

How will the adjustment help me?

Adjustments help by removing nerve interference. The adjustment is not what heals your body; it is actually ***you that heals you***. The adjustment *facilitates* your body's own healing mechanism. Because your nervous system is “information superhighway” in your body, changing the aberrant pressure or tension to this system can have profound influence on many of your body systems.

[Back to How can Chiropractic help me?](#)