



All Seasons Chiropractic SUSTAINABLE Health Center
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A chiropractic adjustment for your body is **ACTUALLY** an adjustment for your brain!

Why Do You Feel So Amazing After **Each** Adjustment?

These things occur in your body with **EVERY** adjustment so the more joints you have adjusted the better you feel! This is why we choose to adjust your whole body every visit!

- **Stress Reduction** by reducing the body's release of Cortisol (the stress hormone) and instantly releasing a flood of **Serotonin** (satisfaction hormone) and **Dopamine** (anticipation of good things hormone)
- **Improved Digestion**, by reducing Cortisol blood flow returns to the gut that had been diverted during the stress (fight or Flight) response
- **Increased Focus and Learning Ability**- an adjustment to the spine increases impulses to the Frontal Cortex of you brain instantly (yes you are up to 60% smarter right after an adjustment)
- **Improved Immune Response**- With the reduction of Cortisol your immune function improves drastically. Chiropractic actually got licensed originally for immune protection NOT neck and back pain.
- **More Happy Thoughts** by releasing Serotonin and Dopamine the brain instantly **seeks happier thoughts** which over time create a better outlook on life.
- **More Successful in Your Life**- The adjustment also causes the brain to release Oxytocin and Vasopressin which increase your desire to bond with others and your drive to get things done! This makes you **More Attractive** and more likely to attract what/who you want.
- **Pain Reduction** through activating the nerves that sense motion and inhibit pain

What Happens Overtime with Continued Care: (**Practice Makes Permanent**)

- **Increase Sexual Satisfaction** the frequent release of Oxytocin increases your ability to form a deeper bond with those around you and increases the intensity of each orgasm!
- **Increase ability to get pregnant**- With reduced Cortisol in your system and increased blood flow to the reproductive organs Women and men become more fertile.
- **Improved Movement**- With reconnecting the brain and body muscles get rebalanced leading to **Better Posture, Precise Coordination, and Improved Balance.**
- **Reduced Depression** with each adjustment your body gets better and better at releasing Serotonin and Dopamine creating an overall more positive view of Life.
- **More Happy Thoughts**- The more you seek good things the better you get at finding them. The release of Serotonin, Dopamine & Oxytocin all facilitate this with **EACH** adjustment.

Practice Makes Permanent so you get better at producing those chemicals on your own without the need for drugs or medications.