



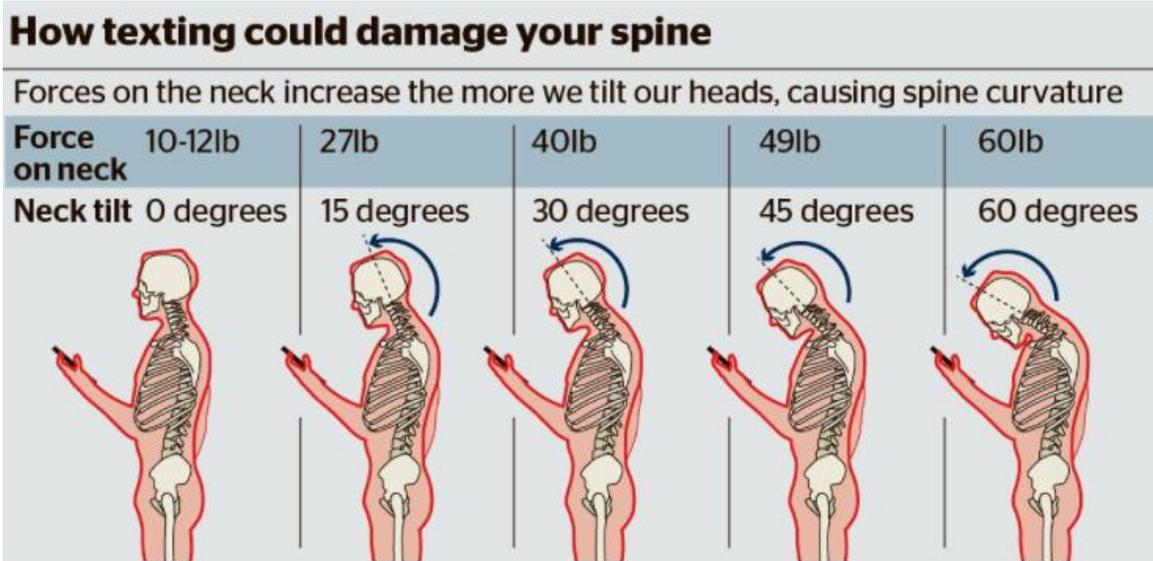
Chiropractic and Posture

Dr. Larry Basch, D.C., CCSP, CCEP, CLT

Poor Posture Equals Poor Health

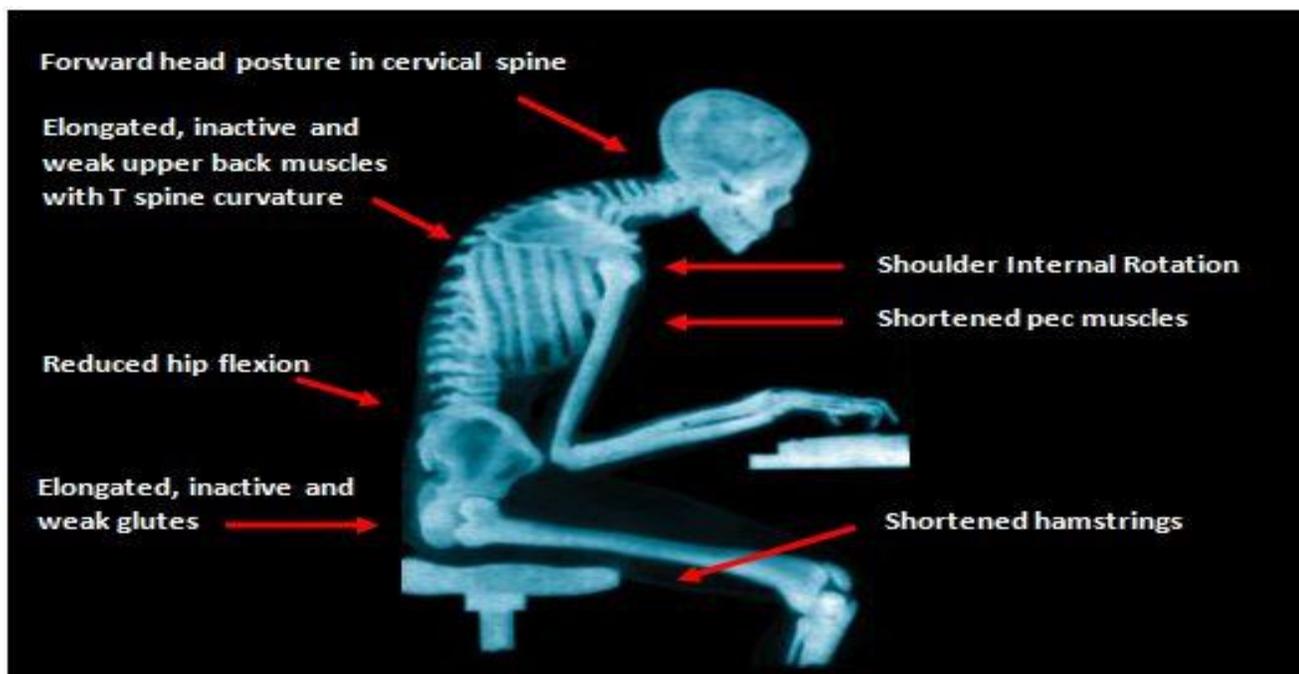
Bad posture is a present day health epidemic that is unfortunately ignored. Posture is the window to your spine. The spine has a powerful relationship with the brain, spinal cord, and overall organ functions. This close connection means that poor posture and spinal health will lead to an overall decrease in brain and organ function. Nobel Prize recipient Dr. Roger Sperry says that the spine is the motor that drives the brain. According to his research “90% of the stimulation and nutrition to the brain is generated by the movement of the spine.” Only 10% of our brain’s energy goes into thinking, metabolism, immunity, and healing. Sperry demonstrated that 90% of brain energy goes into processing and maintaining the body’s relationship with gravity. One of the worst types of health problems people experience is a loss of the natural curves of their spine. Ideally, we should have a 40-45 degree curve in our neck that many Chiropractors refer to as “the arc of life.” This curve helps to protect the brain stem and the spinal canal for the spinal cord and nerves that travel to every region of our body.

Subluxation is the term for restriction or misalignments of the spine that cause compression and irritation of nerve pathways affecting organ systems of the body. Subluxations can manifest as pain, but since only a small portion of spinal nerves transmit pain sensations (10%) they are often unnoticeable. Losing the arc of life in the neck, forward head posture, and scoliosis are three of the most dangerous forms of subluxation. Subluxation patterns such as forward head posture and loss of the neck curve are most often created by trauma and/or poor posture habits. Our society today spends at least 3-4 hours a day slumped in front of a television, computer, and texting. These behaviors cause the head to shift forward and create a lasting posture pattern called forward head posture. This ‘forward head posture’ can add up to 30 pounds of abnormal leverage pulling the entire spine out of alignment and may result in the loss of 30% of vital lung capacity.



Forward head posture decreases lung capacity, which has a direct relationship to overall health and life expectancy. Forward head posture reduces the body's ability effectively oxygenating cells. This can lead to asthmatic conditions, blood vessel problems and heart disease. The oxygen deficit affects the entire gastrointestinal system leading to altered nutrient absorption and peristaltic activity. Lowered oxygen states also decrease endorphin production turning the perception of non-painful sensation into pain experiences.

Chiropractors specialize in corrective care techniques that reduce or eliminate forward head posture and restore the natural curves of the body. This is done through gentle & specific adjustments as well as corrective rehabilitative exercises to address postural abnormalities and create lasting objective postural changes. Studies have shown that corrective based Chiropractic care effectively reduces forward head posture and enhances the arc of life.



Are You De-Evolving?

“Aging and Degenerative (arthritic) changes are NOT SYNONYMOUS”

Harry F Farfan, M.D., M.Sc., C.M., F.R.C.S., 1988



“90% of the stimulation and nutrition to the brain is generated by the movement of the spine.”

Dr. Roger Sperry M.D. (Nobel Prize recipient for BRAIN RESEARCH)

“For every inch of [Anterior Head Syndrome] it can increase the weight of the head on the spine by an additional 10 pounds.”

Kapandji, Physiology of Joints, Vol. 3

“[Anterior Head Syndrome] leads to long term Muscle Strain, Disc Herniations, Arthritis and Pinched Nerves.”

Mayo Clinic, Nov 3, 2000

“Loss of the cervical (neck) curve stretches the spinal cord 5-7 cm and causes disease.”

Dr. A. Breig, Neuro-surgeon (Nobel Prize recipient)

“Deviations in the body’s center of gravity caused poor posture, which resulted in intestinal problems, hemorrhoids, varicose veins, osteoporosis, hip and foot deformities, poor health, decreased quality of life, and shortened life span.”

Freeman JT, Posture in the Aging and Aged Body. JAMA 1957; 165(7) pp 843-846. JAMA Journal of the American Medical Association

WHEN WILL YOU FINALLY TAKE ACTION?

Like it or Not, the Daily Effects of Stress & Trauma Do Add Up!

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Stages of Spinal Degeneration

The Progressive Destruction Due To Abnormal Spinal Alignment



The Black Line Represents Normal Alignment, While The Red Line Represents The Patient's Abnormal Alignment

Normal

Stage I

Stage II

Stage III

Stage IV

Maintain Proper Posture with Regular Chiropractic Care.

* These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease.

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