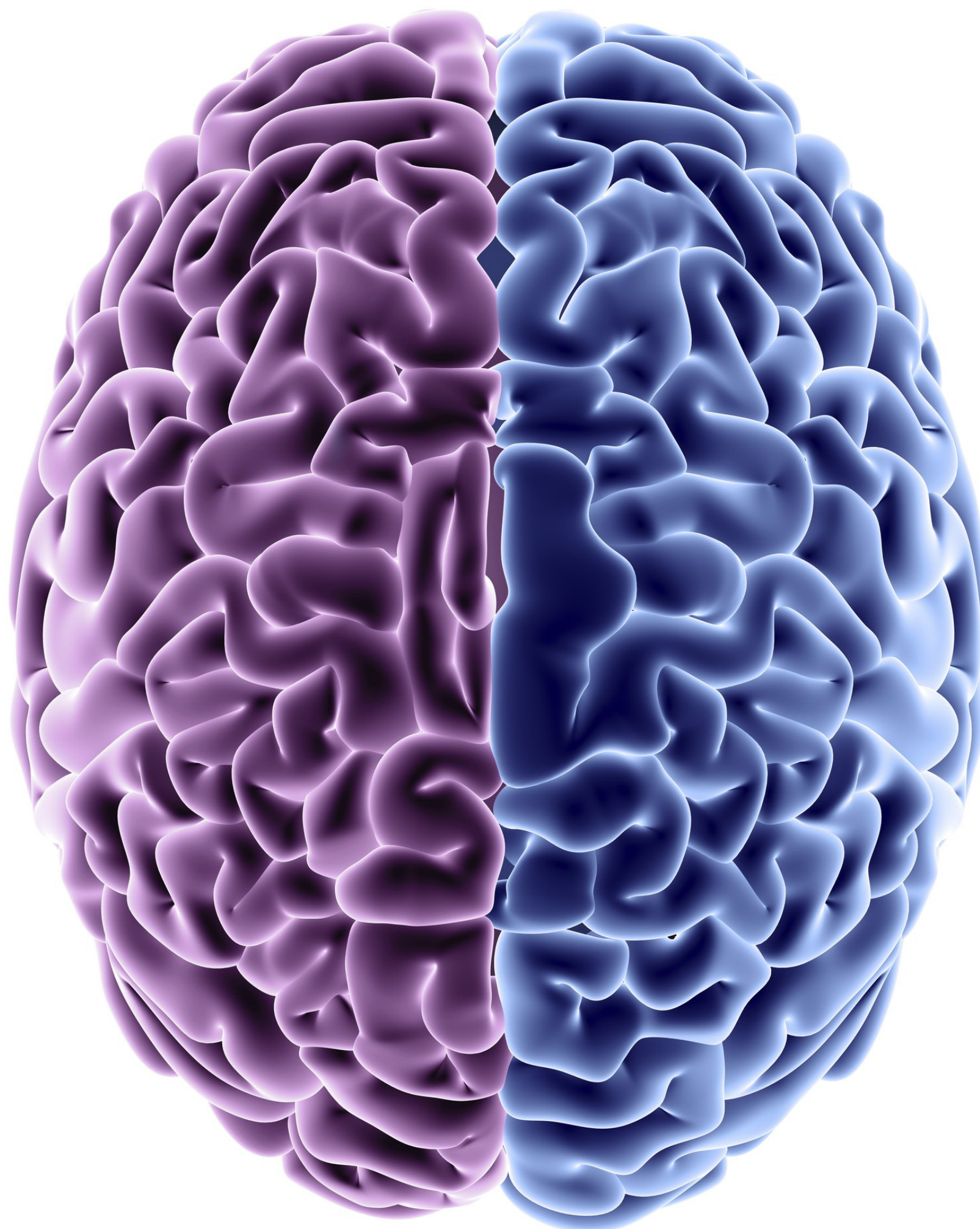


~ Adaptability ~

A cornerstone of the chiropractic paradigm



Adaptability is the capacity of a person's nervous system to be flexible so that they can properly adjust to changes in their environment. This helps us develop new skills, process information, and respond to our ever-changing environment.

- Research suggests that chiropractic adjustments assist the brain in knowing the status of the body, allowing it to adapt in a better and healthier way.
- A case series of six cases indicated a sustained improvement in Heart Rate Variability (a method used to measure nervous system function, often used in adaptability studies), following chiropractic care. The results from the study indicate immediate and long-lasting neurophysiological changes effected by chiropractic case management.

"We're not designed to fail, we're designed to listen, learn, and adapt".

Dr. David Fletcher, DC

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