

# Family Focus Wellness Center

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## REACTIVATION

The road back to health is an exciting and rewarding journey, but like any worthwhile undertaking, has some challenges.

You and your doctor are joining forces for this task of reactivating the non-functioning organs, muscles, and tissues of your body. Together we will see you through this rebuilding period and the road back to health. As your spine continues to improve and your energy is freed to flow more correctly through your body, you will experience many changes and feelings. It is important to be ready and eager for these signs that your body is on its way to feeling better.

People are conditioned to think that they want to get rid of their pain when in reality, what they want to know is . . .

### WHY AM I HURTING? WHY THIS PAIN?

Pain is the most misunderstood aspect of illness or disease. Most practice members and, in fact, most doctors regard pain as something bad to be eliminated. Notice that most all surgery is done in an area of pain, with the objective of relieving that pain. Many medications are designed to 'kill' pain . . . get rid of it. In reality, we cannot rely on absence of pain to mean good health. Ask the widow of the man that never hurt a day in his life but dropped with a heart attack at 45. The dysfunction had been there at a sub-conscious or sub-clinical level.

Pain is not bad. It is certainly not to be 'killed' or eliminated by artificial means. Pain is only an indication of change, a warning sign that your body is not properly 'adapting to' some limit. Pain is the reaction which brings you to the doctor in the first place, so already it has served you in a useful way.

### WHEN WILL THE PAIN STOP?

Your symptoms occurred by a natural law and you must get well by a natural law. Health has a natural momentum. A gradual or sudden accumulation of traumas will slow that momentum down until it is completely stopped. At this point, the pendulum swings and a disease process develops and it too has a momentum. As more energy imbalances occur, this disease momentum increases. It continues to gain speed until, in some cases, it is like a run-away car.

As you begin Chiropractic care, this disease momentum is brought to a stop. Just how quickly will depend upon how much momentum you had built up. But when this is stopped you will feel better. It is as if we had been able to stop this run-away car. Then we manage to get your car turned around and you begin the trip toward health. It is back up the same road. We have no way of knowing just what road you took to our office, so we cannot tell what road you will take back, but we know it will be exactly the same one. This time, though, you will be traveling in the direction of health.

In some cases, the reactivation cycle may produce symptoms that are entirely new to the person. That is, symptoms that were unencountered on the road to disease. Suppose a lady has had a hysterectomy. As her body energy is re-balanced, the body will attempt to send the proper amount of energy to the uterus, but, of course, there is no uterus. This energy has been dispatched and now must be diverted into alternate pathways or circuits. This rerouting of the energy that was originally tagged for the uterus, may, for a time, overload a circuit that is associated with the kidney, bladder, or colon. The resulting symptoms could be frequent urination, bladder pain, or constipation . . . none of which the person had experienced before.

Because of the complexity of the body's energy circuits and the wide variety of possible symptoms that a patient may encounter, the re-activation symptoms may actually seem more severe than the original. They will, however, definitely not last as long. Regardless of the duration, the severity, or the type of reactivation symptom . . . your body's intelligence will eventually redirect and synchronize all the body's energy with perfect accuracy. A body that is working naturally will not self-destruct regardless of how bad the accompanying pain.

### HOW DO I KNOW IF MY BODY'S REACTIVATING?

When you begin to experience reactivation, it will generally take one of five manifestations. Experience has shown that you may feel dizzy. This is a definite sign of energy rebalancing. You may have a sudden, acute pain. Perhaps you will have nausea. You may have extreme tiredness, or you may have symptoms of a cold or the flu. Any one or a combination of several of these symptoms



during care is strong indication of your entering a reactivation cycle and should be anxiously anticipated. About 1 person in 5 will pass through these reactivation cycles with almost undetectable manifestations.

This journey to health will be quicker and much easier than the road to disease because all of the intelligence of your body will be working with you. This time you are not going contrary to nature.

Remember, as you travel back on this road, the same mud holes are there that you hit coming down. You will hit them coming back because all of the symptoms you previously had were treated . . . and/or eliminated . . . by artificial means. By masking these symptoms, they were not healed naturally by your body.

You may, temporarily, even feel worse. This is never desirable, but it is always necessary. There are simply no short cuts.

Suppose you were 5 months pregnant. You would not think of going to your doctor and asking him to immediately deliver you a normal size, healthy baby so that you could avoid those last 4 uncomfortable months. You realize that to expect this would be to expect the impossible. It would be a violation of natural law.

Asking your doctor, regardless of what kind they are, to restore your health in 1 or 2 treatments is no less impossible. True, our symptoms may be eliminated in a day or two, but you will definitely not be well and at optimum health.

If you had a broken arm five years ago, you may not encounter a reactivation cycle assuming it was healed naturally. Your own body knitted the bone and made all the repairs without the interference of anyone with the exception of setting and casting. Your body healed the arm the way it should have been healed . . . from within . . . naturally.



### HOW LONG WILL IT TAKE?

This will depend on several factors. We cannot logically expect a stroke patient to recover as quickly as someone who lifted a lawnmower and sprained his back. The severity of the condition is a prime consideration. Another important factor is how long the condition has been present. Acute bronchitis will respond more quickly than emphysema.

Realize, too, that “priority” is the big factor in our feeling better. The force that created your body places in priority the **SURVIVAL** of the body. If your chief complaint, sciatica, is not responding, rest assured that the energy is being directed to an area of greater concern. No one ever died of sciatica.

If you stop and think about it, you should be thankful that we cannot get you well in 24 hours. If we could, then you could logically expect that you might be just as sick again in another 24 hours.

Recognize these symptoms for what they are . . . changes taking place in your body. It cannot be guaranteed that you will live long enough to get 100% well, but experience . . . understanding of the body . . . and the deepest of convictions all indicate that your body will never make changes any faster than it can accommodate to these changes. Remember that the entire reactivation program is under the control of the very same intelligence that created your body in the first place. It is inconceivable that this intelligence could be in any way destructive.

If you at any time experience fear about any symptom, you may want to seek professional consultation from a doctor who deals with such symptoms.

Remember, in this office our only intent is to help your nervous system to function at its optimum so there is no need for symptoms. It is never to get rid of these crucial alarms letting us know that change is necessary!

*Our Patients Don't Just Survive... They **THRIVE!!!***

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