

THE Spinal COLUMN



Analyze • Align • Hold • Heal



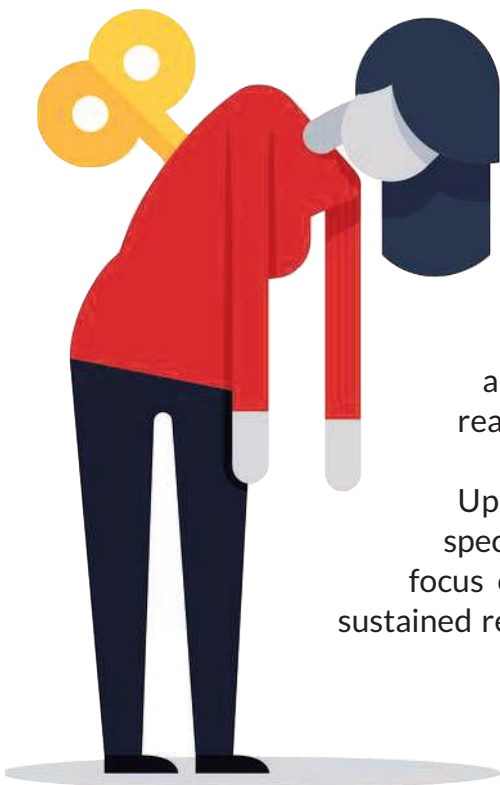
Finding Answers for Chronic Fatigue

There is nothing that compares to living with chronic fatigue syndrome (CFS). Being endlessly tired with no reprieve while still needing to accomplish the pressing needs of daily life is the daily reality for people with CFS. Finding a solution to this ailment has proved difficult for experts as the syndrome is complicated and research has not elicited many straight answers. Instead, chronic fatigue sufferers get theories and are told varying treatment options.



Some of these options include sleeping pills, antidepressants, and other medications. Unfortunately these do not resolve the root cause and only give temporary relief.

The Connection Between Chronic Fatigue and the Nervous System



At the very top of your spine are your C1 and C2 vertebrae, responsible for cradling your skull and allowing your neck free movement from side to side. Within this junction is the brainstem and other critical parts of your nervous system such as the brain and spinal cord. Any imperfections in the alignment of these vertebrae can cause tremendous upsets in your body's natural signaling and communications ability. When nerve function gets interrupted, the results can range from preventing proper regulation of hormones, interrupting sleep-wake cycles, to pain along the spine and so on. An upper spinal misalignment could be the reason behind many chronic fatigue symptoms.

Upper cervical chiropractors are the most qualified and trained for specialized care and treatment of the top two vertebrae of the spine. We focus on long term results, using gentle and precise techniques that have sustained results in patients all over the world. Once alignment is restored to the spine, patients experience the body's natural healing capabilities as damaged nerves and tissue rebuild. This means an improved life for each patients receiving our care.

Reference: <http://www.mayoclinic.org/diseases-conditions/chronic-fatigue-syndrome/basics/treatment/con-20022009>

Retracing: Cycles of Repair

Most Healing Occurs Over Time

What is Retracing?

Retracing means going over ground which has already been covered until the individual reaches the point from which he/she started. When a patient is under upper cervical care, sometimes symptoms that have not manifested for months or even years will reoccur. Patients' first impression is that they are getting worse when they are really experiencing a retracing of the several stages through which the disease progressed in the making.

The question of time is essential in retracing. If a disease has been in process for years, patients should not always expect to regain the normal state within days. It took time for the condition to change from health to disease, and it will take time to retrace from the dis-ease back to health.

Response Varies

The time it takes for recovery does not always equate to the time it took for the disease to develop. As a general rule, however, acute diseases respond rapidly, while chronic cases of long standing are slower to respond. Some abnormalities show very extensive involvement of tissues, while others show very little tissue involvement. Anytime tissue is involved, the structures must retrace the steps through which it passed before it can return to normalcy. Evidence of this can be seen in the varying stages of skin eruptions as they heal. Tissue below the skin's surface goes through the same process while healing; it's just not visible to the naked eye.

Points to Remember

The spine is subject to strain during every day life, and it is possible that the vertebra may recede toward its old abnormal position, necessitating another correction. Tissues often must be rebuilt in order for the vertebra to hold its normal position. In addition, tissues that have perhaps for years assumed an abnormal condition due to the gradually increasing pressure upon the nerve fibers, must be given time to return through the various stages they passed in the production of the abnormality. This takes time, and patience becomes a cardinal virtue based on the knowledge that all is progressing as it should.

Conclusion

Upper cervical patients must realize the necessity of continuing with upper cervical care, even though they may not see their body moving toward health day to day, or may even believe their condition is worsening. This period of retracing is essential and patients are urged to continue treatment through it so as not to preclude the ultimate health which will be theirs if they continue.



Dr. Christine Lim-Krakos
Upper Cervical Chiropractor

Spine Arts Center
6120 Brandon Ave., Suite 203
Springfield, VA 22150

703-644-2222

www.AtlasSpineArtsCenter.com
www.UpperCervicalCare.com
www.globalao.com