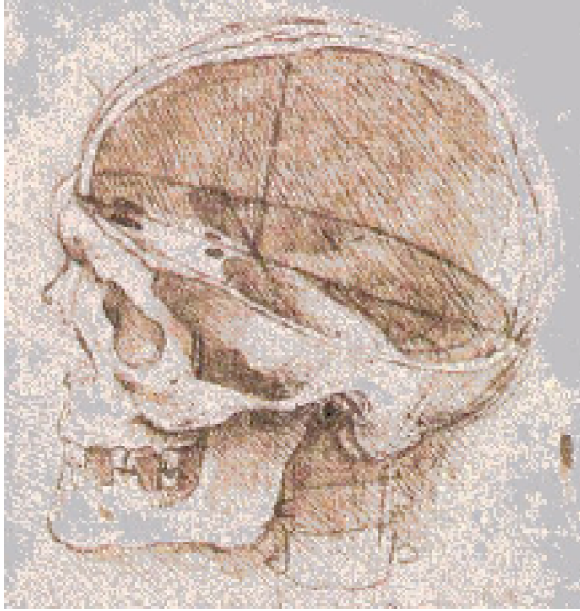


New Patient Guide to

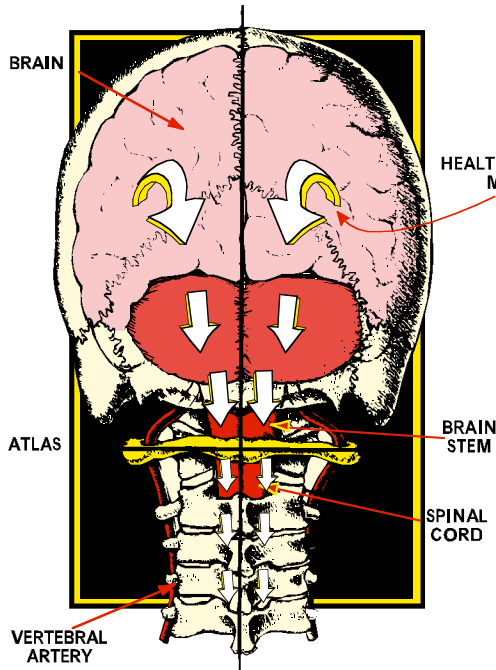


inside...
important questions
you have about
Upper Cervical
Chiropractic Care
ANSWERED

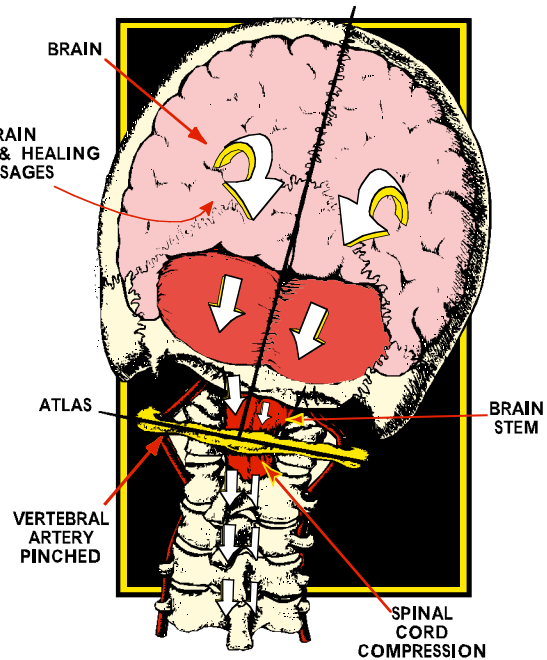
UPPER CERVICAL CHIROPRACTIC HEALTH CARE

HEALTH

SICKNESS



BODY BALANCE
(Head/Neck Alignment)



BODY IMBALANCE
(Head/Neck Misalignment)

This Upper Cervical Patient Education Material is dedicated
to all Upper Cervical Doctors
that share the commitment to get sick people well
while providing each patient with the best
health care possible.

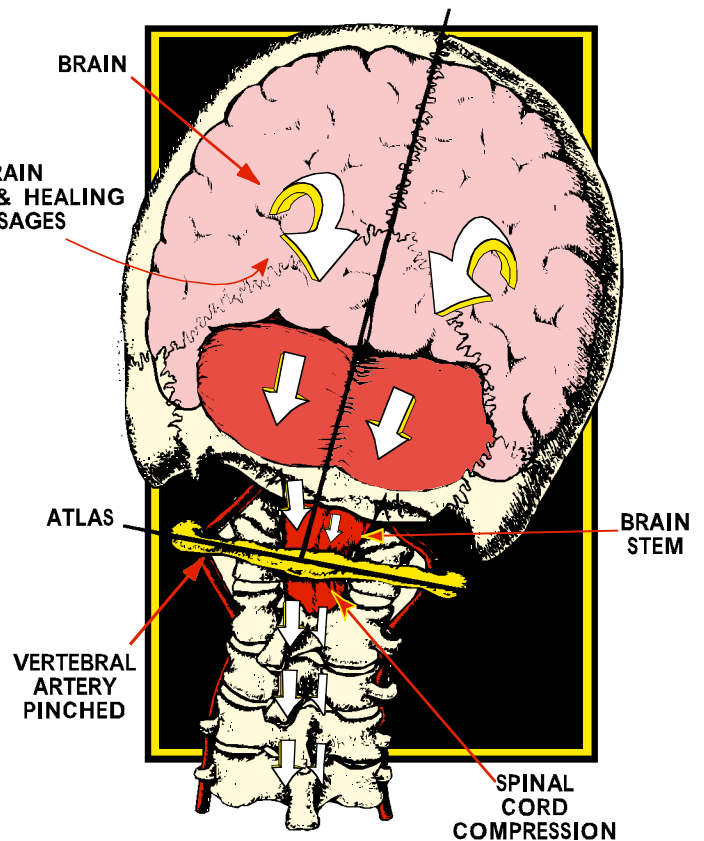
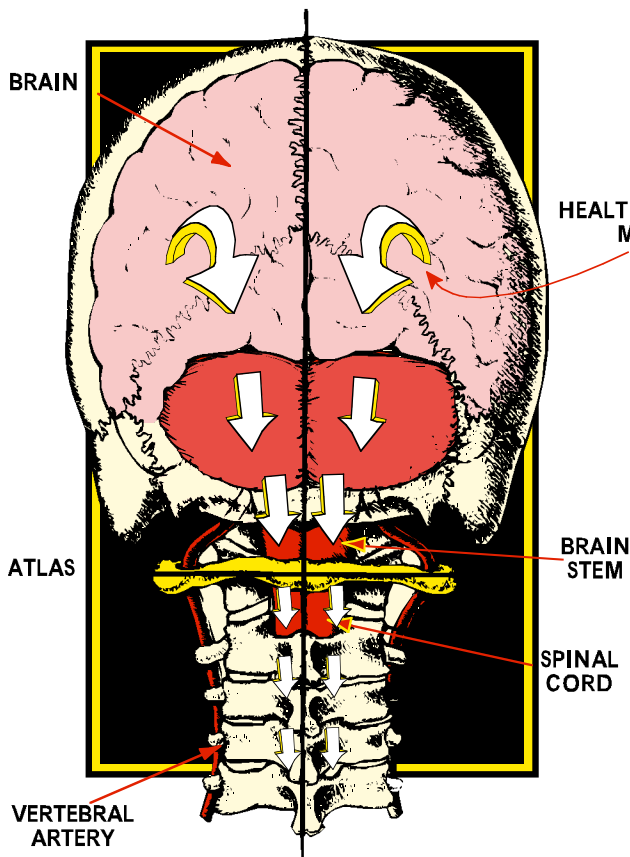
THIS MATERIAL IS PROTECTED BY COPYRIGHT AND MAY NOT BE COPIED
OR REPRODUCED IN ANY FORM WITHOUT THE EXPRESS WRITTEN
PERMISSION OF THE OWNER.

© Copyright 2006 Daniel O. Clark, D.C. All Rights Reserved (702) 896-9228

A Simple Explanation of Upper Cervical Chiropractic Health Care

HEALTH

SICKNESS



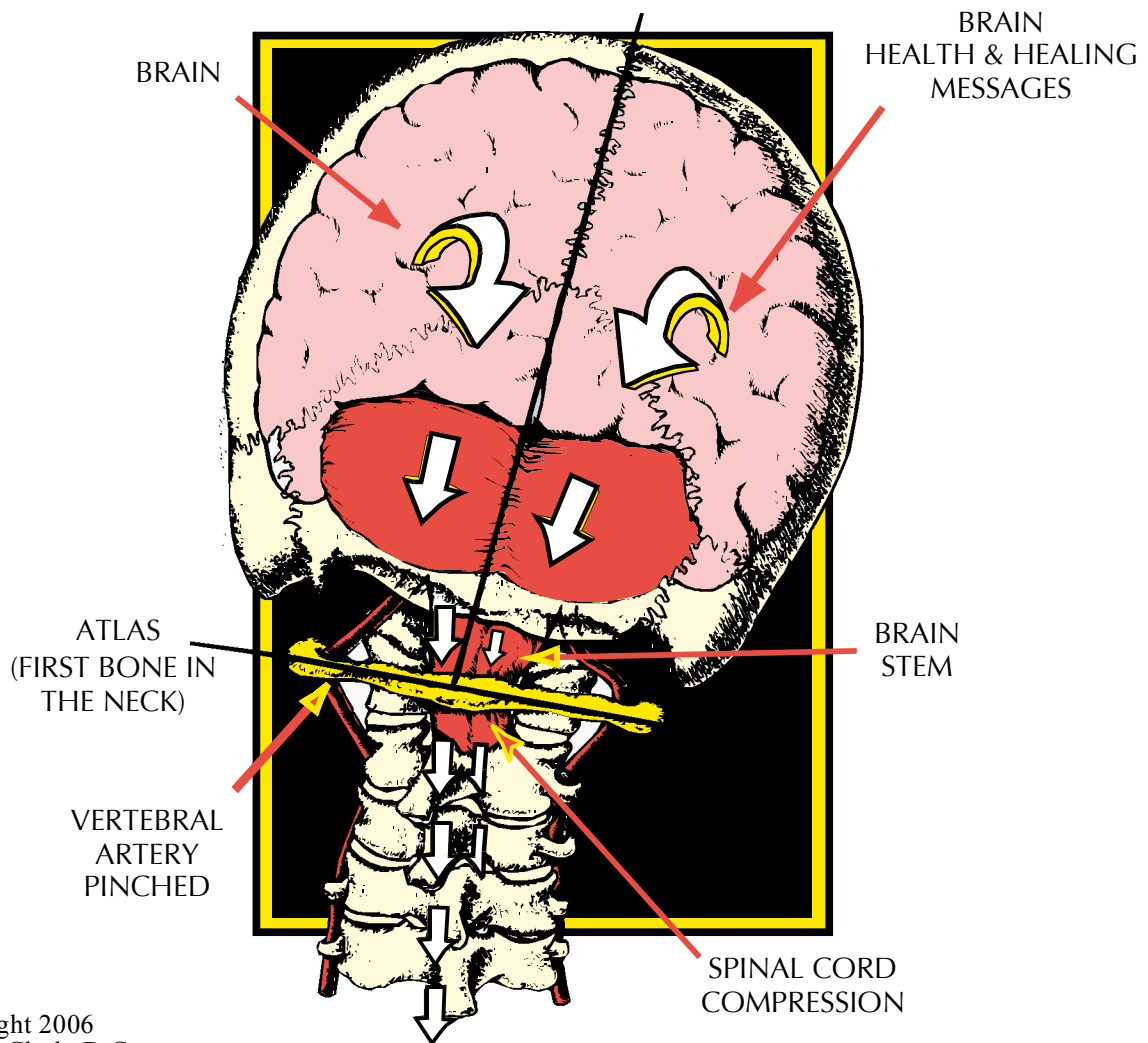
BODY BALANCE (Head/Neck Alignment)

When brain health and healing messages CAN flow to all parts of the body without interference, you may expect good health.

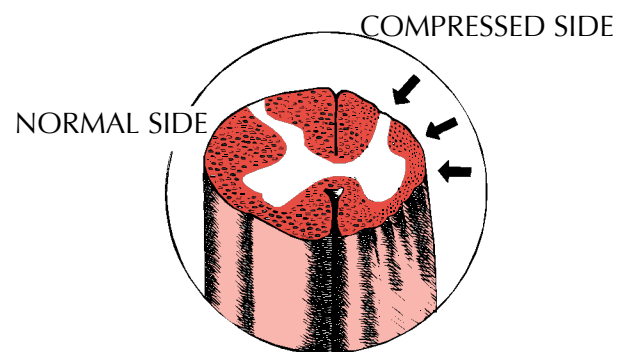
BODY IMBALANCE (Head/Neck Misalignment)

When brain health and healing messages CANNOT flow to all parts of the body due to interference at the point where the head/neck join, you may expect health problems to develop.

HEAD/NECK MISALIGNMENT (BODY IMBALANCE)



© Copyright 2006
Daniel O. Clark, D.C.
All Rights Reserved



SPINAL CORD CROSS SECTION

Brain messages control, maintain and monitor all body functions.

These messages also provide for healing.

When brain health and healing messages cannot get through to all parts of the body due to head/neck misalignment at the point where the head and neck join, you may expect health problems.

What is Upper Cervical Chiropractic Care?

Upper Cervical Chiropractic Care is a specific corrective procedure utilized by Upper Cervical Chiropractic Doctors.

Why should I learn about Upper Cervical Chiropractic Care?

Published studies have shown that when patients understand what the doctor does and why he does it, there is always increased cooperation and faster healing.

What does Upper Cervical Chiropractic Care do?

The sole purpose of the Upper Cervical Chiropractic Spinal Correction is to re-position the weight of the head over the center of the neck in order to remove spinal cord compression and restore body balance. This re-positioning reactivates the flow of health and healing messages from the brain to the affected part of the body so the body's natural healing process can begin.

Why is body balance so important?

The spinal column remains straight and balanced as long as the weight of the head¹ is centered over the neck.

When the weight of the head is shifted off the center of the top of the neck, the body is in a state of imbalance.

In an effort to keep the head centered over the neck, the spine and pelvis will twist, causing one leg to shorten.

This imbalance can cause stress, tension, and/or pressure on the spinal cord at the top of the

neck where the head and neck join.

Our brain operates a "telephone exchange" of sorts that shuttles millions of messages per second back and forth to all parts of the body. These messages govern the thousands of functions that keep our body operating at optimal health.

We don't consciously feel that these messages exist, but the heart pumps blood, the lungs breath air, the stomach digests food, and thousands of other chemical changes go on in our bodies continuously. All are the result of messages sent by our brain.

Spinal cord compression (body imbalance) restricts and distorts the transmission of these messages to the body (see the illustration on page 2). If not corrected, the long term effect is degeneration of that part of the body served by these restricted messages - - causing mild to severe pain, lowered resistance to illness, organ dysfunction, loss of mobility in limbs, and ultimately - - disease.

The body has the natural ability to maintain optimal health, provided body balance is maintained.

Body imbalance is always present before the pain starts.

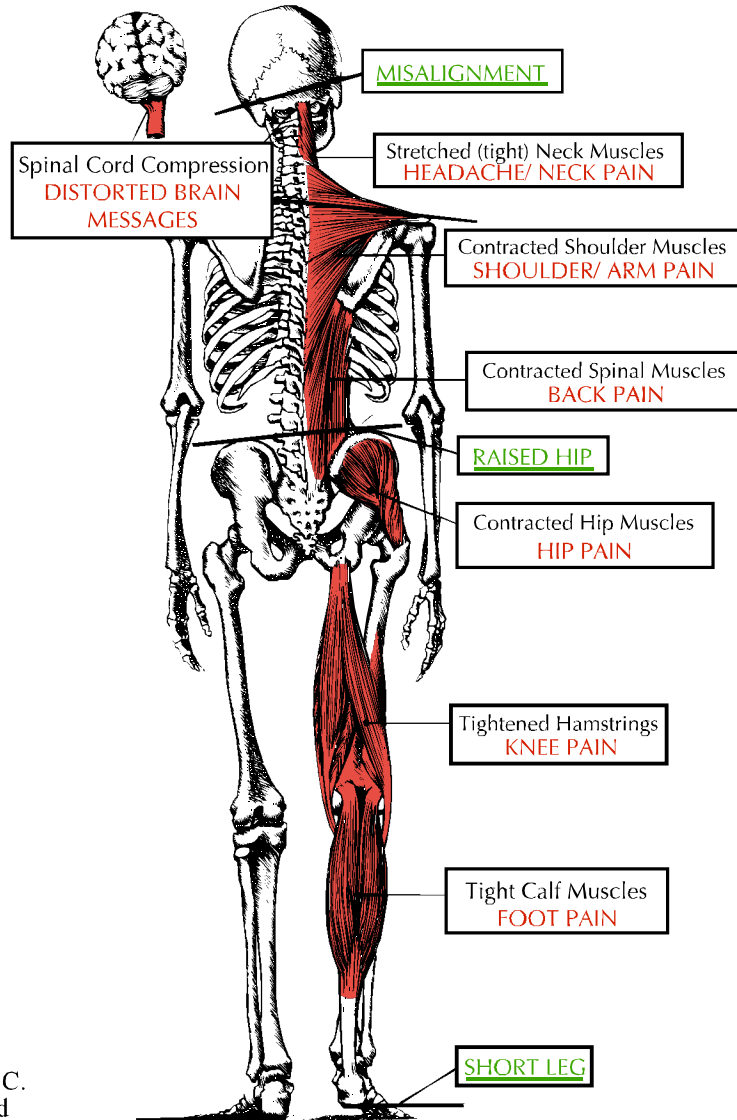
What health problems can be resolved by restoring body balance?

Each one of our 100 billion active brain neurons stores information that is transmitted to other cells and to all parts of the body by way of electrical and chemical impulses that travel along our nervous system. ***These messages control all body functions.***

Restrictions in the transmission of these brain messages to the body is the direct or indirect cause of most health problems.

¹The head weighs between 10 and 14 pounds.

HOW IS SPINAL CORD COMPRESSION AND BODY IMBALANCE DETERMINED?



© Copyright 2004
Daniel O. Clark, D.C.
All Rights Reserved

BODY IMBALANCE

Body imbalance (or postural distortion) can be determined 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.

How is body imbalance and spinal cord compression corrected?

Body balance is restored by an Upper Cervical Spinal Correction.

The doctor calculates the exact position of the atlas bone³ that completely encircles the spinal cord. He analyzes exactly how far it has shifted, tilted, or rotated away from its normal position.

The slightest degree of misalignment of this small bone that supports the weight of the head can cause body imbalance and spinal cord compression - - which can result in health problems and pain that may be felt anywhere in the body.

By utilizing a formula calculated from interpreting the results of precision x-rays, the doctor is able to make the Upper Cervical Spinal Correction.

The doctor applies a slight, pre-determined direction of pressure on one side of the neck to gently re-position the head over the center of the neck. This re-positioning restores body balance and removes spinal cord compression.

The Upper Cervical Spinal Correction requires NO forceful, twisting or jerking motion and is barely felt by the patient.

The Upper Cervical procedure cures nothing - but simply removes spinal cord compression and reactivates the transmission of brain healing messages to the affected part of the body so it can heal itself.

Precision x-rays enable the doctor to develop an exact formula which he uses to make the spinal correction.

Each spinal correction formula is as individual to that patient as fingerprints.

Changes you might expect after the correction

As soon as the spinal correction is made and body balance is restored, IMMEDIATELY, muscles begin to relax, blood and oxygen circulation is increased, healing messages are transmitted from the brain to the affected areas, and the body's self healing process begins.

You may experience a variety of changes in your body after the correction. These changes result from the body responding to the structural correction.

In order to heal, the body must go through different cycles of repair which often express themselves as:

- alleviation of pain and symptoms
- tired and/or relaxed feeling
- light-headedness or possible headache
- cold-like symptoms (runny nose) as the body goes through a cleansing process
- muscle stiffness in other parts of the body as it adapts to the correction
- pain in the area of an old injury
- tingling or heat sensations, as blood and oxygen circulation continues to normalize
- body elimination changes - either diarrhea or constipation as the body adapts to changes after the correction

Symptoms may decrease immediately, or pain may move to another area of the body. These signs indicate the self healing process is working.

Should I see relief instantly?

The severity of the condition determines the recovery time. Do not be concerned if you do

Body balance is the key to longevity!

³The atlas, a 2 ounce doughnut shaped bone, is the first vertebra of the neck and spinal column.

not get instant relief. If the problem has been there for some time, the healing process may take time. Please make the doctor aware of any and all changes that occur.

Why are x-rays necessary prior to the Upper Cervical Spinal Correction?

No Upper Cervical Correction can be made until careful and precise x-rays are taken and analyzed. The x-rays taken prior to the correction allow the doctor to determine the direction that the first vertebrae (atlas bone) has shifted, tilted, or rotated from its normal position to cause spinal cord compression and body imbalance.

The calculated formula for each correction that the doctor makes is as individual to the patient as one's own fingerprints. Seldom are two patients' formulae the same.

After the correction, x-rays, nerve heat graph, leg check, and/or other diagnostic procedures are used to validate correction of the upper cervical misalignment. (See page 4)

If a valid correction was made, then future corrections will be made using the same formula.

Usually more x-rays are unnecessary unless the patient experiences a fall or serious accident that could alter the initial correction formula.

The three phases of Upper Cervical Chiropractic Care

1. The Acute Phase

The doctor's first objective is to restore body balance and reactivate the body's self-healing

process in order to relieve pain and symptoms as quickly as possible.

2. Body Stabilization and Healing Phase

Most patients get results with the first spinal correction, but the first six to eight weeks after the correction is considered a period of stabilization and healing. Just as an orthodontist requires ample time to straighten teeth, so it is with balancing and stabilizing the spine.

Body balance and head/neck alignment must be monitored during this period to ensure there is no interruption in the healing process.

3. Health Maintenance Phase

Just as you service your car to insure that it runs efficiently, so it should be with your body. The body has the natural ability to maintain optimal health -- provided body balance is maintained and brain messages can flow unrestricted to all parts of the body.

If you maintain body balance by visiting your Upper Cervical Doctor periodically, you can live pain free, strengthen your body against illness, and increase your body's performance as you add quality to your life.

***Mis-alignment
(body imbalance)
creates pain and
illness.***

***Re-alignment
(body balance)
restores health and
wellness.***

***When the weight
of the head is
shifted off center
(body imbalance),
muscles of the
neck and back
must compensate
for the change.
This causes the
spine and pelvis to
twist and one leg
to shorten
and can cause all
kinds of health
problems.***

How often must a patient get an Upper Cervical Spinal Correction?

During the stabilization and healing period after a correction, a number of additional corrections may be necessary. The likelihood of this depends

upon the condition of the spine, the length of time the ailment has been present in the body, and the skill of the doctor.

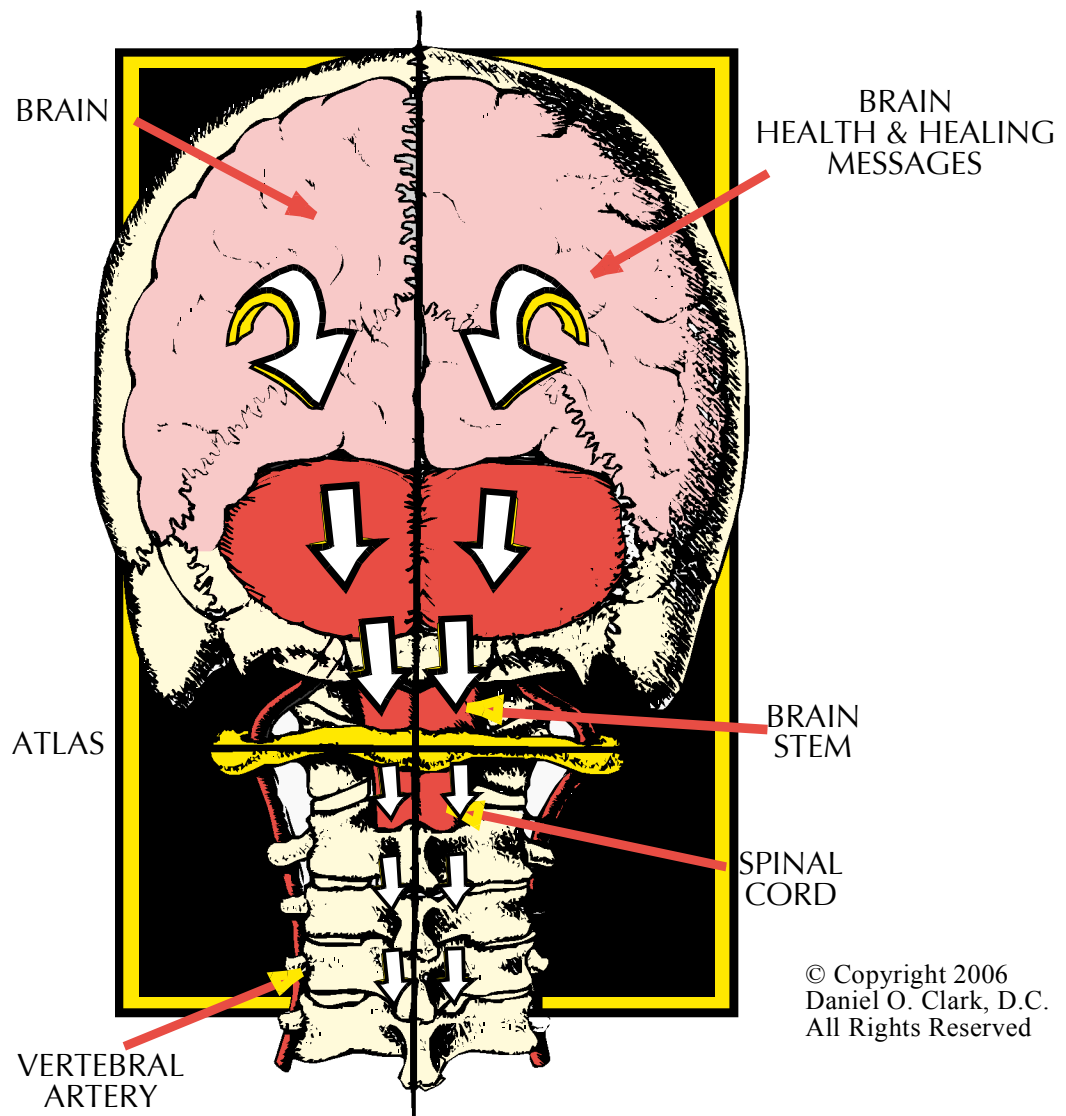
Some patients' body balance will stabilize to normal with a single correction. Some formulae are not totally correctable and others may require several corrections before they will stabilize. *Once the stabilization has been achieved, many patients stay stabilized for weeks, months, or even years.*

Recovery continues as long as the Upper Cervical Spinal Correction is maintained. The patient who

gives the doctor enough time to correct and stabilize body balance sees the best results. Making the Upper Cervical Spinal Correction as few times as possible is the objective of your doctor.

We welcome you to our practice. We are committed to working with you to help you regain and maintain your good health and well being.

If you have any questions, just give us a call. We are here to help and appreciate the opportunity to be of service to you, your family, and friends.



© Copyright 2006
Daniel O. Clark, D.C.
All Rights Reserved

When head/neck misalignment is corrected and body balance is restored so brain messages can get through to the affected area, immediately muscles begin to relax, blood and oxygen circulation is increased, and the natural self-healing process begins.

A BALANCED BODY WILL MAINTAIN HEALTH AT IT'S OPTIMUM LEVEL

Use common sense to maintain your Upper Cervical Spinal Correction

Feel free to...

- 👍 *Use your neck and head in the normal range of motion*
- 👍 *Use your legs when lifting heavy objects, keeping your back as straight as possible*
- 👍 *Avoid strenuous activity*
- 👍 *Sleep on your back or side*
- 👍 *Have the doctor check your body balance periodically*

Try to avoid...

- 👎 *Sleeping on your stomach*
- 👎 *Using your head to raise or turn your body*
- 👎 *Holding the phone nestled between your head and shoulders*
- 👎 *Reaching or straining*

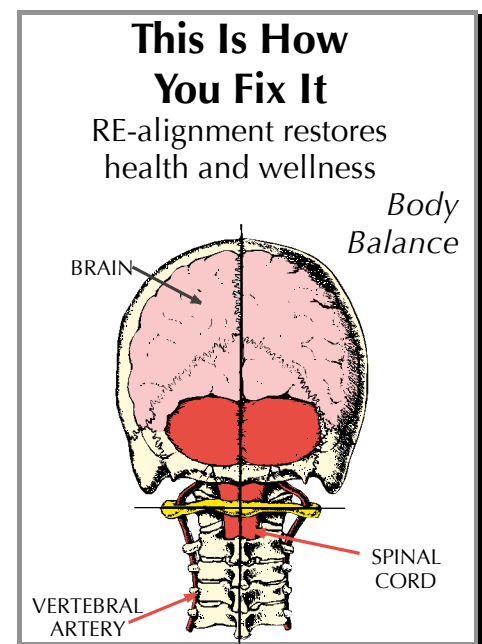
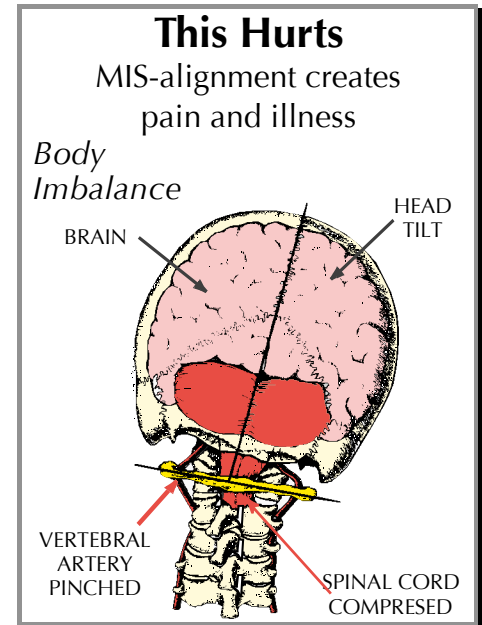
Also keep in mind...

Twisting and turning your head too far, rolling your head, or tilting it too far backwards will not help maintain your correction.

Do not let anyone pull, twist, or crack your neck. It could alter your correction formula.

Along with proper exercise, nutrition, and rest, we want to increase the quality of your life as much as your body and common sense will allow.

If you fail to maintain your correction, revisit your Upper Cervical Chiropractor and get back on track!



Item No. 0093
Daniel O. Clark, D.C.
702-896-9228