

# THE FLOW: WELCOME PACKET

Thank you for choosing me as your practitioner. I am very excited to work with you, and I look forward to helping you reach your health goals.

**Treatment Sessions (45 min)**      (1) \$119      (3) \$297      (6) \$570      (12) \$1,080

## How do I make an appointment?

- Call Indigo: (804) 445-5417
- Text Indigo: (757) 273-8806
- Text Dory: (804) 256-0884


## What is The Flow (Spinal Flow Technique)?

- Spinal Flow is based on the scientific fact that your nervous system controls the function of every cell, tissue, organ and system of your body. The nervous system consists of your brain, spinal cord, and millions of nerves.
- In the vertebral column, you will find: cerebrospinal fluid (CSF) carrying nutrients and cells along the spinal cord; layers of protective connective tissue (meninges); and the 33 vertebrae of the spinal cord
- Many everyday activities can cause these spinal bones to lose their normal position or motion. This can result in nervous system dysfunction and ill health.
- The Spinal Flow approach to better health is to detect, reduce, and help prevent nervous system blockages, thus creating more ease in the body.

## How long will it take?

- Spinal Flow results and timelines may vary. Some clients enjoy immediate results. Others find that their recovery takes several months (or longer). Children often respond quickly, while adults with longstanding spinal problems heal more slowly. The healing process takes time.
- Once you understand true health, you may want some type of ongoing spinal flow care. Like brushing your teeth, eating wholesome foods, and other healthy habits, regular spinal flow checkups make sense.
- **Personalized recommendation:**
- Three Phases of Care:
  1. **Initial Intensive Care** - frequent visits, depending on how quickly you would like to resolve your goals
  2. **Corrective Care** - transitional phase when goals start to hold between sessions; more time in between sessions
  3. **Wellness Care** - less frequent sessions with the purpose of keeping additional problems from becoming more serious

# 7 GATEWAYS OF THE SPINE



GATEWAY	SPINAL LEVEL	NERVE SUPPLY	SYMPTOMS OF SPINAL BLOCKAGES	FEELS LIKE	AREAS OF FOCUS
<b>AWAKEN</b> ∞	Cranium	Head, Brain and Cranial Nerves	<ul style="list-style-type: none"> <li>● Low Energy</li> <li>● Spaciness, Dizziness</li> <li>● Memory Issues &amp; Brain Fog</li> </ul>	You don't have enough life force or energy. You can feel disconnected and living life separate and alone.	
<b>PAUSE</b> ⌀	C1-C2, The Upper Cervical Spine	Neck, Eyes, Ears, Nose And Sinuses	<ul style="list-style-type: none"> <li>● Headaches, Migraines</li> <li>● Colds, Flu, Earaches, Tinnitus</li> <li>● TMJ, Sinus Problems</li> <li>● Sleep Disorders, Snoring</li> <li>● Learning Disorders</li> </ul>	Your head is about to explode and that your thoughts are not in alignment with your body. You are busy with thinking and stuck in the future.	
<b>PASSION</b> ⊕	C3-C7, The Lower Cervical Spine	Neck, Shoulders, Arm, Throat and Thyroid	<ul style="list-style-type: none"> <li>● Neck, Shoulder or Arm Pain</li> <li>● Sore Throats, Thyroid Issues</li> <li>● Swollen Glands</li> <li>● Food Sensitivities</li> <li>● Tiredness after Eating</li> </ul>	You need to swallow your thoughts and ideas. May feel as though no-one listens and you cannot speak your truth.	
<b>CENTRE</b> ∞	T1-T12, The Thoracic Spine	Upper and Mid Back, Heart, Lungs, Gallbladder, Stomach, Pancreas, Spleen, Liver and Kidneys	<ul style="list-style-type: none"> <li>● Breathing Issues, Asthma</li> <li>● Chest Pain, Heartburn</li> <li>● High or Low Blood Pressure</li> <li>● Gas, Burping</li> <li>● Trouble with Fatty Foods, Indigestion</li> <li>● Kidney and Bladder Problems</li> </ul>	Taking the weight of the world on your shoulders. Feels like you try to protect or hide your heart. Rarely prioritising yourself.	
<b>POWER</b> ✿	L1 - L5	Low Back, Colon, Prostate, Uterus	<ul style="list-style-type: none"> <li>● Lower Back Pain</li> <li>● Disc Problems</li> <li>● Digestive and Reproductive Complaints</li> </ul>	Disempowered and don't have enough drive to get through life, feel withdrawn	
<b>FOUNDATION</b> ⊖	Sacrum	Pelvis, Groin, Hip, Leg, Knee, Ankle	<ul style="list-style-type: none"> <li>● Lower Back Pain, Sciatica</li> <li>● Hip Issues, Groin Problems</li> <li>● Knee Pain</li> </ul>	Being stuck in the past, can't move forward or make a decision. Overall feelings that you are unsupported.	
<b>BASE</b> ⌀	Coccyx	Tail Bone, Toes	<ul style="list-style-type: none"> <li>● Anxiety</li> <li>● Depression</li> <li>● Nervous System Issues</li> <li>● Neurological Disorders</li> </ul>	Body is stuck in the fight: flight response and trying to survive rather than thrive. Can feel ungrounded, as though feet can't rest on the floor.	

# GUIDELINES FOR SUCCESSFUL SESSIONS

## **Arrive on time**

- Please be mindful of your appointment time. If you arrive late to your appointment, you are missing out on time that we would like you to be receiving treatment

## **Eat well**

- Eat foods that are fresh, pure, and as varied as possible. This will give your body all the nutrients and building blocks you need to heal and be as healthy as you can.
- I recommend eating organic foods when possible.
- Oftentimes, gluten and dairy are hard for your body to digest, so I advise to keep those to a minimum.
- Some good options might be: fruit (vitamins), vegetables (minerals), berries (antioxidants), omegas (brain and spinal health) and proteins.

## **Rest**

- It can often take time to heal and repair damaged body tissues. Be gentle with your body, and avoid activities that you find stressful or uncomfortable. Be particularly careful lifting objects (bend and use your legs), and reduce twisting your spine on top of your pelvis.
- You should work on sleeping on your side (with neck and hips supported) or on your back. You may also choose to use a contoured pillow for the curvature in your neck.

## **Movement**

- Without distressing your body, move as much as you can. This will help your muscles, ligaments, bones, and joints to heal more quickly and fully. We will let you know if there are any particular movements or exercises that could help you.
- We are not designed to sit at a computer all day, so please move and stretch every 10 minutes when sitting at a computer.

## **Learn**

- Learn about your body, health, and the healing process. People who understand more improve more quickly and get greater long-term benefits.

# AFTER YOUR SESSIONS:

- You may feel great after your sessions. You may feel achy. Or you may feel no different at all – all these responses are normal and expected. If you feel no different, don't get upset. It's ok that it takes time. It is the same when we put on braces to straighten our teeth – they don't become straight immediately. It takes time to make permanent change.
- Our goal is to restore your health and get rid of your symptoms. This takes time; there will be periods of highs and low – stick with it as overall we are moving towards the direction of good health.
- Please drink extra filtered or distilled water today, as well as for the next 1-2 days. You may also choose to add in minerals, such as Celtic Sea Salt, Trace Minerals, or other hydration mineral options.
- Walk for 5 minutes after your session. You have been lying on blocks to balance your sacrum, so your body needs time to adjust to this new position.
- If you experience any discomfort, please:
  - Drink extra water with added minerals
  - Refrain from sugar, caffeine, or chemicals in food
  - Take it easy on yourself, as your body, mind, and spirit is doing a lot of good work right now
- Detoxification could look like headaches, body soreness, sinus drainage, coughing, or rash on the skin. You could also feel relaxed, energized, clear-headed, strong, tired, or hungry.
- The correction or healing of issues could vary widely based on your needs going into the session and your willingness to release what ails you at that time. Not all problems can be solved in a single session. A state of ill health is usually the result of many years of accumulation of toxins and traumas – physical, mental and emotional.
- Adjustments may take place over time. Please keep in touch to let me know how you're doing during this time. You are welcome to text or message me at any time of day (my phone is on Do Not Disturb if I cannot talk at that moment, so you will never bother me).