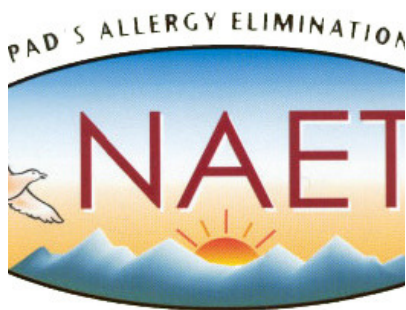




5TH STREET CHIROPRACTIC AND HEALTH CENTER

CHASING HEALTH?....JUST BREATHE

Health is the ability to do whatever you want without being miserable. It involves moving well, eating well, and thinking well. Offering chiropractic care at the forefront of our services, we are able to help you reach your goals.



NAET

Based primarily in eastern medicine, NAET uses points along your meridians to retrain your brain not to react when your body comes in contact with an allergen.



NUTRITION

Without the proper nutrition your body is not able to adapt to daily stressors. Standard Process supplements help support your digestive, neurological, and immune systems..



REIKI

Ancient Japanese healing technique that promotes relaxation and healing.



Address

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Wilton, IA 52803

Contact

563-732-3221
5thstreetchc@gmail.com

Website

www.5thstreetchc.com

Breathing Techniques

Deep Breathing

- Put your hands on your abdomen
- Take a deep breath, in through your nose and out through your nose
- Aim for 10 deep slow breaths per minute for 10 minutes
- Helps reduce heart rate and blood pressure
- Best results if done 6 - 8 weeks

Balance Breathing

- Inhale through your nose for a count of 4
- Hold for a count of 4
- Exhale through your nose for a count of 4
- Helps balance body and reduce stress

Heart Chakra

- Sit in a chair with your spine straight
- Place hands together in front of your heart in a prayer position.
- Breath will come automatically as you chant
- Chant: Hume, hum, brahm, hum ... means "we are we and we are one"
- Place tip of tongue against the roof of your mouth. Inhale and hold for 5 seconds then exhale and hold for 5 seconds