



We and our staff welcome you to our office!

Our office is dedicated to supporting you on your unique healing journey to reconnect with and discover greater awareness and freedom in your body.

To further optimize your experience in our office we encourage you to bring or wear comfortable clothes and socks (we often work on points on the feet). Also, to insure that you can have the most relaxed experience without interruption during your appointment, we would appreciate if you could keep your cell phone turned to silent.

Insights for a fuller experience of your first treatment:

1. The main goal of care is to release levels of stored tension patterns from your body. Therefore, the most important thing you can do is to bring your awareness and attention into your body, spine and breath and allow yourself to feel what is present in that moment.
2. Follow the signals that your body gives you. While you are being treated, give yourself the freedom to move, stretch or reposition on the table as inspired.
3. Allow yourself to breathe more slowly and deeply and expand the breath into new areas of your spine and body. A deep releasing breath with a sigh on the exhale will help you relax more deeply.
4. Emotions and feelings are often present as stress and tension patterns release. Expressing and sensing oneself more fully is a wonderful part of the healing process and noticeably increases spontaneity and aliveness.
5. We encourage you to drink water after your treatment, as the adjustment can often stimulate a detoxification process. There is filtered water provided from the bathroom sink.

Dr. Deborah Diamond D.C., Dr. Barry Diamond D.C.

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6. To support your comfort please remove all necklaces, watches, wallets, keys and belts and place them into one of the square straw baskets provided at the front desk. Please take it with you into the examination room.
7. Your first visit will be a private visit with the doctor, but your future treatments will be in our “Community Healing Room” where there are often other clients. There is a supportive healing field created in our community room as we are in truth all each other’s healers.

Over time the variety of healing changes that you will experience can positively affect many areas of your life so welcome them, and please share them with us if you feel comfortable.

To help take care of a number of people in our office who might be chemically sensitive we ask you to refrain from using any perfume or cologne, scented body or hand lotion, fresh nail polish or hair spray on the days that you are sharing our community healing space.

Beginning with your first treatment, a new facet of your healing process will begin. So once again we welcome you, and look forward to this exciting and transformational journey with you!

Yours in health and peace,

Dr. Deborah and Dr. Barry

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