

# WHAT SHOULD I BE DOING AND FEELING DURING AN ADJUSTMENT?

Here is what you should be focusing on during an adjustment to maximize your body's response and improvement:

- 1) Focus your awareness on the area of the spine where your Chiropractor has adjusted with the Integrator. Passively observe any spontaneous movements or sensations in that area or elsewhere.
- 2) If you sense any gentle movements of your head, neck, arms or legs; don't be afraid to slightly accentuate and increase the stretch that they are creating in that area.
- 3) Quietly take notice of any changes in your body's sense of tension.
- 4) Work towards developing a breath that produces a wave-like sensation moving up and down your spine, by starting your breath in low down in your abdomen and then filling your breath gradually upwards till it fills to the top of your chest.
- 5) Try to increase and accentuate the depth of your breath into the area where you have been adjusted while keeping your breath slow, rolling and easy.
- 6) Enjoy any other "nerve" sensations such as areas of warmth, tingling, twitches, or shooting sensations (not pain).

***RELAX..... BREATHE..... LISTEN TO YOUR BODY***