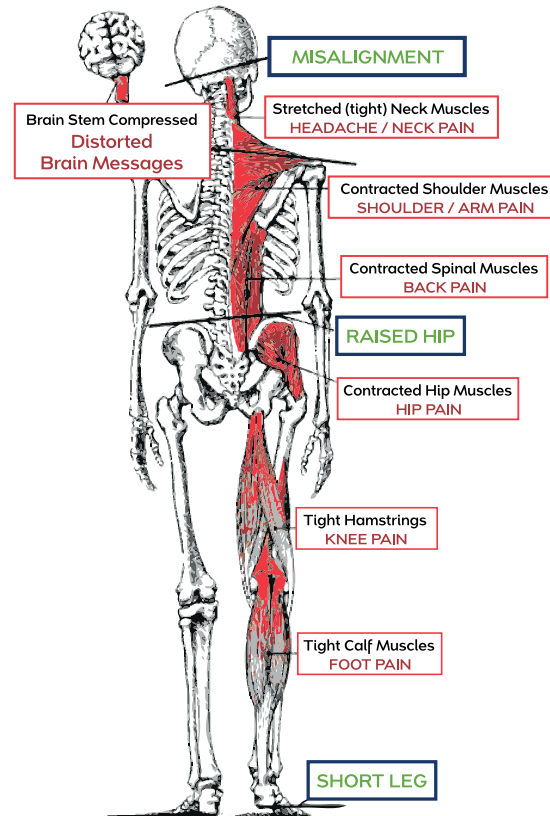




Body Imbalance

HOW IS BODY IMBALANCE DETERMINED?



Body imbalance (or postural distortion) can be determined in a number of ways.

- head tilt
- restricted neck movement
- low shoulder
- abnormal spinal curvature
- high hip
- bilateral body weight difference
- one leg shorter than the other
- nerve heat graph

When the weight of the head (10-14 lbs.) is shifted off the center of the top of the neck, the body becomes imbalanced.

In the effort to keep the head over the center of the neck, the spine and pelvis will twist, causing one leg to shorten (body imbalance).

Body imbalance can cause headaches and pain in the neck, shoulder, back, hips, legs, knees or feet/ankles.

Muscle or joint pain, anywhere in the body is an indication of body and spinal imbalance.

The Concept is Simple

Our goal at Health Living Spinal Care is to correct and balance the entire spine, using a top - down approach, focusing on the head/neck relationship. When these two bones are aligned, your head is "on straight" and your brain can effectively communicate with your body to achieve optimal function, simple!

The nerve system controls every function in your body.

Nerve impulses or messages travel from the brain to every part of your body via the brain stem which starts at the base of your skull and passes through the top two bones.

Those two bones are unlike any other bones in your spine. They have no interlocking joints which allow them to turn our heads left/right and up/down. These bones are also at a higher risk to become subluxated or misaligned.

If they become misaligned, pressure is applied to the brain stem and the healing messages are distorted and do not reach their intended destination at 100%. This is when symptoms develop.

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UPPER CERVICAL SPINAL CARE

Your Journey to Health Starts Here

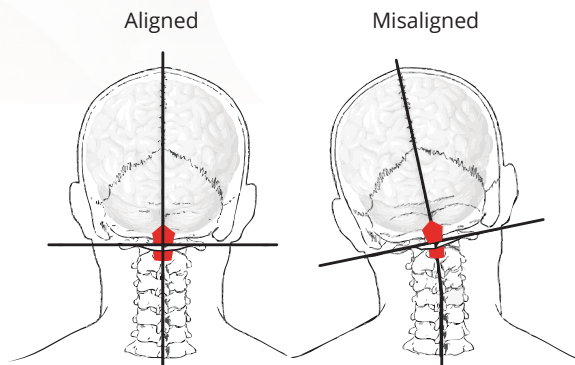
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WHAT IS UPPER CERVICAL SPINAL CARE?

Upper Cervical care is a rapidly growing form of chiropractic that focuses on the intimate relationship between the first two bones in the neck, called the Upper Cervical spine, and a vital portion of the nervous system, known as the brain stem. This relationship is essential to the body's ability to preserve and restore health. Think of the brain stem as the control center that extends down an opening in the base of your skull, making it vulnerable to injuries or irritation around the upper neck. The brain stem works like a telephone cable with thousands of individual wires or nerve fibers sending signals back and forth between the brain and spinal cord to every cell, organ and system in the body. Every nerve impulse between the brain and the body must pass through the brain stem.

The top two vertebrae, the Atlas and Axis, are especially vulnerable to injury or misalignment because they are the most mobile segments of the spine. A misalignment here can produce nerve irritation/pressure to the brain stem that can affect nearly all vital functions and systems in the body. If neglected, an Upper Cervical misalignment can lead to irreversible spinal degeneration and chronic ill health. Upper Cervical misalignments can be caused by falls, auto accidents, sports, job injuries, concussions, physical or emotional stress, poor posture, or even birth trauma.



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.

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www.uppercervicalillustrations.com

A NATURAL APPROACH TO HEALTH

People suffering from a variety of health conditions have had their health restored through Upper Cervical care. This "natural approach" confirms the fact that the body is a self-healing organism directly controlled and coordinated by its central nervous system. The nerve system is responsible for all communication within the body. It controls your immune system, emotions, vision, hearing, balance, breathing, heart rate, blood pressure, digestion, muscle tension, posture, hormones, and many other functions. Irritation or pressure within the central nerve system can interrupt communication between the brain and the body, thus creating a variety of health problems.

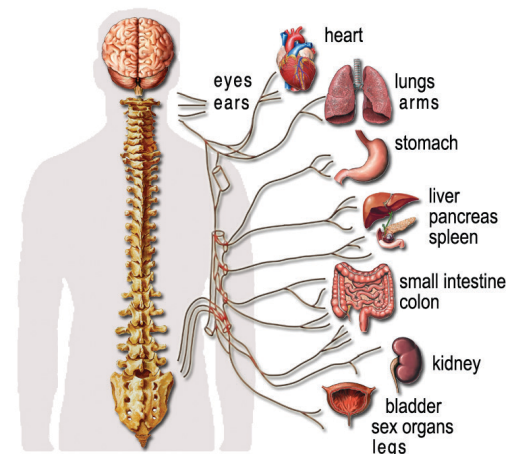
HOLDING IS HEALING

The goal of Upper Cervical Spinal Care is to determine if and where you are subluxated/misaligned and act to correct it. Done correctly, the alignment becomes stable and holds in place allowing the body to heal due to the correction. This allows the body to become healthier and stronger therefore requiring fewer corrections and decreased need for check-ups.

However, if a patient becomes subluxated and nothing is done to correct it, the opposite occurs. Your body stops/slows healing and can even begin to malfunction and allow for an environment in your body for symptoms and diseases to reappear or redevelop. This will then require more frequent check-ups to reestablish the healing process.

WHO CAN BENEFIT?

Everyone - infants to seniors, mothers-to-be, athletes, and accident victims will benefit from a healthy spine and nerve system! If you have a health problem, our doctors will strive to correct its cause, not just treat the symptoms. If you are symptom free, Upper Cervical care is one of the best ways to stay healthy.



The brain stem has an effect on all the major organs of the body, including the heart and lungs.

CONDITIONS/SYMPTOMS THAT HAVE RESPONDED TO UPPER CERVICAL SPINAL CARE

- Acid reflux
- Allergies
- Arthritis
- Asthma
- Attention Deficit Disorders
- Auditory (ear) dysfunction
- Bell's Palsy
- Carpal tunnel syndrome
- Chronic fatigue
- Colic
- Digestive disorders
- Disc bulges/herniations
- Epilepsy
- Fibromyalgia
- Gastrointestinal dysfunction
- Headaches
- High blood pressure
- Hyperactivity (ADHD)
- Immune function
- Irritable bowel syndrome
- Knee pain
- Learning disorders
- Low back pain
- Menstrual disorders
- Meniere's syndrome
- Migraine headaches
- Multiple Sclerosis
- Neck pain
- Neurological disorders
- Otitis media (ear infections)
- Scoliosis
- Shoulder & arm pain
- Seizure disorders
- Skin disorders
- Sports injuries
- TMJ dysfunction
- Torticollis
- Trigeminal Neuralgia
- Ulcers
- Vertigo (dizziness)
- Visual (eye) disturbance
- Whiplash