous system and determine your next steps in the healing process. Spinal correction that holds gives more positive momentum potential, thus allowing for a more permanent correction. Your UC Care practitioner will put you on the optimal **path to true and lasting healing**.

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When the spine is aligned, the nervous system can function free of interference and the brain can receive proper blood supply.

When your body holds an adjustment, **true healing takes place**. This healing isn't just pain relief. It is correcting health problems and issues at the source.



SCAN HERE FOR REFERENCES



*If you currently suffer from a health condition, an upper cervical doctor will strive to correct its cause. If you are symptom-free, Upper Cervical care is one of the best ways for you to stay healthy. **onetemplewellness.com***