



P E A K
CHIROPRACTIC CENTRE

Spinal Essentials

Introduction

Thank you for choosing
Peak Chiropractic Centre
for your Chiropractic care.

This video series will help you get the best results so you can get relief faster, have more control of your body and maximise your investment with us.

We're inviting you to learn about the Spinal Essentials and they are essential habits for you to address to get the best results you can, as fast as you can. We encourage you to follow up these videos with the Better Results Faster workshop we offer to our practice members.

3 key points to understand before we go ahead:

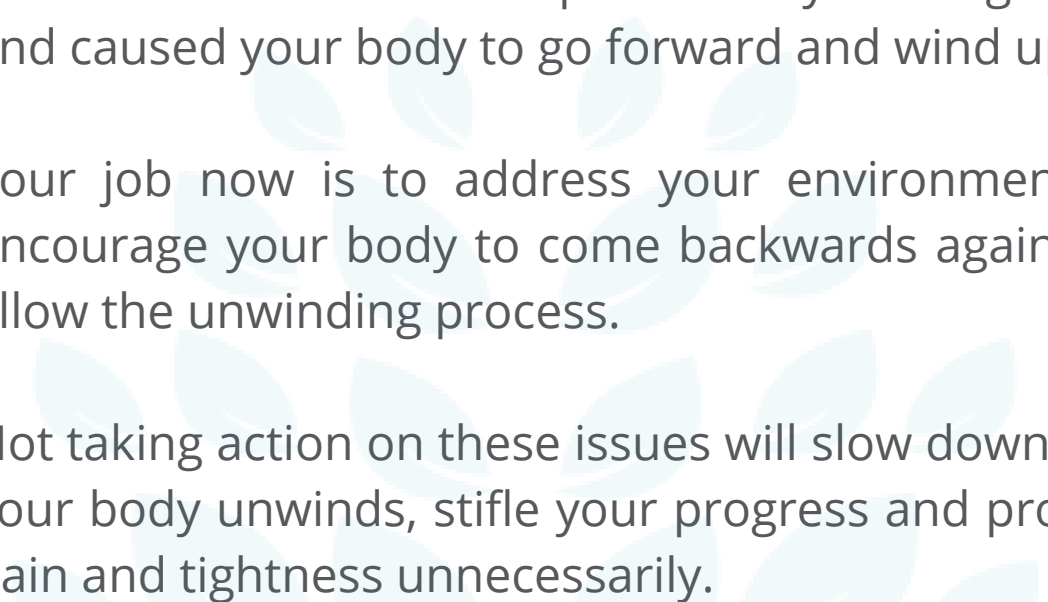
1. Posture is about how your body holds you up, not how you hold your body up.

- When your body is working well, the structure (meaning the bones) holds you up, not your muscles.
- It's only when the structure is misaligned that you have to start using your muscles to hold you up.
- When the bones are misaligned in a direction your body can't self-correct because you have no muscles pulling in the direction needed, your body has to compensate with further twists. We call this process 'winding up.'
- That means that there are no exercises or stretches that can properly correct this issue, so we are giving you the information you need to support your structure and help it to unwind.

2. Forwards bad, backwards good.

- When your structure loses alignment, it collapses forward and winds up.
- Forward posture puts additional strain on the spine, nerves, and muscles they are not meant to hold.
- This is a state of defence and over time it gives way to the process of decay and degeneration – this posture uses more energy so you feel more fatigued and it leads to accelerated aging.
- In this state, you are likely to experience more pain, tightness, and discomfort in many areas of your body.
- Research shows that people with forward postures are sicker as they age and have died sooner than older people with better posture.
- When you get adjusted, your body comes backward and because the structure is well aligned, you experience a state of increased ease and the process of repair can take over. This is the unwinding process.
- This backward posture uses less energy so you feel more energised and can reverse some of the effects of the ageing process.

3. Your body moulds to the environment you put it in.

- Throughout your life so far, you've been forced to put your body into sitting, sleeping, and standing positions that have compromised your alignment and caused your body to go forward and wind up.
 - Your job now is to address your environment, to encourage your body to come backwards again and allow the unwinding process.
 - Not taking action on these issues will slow down how your body unwinds, stifle your progress and prolong pain and tightness unnecessarily.
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This series will show you how to set up your sitting, sleeping, and standing postures so your body will hold itself up and you can get more ease and regeneration.

These steps complement your schedule of care where your Chiropractor will check and adjust your spine and nervous system as necessary at each visit. With each adjustment, we will correct the misalignments your body can't self-correct. Once adjusted your body will go about unwinding the things it can. Your sitting, sleeping, and standing positions are the biggest things you can do to help or hurt this process.

We encourage you to test everything we teach and report back to us on your experience.

While everything we teach you can be done with everyday items, like towels, we have developed a range of postural products to make your life even easier.