

# SEMINAR SERIES MODULE 4

# LUMBAR MASTERY

RESTORING CORE STABILITY  
& ABDOMINAL HARMONY

DR. JENNIFER BARHAM-FLOREANI & DR. SIMON FLOREANI

welladjusted™

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## 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.

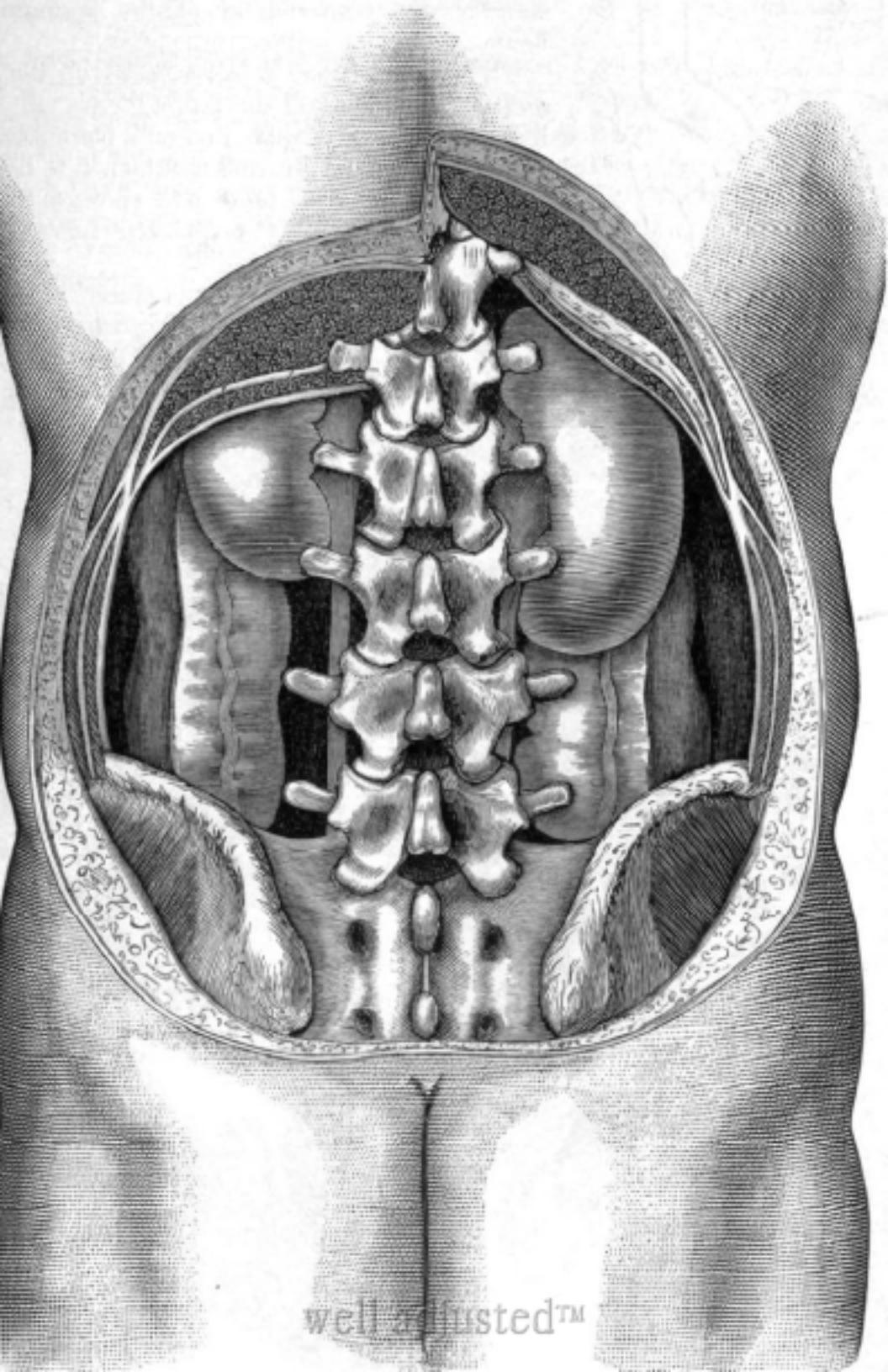


# INTRODUCTION

## THE ABDOMINAL BRAIN

Beneath the diaphragm lies a world of intelligence — a nervous system so intricate it has been called the second brain. The lumbar spine anchors this realm, transmitting signals that shape digestion, metabolism, and emotional stability.

When lumbar motion falters, the entire system compensates. Patients describe fatigue, digestive upset, foggy thinking, and an uneasy tension in the gut. Lumbar Mastery restores this vital conversation between brain and belly, teaching chiropractors to recognise and release interference within the “abdominal brain” so true vitality can return.

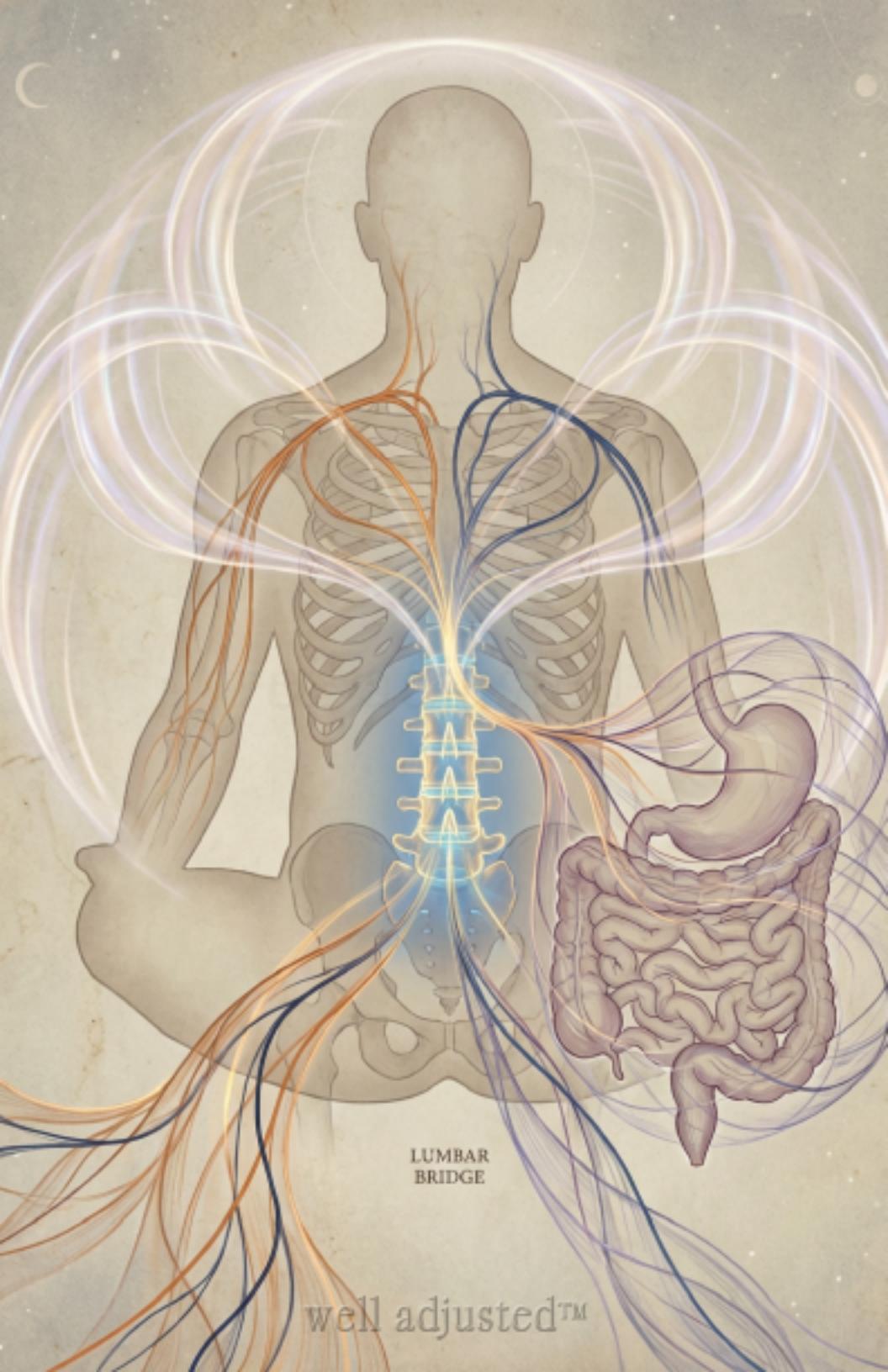


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**“THE LUMBAR SPINE IS THE  
BRIDGE BETWEEN  
STRUCTURE, DIGESTION,  
AND EMOTIONAL  
RESILIENCE. ONCE  
CHIROPRACTORS GRASP  
THAT, THEY BEGIN  
TREATING PEOPLE AS  
WHOLE SYSTEMS RATHER  
THAN SETS OF SYMPTOMS.”**

*— DR. SIMON FLOREANI*





LUMBAR  
BRIDGE

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# STRUCTURE AND STABILITY

## FOUNDATIONS OF LUMBAR SUPPORT

**T**he five lumbar vertebrae are a fulcrum of stability and motion. They carry the weight of the body while shielding an intricate network of collateral and terminal ganglia that influence digestion, assimilation, detoxification, and elimination.

Because this region absorbs so much load, it is the most commonly adjusted area in practice — yet true change occurs when we look beyond the compensation and identify the origin of dysfunction.

Our first step is always to locate the primary subluxation, correct it with precision, and allow the system to reorganise before addressing secondary patterns.

When the primary clears, gait improves, organ tone shifts, and stability returns to the entire structure.



# **Key Principles**

## **Primary vs Secondary Patterns**

Correct the source, not the loudest symptom. The lumbar spine often expresses the compensation, not the cause.

## **Posterior and Anterior Approach**

Use both vectors to balance spinal mechanics and provide access to visceral relationships — especially the kidneys, liver, pancreas, spleen, and colon.

## **Junctional Areas: L1–L2 and L5**

Critical neurological centres that influence digestion, immune tone, pelvic stability, and elimination.

## **L5 Degeneration**

Understand the proprioceptive role of the interspinous ligaments and how chronic stress at this level alters global tone.

## **Developmental Anomalies**

Spondylolisthesis, asymmetrical facets, and transitional segments all shift mechanical loading and may mimic or mask primary patterns.

## **Pregnancy & Abdominal Distension**

A forward-shifting centre of gravity, ligamentous tension, and organ displacement change how the lumbar spine presents. Palpation becomes softer, contacts adjust to fluid dynamics, and ballottement principles guide safer assessment.

## The Visceral–Lumbar Connection

The lumbar spine is not only structural — it is deeply visceral:

- 🔥 **Liver** → detoxification pathways
- 🔥 **Pancreas** → assimilation and metabolic rhythm
- 🔥 **Kidneys & adrenals** → fluid balance and stress modulation
- 🔥 **Spleen** → immune regulation
- 🔥 **Colon** → elimination and motility

As lumbar tone reorganises, these systems often change immediately and noticeably.

## The Outcome

Proper stacking and tone in this region create the foundation for:

- 🔥 cognitive clarity
- 🔥 metabolic efficiency
- 🔥 emotional steadiness
- 🔥 resilient gait and posture
- 🔥 clear organ rhythm

When chiropractors master the lumbar spine, they restore one of the body's most influential hubs of structure and physiology.



VISCERAL-LUMBAR CONNECTION  
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**“WE TEACH HOW TO  
‘SCOOP’ THE VERTEBRAE  
BACK INTO THEIR  
NATURAL STACKING FROM  
THE FRONT – SKILLS  
RARELY TAUGHT AT  
COLLEGE.”**

*– DR. SIMON FLOREANI*





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# VISCERAL INTELLIGENCE

## THE SPINE-GUT CONNECTION

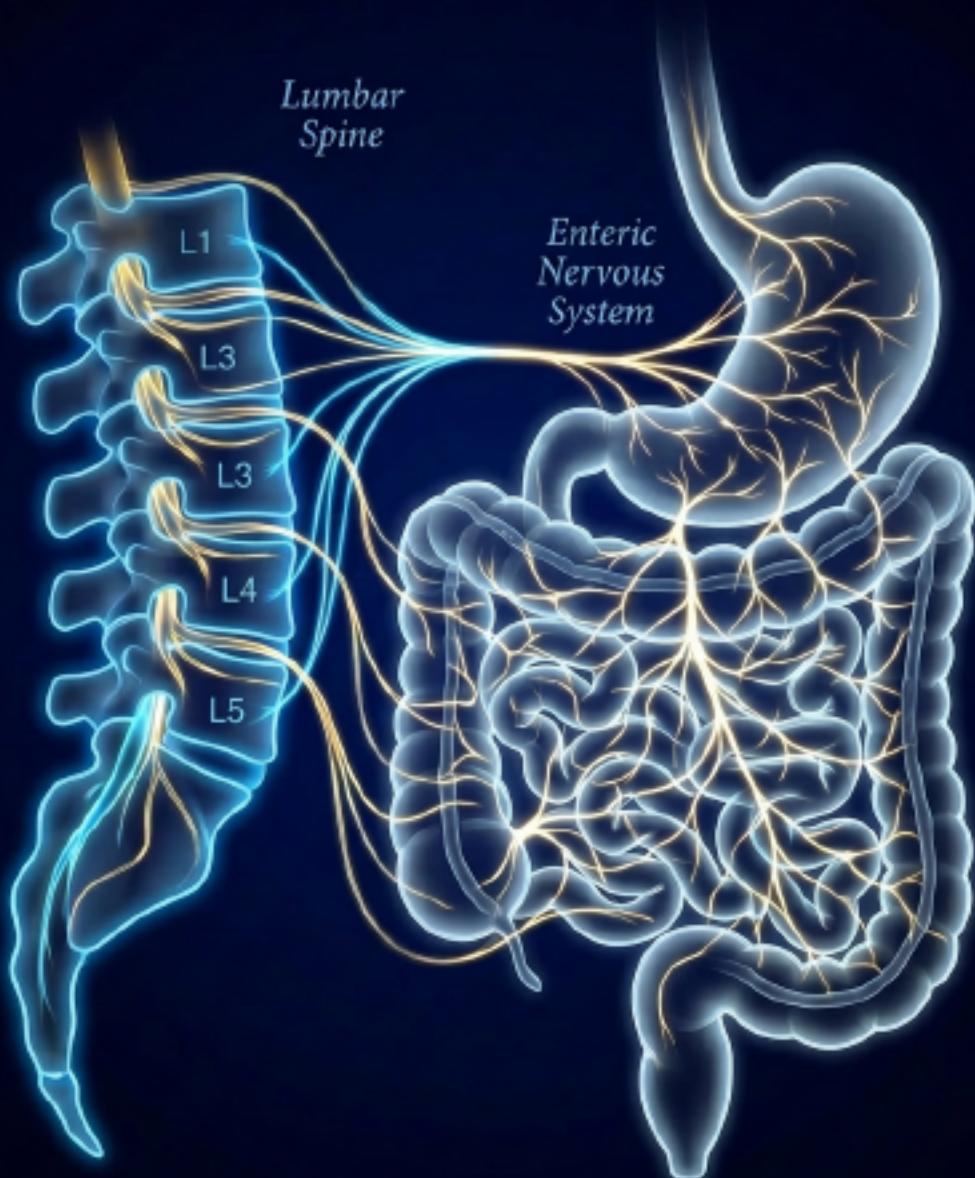
**T**he lumbar spine speaks directly to the enteric nervous system — the belly's neural field that shapes digestion, mood, immunity, and resilience.

Here we work with both spinal and visceral techniques: adjustments for lumbar–pelvic balance, gentle anterior contact for the organs, and precise fascial release to ease restriction through the abdominal wall. This includes working with patterns created by abdominal trauma, surgical scarring, or conditions such as endometriosis, where the anterior fascia can tether, bind, or alter lumbar tone.

### Clinical Focus

- ❖ **Collateral and Terminal Ganglia:** stimulate (“poke to evoke”) or calm (“sweep to sleep”) according to tone.
- ❖ **Organ Lifting and Neural Rewiring:** restore position and flow for kidneys, stomach, colon, bladder, and uterus.
- ❖ **Abdominal Fascia:** freeing adhesions to improve motility and circulation.
- ❖ **Metabolic Balance:** correcting derailed methylation and glucose sensitivity for sustainable energy.

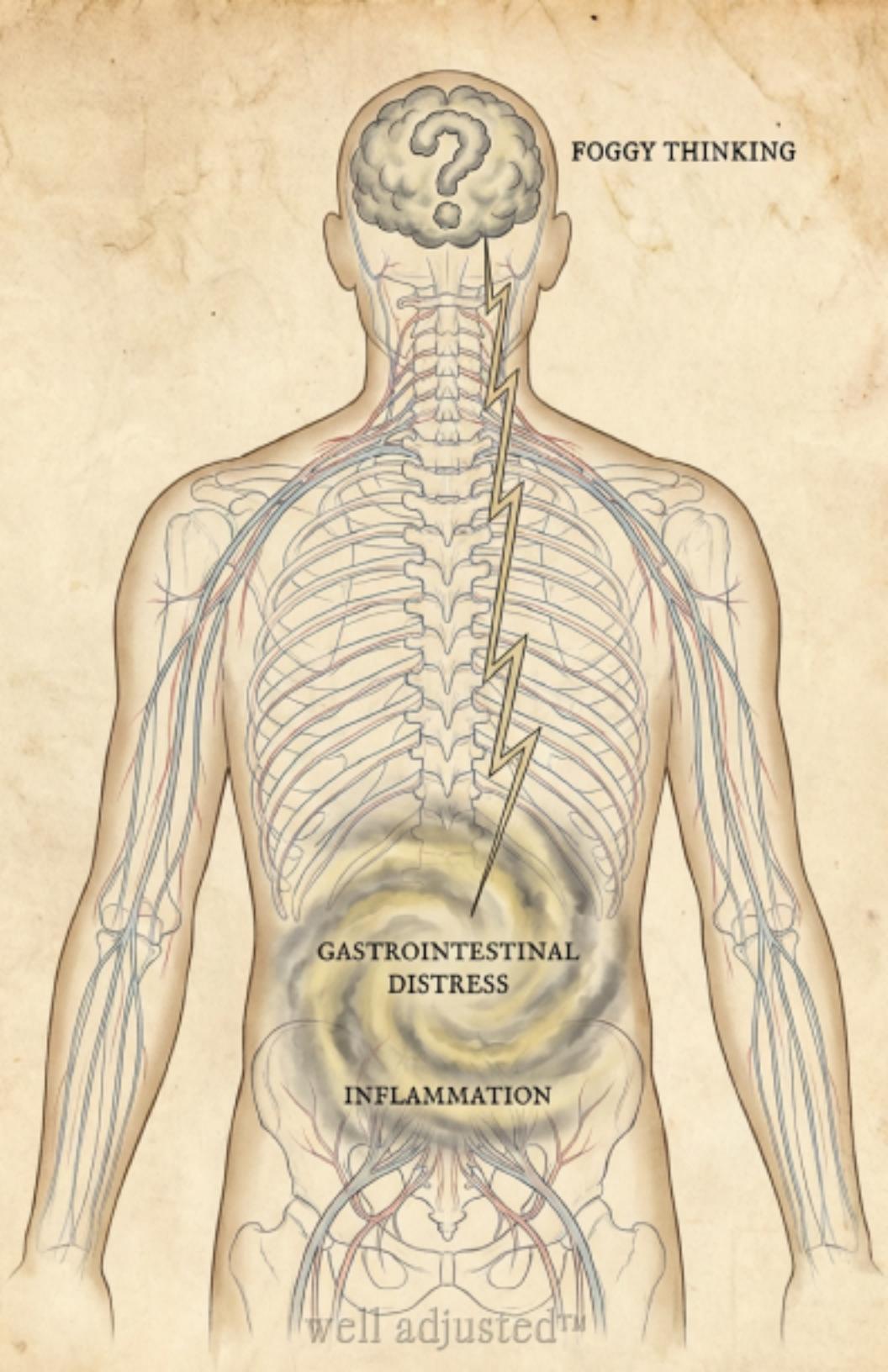
Through these methods chiropractors learn to feel subtle visceral rhythms — the quiet movement that signals coherence returning to the system.



**“WHEN THE ABDOMINAL  
BRAIN IS DYSREGULATED,  
PEOPLE CAN’T LIVE OR  
THINK CLEARLY.”**

*— DR. SIMON FLOREANI*





FOGGY THINKING

GASTROINTESTINAL  
DISTRESS

INFLAMMATION

well adjusted™

# INTEGRATION AND TECHNIQUE

## STRUCTURE & VISCERAL BALANCE

Lumbar Mastery merges spinal precision with metabolic awareness. By balancing structural alignment and visceral tone, chiropractors become facilitators of total-system healing.

### Core Techniques

- 🔥 **Lateral Lumbar Adjustments** — access lateral ganglia to re-establish autonomic balance.
- 🔥 **Flank and Belly Access** — gentle manual contacts for organ mobility.
- 🔥 **Fascial Unwinding of Abdomen and Pelvis** — enhances drainage and stability.
- 🔥 **Visceral Rehabilitation** — home exercises to reactivate core and improve neural feedback.
- 🔥 **Methylation Support** — nutritional foundations for neurological repair.

Common presentations: low-back pain, IBS, fatigue, bloating, constipation, PMS, urinary issues, and postural imbalance linked to gut stress.

**“WHEN WE ADDRESS  
LUMBAR STABILITY AND  
GUT FUNCTION TOGETHER,  
WE SEE PEOPLE STAND  
TALLER – AND THINK  
CLEARER.”**

*– DR. SIMON FLOREANI*



# JOIN US IN PRACTICE AND PRESENCE

## THE BRIDGE TO VITALITY

### **Joy · Solar Plexus · Lumbar Intelligence**

The lumbar region is the meeting place of structure, energy, and emotional resilience. It anchors the **solar plexus** — the centre of joy, confidence, and personal power.

When this bridge is clear, energy rises effortlessly through the spine and the body remembers how to thrive.

Lumbar Mastery is your invitation to explore this bridge in yourself.

Join us for a **Well Adjusted Retreat**, where you'll learn to integrate spinal, visceral, emotional, and energetic techniques. Rebuild your own foundation of vitality while mastering the art of helping others do the same.

These immersive experiences are where Holistic Spinal Mastery comes alive.

You'll practise the techniques described here under direct guidance, share meals and insights with like-minded chiropractors, and leave re-energised in **mind, body, and spirit**.

**LEARN. INTEGRATE. REIGNITE YOUR PURPOSE.**



**“An absolutely incredible time...”**

*Dr CQ Long*

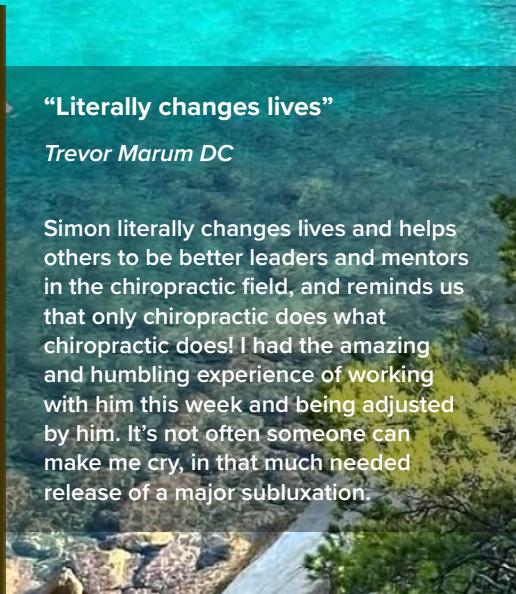
“Thank you Simon and Jenn Floreani for all the learning. Your teaching, your insights, and the way you work with patients is beyond inspiring. I’m so grateful for the depth of understanding I gained.”



**“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.”



**“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.

# 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 take another step, allow this knowledge to settle into your hands, your intuition, and your presence.

The lumbar region is the **bridge of vitality** — influencing digestion, mood, energy, emotional resilience, and the solar plexus centre of confidence and joy.

To embody this module:

- 🔥 Notice how lumbar tone reflects digestion, breath, posture, and emotional load.
- 🔥 Observe how restrictions in the abdominal wall influence spinal tension and movement.
- 🔥 Introduce one small refinement to your adjusting routine that honours the interplay between spine, viscera, and energetic centre.
- 🔥 Capture the insights that arise — the patterns, openings, harmonisations, and intuitive confirmations.

This is how understanding becomes skill.

This is how skill becomes instinct.

# YOUR HOMEWORK

To truly integrate this module, work through these steps with clarity and intention:

## **1. Reflect on Your Solar Plexus Balance**

Check in with your own centre of vitality:

How are you digesting life — physically, emotionally, energetically?

Awareness of your internal landscape deepens your ability to recognise it in others.

## **2. Map the Influencers in Your Practice**

Create a short list of the parents, athletes, or community members, who bring stability, hope, or grounded energy into your practice.

These people often become anchors for collective momentum and growth.

## **3. Identify Those Who Are Carrying Load**

Notice who presents with lumbar tension linked to stress, abdominal bracing, digestive strain, or emotional overwhelm.

These are individuals who may benefit profoundly from what this module teaches.

## **4. Reconnect With Your Health Leaders**

Reach out, acknowledge their contribution, and ask what they're celebrating this year. Joy grows when it is witnessed. Leadership grows when it is supported.

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

If someone shared this module with you — a mentor, a colleague, or a friend — recognise the significance of that gesture.

Someone sees your potential. Someone believes in the healer, the guide, the grounded presence who can influence families and communities. Someone feels the quiet giant within you who is ready to rise.

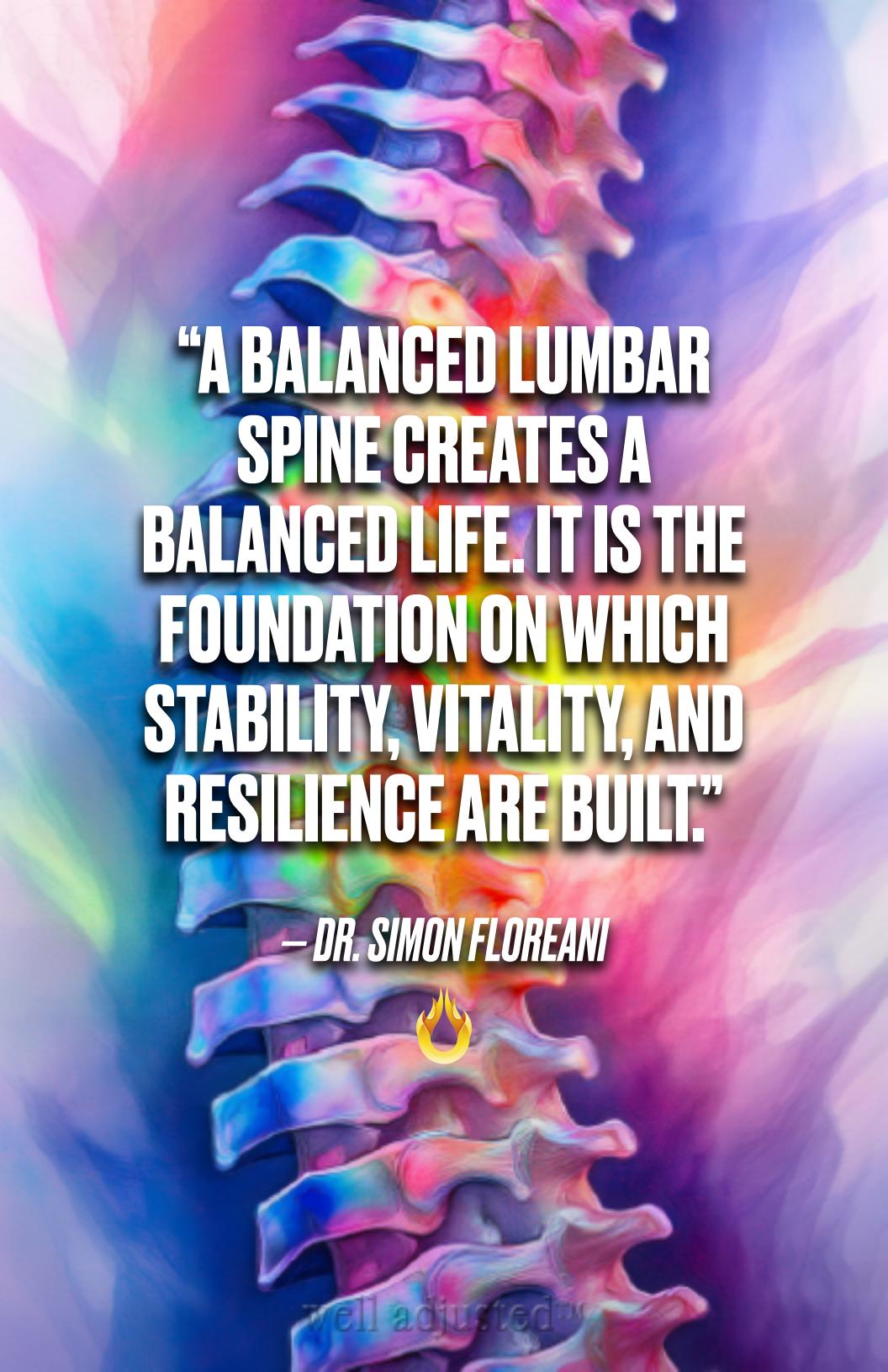
Feel the stirring of that inner knowing — the gentle nudge, the warm pull in the centre of your being, the sense that you were made for more.

Answer it.

Lean in.

Take your next step.





**“A BALANCED LUMBAR  
SPINE CREATES A  
BALANCED LIFE. IT IS THE  
FOUNDATION ON WHICH  
STABILITY, VITALITY, AND  
RESILIENCE ARE BUILT.”**

*— DR. SIMON FLOREANI*



**YOUR TECHNIQUE  
SHARPENS WHEN YOU DO.  
INVEST IN THE  
PRACTITIONER BEHIND  
THE ADJUSTMENT.**

*— DR. SIMON FLOREANI*





# 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 is a dark, almost black, space. Overlaid on this are several glowing, organic shapes in shades of yellow, orange, and white. These shapes are fluid and organic in form, resembling stylized leaves or petals. One large, bright yellow shape is positioned vertically in the center. To its left and right are smaller, curved shapes in shades of orange and white. The overall effect is one of warmth, light, and organic movement.

**...WITH GREAT INTENT AND GRATITUDE**

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