



Well & Wild Kids are Hardwired for Wellness

by Chris Lucks

We process the world around us through our nervous system by way of vibration and frequency. Our perceptions of our environment shape our neural-emotional development throughout our lifetime.

During the early years of life (while our nervous system is still developing) prolonged stress or trauma triggers a basic survival state that can embed itself into our neurological wiring. In many cases this becomes a person's baseline for experiencing the world. This can lead to a wide range of stress related conditions or disease processes, and even plastic changes to the brain.

Well & Wild care helps release spinal anchors to acute and chronic stress and promotes a shift in the nervous system to a more peaceful vibration or frequency. For babies and children whose nervous systems are still developing, this gives them an internal reference point to safety in their bodies as a foundation of development... and that is the ultimate head start in life!