

SEMINAR SERIES MODULE 6

INTEGRATED SYSTEMS

THE SACRED PAIRINGS THAT
REVEAL THE TRUE PRIMARY

DR. JENNIFER BARHAM-FLOREANI & DR. SIMON FLOREANI

welladjusted™

SEMINAR SERIES MODULE 6

INTEGRATED SYSTEMS

THE SACRED PAIRINGS THAT
REVEAL THE TRUE PRIMARY

DR. JENNIFER BARHAM-FLOREANI & DR. SIMON FLOREANI

**This eBook is protected by copyright law to
Dr. Simon Floreani Copyright © 2024.**

Any reproduction, distribution, or transmission of
this eBook without prior written permission from
the author is prohibited.

For further information please visit
www.welladjusted.co

Published by THE CONCOURSE
www.theconcourse.ai

Images created by The Concourse

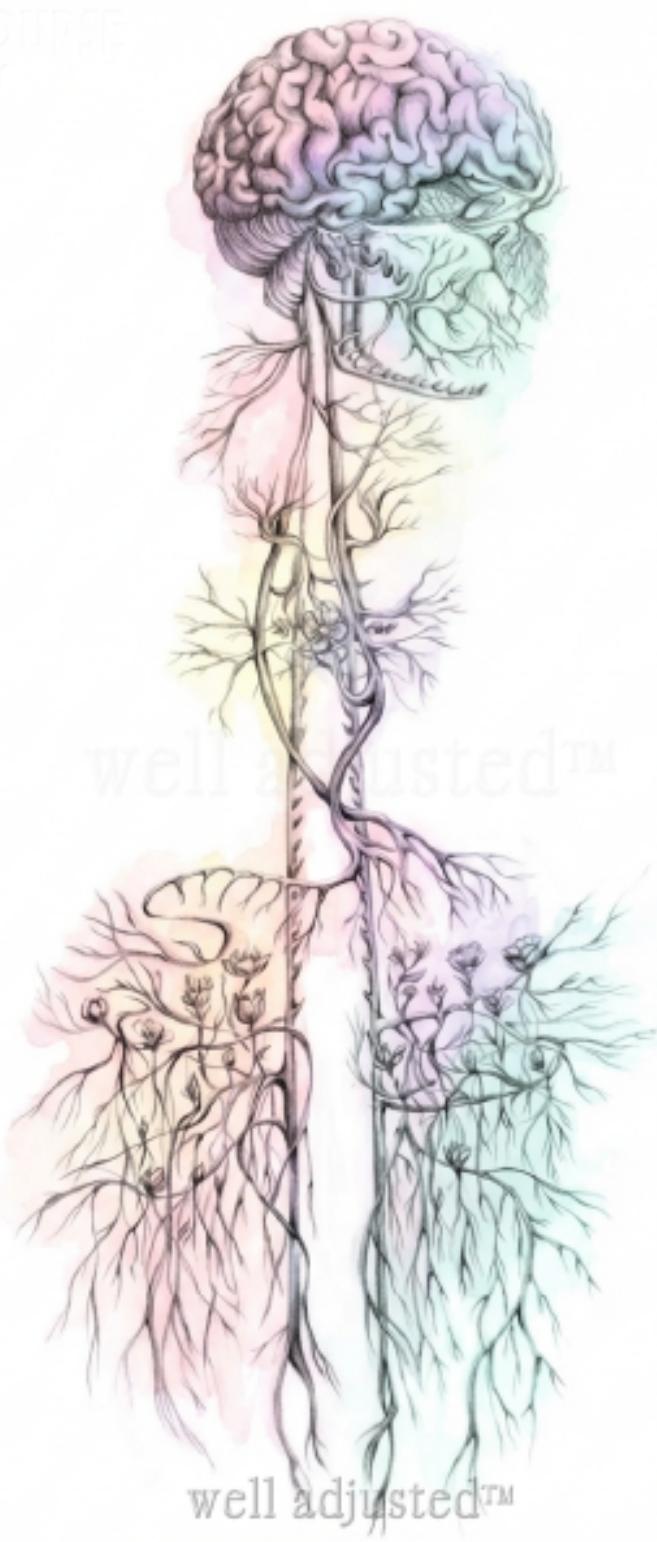
DEDICATION

This book is dedicated to the extraordinary public we are blessed to serve, and to the chiropractors who know — deep in their bones — that they were made for more.

To those who feel the quiet pull toward mastery... who choose intuition over inertia, courage over comfort, and service over self.

To the healers rising as community leaders, changing lives, restoring hope, and helping people reconnect with the infinite wisdom that already lives within them.

To every chiropractor committed to becoming a clearer channel, a steadier presence, and a more powerful force for good in the communities they are privileged to serve — this work is for you.



well adjusted™

INTRODUCTION

THE LANGUAGE OF CONNECTION

After exploring individual regions of the spine and body, *Integrated Systems* brings us back to the central truth that threads through all vitalistic work: the nervous system heals through relationship. The pelvis speaks to the cranium, the thorax to the lumbar spine, the viscera to the diaphragm, the right side to the left. Nothing happens in isolation; nothing resolves in isolation.

Where one region tightens, another takes up the slack. Where one joint falters, compensations ripple through the body's soft tissues, organs, breath patterns, and emotional tone. Yet when interference is cleared in two or more related regions, the nervous system stops fighting itself — stability returns, clarity returns, and healing becomes efficient instead of exhausting.

This module is the synthesis of all that has come before. It is the moment practitioners stop adjusting “pieces” and begin adjusting the patterns that run the entire system.



**“WHEN WE CLEAR
INTERFERENCE IN ONE
REGION, ANOTHER
BEGINS TO HEAL WITH
IT. THE BODY SPEAKS
IN RELATIONSHIPS –
NEVER IN ISOLATION.”**

— DR. SIMON FLOREANI





well adjusted

THE BROTHER–SISTER DYNAMIC

PAIRED PATTERNS OF HEALING

Every region of the body has a dance partner — its “brother” or “sister” structure. These mirrored pairings are the body’s way of maintaining global equilibrium.

🔥 **Cranium ↔ Pelvis**

Two poles of the same dural system, constantly balancing tone, rotation, and breath rhythm.

🔥 **Thorax ↔ Lumbar Spine**

A seesaw of load, rotation, and protective bracing. When the thorax locks, the lumbar collapses or overextends.

🔥 **Left ↔ Right Systems**

Functional dominance, organ asymmetry, emotional tone, gait patterning — all woven through hemispheric communication.

When dysfunction persists, it rarely exists as a single rogue problem. More often, one region is held in a pattern by its partner — a pelvic distortion perpetuating cranial strain, or a locked thorax cementing a lumbar compensation.

By adjusting both ends of the partnership:

- 🔥 The tone normalises faster
- 🔥 Adjustments hold longer
- 🔥 Breath and gait reorganise without effort
- 🔥 The system ceases oscillating between “fixing” and “reinjuring” itself

These relationships are not just mechanical:

They are neurological, fascial, emotional, and perceptual.

When practitioners can feel the rhythm between paired regions, they transition from technicians to interpreters — reading the language of an entire organism.

**“HEALING HAPPENS IN
RELATIONSHIP –
BETWEEN STRUCTURES,
BETWEEN SYSTEMS,
BETWEEN PRACTITIONER
AND PATIENT.”**

– DR. SIMON FLOREANI





well-adjusted

**“WE CAN’T EXPECT
NERVOUS SYSTEMS TO
PERFORM AS THEY
ONCE DID WHEN THE
TERRAIN THEY LIVE IN
HAS CHANGED SO
DRAMATICALLY.”**

— DR. JENNIFER BARHAM-FLOREANI



METHYLATION AND DYSREGULATION

MODERN BIOCHEMICAL TERRAIN

Behind chronic compensation patterns lies a deeper layer of physiology: **biochemistry under pressure**.

Methylation — a core process affecting DNA repair, detoxification, neurotransmitter balance, and immune modulation — is easily disrupted by modern stressors:

- 🔥 Chronic emotional load
- 🔥 Environmental toxins
- 🔥 Poor sleep
- 🔥 Heavy metals
- 🔥 Industrialised diets
- 🔥 Inherited epigenetic stress
- 🔥 Long-term sympathetic dominance

When methylation falters:

- 🔥 The body struggles to rebuild connective tissue
- 🔥 Neural inflammation rises
- 🔥 The system “borrows” from pathways needed for attention, mood regulation, and recovery
- 🔥 Adjustment frequency increases because neurological tone cannot stabilise

Integrated Systems bridges this biochemistry–mechanics divide.

Practitioners learn to identify when structural patterns are not simply structural — when they’re the downstream expression of biochemical depletion or neurological overdrive.

This gives chiropractors a new lens:

- 🔥 Why does a certain pattern keep coming back?
- 🔥 Why does one region repeatedly collapse even after clean adjustments?
- 🔥 Why does a patient improve only to regress after stress or poor sleep?

When the biochemical terrain is nourished, the neurological patterns soften. Adjustments integrate instead of being overridden by inflammation or survival signalling.

**“THE BODY SPEAKS IN
PATTERNS, NOT PARTS.
WHEN YOU LISTEN THAT
WAY, EVERYTHING
CHANGES.”**

— DR. SIMON FLOREANI





well adjusted™

**“THE MORE CONNECTED
YOU ARE, THE MORE
GENTLY YOU CAN TOUCH
— AND THE DEEPER THE
CHANGE BECOMES.”**

— DR. SIMON FLOREANI



THE ART OF INTEGRATION

SYSTEM-WIDE SEQUENCING

At this level, chiropractic shifts from individual technique to full-body orchestration.

You learn to:

Read global tone

Before selecting an entry point, you feel the “song” of the system:

- 🔥 Which region is driving the overload?
- 🔥 Where is the system protecting itself?
- 🔥 Which adjustments will create the greatest systemic shift?

Sequence adjustments intelligently

Rather than adjusting from habit, you build a session like choreography:

- 🔥 Open the region holding the global pattern
- 🔥 Support the paired region (brother–sister)
- 🔥 Clear the driver of neurological tone
- 🔥 Follow with a stabilising breath–movement cue
- 🔥 Give the system space to reorganise

Integrate multiple regions in one rhythm

A true holistic session might include:

- 🔥 Cranial unwinding
- 🔥 Upper thorax release
- 🔥 Lumbar–pelvic balancing
- 🔥 Visceral decongestion
- 🔥 Breathing integration
- 🔥 Gentle emotional tone work

The aim is not to “fix everything” but to speak the body’s language in the order it’s willing to hear you.

Recognise when not to adjust

An integrated practitioner knows when the system is already reorganising itself — when further input would confuse, not clarify.

**“THE TRUE MASTER KNOWS
WHEN NOT TO ADJUST – WHEN
THE SYSTEM IS ALREADY
SPEAKING THE LANGUAGE OF
BALANCE.”**

– DR. SIMON FLOREANI



JOIN US IN PRACTICE AND PRESENCE

THE HARMONY OF WHOLENESS

Integration is where science, intuition, and presence intersect — where the adjustment becomes more than force and begins to function as communication.

When you practise from this state, your hands naturally listen more deeply, your adjustments become refined and efficient, and patients drop into profound parasympathetic healing. You conserve your own energy rather than leaking it, your clinical outcomes become more predictable, and your inner purpose begins to reawaken.

The Well Adjusted Retreats are where this level of integration becomes embodied. Over several days immersed in learning, connection, and hands-on practice, you recalibrate your own nervous system, refine integrated cranial, spinal, and visceral techniques with expert guidance, and learn sequencing patterns that transform clinical flow.

You share meals, ideas, and stories with practitioners who care as deeply as you do, and you recharge the passion and purpose that first called you into chiropractic. These retreats aren't just designed to elevate your skillset — they are created to transform your practice from the inside out.

LEARN. INTEGRATE. REIGNITE YOUR PURPOSE.



“Literally changes lives”

Trevor Marum DC

“Simon literally changes lives and helps others to be better leaders and mentors in the chiropractic field, and reminds us that only chiropractic does what chiropractic does! I had the amazing and humbling experience of working with him this week and being adjusted by him. It's not often someone can make me cry, in that much needed release of a major subluxation.”

“Can’t recommend it enough”

Dr Craig

“I have just been part of the second module with the Floreanis — super interesting stuff. It's things you can do with pregnant women, it's stuff you can do with well people, people already struggling with their health, where you're adjusting and helping but somehow you feel like you're not getting anywhere. Super intensive in terms of information — there's a lot to work on — definitely worth attending. There's so much information and it's a growing field. So if you want to grow and learn and be even more helpful — I can't recommend it enough.”

“I highly recommend it!”

Montse Vilahur Gies

“I can't be grateful enough to Jen Barham-Floreani and Simon Floreani for teaching these modules. They have become my main guide for adjusting—not only babies but entire families. I highly recommend it! Our patients deserve to receive the best care from birth onwards. With the Well Adjusted programmes, I learnt how to approach both paediatrics and family wellness and began attracting families from all ages. I'm so grateful and want to share it with everyone.”



WANT MORE?

You've just explored one module within the **Holistic Spinal Mastery Series**.

If this work speaks to you and you'd like to experience it live, **register your interest, reach out directly**, or visit:

<https://welladjusted.co>

for upcoming dates, locations, and training opportunities.

Dr. Simon Floreani & Dr. Jennifer Barham-Floreani

Integrate What You've Learned

Before you step forward, let this knowledge settle into your hands, your intuition, and your practice.

Integration invites you to see the body as one conversation rather than separate parts.

To embody this module:

- 🔥 Notice how systems influence each other in the people you serve.
- 🔥 Observe the interconnectedness of breath, posture, tone, and behaviour as one unified pattern.
- 🔥 Introduce one integrative refinement to your adjusting routine that honours the whole rather than the segment.
- 🔥 Capture the insights that arise — the patterns, synchronisations, and intuitive confirmations.

This is how understanding becomes skill. This is how skill becomes instinct.

YOUR HOMEWORK

To truly integrate this module, take these steps with intention and an open heart:

1. Check Your Holistic Wellness Wheel

Pause and honestly rate where you are — physically, emotionally, mentally, spiritually, relationally, and professionally.

Awareness is the first act of leadership.

2. Choose a Running Partner

Find someone who can walk this journey with you: a training partner, an accountability ally, a life-giving friend who supports and inspires your growth.

Pace-setting changes everything.

3. Share This Book With Them

Pass this work forward.

Then write down the **top 10 qualities** you love and admire in that person. Reflect their brilliance back to them.

4. Invite Them Into Something Greater

Extend an invitation to grow together — to rise, train, and evolve side by side.

Greatness expands when it's shared.

IF YOU ARE THE ONE WHO RECEIVED THIS BOOK...

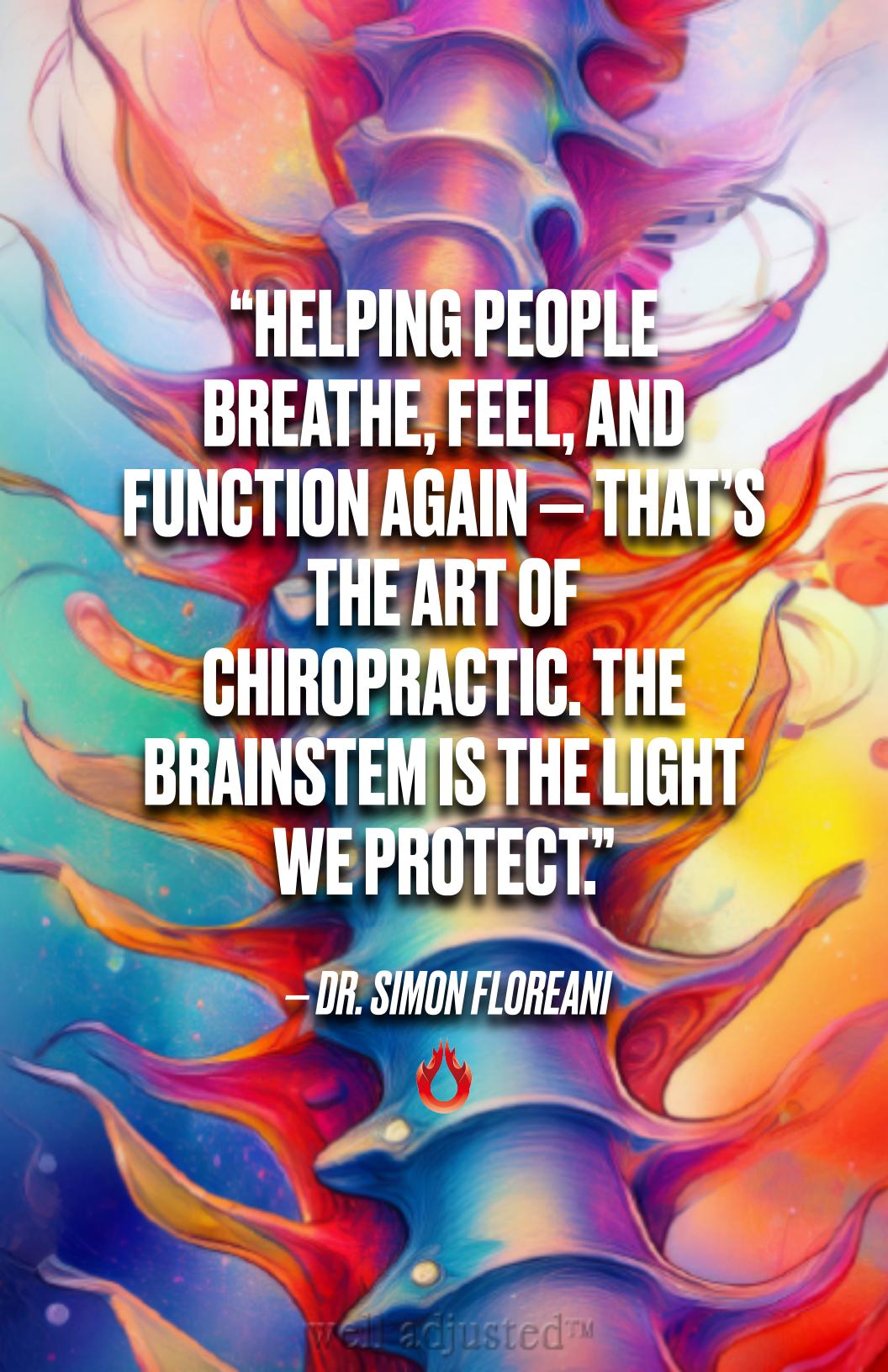
If someone has recommended this book to you *and* has already shared the 10 things they cherish in you, act now.

Give energy to the spark they've ignited. Recognise that someone truly sees you, believes in you, and honours the healer, the leader, and the change-maker within you.

Call on that part of yourself — the inspiring health leader, the family healer, the quiet giant waiting to wake, the inner knowing that says you were made for more.

Feel the stir of that “something.” And step toward it.





**“HELPING PEOPLE
BREATHE, FEEL, AND
FUNCTION AGAIN – THAT'S
THE ART OF
CHIROPRACTIC. THE
BRAINSTEM IS THE LIGHT
WE PROTECT.”**

— DR. SIMON FLOREANI



Well adjusted™

**THE MORE YOU INVEST IN
YOURSELF, THE MORE
YOUR HANDS CAN GIVE
BACK TO OTHERS.
THAT'S THE REAL
EXCHANGE.**

— DR. SIMON FLOREANI





well adjusted

ABOUT THE PRESENTERS



Dr. Simon Floreani and Dr. Jennifer Barham-Floreani are internationally recognised healers, educators, and leading voices in vitalistic chiropractic. Known for their deep intuition, clinical mastery, and ability to transform both practitioners and families, they are widely regarded as being within the top tier of chiropractors worldwide.

For more than three decades, Simon and Jennifer have built and led multimillion-dollar family wellness practices, mentoring dozens of associate chiropractors, training teams, and creating thriving healing centres that have become models throughout the profession. Their life's work blends heart-centred service, clinical precision, business excellence, and an unwavering commitment to the innate healing potential of the human body.

Together

Simon and Jennifer are also the founders of Well Adjusted™ — a global education platform for families, practitioners, and health professionals seeking deeper clinical mastery, stronger intuition, and the capacity to create lasting health transformation.

Through seminars, books, online courses, and live events, they help chiropractors:

- 🔥 Understand the nervous system on a deeper level
- 🔥 Master advanced adjusting, intuition, and communication
- 🔥 Build financially successful, values-driven practices
- 🔥 Create longevity in the healing arts without burnout
- 🔥 Serve families with clarity, compassion, and confidence

In every presentation they give and every practitioner they teach, Simon and Jennifer hold a simple mission:

Restore trust in the body, elevate the skills of the healer, and uplift humanity.



The background of the image consists of several thick, glowing red and orange lines that curve and overlap, creating a sense of depth and motion. These lines are set against a dark, almost black, background. The lighting is dramatic, with the lines appearing bright and almost translucent.

..WITH GREAT INTENT AND GRATITUDE

welladjusted™