

Could this be a silent epidemic?

Have you had a medical condition or chronic illness for some time and have been told:

"Live with it"

"It's a natural part of getting old"

"It's stress" - "It's in your mind"

Have you tried everything but just can't seem to get better? Sound familiar? You're not alone!

If this is you then you may well have a problem at the base your skull near your first cervical vertebra (atlas), and a little-known procedure which has been around for 70 years or so may be exactly what you need to get better.

Ask yourself this question "Is my head on straight?" because most likely it is not.



The **PROBLEM**

The human skull and its contents, weighing about 10-14 lbs, sit on top of our neck (cervical spine). The head and neck region, especially near the joint between our skull and 1st vertebra (atlas or C1), is rich in vital nerves and blood vessels leading to our brain. We have all had a bump to the head at some time in our lives, but mostly we just shrug it off. It could be that these knocks have shifted your skull on the atlas. The natural response of your body to this trauma is to realign your body underneath your skull. Your pelvis moves and your hip is raised on one side.

The tension which this could place on

the nerves leaving your spinal canal and the cranial nerves & the blood vessels leaving the skull, could be enough to distort or lessen the signals of your nervous system and the flow of blood to and from your brain. This is often missed completely by some practitioners and the dysfunction that this may cause can be widespread.

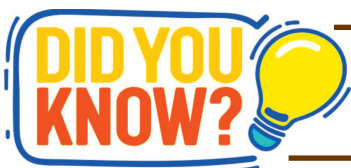
Is there a **SOLUTION?**

One solution to the problem is 'specific' upper cervical chiropractic. Upper cervical chiropractors referencing precision X-rays, use manual adjustment techniques and sometimes instruments to re-position your atlas and realign your head and neck. This 'adjustment/correction' to the

atlas is usually gentle and specific. The change to how a patient feels can be quite profound.

The **RESULTS**

The results can be dramatic, and some patients report immediate relief of symptoms. They may have had these for more than 10 years. Conditions which have been reported to respond favorably to this procedure are numerous and include back & neck pain, knee problems, whiplash injuries, fibromyalgia, many ear symptoms, chronic fatigue, headaches & migraines, TMJ syndrome, trigeminal neuralgia, peripheral neuropathy, scoliosis, carpal tunnel syndrome and many, many more.



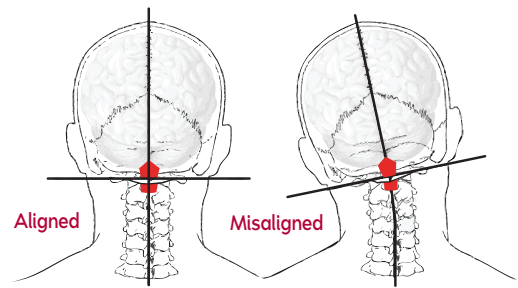
The longest nerve in the body is the sciatic nerve. It runs from the spinal cord to the toes on each side of the body.

Signs & Symptoms

Checklist

- ☐ Head tilted to one side?
- ☐ One shoulder lower than the other?
- ☐ Poor posture?
- ☐ Back, shoulder and/or neck pain?
- ☐ Ear symptoms (tinnitus, deafness, vertigo, moving sensations, dizziness, Meniere's Disease)?
- ☐ Jaw symptoms (clicking, cracking, pain)?
- ☐ Tingling & burning sensations in the extremities?
- ☐ Regular headaches or migraines?
- ☐ Tremors or twitches?
- ☐ Scraping, crunching sounds when you move your neck?
- ☐ Restricted neck movements?
- ☐ Have scoliosis (spinal curvature)?
- ☐ Have one short leg?
- ☐ Had trauma (even small) to the head, neck or shoulders or a whiplash injury?

If you answered YES to even a few of these, then the source of your pain and discomfort may well be originating from your atlas.



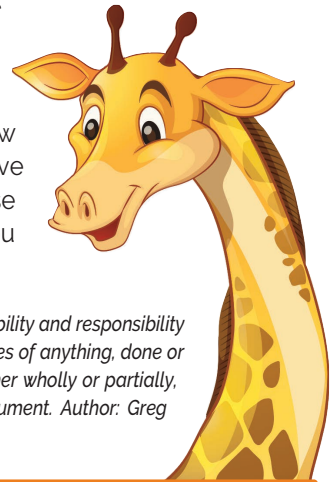
Body Imbalance

When the head is shifted off the center of the top of the neck and held in that position by the muscles of the neck, it can prevent brain health and healing messages from getting through to the body.

You may just find the help you need!

Thousands of sufferers worldwide are now seeing the benefits of upper cervical chiropractic despite there being so few of these chiropractors.

This article has been created by a patient for fellow sufferers. If you do have a misalignment of your atlas to your skull then it is quite possible you too will benefit from upper cervical chiropractic and a new approach to wellness. There is extensive information available on this topic. Please ensure you research widely, to enable you to make your own informed decisions.



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