

WHY A CORRECTIVE CARE CHIROPRACTOR?

Discover the latest advancement in spinal health care available today through your ML doctor

Even though traditional Chiropractic has served millions of patients over more than 110 years, spinal corrective chiropractic care is the most cutting edge approach available today. While you may be accustomed to a doctor focused on only short term care and pain relief for spine and muscle aches, there has been incredible advancements over the last decade or two of which you should be aware. That awareness will most likely be the difference between a healthy or a very unhealthy future.

All of the Association of Chiropractic Colleges and most radiologists and orthopedists agree that a deviation in spinal alignment is called a “subluxation.” Because spinal vertebrae are attached to muscles and ligaments and surround and protect the spinal cord and nerves – subluxation is a complex problem. When spinal vertebrae misalign, muscles and ligaments are stretched and potentially damaged and the spinal cord and nerves are compromised. This leads to not only the possibility of painful conditions, but neurological and organ problems as well.

When subluxation exist, it’s critical that you not just merely treat back pain, manipulate the spine, or seek only a short term solution. It’s imperative to fully correct the condition – something not always done by traditional Chiropractic practitioners. This is, however, the goal of certified Maximized Living (ML) doctors.

The benefits of full spinal correction are not just pain relief, but also greater neurological health, maximized organ function, prevention of spinal degeneration, optimum range of motion, high performance, and a far greater resistance to injury.

The spine and nervous system control all function and healing in your body. Unfortunately, today’s lifestyle makes it very common and likely that the spine will move from it’s correct position and actually interfere with or damage the nervous system.

The spine consists of 24 movable bones that are broken down into spinal units that need to remain in alignment. Should these units misalign, they cause pressure on the spinal nerves and potentially the spinal cord. Additionally, the spine should be straight from the front and have 3 curves from the side in order not to allow for healthy nerve function and not be causing compression and degeneration of the spine.

A chiropractor requires specialized training, beyond graduation, in evaluating these spinal units and spinal curves. This type of training, which is experienced Maximized Living doctors, teaches how the spinal units and curves influence each other – which is necessary in order to understand how to actually correct the spine rather than to just simply manipulate it.

When the spine is positioned properly and the individual units and curves are functioning normally in relationship to each other – you have a tremendous ability to protect your nervous system; which is the lifeline to all of your organs and functions.

A major focus of spinal corrective care always has to be the cervical curve in your neck. There’s an overwhelming amount of scientific evidence dating back to the 60s and up to today that shows how critical this cervical (neck) curve is to health and the prevention of degenerative disease. **HERE ARE THE FACTS:**

1. In 1960, in the Journal of Neural Neurosurgery Psychiatry, a study was done that found when the curve in your neck moves forward out of it’s normal position, your spinal cord experiences up to 40lbs of pressure!¹

2. A 2006 study done by the Department of Environmental and Occupational Medicine in the Liberty Safe Work Research Centre at the University of Aberdeen in Scotland showed that when you lost the curve in your neck it literally shrunk the circumference of your spinal cord.² A 1998 study in Germany found that it shrinks the diameter of your cord up to 24% due to the tension and pressure losing your curve creates.³
This stretching, narrowing, and shrinking of the cord leads to severe neurological compromise.⁴
3. Researchers in Japan found that when the spine loses its normal curve, it actually flattens the spinal cord and leads to degeneration of spine tissue.⁵ Other research in Japan showed that this degeneration was so bad as to create demyelination of the spinal cord – like is seen in a Multiple Sclerosis patient.⁶
4. German studies found through MRIs of the spinal cord and the spinal canal in the neck that when you lose the curve, you stretch the spinal cord (like a rubber band) as much as 15mm!⁷
5. On a positive note, a large research study on 100 patients revealed that if you have a normal curve in your neck, you have no chance of spinal stenosis (pathological loss of spinal canal space). However, it also showed that if you've had a trauma, there's a 98% chance you will have lost the curve in your neck (And most likely headed towards stenosis).⁸

Military Neck

- **100% Loss of Curve**
- **10% Increase in length,**
- **40lbs/sq inch of pressure to the Anterior portion of the cord**
- **thinning of the spinal cord**
- **Histological changes to vascular system of spinal cord due to mechanical compression**
- **Degenerative changes to the dura mater**
- **Compression of the subarchnoid space**
- **Cross sectional area of the spinal cord decreases**



Kyphotic Neck

- 100+% Loss of Curve
- 17% increase
- 40lbs/sq inch of pressure to the Anterior portion of the cord
- thinning of the spinal cord
- Histological changes to vascular system of spinal cord due to mechanical compression
- Degenerative changes to the dura mater
- Compression of the subarchnoid space
- Decreased Cross sectional area of the spinal cord
- Demyelination of the spinal cord



Kyphotic S-Curve Neck

- 150+% Loss of Curve
- 28% Increase
- thinning of the spinal cord
- Histological to vascular system 40lbs/sq inch of pressure to the Anterior portion of the cord
- thinning of the spinal cord
- Histological changes to vascular system of spinal cord due to mechanical compression
- Degenerative changes to the dura mater
- Compression of the subarchnoid space
- Cross sectional area of the spinal cord decreases
- Demyelination of the spinal cord



OTHER SCIENCE THAT'S IMPORTANT TO KNOW RELATED TO THE NEED OF SPINAL CORRECTION

STOP AND MORE IMPORTANTLY PREVENT SPINAL DEGENERATION THROUGH WOLF'S LAW:

WOLF'S LAW: states that abnormal weight bearing placed upon spinal bones will cause to exhibit abnormal and premature degenerative patterns. This degenerative, aging process can start immediately when bones of the spine are misaligned. Spinal correction prevents the damaging effects of Wolf's Law from kicking in and a well trained chiropractor can stop and even reverse this problem if identified early enough.

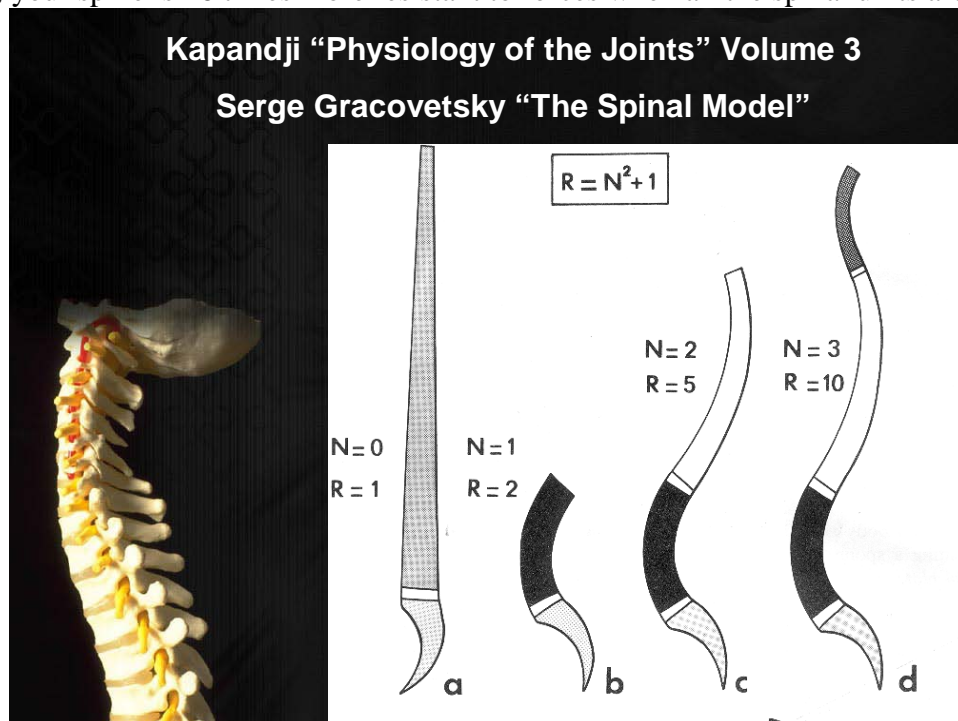
MOTION IS THE KEY TO LIFE AND PERFORMANCE:

Anyone that's ever tried to improve their golf swing, play with their grandkids, or try and win an Olympic medal knows that mobility and range of motion is critical and non-negotiable. That's why corrective care chiropractors will have patients ranging from kids to grandparents and also be seen on the sidelines of professional and Olympic sports competitions.

The results of a recently published study in the November/December 2001 issue of the Journal of Manipulative and Physiological Therapeutics showed that cervical range of motion was significantly improved with chiropractic adjustments.

MORE CRITICAL FACTS ABOUT CORRECTION:

With proper alignment and normal curves, the spine has a dramatic increase in resistance to injury. In fact, your spine is 26 times more resistant to forces when all the spinal units are properly aligned



If you're a parent, then you know your child falls enough times in a day to hospitalize an adult. A healthy child's spine can withstand this assault. As an adult, between stress, poor posture, car accidents, sports trauma, etc. – it's critical that your spine be able to withstand great amounts of force to ensure health and safety.

FOLLOW YOUR MAXIMIZED LIVING DOCTOR'S CORRECTIVE CARE INSTRUCTIONS

You're probably not a spinal researcher, but at this point you can clearly see how urgent it is to your health and your family's future well being that you have an unsluxated spine with the correct spinal curves. Look for an ML chiropractor who is specifically trained to evaluate proper spinal alignment. This type of doctor will know the protocols to restore your spine and nervous system if there's a problem and thus, your bring your body back to health again.

An extremely important, but commonly overlooked part of the protocol for effective spinal correction are advanced, rehabilitative exercises that are done in the doctor's office and at home.

These routines are what actually make correction possible. This part of corrective care is so powerful, that it not only help to correct curves and stop degeneration – it can cause RE-generation. The exercises actually help to restore disc height, reverse some of the bone loss caused by decay, and reverse what is often consider the “normal” aging process.

The state-of-the-art rehabilitation program you will be exposed to at an ML doctor's office is designed to help you achieve very rapid changes; not only in your back muscles, but also in your overall health. It makes Chiropractic a more permanent vs. only a temporary fix.

Dr. Burl Pettibon, the scientist behind many of the exercises, says it best: "Optimal Health is a journey, NOT a destination. Becoming healthy and STAYING healthy is a choice. This program is about CHOOSING to be healthy and functioning at 100% for the rest of your life."

Spinal Molding Wedges

Much of the damage to the spine is done over time to the ligaments, muscles, and other soft tissues. You will lay down on comfortable foam blocks that will literally help to re-mold the spinal joints, muscles, discs, and ligaments back to their more optimal shape.

The Wobble/Disc Regeneration Chair

- Adds strength and flexibility to the ligaments and discs of your low back.
 - Reduces stress in the low back and aids in the prevention and rehabilitation of injuries.
 - Assists in the healing of disc bulges and disc tears
 - Rehydrates/reinflates the lumbar discs and keeps them young, strong and healthy.
 - Helps to circulate CSF (Fluid that nourishes the brain and spinal cord).
 - Massages the heart (via central tendon) and reduces chances of heart attacks.
 - Stimulates reflexes to correct posture. (Enhances postural correction while wearing head/shoulder weights)
 - Enhances oxygenation of blood and stimulates metabolism, which is necessary for prevention of disease.
- Warms up the discs prior to the adjustment and prior to spinal molding at home to reshape the spine more easily.

Standing Cervical (Decompression) Traction

- Reduces stress in the neck and upper back as well as aids in the prevention and rehabilitation of injuries.
- Assists in the healing of disc bulges and disc tears
- Re-hydrates cervical discs and keeps them young, strong, and healthy.
- Helps restore the normal cervical curve "The arc of life" and relieve tension on the spinal cord

- Warms up the discs prior to the adjustment and prior to spinal molding at home so you can reshape your spine more easily
- Increases the motion of the first 4 cervical vertebrae to re-stimulate endorphin production (chemicals which block pain)

Head/Shoulder/Hip Weights

- Corrects forward head posture and overall posture.
- Relieves tension on spinal cord helping energy to flow easier from the brain into the body restoring overall health.
- Relieves stress/tension on the heart.
- Promotes tissue oxygenation by increasing lung capacity.
- Relieves pressure and stress on degenerative discs so they can rehydrate/regenerate.

These exercises will help you HOLD AND STABILIZE your correction longer, accelerate your results, and create more permanent correction. To get the incredible results we're promising – requires your commitment. Those that follow the care plan and do their in-office and home routines as prescribed to you by your doctor get well.

CITATIONS:

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