

Toxic Release from Chiropractic Adjustments



After visiting the chiropractor, especially if it is your first time, you may experience a toxic release. This will appear as slight cold or flu-like symptoms and/or tiredness, and it is not due to the clinic being unhygienic, or from the chiropractic adjustment itself, but from a condition called toxic relief.

What Is a Toxic Release?

Up to 20 percent of patients experience this condition after receiving chiropractic adjustments, and although it sounds scary, it is actually a positive reaction. When undergoing chiropractic manipulations, the toxins in your body are being released, which is positive for the body and makes it healthier and stronger. Unfortunately, the expelling of these toxins can cause some temporary unpleasant symptoms. Just know that it is only your body adjusting to the expulsion of all negative energy, and the symptoms will soon pass.

Some of the symptoms you may experience if your body does go through toxic release are:

- Fatigue
- Headache
- Night sweats
- Tight muscles and
- Diarrhea.

Feeling particularly tired after a chiropractic session is very common. This is due to your body adjusting to the new way your nervous system is reacting to the treatment. Before having your adjustment, it is likely that your nervous system was being jammed up in some areas by subluxations. However, through chiropractic manipulations (adjustments), your nerves will be able to work at their optimal level, which can be exceptionally tiring to the body if it has been deprived of full functionality for some time.

Your body is constantly reacting to chemical signals from the brain to the spinal cord. When the flow of energy gets disrupted due to spinal subluxations, or dysfunctions of the spine, the course of action is slowed down. By clearing out these blockages and regulating the flow of information to its optimal speed, there is going to be an adjustment period for your body, causing it to feel tired, or sick even.

Nervous System a.k.a Garden Hose

A better way of imagining this process is to think of your nervous system as a garden hose. When there is a kink in the hose the water gets jammed, unable to flow throughout the hose efficiently. The same goes for the nervous system. If there is a subluxation in your spine, it blocks the energy flow causing pressure to build up. This pressure can cause a number of ailments, from headaches to chronic pain, and needs to be released through spinal manipulations in order to regulate the flow back to normal.

In other words, the body has to adjust to the new flow of energy and during this state you may experience cold-like symptoms and/or tiredness. However, there is no need to worry, these symptoms won't last long, and the benefits you get from the chiropractic treatment are well worth it (parts taken from: thejoint.com).

Well, don't be a clogged up garden hose.... say good bye to body toxins! Book your chiropractic treatment with Dr. Adam Nachmias at Nachmias Chiropractic and improve your body's energy flow and functions with one treatment only.

Call any of our offices to book an appointment:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

Say good bye to body toxins with the help of Nachmias Chiropractic!