



FREE NUCCA REPORT

1 WHAT IS NUCCA?

NUCCA stands for National Upper Cervical Chiropractic Association. It was started in the 1960's. It is an extremely precise chiropractic technique based on physics, algebra and geometry. NUCCA uses the Atlas bone as a lever to center the head over the body. By getting your head on straight, you fix the alignment of the entire body.

There is no guess work because we take specific x-rays, pre (before) and post (after) the adjustment. The NUCCA adjustment can also be called a correction because your posture and alignment will be fixed after the adjustment.

2 HOW OFTEN DO I NEED TO COME?

The amount each person needs to come in, is based on how long you have had the problem, how much damage has occurred, severity of the misalignment, how long you have had the misalignment, and how much physical, chemical and emotional stress your body is under. Typically, we see patients regularly for the first 90 days. After that, your muscles have healed, and your alignment is very stable. We then start our tapering process, starting at once per month and working you down to maintenance visits which is every 3-6 months based on how you hold.

3 WHAT IS HOLDING?

Holding means your body is in alignment and you do not need a NUCCA adjustment. This is one of the main differences between NUCCA and traditional care. We will not adjust every visit, the goal with NUCCA is to have you go months and eventually even years without needing a NUCCA adjustment. When your body holds, your muscles, joints, discs and nerves are able to heal, and your problems can disappear forever if your alignment is maintained.

4 DOES IT HURT?

No, it is extremely gentle. There is no twisting or cracking. The Doctor places their hands very gently to your Atlas bone, usually positioned behind your ear lobe, and holds a very gentle, sustained pressure as the body slides into alignment. You can go to our YouTube channel, "Gardner Schofield Chiropractic", to watch Dr. FJ give some adjustments.

5 DOES EVERY CHIROPRACTOR LEARN NUCCA?

No, NUCCA must be learned either as an elective in school or after graduation. It is a very difficult technique to master and requires a lot of extra equipment. Less than .1% of chiropractors are trained in NUCCA.

6 WHO CAN BENEFIT FROM NUCCA?

Anyone who has postural distortions as they move through gravity can benefit from NUCCA. If you cannot hold your head up in gravity, or have no postural distortion, then NUCCA may not be a good fit. You can normally see the postural distortions very easily. Go to you our website, www.westbendchiropractor.com, and review our *"Are You Out of Alignment"* checklist to see if NUCCA can help you. There are unique cases where the postural distortions are very small and can't be noticed without a trained NUCCA chiropractor, but most of the time the distortions are obvious.

7 WHEN WILL I FEEL BETTER?

Most patients feel improvement by the end of the first 30 days. However, if there is a lot of tissue damage, it can take longer. Your health habits can speed up or slow down the healing process significantly.

8 WHAT CAN I DO TO HELP HEAL?

To help your healing process, you should eat healthy, nutritious foods, drink half your body weight in ounces of water every day, and try to sleep 6-8 hours every night and rest 15 minutes in the middle of the day. You can also ice any area that hurts for 15 minutes, 2 to 3 times a day. Once stable enough, stretch and strengthen your body and take the supplements we recommend. Minimizing emotional stress is also a great tool in the healing process. Check out our *"6 Ways to Get Lasting Relief"* consumer awareness guide on our website for more info.

HOW CAN I LEARN MORE?

- ✓ LIKE OUR **FACEBOOK** PAGE
- ✓ FOLLOW US ON **INSTAGRAM & TWITTER**
- ✓ SUBSCRIBE TO OUR **YOUTUBE** CHANNEL
- ✓ SUBSCRIBE TO OUR **WEEKLY EMAILS**

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