

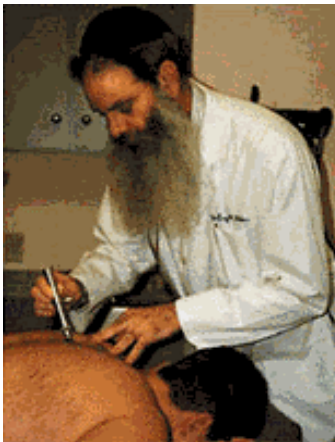
Chiropractic is not just about “bad backs”.

Spinal Subluxations can best be described as specific sites of spinal malfunction leading to irritation of the body’s central computer, the **nervous system**. The end result of this is separation from wholeness and an inability to experience wellbeing.

Only “vertebrates” have an opiate receptor *Brain Reward Cascade* chemical mechanism which allows them to experience a **state of wellbeing**.

In simpler terms, there is a series of chemical reactions that occur in your nervous system, which when working properly, result in you thinking “I FEEL GOOD, LIKE YOU KNOW THAT I SHOULD NOW...”

The common denominator is the spine and spinal cord.



If the spine is allowed to express itself without interference (free of subluxations) the person can express **full potential**. If the nervous system “feels good”, then usually the rest of the body “works well”.

Research published in one of the most respected psychiatry journals showed dramatically increased success in reducing anxiety and depression levels, and improved measurements of wellbeing, when Torque Release Technique (“TRT”) Chiropractic Adjustments were received.

TRT is the most up-to-date chiropractic technique available. It has been designed as part of scientific research into the health benefits of chiropractic. As such it is a mixture of the “best-of-the-best” systems of chiropractic assessment and treatment.

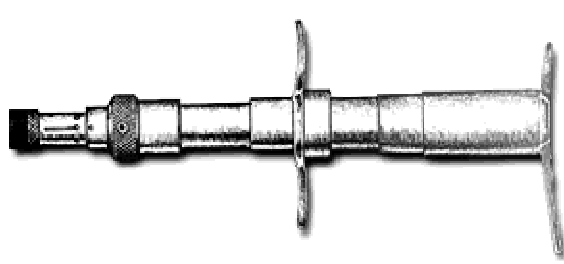
TRT helps to locate and reduce Subluxations.

What is involved with a TRT Adjustment?

Your Chiropractor will be checking your spinal column for areas where the nervous system is being damaged by Subluxation and will deliver an adjustment using the Integrator instrument: This sounds like a staple gun and will feel like a quick impulse into the muscles of your spinal column.

This reproduces what the hands were intended to do with much more specificity and less force than ever possible by hand. The advantage of the Integrator is that it can deliver a specific frequency into the nerve endings of the spinal column, exactly where nerve function has become “facilitated” (irritated).

A “jump start” for your body’s “electrical system”.



As such this is not so much a technique to manually stretch or realign your body. It is a technique to stimulate your nervous system in such a way that it will release and reduce tension, assisting your body to self-correct.

THE INTEGRATOR

The Integrator instrument, fondly known as the “Endorphin Gun”, is a tool that was purpose designed and built to reproduce what the hands intend to achieve during an adjustment. Originally it was manufactured for use in research only; but the advantages and benefits achieved when the results were measured lead to overwhelming demand for its use in private practice.

The attributes that make an Integrator adjustment something special and powerful are:

- 1) **PRECISE:** When using an Integrator we can pinpoint the exact point on the spine that requires adjustment of nerve frequency.
- 2) **SPECIFIC:** The force, frequency of energy, torque, speed and thrust provided by the Integrator have all been tailor-made to deliver the perfect amount of energy to help normalise nerve function.
- 3) **GENTLE:** An Integrator adjustment can be delivered with the spine in a perfectly relaxed position with the perfect amount of force: Whereas a traditional adjustment requires the spine to be stretched to a position of tension followed by the manual thrust by hand to sufficiently open the spinal joints to activate a nerve response.
- 4) **FAST:** Because the Integrator has such a fast impulse and because we can adjust you in a perfectly relaxed position a TRT adjustment can be extremely time efficient but still dramatically effective.
- 5) **EFFECTIVE:** The benefits of Integrator adjustments have been measured by scientific research and this research has been published in major peer-reviewed medical journals.
- 6) **RELIABLE:** The way that the Integrator delivers an adjustment is very consistent and reliable so that the right amount of force and energy is transmitted on each and every adjustment.
- 7) **CONSISTENT:** The systems that are used in TRT and the features of the Integrator are very standardized which means that several practitioners using the same method can deliver the same results and experience.

[Click Here To Learn More About Your Nervous System...](#)

WHAT'S NEW?

Torque Release Chiropractic - Helping ADHD:

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Torque Release Technique (TRT) is the first Chiropractic Technique to be created through a rigorous scientific research and development process. TRT aims to improve health and wellbeing by improving Nervous System function via specific Adjustment of Primary Subluxations. TRT is an extremely gentle chiropractic method and has been published in major Medical and Chiropractic Journals and featured on the Discovery Health Channel.