

Welcome to



ADJUST YOUR LIFE CHIROPRACTIC CENTER

Statement of services

Since Chiropractic encompasses many techniques, each with individualised applications, protocols, and objectives, my "statement of services" should assist you in making an informed choice. Choosing appropriately ensures a congruent relation between Chiropractor and consumer.

Many Chiropractic techniques exist; some apply manipulations, some adjusting instruments, some use specialised Chiropractic tables, some rely heavily on x-rays, some use only touch, some analyse reflexes, balance and posture. Others concentrate only on pain. Additionally still, others combine many applications.

Logically, the intellect, knowledge, experience and intention of the Chiropractor affects the guidelines of the treatment plan, and the focus of dialogue at the office.

So let's get started.

At Adjust Your Life we apply principally two techniques: **Network Spinal Analysis** and **Chiropractic Functional Neurology**. Dr. Dela Cuesta is certified in all three levels of Network Spinal Analysis and holds a Diplomat status from the **ACNB American Chiropractic Neurology Board**.

Our services



Decrease the tension within and around the **spine**. This tension creates patterns of distortion which predispose the body to injury.



Increase natural **breathing capacity**. Breath supplies oxygen to the brain so that it may support the demand of normal physiology. Ineffective breathing, due to tension patterns stated above, reduces the level of functioning. That reduced level of function becomes the new "normal".



Increase proprioceptive integration ensuring proper **muscle tone** and a dynamically adaptive increased performance level, thereby increasing movement and flexibility.



Help modify conscious and unconscious **behavioural characteristics** to benefit individual growth as well as an increased quality of life.

But what about my pain?

At this office, **pain** represents an agent for personal change. The mechanisms of pain are inherently linked to the objectives stated. We consider pain the product of dysfunction. Pain is not the dominate topic at this office. We highlight the incredible **healing abilities** of the body; especially when there is no interference within the communicating systems. Traumatic pain is not the same as chronic pain or acute bouts of pain. Traumatic injury mandates particular attention to ensure safety.

“But just unblock me like I saw on social media.”

This office does not perform structural adjustments until the body's tension patterns have eased. Reduced **tension patterns** ensure minimal force applications associated with any future manipulations.

“But all I want is the pain to be gone”

Pain is not pleasant. At this office we have great respect for the mechanisms of pain. Of course, we don't want anyone to suffer.

Those people who believe a big manipulation would correct the problem need to either take into consideration what is written above or give us a call for further discussion. Besides pain attenuation, my services also offer hope to those with chronic neurological conditions as well as developmental challenges. Applying **non-invasive** and non-pharmaceutical **techniques** established through research, we can help increase the person's **quality of life**.

We provide a unique and needed service. Pain and suffering run rampant in society. Our nervous system (which runs through our spine) filters and integrates information received and responds accordingly. All this occurs with intense speed and precision. If the information reduces in quality and clarity, the many functions in the body may go astray. At Adjust Your Life we increase your natural ability to heal, thereby reducing or eliminating any pain conditions presenting.

We at this office assist the body to achieve levels of health and well being that consistently were unimaginable by the patient.