**Four Habits**

In the vortex, there are four really important elements that we need to communicate to patients to help them to get the most out of their chiropractic care. They are simple habits that you should be practicing in your daily life too.

1. *Go for a walk*

We already encourage our patients to go for a walk after every adjustment, but how many of them do? Do you go for a walk after your adjustment? It’s something that gets mentioned at the start of their care, but it isn’t something they get reminded about on a regular basis.

We have just reminded the spine of balance, so by sitting down straight away you won’t experience some of the benefits. The majority of healing takes place after the adjustment, so it’s really important to keep the spine moving immediately afterwards.

1. *Drink Water*

We recommend that everyone drinks at least 1 litre of water for every 35kg that you weigh. Make sure that you calculate this for yourself and that you are drinking this amount of water each day. This way you can be authentic when you are encouraging patients to do the same, and you can share your experiences and what changes you have seen in yourself.

The discs in your spine don’t have a direct blood supply. This means that they can’t receive nutrients and get rid of toxins in the same way that the rest of the cells in your body can. Your spinal discs rely on you staying hydrated and moving to receive the nutrients it needs to heal and expel any toxins.

1. *Standing on two legs*

This one is all about even weight distribution. When you stand up, you should be making a conscious effort to stand up straight, rather than leaning to the side and slouching. Next time you’re in the supermarket, take a look at everyone in front of you when you’re standing in the checkout queue. How many of them are standing evenly? Or are they putting more weight onto one leg than the other?

After every ROF that has taken care, they should receive a yellow post-it note saying ‘Stand on two legs’ to place on their fridge. This way, every time they go to their fridge, they are reminded to take a moment to reset and stand evenly.

1. *Sitting on both sitting bones*

An adjustment reminds your body of balance, so when you sit evenly on both sitting bones you are complementing this as it is the natural way to sit. Don’t sit with your legs crossed, slouching forward, or leaning to one side. If you see a patient waiting for their adjustment and they are sitting with their legs crossed, you could gently remind them about sitting on both sitting bones.

Make sure you are practicing this yourself too. Have someone you live with tell you every time you are sitting with your legs crossed.