

Welcome to Anita Stefanovic's Spinal Flow!

I am very excited to work with you and I look forward to helping you reach your healing goals. This document will serve as your introduction to Spinal Flow and give you an overview of what to expect.

What is Spinal Flow?

Spinal Flow is based on the scientific fact that your nervous system controls the function of every cell, tissue, organ and system of your body. Your nervous system consists of your brain, spinal cord, and millions of nerves. While your brain is protected by the skull, your spinal cord is protected by the 24 moving bones of the spine.

Many everyday activities can cause these spinal bones to lose their normal position or motion. This can result in nervous system dysfunction and ultimately ill health.

The spinal flow approach to better health is to detect, reduce and help prevent nervous system blockages and create more ease in the body.

How long will it take?

Spinal Flow results may vary. Some clients enjoy immediate results. Others find that their recovery takes several months or longer. Children often respond quickly, while adults with longstanding spinal problems heal more slowly. The healing process takes time.

There are three stages of spinal flow care. Once you understand true health, you may want some type of ongoing spinal flow care. Like brushing your teeth, eating wholesome foods, and other healthy habits, regular spinal flow checkups make sense. How long you decide to benefit from spinal flow is always up to you.

1. Initial intensive care

This is usually where most people begin their spinal flow care. Visits can be frequent, depending upon the severity of your condition. The primary focus is to reduce or eliminate your obvious symptoms.

2. Corrective care

When your ache or pain diminish, the objective is to stabilize the spinal function and promote a more complete healing.

3. Wellness care

With the maximum restoration of spinal function, many clients enjoy regular spinal flow care. This type of wellness care can save time and money by keeping minor problems from becoming more serious.



Your first session:

You may feel great after today, you may feel terrible and achy or you may feel no different at all – all these responses are normal and expected.

If you feel no different, don't get upset. Just as braces straighten teeth, it also doesn't take place overnight. Permanent changes towards optimal health take time.

My goal is to restore your health and get rid of your symptoms. There will be periods of highs and lows, however it will move towards the direction of good health.

Please drink water, at least 50 oz in the next 5 hours. Your body has released a lot of toxins in your session, this needs to be released via water. If you don't drink enough water, you may feel queasy or light headed.

Avoid toxins for as long as you can. These include alcohol, tobacco, drugs and caffeine.

If you have any concerns, worries, or reactions that you are unsure of please call or email massivelyhealing@gmail.com, ASAP, so we can discuss. It is much easier to be able to talk to someone about your concerns rather than doing Google searches.

What you need to do to help your session:

Arrive on time

Please be mindful of your appointment time, I aim to run a waiting list practice and are quite busy. If you arrive late to your appointment, you are missing out on time that we would like you to be on the table.

Eat Well

Eat foods that are fresh, pure, and as varied as possible. This will give your body all the nutrients and building blocks you need to heal and be as healthy as you can.

I recommend eating organic foods where possible. Gluten and dairy are hard for some to digest, so stay away if necessary. A diet full of fruits, vegetables, seeds, nuts, and good protein is ideal. Taking wholefood supplements for vitamins, minerals, antioxidants, omegas and probiotics can assist.

Rest

It can often take time to heal and repair damaged body tissues. Be gentle with your body and avoid activities that you find stressful or uncomfortable. Be particularly careful lifting objects and reduce twisting your spine on top of your pelvis.

Be very conscious of your sleep positions and head placement, as improper positions support wrong alignment.

Move

Without distressing your body, move as much as you can. This will help your muscles, ligaments, bones, and joints to heal more quickly and fully. We can discuss movements and exercise that can help you.



WELCOME DOCUMENT

We are not designed to sit at a computer all day. Please move and stretch every 10-15 minutes, when sitting at a computer.

Learn

Learn about your body, health, and the healing process. People who understand more, improve more quickly and get greater long-term benefits. More importantly, learn to listen to the wisdom of your body. Give your body what it needs to heal.

I am very excited to join you on your journey towards greater health.

Please visit my website www.anitastefanovic.com for more information.

