

# Our Techniques

We use several highly-effective healing processes. Also, we help our patients work through emotional issues and physiological imbalances via appropriate nutrition and aspects of our TBM treatment protocols. We often illustrate how electro-magnetic forces may influence our physiology and what may be done to limit negative effects. The approach we use is based on our judgment and years of experience.

The primary techniques Dr Neal (Chiropractor) uses include (but are not limited to):

## **Applied Kinesiology**

Testing the strength of specific muscles of your body helps us find structural, chemical and mental problems and monitor your results.

## **T.B.M. (Total Body Modification Therapy)®**

Total Body Modification) is a technique that is used to find the organ or area of the body that is stressed, determine why it is stressed and then help restore balance to the nervous system and therefore one's health and well-being.

## **N E T (Neuro Emotional Technique)®**

Neuro Emotional Technique helps identify emotional patterns that are often responsible for aches, pains and even self-defeating habits. Most physical ailments appear to correlate with emotional issues.

## **Diversified**

After identifying which vertebrae have lost their normal motion or position, a specific manual thrust is applied to free up "stuck" spinal joints. We may think of an adjustment as a bit like tuning a musical instrument such as a piano, and adjusting / tuning each string to produce perfect pitch.

## **Visceral Procedures**

These address problems with the functioning of your organs. Your organs will be examined for mechanical restrictions and congestions. These procedures may assist the digestive organs, heart, kidney, lung... etc. to function better.

## **Nutrition**

A well-balanced diet and plenty of pure water are vital for healthy living. Good nutrition may help reduce our risk of getting a large number of diseases, e.g. obesity, diabetes and heart disease. As author Anthony Robbins says: 'Nothing tastes as good as healthy feels'.

## **Cranial Procedures**

These involve your skull. Your head and face will be examined for restrictions and minor distortions. This may help your sinuses, jaw, eyes, ears and your brain to function better. We approach these from both an Applied Kinesiology and a Sacro-Occipital Technique aspect.

## **Foot Levelers®**

Problems in your feet can create compensatory problems in back and neck. These custom orthotics can make a dramatic difference. Please ask us for details and a 3D Foot Scan.

## **SOT®**

Sacro-Occipital Technique® helps normalise the relationship between the pelvis and the head, using gravity to make the necessary correction.

## **Extremities**

While many health problems can be traced to the spine, wrists, elbows, shoulders, knees and other joints of the body can be helped to function better and reduce pain.

## **Rehabilitative Procedures**

You will discover it is rarely enough just to stop your pain and other problems. It is very important to put in place procedures to prevent their return as much as possible. Specialised exercises that are powerful and non time consuming will be taught to you.

## **Coaching**

Coaching is about getting the very best out of you and enabling you to make decisions that will improve your life. A coach's job is to work with you to help you find the answers yourself.

## **Chakra Clearing and Balancing**

Chakra is a Sanskrit word meaning 'wheel' or 'vortex'. The chakras in the human body are subtle energy centres. Each chakra functions on physical, emotional and spiritual levels. Balance is the key to health and well-being. When the chakras are clear they can bring energy to the physical organs and subtle bodies and remove used or stagnant energies from the system.

## **Activator Methods®**

This is a system of spinal evaluation combined with a handheld adjusting instrument that delivers a consistent, low-force thrust.

## **Motion Palpation**

As you turn and bend we'll apply a light pressure to the joint being tested with our fingertips to feel how well things are moving. This assists us in orthopaedic testing and evaluating the condition of your spine.

## **Ultrasound**

This therapeutic high-tech deep tissue "micro-massage" helps reduce swelling, increase blood flow, decrease pain, reduce joint stiffness and stimulate cell-repair.

If you've been to a **chiropractor** before and prefer to be adjusted in a particular way, let Dr Rennie (Chiropractor) know. We want you to relax, enjoy and fully benefit from your chiropractic care.

If chiropractic sounds promising, we encourage you to have a first hand experience in our Heathmont practice.

It's easy to **get started**.