



Statistics show that fibromyalgia is one of the most common musculoskeletal pain and fatigue disorder in America, affecting up to 10% of the population.

Can Upper Cervical Spinal Care help?

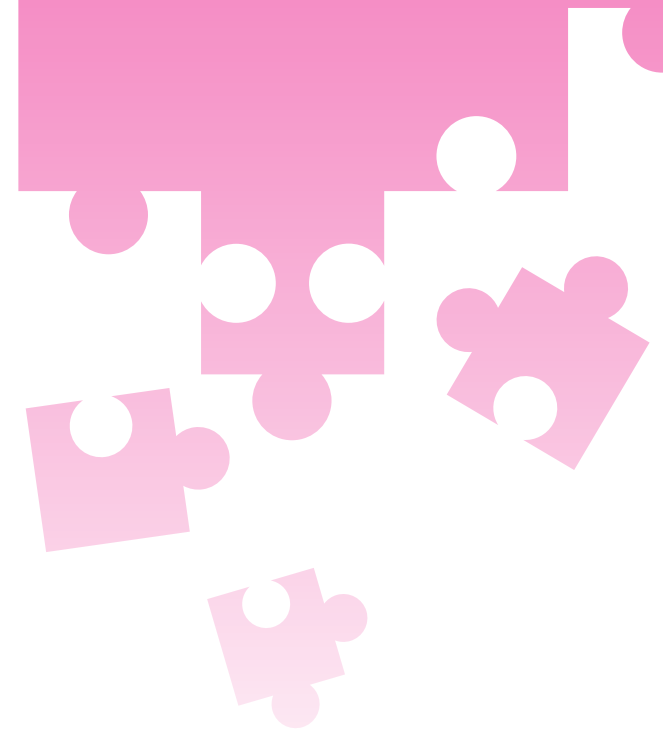


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FIBROMYALGIA



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FIBROMYALGIA (FM)

Most FM patients suffer with chronic pain, stiffness and burning in the neck, shoulders, lower back and hips. Others experience depression, chronic fatigue, irritable bowel syndrome, numbness, dizziness, headaches or sleeping disorders. Even minor exertion can aggravate the pain and increase fatigue.

Statistics show that fibromyalgia is one of the most common musculoskeletal pain and fatigue disorder in America, affecting up to 10% of the population. FM occurs most frequently in women ages 20-50.

Sufferers of fibromyalgia usually try the most common medical treatments - pain killers, muscle relaxants, antidepressant drugs, sleeping pills, corticosteroid injections and, in extreme cases, surgery. Unfortunately, the Physician's Desk Reference reveals that drugs used to treat fibromyalgia can have dangerous side-effects.

FIBROMYALGIA & NECK INJURIES

Although the cause of fibromyalgia is not fully understood, studies and clinical trials show that FM often develops after traumatic neck injuries. In fact, nearly 70% of fibromyalgia patients relate the start of their symptoms to a specific injury to their neck. These injuries can be caused by car accidents, sports, work, falls, or even birth trauma.

Renowned neurosurgeon Dr. Michael Rosner, states that when the neck is hyper-extended backward, the spinal canal narrows, impacting the spine and brain stem. This can occur in cases of whiplash in automobile accidents, extended dental work in which the head is bent back, or severe bouts of coughing. Even activities like painting a ceiling can cause injury to the neck that may lead to fibromyalgia.

FIBROMYALGIA AND THE BRAIN STEM

The brain stem, which can be compared to a telephone cable with thousands of individual wires or nerve fibers sending signals between the brain and the body, controlling nearly all vital functions. Misalignments of the spine most often start with an accident or injury affecting the function of the brain stem, which can be

a critical factor in the development of fibromyalgia and chronic fatigue syndrome(CFS).

Trauma or compression of the upper neck can cause the same symptoms seen in fibromyalgia or patients with CFS. These symptoms may appear immediately after the injury or several years later.

CAN UPPER CERVICAL SPINAL CARE HELP FIBROMYALGIA?

The most common misperception about Upper Cervical care is that it only helps back and neck pain. Although our doctors can certainly help those who come to us seeking relief from back and neck pain, we help patients suffering from a variety of conditions, including fibromyalgia. Healthy Living Spinal Care has helped thousands of patients restore their health through Upper Cervical Spinal Care.

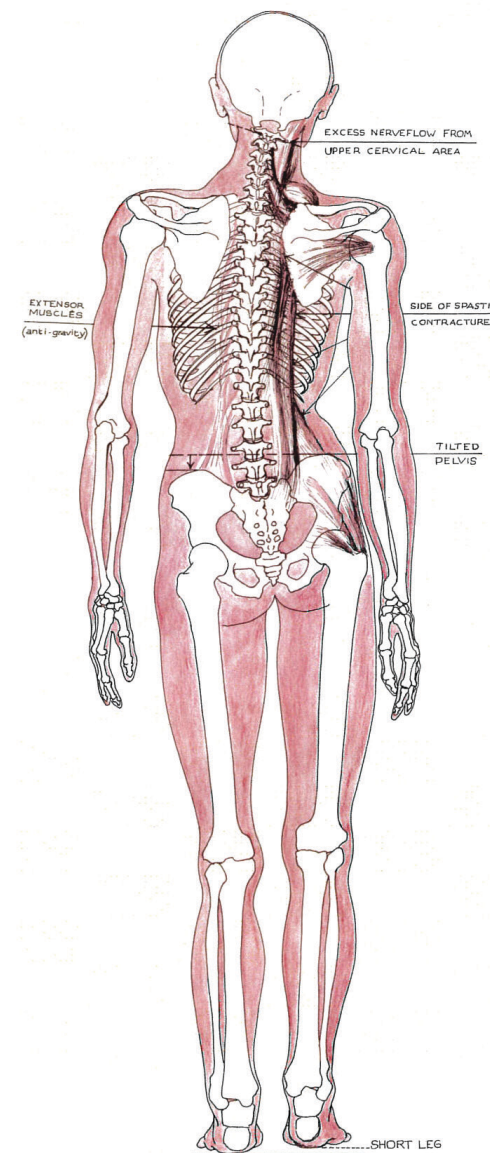
Upper Cervical Chiropractors recognize that the body is a self-healing organism controlled and coordinated by the central nervous system, which is protected by the skull and spine.

UPPER CERVICAL SPINAL CARE; A SIMPLE CONCEPT

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a root cause. At Healthy Living Spinal Care, we focus on locating and removing interference to the nervous system that can be the cause of the health condition. Removing this interference allows the body to heal itself naturally without drugs or surgery. An Upper Cervical correction is very controlled; there is no pulling, tugging, or jerking of the head. This precise yet gentle touch allows the head, neck, and spine to return to the proper position, thus removing the interference and restoring balance to the body.

UPPER CERVICAL SPINAL CARE & FIBROMYALGIA

Upper Cervical chiropractors are getting exceptional results with fibromyalgia patients. Clinical trials and case studies document the improvement fibromyalgia patients are making under Upper Cervical care.



When the head (10-14 lbs.) is shifted off the center of the top of the neck, the rest of the body will compensate for the shift of weight.