



Chiropractic Care Releases Toxins



The body gets rid of toxins in different ways. But did you know that chiropractic care helps to release toxins from the body? After a chiropractic adjustment, better blood flow and lymphatic drainage can help the body remove toxins more effectively.

During a chiropractic adjustment, lactic acid and waste in the muscles are released into the blood. This can cause some discomfort or flu-like symptoms, but it's usually okay as the body's natural systems handle it.

After a chiropractic adjustment, the body naturally detoxes. Improved spine alignment boosts blood flow and helps drain the lymphatic system, getting rid of waste like lactic acid from the muscles.

Chiropractic adjustments improve the lymphatic system's function. The lymphatic system cleans out toxins and needs good circulation. If the spine is out of whack, it can mess up communication between the nervous and lymphatic systems, slowing down the lymphatic flow. Chiropractic care fixes these issues with gentle adjustments, aligning the spine and reducing nerve problems. By fixing

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nervous system issues, chiropractic adjustments help the nervous and lymphatic systems communicate well, making the lymphatic system work better.

Chiropractic adjustments also release hormones like endorphins (pain relievers), cortisol (stress hormone), oxytocin (relaxation hormone), and serotonin (mood regulator). These hormonal changes make you feel better by reducing pain, stress, and inflammation, while helping you relax.

If you would like to learn more about proper detoxification, then Dr. Osborne's Burn Fat and Get Your Life Back class would be a great place to start. We'll be going over a 21 Day Detox protocol. We can't step into a new year with last year's toxins.

Burn Fat and Get Your Life Back: February 5th at 6:15 PM