



What is Spinal Flow?

Spinal Flow is a very gentle, non-invasive technique that facilitates your body's own incredible ability to heal itself.

We each have our own innate intelligence which knows how to regulate, repair and heal every cell in our body. Think of all the functions that are performed internally without a conscious thought - our gut digests our food, our hair grows and our heart beats naturally without any direction from our conscious mind. Our bodies know how to harness this innate intelligence - or Life Force Energy - to heal and grow.

The Spinal Flow Technique is drawn from a foundation of chiropractic science, that also leans into intuitive hands-on touch. It connects to our nervous system and prompts the release of stresses being held in our spine, it increases the flow of spinal fluid and enhances our Life Force Energy.

Life Force Energy gets blocked by unresolved physical, chemical or emotional stressors, causing a spinal misalignment, or a blockage in the spine, which prevents Life Force Energy from flowing freely. Our nerve supply becomes restricted and our cells, tissues and organs receive a weaker signal that can create poor function and ill health.

By releasing these blockages the nerve supply is rejuvenated and improved function can be restored.

The spinal flow approach to better health is to detect and reduce these blockages layer by layer and to increase the spinal flow, creating more ease in the body and enhance Life Force Energy.

For a video explanation of Spinal Flow from the founder - Dr Carli Axford - you can click [this link](#)

