

Is “No Crack” better?

Is it better to have a chiropractic adjustment where there is a lot of twisting and popping, or is a gentle “no crack” method better?

Believe it or not, it depends on your brain type.

If your brain type is “under-reactive” then the stronger “old school” adjustments are good for you.

If your brain and nervous system are “over-reactive” (the most common type) “chaotic” or “exhausted”, the stronger adjustment will simply put more stress on your already stressed nervous system.

We use a well-researched adjusting instrument called *Impulse*.

Tony Keller, Ph.D., a professor of mechanical engineering and Orthopedics and Rehabilitation at the University of Vermont, states that at the right frequency, more bone movement occurs, and more nerve receptors are stimulated during adjustment (a valuable result).

The Impulse is 100 X faster than hand adjustments. Dr. Keller helped develop the instrument that we use.

Did you know that after an adjustment your nervous system opens up (sort of like a reboot)? This allows healing to occur and your nervous system to work better.

We want to help you heal -- not only your pain but your brain and nervous system as well.

For a limited time, you can have your brain and nervous system assessed via our Neuroinfiniti test to see what brain type you have.