

## Wellness Care - Long-Term Upper Cervical Benefits

### Are You Searching for Natural Wellness Care?

Wellness care is a key aspect of health that is often left out in western medicine. According to CNBC, Americans spend \$3.4 trillion dollars per year at the doctor, on medications, and for other healthcare expenses. Yet, it is clear that many health problems are on the rise.

In 2008, Americans spent \$242.7 billion on prescription drugs. In just 10 years, that number increased to \$360.2 billion. While some of these medications are keeping people alive, there are far more people who are disappointed in their current health care, and who want natural options with fewer side effects, better results, and a smaller bill.

We would like to introduce you to the long-term benefits of upper cervical chiropractic care as an alternative option for achieving your overall health and wellness goals. Many patients are finding this to be a cost-effective way to maximize health benefits with few or no side effects.

### Long-Term Effects of Upper Cervical Misalignments

Upper cervical chiropractic care is all about cause and effect. When the C1 and C2 (atlas and axis) vertebrae are out of alignment, there are a number of changes that take place in the body that can have long-term and far-reaching effects on a person's health. Here are just a few examples of things that can happen when the top two bones in the neck are out of alignment.

- **Spinal Alignment Changes** - The atlas balances the head. Even the slightest misalignment leads to a chain-reaction throughout the spine in order to keep the head properly balanced. This means that an atlas misalignment may do more than cause neck pain. If the greater changes take place in the upper, middle, or even lower back, then the pain can occur anywhere throughout the spine.

- **Pinched Nerves** - As spinal alignment changes, there is an increased risk of pinched nerves. This can lead to problems throughout the body. For example, one of the most common nerve irritations is the sciatic

nerve, and this can easily occur when changes take place in the lumbar region. Also, since the neck is the genesis of the nerves that extend down both arms, pain and numbness may occur in the shoulder, elbow, or even the wrist.

- **Brainstem Function** - The atlas surrounds and protects the sensitive area where the brainstem meets the spinal cord. Even the slightest misalignment can take the atlas from being a protector to applying pressure to the brainstem with the potential to inhibit proper function. Keep in mind that the brainstem is responsible for many of the body's automated activities such as regulating blood pressure, setting the sleep process in motion, and breathing.

- **Cerebral Blood Flow** - The cervical spine facilitates blood flow to the head. If anything throws off the alignment of the cervical spine, this proper flow of blood may be affected. This can lead to certain parts of the brain receiving insufficient levels of oxygen. All sorts of neurological problems have been linked to these issues in blood flow.

- **Intracranial Pressure** - When the top bones in the neck are misaligned, cerebrospinal fluid may fail to drain properly. This can lead to pooling and increased intracranial pressure. The effects of this increased pressure can be many and varied.

### Long-Term Benefits of Upper Cervical Chiropractic Care

There are clear connects between upper cervical misalignments and ongoing effects in the spine, nerves, central nervous system, blood flow, and more. These misalignments are common due to the accidents and injuries that just about everyone suffers at some point over the years. This knowledge gives you a unique opportunity to improve overall health and well-being with one simple and natural therapy.



Upper cervical chiropractic offers natural, holistic wellness care with real long-term results by correcting the underlying cause of many chronic health problems.

When upper cervical chiropractors use precise and gentle adjustments to correct C1 and C2 misalignments, the effects can be immediate. However, the long-term benefits can continue because these long-last-

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ing adjustments give the body the time that it needs to promote healing. It is no wonder that people have found long-term relief from conditions and symptoms like migraines, vertigo, fibromyalgia, high blood pressure, multiple sclerosis, seizures, spinal pain, nerve pain, and many other chronic health issues.

So does this mean that once a person seeks upper cervical chiropractic that he or she is locked into a lifetime of weekly visits to ensure that proper alignment is maintained? Absolutely not! Upper cervical chiropractic adjustments are performed on an as-needed basis. If you find that you are going three or four visits without needing an adjustment, it makes sense to start spacing your visits further apart.



## Cost-Effective, Whole-Body Wellness Care

As adjustments hold longer, appointments can be spread further apart. Your body gets the time it needs to heal, and you get a cost-effective solution to many problems that usually come with hefty healthcare price tags. That's the entire idea behind holistic medicine. By caring for underlying causes of your symptoms, you get real, long-term effects without the need for expensive daily pills.

If you are tired of receiving care for your symptoms and want to get to the bottom of many health problems that are common around the world, upper cervical chiropractic may be the long-term solution you have been searching for. We invite you to learn more about how patients all over the world are taking control of health problems that they once were merely coping with, trying to get by from day to day. The benefits of upper cervical chiropractic are providing hope for many people who are seeking natural care with long-term results.



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