



Universal Health™



## Diversified & Gonstead

Restores normal biomechanical function to the spine where misalignment of vertebrae has created chronic nerve pain.

Named after revered chiropractic pioneer Clarence S. Gonstead, the Gonstead System with its later refined application Diversified Technique is used to verify the precise location in the spine of misalignment, which results in nerve pressure. This painful condition interferes with the innate ability of the body to maintain health. Diversified Technique allows the same approach to be applied also to the adjustment of extremity joints, enabling the treatment of sports and other injuries.

## How Does It Work

Gonstead uses visual examination, motion and static palpation, instrumentation and full-spine X-rays to determine, with precision, where, when and how to adjust manually in order to obtain specific and consistent results. Diversified adjusting of the spine uses specific lines of drive for all manual thrusts, thus allowing for a high degree of accuracy in correcting mechanical distortions of the spine and in the extremities.

## The Treatment

After attaining your medical history including full-spine X-rays an examination of your spine, posture and extremities is conducted. Once fully assessed your practitioner will apply the appropriate therapy to areas of your body to correct the spinal misalignments. You will be lying face down, fully clothed, on the chiropractic table, or seated according to your symptoms. Some patients may experience varying reactions, particularly after initial adjustments, depending on their level of fitness. There may be a stiffening of muscles similar to that experienced after strenuous exercise, especially if you have not recently been physically active. Despite the slight discomfort they may cause, these symptoms are regarded as a sign that beneficial changes have taken place. After, at most, 1 or 2 days, the discomfort fades leaving instead a sense of well being and, more importantly, an efficiently functioning nervous system.

## The Benefits

Freedom from nagging pain and restriction of movement, improved posture and performance, increased strength and agility, greater resistance to injury, improved ability to sleep and relax, greater capacity to tolerate stress and an overall improvement of your health.

## Do you suffer from

Sciatica, Nerve pinch pain, Neck pain, Shoulder pain, Elbow pain, Hip pain, Joint pain/problems, Knee pain, Lower back pain, Muscle tightness and stiffness, Stress, Anxiety, Headaches, Sports injuries.

## Results You Can Expect?

In addition to the very welcome freedom from nagging pain, you may also feel warmth flowing back to various parts of your body after your initial adjustment or a surge of vitality as nerve function is restored. You may experience complete relief after only one adjustment, or it may take several adjustments to relieve all your symptoms. Restoring normal nerve function will not only bring relief from pain but can also bring you other benefits. It can allow you to achieve a better night's sleep, reduce tension and stress and allow your body to function at full capacity.

Having restored health to your body it is important to maintain it. A healthy and properly functioning nervous system is vital to leading an active and rewarding life.

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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Restore + Sustain + Advance

