

Improving Attention, Concentration and Learning

When we have Attention Deficit Disorder, learning disabilities and hyperactive behavior - this indicates there is a disruption of the brain's management of the body systems. There is also a direct relationship between these disabilities and reduced immune functions in the body.



Attention deficit disorders affect our ability to function, our ability to absorb, and they also affect our personal and professional development. These disorders are also related to pressure on the nervous system, on the spine and the skull. This pressure may lead to pain experienced as aches in the back, shoulder blades, head and neck which interfere, amongst other things, with our ability to remain calm in a state of paying attention, or learning and concentration.

It is important to understand that back ache is an indication of pressure on the nervous system, of problems in the spine, disk herniation, but ongoing pain doesn't occur suddenly. It is a result of an ongoing process of loss of balance and symmetry, erosion and degeneration.

Pain is an indicative sign of a disruption in the transfer of information, of the communication between the brain and the body. In fact, this disturbance to the brain's ability to manage body functions correctly and efficiently, can lead to attention, concentration and learning disabilities as well as chronic illnesses. This is the interruption of the flow of blood to the brainstem and to the balance between states of tranquillity and stress (the sympathetic and parasympathetic system).

When we pay attention to the physical signs of stress, to changes in our general feeling, the brain too is aware of them and it locates the subluxation in the vertebrae in real time. It is our role to pay attention and enable the brain to manage the natural and reversible process for a few minutes during which time we ensure relief from all pressure without applying external force, a process that relieves the stress.

This way, the brain restores mobility and stability to the vertebrae and allows for the correct functioning of the spine and the nervous system. This is how we reduce and prevent attention, concentration and learning disabilities, while also preventing accumulation of stress and pain and illness.



Additional information can be found on our website

<https://en.respine4u.com/blog>

Or contact us at info@respine4u.com

Link to the [information page on the website](#)

This message was composed by the Respine4u Team, based on knowledge and practical experience accumulated since 2006 in the field of back pain and the nervous system.

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