

WHAT IS “UNWINDING”?

Unwinding is the process your body goes through to become fully corrected. It corrects the effects of old injuries and compensations that your body has been winding itself up into knots and causing damage to itself for years.

The time it takes to fully unwind varies from person to person, depending on the number and severity of compensations one develops throughout his/her lifetime. But, given enough time, the body continues to remodel damaged muscles, tendons, ligaments, and bones, and can eventually unwind just about any structurally-related injury!

With continued ABC™ treatment, your body untwists in three dimensions, like a spring. As your structure shifts backward, it becomes more stable and upright, and you feel much better. But, eventually, as you progress through the unwinding process, your body will eventually shift further forward. This position becomes uncomfortable because your structure is in a similar position it was in when it once became injured, and you will experience the same type of pain or symptom you did when you first injured that particular area of your body. Keep in mind, it will not be as severe and will not last as long.

