



Universal Health™



Torque Release Technique

Gently Unlock Your Body's Natural Healing Power

Torque Release Technique (TRT) is a form of chiropractic care that utilises a gentle, light-force method to restore balance to the body by adjusting the spine and nervous system. TRT is based upon the concept of neuro-spinal integration, which states that the nervous system is the master control system of the body, and when the nervous system is out of balance, the body's overall health and wellbeing can suffer.

TRT is a technique to stimulate your nervous system in such a way that it will release and reduce tension from the dura (sensitive internal layers of tissue surrounding your brain and spinal cord – whose tensile strength is stronger than bone), assisting your body to self-correct. It is a safe and effective way to optimise the functions and communication pathways of the body that reduce pain and enhance healing.

How Does It Work?

Your Chiropractor will be checking your spinal column for areas where the nervous system is being compromised by subluxation (abnormal movement or function of the spine) and will deliver a gentle adjustment using a specialised instrument called **the "Integrator"**.

This instrument reproduces what the hands were intended to do, however with much more specificity and less force than 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) due to unbalanced or abnormal tension.

The Treatment

The patient lays comfortably face down on a treatment table so that the whole spine and body is completely relaxed. The practitioner will use a simple leg length test to measure the resistive forces in the spine, and then apply gentle, light-force adjustments to the affected areas. This helps to reduce pressure on the spine, allowing for improved nerve flow and better communication between the brain and body. Many patients report noticing changes in their body and feeling a deep relaxation during the treatment.

The Benefits

Like fine tuning the engine of a high-performance vehicle, TRT is like optimising the nervous system to experience an enhanced quality of life.

The benefits of TRT can include:

- improved posture and balance
- reduced pain and sensitivity
- enhanced mobility, coordination and flexibility
- improved mental clarity and awareness
- improved recovery from addictions (as shown in a randomised, controlled clinical trial).^{1, 2}

Results You Can Expect

TRT works with the innate (inbuilt) healing power of the body and enhances your body's capacity to heal itself and function at an optimal level. The Integrator is the high-tech tool that we use to tune your nervous system.

After an adjustment, many patients comment on how their mind seems clearer, their vision seems sharper, their head feels lighter, their body feels looser etc. These are all reflections of the central nervous system now operating at a better, more efficient frequency.

References & Research

¹Holder J, Duncan RC, Gissen M, Miller M, Blum K. Increasing retention rates among the chemically dependent in residential treatment: auriculotherapy and subluxation-based chiropractic care. *Molecular Psychiatry*. 2001 Feb; 6(s1)

²<https://web.archive.org/web/20210819034526/https://torquerel ease.com/wp-content/uploads/2018/08/54.pdf>

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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