

ANDERSON UPPER CERVICAL

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Tips to help in Maintaining the Adjustment

- ✓ Rest flat on your back with a pillow under the neck & legs during the middle of the day (10 to 20 minutes).
- ✓ Maintain proper posture throughout the day (check with Dr. Anderson for a demonstration) --- ***Posture is the window to the spine.***
- ✓ Take deep breaths during the day through your nose, hold for a second & breathe out the mouth (also a great stress reliever).
- ✓ Drink plenty of filtered water every day & avoid or at least work to reduce sodas, energy drinks, etc.
- ✓ Eat as clean as possible (organic when you can)
- ✓ **MOVE!!!** Start exercising - Dr. Anderson knows a thing or two about this topic so pick his brain about ways to start incorporating regular exercise into everyday activity.

The reason you started coming to Anderson Upper Cervical was to experience improved health.

The most effective way to achieve that goal is by ensuring the nerve system is free from interference, thus enhancing healing naturally from the inside out.