

## What to Expect

1. Most people feel **gradually better**. Sometimes dramatic improvements happen quickly. Every corner of your body has been affected by the subluxation; therefore, the area that feels better first may be something that was not on your mind when you began care.
2. Even for the individual that “sees” results immediately, there are deep layers that are healing and may become noticeable many months (even years) later. This is one reason that it is important to complete your care program. If someone is inconsistent or quits care before all healing has occurred, he or she may never know the health potential that could have been. Sometimes, individuals have a lot of healing to do internally before progress is evident on the surface. While most people notice improvement fairly quickly, **healing takes time**. Give your body time to heal and then remain well by keeping subluxations corrected.
3. When a body makes very fast progress at the start of care, the work that occurs internally can, on rare occasion, create a **symptom**. If this happens to you, **call your chiropractor**. Certain healing responses—tight muscles relaxing and feeling sore for a day or two, or a frozen shoulder inflaming just before it frees up, or a person prone to headaches getting a headache—are rare, but do happen. This may be a sign that your body is making very fast changes; often progress will be faster than average.
4. If you are on medications for such things as blood pressure or diabetes, there is the possibility that your body will function better and need less medication. If you have a symptom that could relate to **a need for medication change**, consult your medical doctor immediately.

## Proper Use of Chiropractic Care

Your program of care is designed with consideration of: (1) the condition of your spine, (2) how long the problem has existed, (3) your general health, (4) injuries, and (5) stress factors in your life.

**The goal of this program is to maintain your spine subluxation-free a high percentage of the time**, so that you will experience the fastest and greatest health benefits, and improve more rapidly toward a less frequent need for care.

On each visit, your spine will be examined to determine whether your body has maintained the correction or has re-subluxated. The chiropractor is also gathering important information about general progress in the spine and monitoring secondary areas for possible need of adjustment.

Adjustments should not be necessary on each visit. It is important to observe on some visits that your spine is “holding” the adjustment.

**Examination for subluxations is the only way to know with certainty that your spine is “holding” the adjustment or if it has re-subluxated.** We do not adjust on a given day because someone has a symptom; nor do we wait until there is a symptom to check the spine.

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**Gelardi**  
Chiropractic  
*creating the opportunity for  
your body to heal itself*

## Helping Your Chiropractic Care



The past is over, and  
the future is not here.  
Right now— today —  
is all there is.  
The only answer  
is to do your best,  
today, to live right.

## Helping Your Chiropractic Care

Your participation in your care is very important.  
Many things affect your progress.

### Keep recommended appointments.

Timely correction is essential for strengthening the spine.

### Rest 15 minutes after an adjustment.

Your entire spine is shifting and settling; resting immediately after an adjustment allows for a better “set” and the vertebra will hold its alignment longer.

### Avoid strenuous activity for the remainder of the day following an adjustment.

NO: exercise, brisk walk, yoga, vacuuming, lifting heavy objects, dentist, tipping head back to wash hair at a salon, massage, eyes dilated for eye exam, painting overhead trim, carrying toddlers.

After a good night’s rest, resume normal activity (unless you are injured).

### Drink adequate pure filtered water.

Dehydration can interfere with muscle function and the success of an adjustment. (Drugs often cause dehydration).

### Live in harmony with natural law.

A balanced healthy lifestyle strengthens the body, which helps the adjustment hold.

## The Healing Process

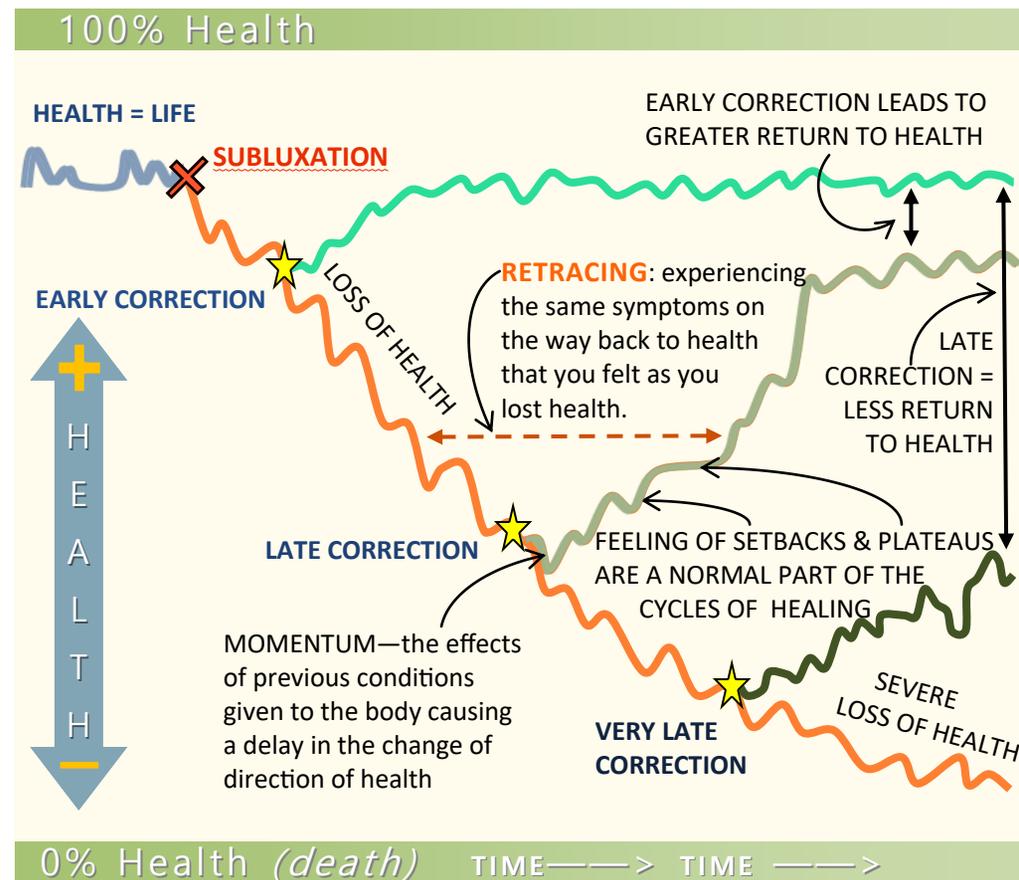
**Time**— The healing process takes time. Real healing cannot be compared to methods for masking symptoms. Temporary symptom relief may “work” to give some quick relief, but does not “work” to support inner healing.

**Cycles**— Everything in nature has cycles. When it comes to your health, there are many cycles affecting you. While we understand some of these cycles, it is as impossible to predict how they all combine to affect you at a particular moment in time.

**Cause and Effect**— Cause and effect is a natural law. However, perception of effects can be delayed. Do what is right for your health and look at the *long*

-term effect. People often, but not always, see quick changes with chiropractic care. These early changes are just scratching the surface; health is accumulated and increased over time.

**Retracing**— As the body heals, it will rise back through the levels of its previous descent, and symptoms associated with these various levels may be re-experienced. Imagine that a bad bacteria in your intestines thrives when your body has a slightly acidic pH. If your health continues to decline—or if your pH continues to go out of balance and becomes very acidic, the bacteria may no longer have the optimal environment. Your body is now further out of balance, but the chronic bacterial infection may lessen, and the symptoms associated with the bacteria would get better. If you take steps to heal your body, your pH may move back toward balance



and pass through the zone that the bacteria liked. If your body stays for long enough at this level, the bacteria may again thrive, and you will re-experience the symptoms. Retracing applies to everything—not just pH. Another factor is that, if the body is too weak, it may no longer produce a symptom. So, as the body heals and regains its strength to adapt, you may re-experience old symptoms on the path back to best health.