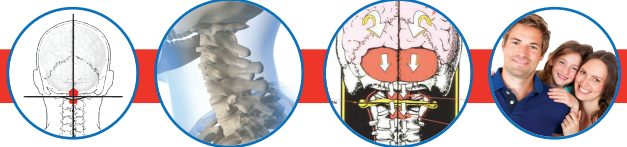


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Little-Known

Upper Cervical Chiropractic Health Benefits

Can Upper Cervical Chiropractic Help You Even If You Don't Have a Bad Back?

When most people think about chiropractic the first thing they think of is someone with a bad back. Or maybe, neck pain or headaches. Without a doubt a lot of people with back pain, neck pain and headaches see chiropractors. In fact, back pain is extremely common with 80% of people experiencing it at some point in their lives.

But, upper cervical chiropractic benefits your body whether you have back pain or not. Many athletes see chiropractors to keep their bodies operating at peak performance. Likewise, many families regularly see chiropractors in order to keep their bodies healthy and strong.



So what kind of benefits could you receive by seeing an upper cervical chiropractor, even if you weren't having pain?

Better Sleep

62% of American adults experience problems sleeping a few nights a week. And 40 million Americans experience a chronic sleeping disorder. The estimated cost of productivity lost for employers due to sleep related issues is 18 billion.



Upper Cervical Chiropractic has been shown to improve sleep, both in children and adults. If you are having some sort of pain or symptoms that respond to chiropractic care. Then, of course, that will help you sleep better as well.

Stronger Immune Systems

Research indicates that Upper Cervical Chiropractic patients have incredibly strong immune systems. Dr. Ronald Pero, chief of cancer prevention research at New York's Preventive Medicine Institute and professor in Environmental Health at New York University measured 107 individuals who had received long-term Chiropractic care. The chiropractic patients were shown to have a 200% greater immune competence than people who had not received chiropractic care, and a 400% greater immune competence than people with cancer or serious diseases.



Summarizing the research, Pero concluded, "Chiropractic may optimize whatever genetic abilities you have so that you can fully resist serious disease... I have never seen a group other than this show a 200% increase over normal patients."

More Energy

Do you sometimes feel that you just don't have enough energy to make it through your day?

If you do a Google search to see all the chiropractic

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patients who have provided testimonials indicating that they have more energy now you will be overwhelmed. In my experience, patients will come into a chiropractic office looking for help with a particular problem such as back pain, sciatica, or headaches. But after being under upper cervical chiropractic care for a while they begin to notice some of the positive side effects, including more energy and less fatigue on a weekly basis.



Improved Moods

Sometimes when your brain and your body isn't working the way it's designed your mood will be altered. Along with increasing energy levels, upper cervical chiropractic has been shown to improve moods.

Research has demonstrated those suffering with anxiety and depression frequently have dramatic results. This is because chiropractic care has been shown to improve hormone balance. Decreasing the bad hormones like cortisol and increasing the happy hormones, such as dopamine and norepinephrine makes a big difference in how the brain and body works and how the person feels.



Avoid Harmful Drugs

Each year, about 4.5 million Americans visit their doctor's office or the emergency room because of adverse prescription drug side effects. A startling 2 million other patients who are already hospitalized suffer the ill effects of prescription medications annually.

Our medical system has become a "ask your doctor," pill for every ill system. When you visit an upper cervical chiropractor because you are having a specific problem or you just want to improve your overall health and well-being, you are already taking a more positive approach to your health.

So the next time you think about upper cervical chiropractic, maybe you'll have a different picture in your mind. Not just of someone who is in pain, but someone who is living healthier because they have chosen the upper cervical chiropractic lifestyle.

If you're looking to sleep better, have a stronger immune system, have more energy, improved moods, and avoid harmful drugs, then upper cervical chiropractic care may be exactly what you've been looking for.

Reference and credit: Dr. Young H. Chung, <http://nuccawellnesschicago.com/>



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