

After Your Adjustment

Water

Drink plenty of water! A good rule of thumb is to drink half your body weight in ounces per day. So if you weigh 150 lbs, drink 75 oz per day.

Good Posture

Become aware of your body position, posture, and sitting/sleeping habits. Movements and motions that cause pain, discomfort, or exacerbate a symptom is your body's signal NOT to do that movement. Always avoid sleeping on your stomach. Avoid constantly looking down at cell phones, or computers that are too low.

Additional Tips

Heat, not ice, the treated areas to improve blood flow and help to relax the muscles. Take a bath with water as hot as you can stand and 2 cups of Epsom salts. Take anti-inflammatory Omega 3 supplements such as Metagenics EPA DHA 1000, and SPM Active, which are two of our favorite products.

