

Health Your Regarding

REGARDING YOUR HEALTH

In the Atlas Orthogonal program, improving the overall health of the patient is the main objective. This is accomplished through a process of care that is outlined below:

- 1) Correcting the subluxation - adjusting the atlas to a level position.
- 2) Restoring the alignment of the spine - returning the head to a vertical centered position over the pelvis and feet.
- 3) Maintaining the balance of the spine - allowing the spine to hold the adjustment.
- 4) Restoring the health to the whole body - allowing the nervous system and affected systems to be at their optimum potential.

In order to achieve this state of well being, the patient is responsible in playing an active role in his or her health. First, following your plan of care is essential. It has taken some time for the subluxation pattern to develop; therefore it takes time to correct. In the beginning, an increased frequency of care is required before the correction holds. Once the body holds an adjustment, it is vital to take precaution to minimize the various stresses placed on the spine and body, so the correction is maintained. The following alterations in your activities will help your body regain and maintain its balance.

- 1) Sleeping - you spend approximately one-third of your life asleep, so practicing proper sleeping habits helps to minimize the postural stresses placed on your spine. Sleep on your side or back. Avoid sleeping on your stomach. Utilize a pillow that places your neck in a neutral position (figure 1.) On your side, place a small pillow between your knees. The knees should be slightly bent. On your back, place a pillow under your knees. The knees are slightly bent. It is also advisable

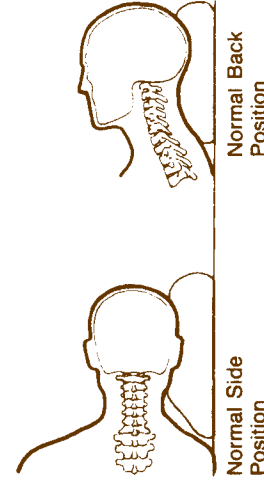


Figure 1

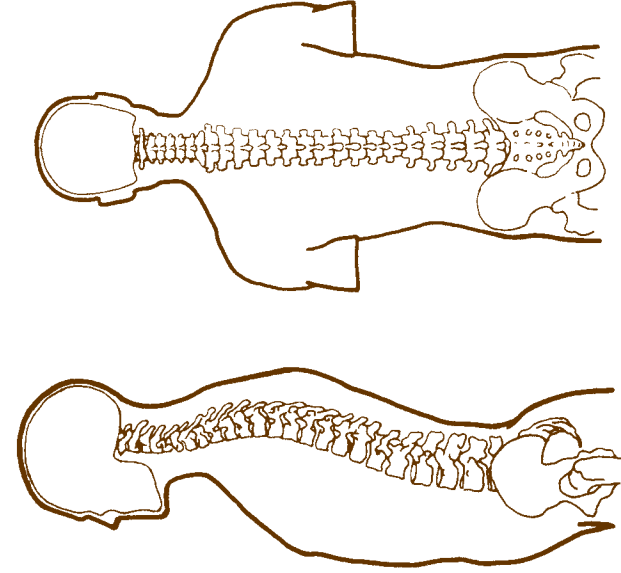


Figure 2A

Figure 2B

to invest in a firm, quality mattress and a pillow that contours to the curve in your neck.

- 2) Avoid over-the head activities - too much stress is placed on the spine when extending the neck for long periods of time. It would help to minimize activities that require extension of the head and neck (i.e. replacing light bulbs, painting ceilings.)
- 3) Maintaining proper body posture - your spine is supported by four lateral curves, which maintains your body upright against the forces of gravity. These curves help center your head over your shoulders, hips and ankles (figure 2a.) When viewing the body straight on, the head should be centered between the shoulders, the head should be centered between the shoulders, pelvis and feet (figure 2b.) Anytime this posture is not maintained further stress is placed on your spine. Items such as high heels may cause the pelvis to rotate forward and straighten the front to back curve in your lower back. Wearing high heels for prolonged periods can be detrimental to your posture and the health of your spine.

- 4) Talking on the phone - when speaking on the phone for long periods of time or while busy with something else,

most people tend to cradle the phone receiver between their head and shoulder. This places your head in a stressful position and over time can misalign the vertebrae in your neck. Holding the phone upright or utilizing a phone head set can greatly reduce the stress placed on the spine.

- 5) Sitting for long periods of time - maintaining a good posture while being seated is important. Positioning your head upright and vertical, rotating your shoulders back, and sitting upright will help support your spine. Sitting too long can compress the low back and can cramp the leg muscles. Getting up and stretching every half-hour will help minimize the stress to your body. Placing a wallet or such in your back pants pocket will misalign your pelvis. Hold a book at eye level when reading. When working on a computer, place the monitor directly in front and at eye level. Placing a lumbar support or a rolled up towel behind the low back will help support the arch in your spine.

- 6) Bending or lifting - when lifting, bend at the knees and lift with your legs. Tightening your abdominal muscles can take pressure off your low back. Carry objects close to your body. Avoid twisting during the lift. Keep your back straight and shoulders back. Avoid leaning over from the back. This can place a great deal of pressure on the discs between the vertebra.

- 7) Nutrition, chemicals, anxiety, and exercise - all of these are important to maintaining your overall health. Placing a strong emphasis on a good diet and exercise and minimizing stresses produced from chemicals (i.e. smoking, drugs, pollution) and anxiety, can increase your vitality and potential for health.

Your health is one of the few things you control in life. If you lose your health, all the fame or fortune in the world cannot replace it. Neglecting your body will almost certainly lead to disaster. Your body is like a finely tuned orchestra and proper maintenance can result in a harmonious symphony. Maintaining your body now, should enable you to enjoy a happy and healthy life