She Grew Up in a Chiropractic Family—But Never Felt This Shift Before Transcript

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Growing Up With Chiropractic Care

Hello, my name is Alana Bonerman and I want to share with you the transformational experience that I've had under the care of Shelley Passard. Since I can remember, I've had chiropractic care.

I grew up in a chiropractic household.

Stress, Dysregulation, and Needing Change

My dad, Malcolm Ritchie, was very attentive into giving my brother and I chirepractic care, but at some point I left home and despite going to see a chiropractor every now and then and them saying, oh, you're really tense, um, always felt like I had to go to a chiropracter to receive care And over the years, becoming a mother, become a naturopath, living through a pandemic, life in general, things became very stressful.

And despite understanding how the body works, this crippling effect that I was having or my nervous system was, having my whole entire body was happening, it became, very overwhelming.

I became dysregulated and I become disconnected as I think, most of us are living in this day and age. And at some point I knew something had to change and this is when Shelly kind of sidestepped into my life and she taught me the way in which she practices her frameworks and gave me a practice.

Shelleyu2019s Framework and Self-Regulation

This practice allowed me to understand that it's not about something that I need, like my body is not something, that needs to go and get fixed, but it is something given the right tools in the environment, it can self-regulate.

It can recalibrate and readjust itself. And this was the most profound thing for me. It wasn't just about the mechanical realignment or adjustment, but there were certain blockages in my body, a lot of them psychological, some of the physiological, and how they both entwined, how it's stored in fascia and it needs to be.

released and moved. And through a practice, I was able to release tensions in my neck, release tension in the hip, which had been there for years, if not decades.

The same things were happening. I'd go and see a chiropractor.

Releasing Long-Held Tension

It would be relieved, but then it would come back. And what I've experienced now, and I'm so grateful for this work as well, is that through having a group meeting or even a private meeting, I have learned how to give myself an adjustment from the comfort of my home.

And this has been the most profound thing. just growing up with the care of chiropractic and also understanding the importance of the nervous system, the body, holistic health, if we can also say that.

Allowing the body to adjust itself with its own innate wisdom is one of the most profound experiences I have had.

Daily Practice and Lasting Transformation

And now, whether I am meeting Shelly and I'm doing work together or I do my own practice in the morning, in evening, I feel the changes. My kids feel the change, my family feels the changes, My business, friends,

environment, everything has completely shifted.

And I think the most exceptional thing of all of this now is that when I'm in practice, when i'm not just going once a week to get an adjustment, but when in in-practice and allowing my body to adjust itself, it feels as if i am having constant chiropractic care.

And that is something that I am tremendously grateful for, and that's something I wish every person can experience.