WHITE PAPER:

Taking Control Of Your Headaches, Stress, Migraine and Neck Pain Without Drugs or Surgery

Could These Disabling Problems Be Related To The Shape Of Your Spine?
Introduction:

“Good posture not only protects you against back pain, it also improves your overall health and appearance. Poor posture, on the other hand, promotes back pain and can affect the position and function of your abdominal organs, inhibit breathing and oxygen intake, and cause headaches. It may also affect mood.”

*Harvard Health Publications / Harvard Medical School*

**Pounding headaches. Necks on fire. Arm pains. Aching backs. And shoulders that never relax.**

Would you believe that these inconvenient, annoying, and life-altering problems could be related to the shape of your spine?

Well, they can! And we’re going to tell you why, and how correcting these problems can change your life.

Keep reading this brief report to learn why curves matter, how you developed them, how you might have lost them, and how you can get them back in order to live a happier, fuller life, with more mobility and less pain.

**Your Curves Matter**

Your curves matter. And no, we’re not talking about how you look at the beach or poolside. We’re talking about the very foundation of your posture and all your body’s systems—we’re talking about your spine.

Your spine has curves. In fact, your spine has three major curves that give you your unique shape as a human being. When these curves break down they can create havoc on your spine, put you in chronic pain, and slowly rob you of your health.

That’s why in this report we’re going to share with you how to protect your curves, and even how to help restore your curves toward their more optimal alignment.

For many, more optimal curves are the most effective road for bringing long term relief to many kinds of annoying and debilitating chronic pains, including: joint pain, arthritis, neck ache, headaches, back pain, shoulder problems, and other kinds of dysfunctions.

**What do your curves look like?**

*The low-back.* The base of your spine is your sacrum. This upside-down triangle-shaped bone sits wedged between your two hips. It’s the keystone to your spine, on which your lower spine sits. Here in the lower spine, the spinal bones are fat and wide, ready to carry the weight of your body. When we look at you from the side, the bottom five vertebrae are stacked with a forward curve.

This is your lumbar spine, and this forward curve is called your lumbar curve.
The mid-back. Just above the lumbar spine are the twelve vertebra of the mid-back, which is called the thoracic spine. In your mid back the curve slowly swings the other direction, rounding back over your lungs, your heart, and your other internal organs. You might know someone who has a really large curve in their mid-back, so big that it reminds you of a hunch-back. (This condition is called a dowager’s hump.)

The neck. Holding up the weight of your head, the neck (or cervical spine) has seven vertebrae, all forming a forward curve that’s very similar to the low back. More than just a foundation for the weight of your head, the muscles from the upper back and the shoulders criss-cross across the back and sides of the neck. Your neck is important for the health of your upper back, your shoulders, and even the muscles of your head and your jaw.

Where did your curves come from?
In the womb your spine was forward and rounded, and shaped like a capital C. The curve is still in your thoracic spine, and it’s called the primary curve. It took gravity to help you form the three major curves that you have (we hope!) today.

After your birth it took about six months to gain full control over your head. For short bursts of time in the third and fourth month, you could hold your own head up, which means that you could play on your belly.

Over time this belly play turned into movement, as you scooted around the room first on your stomach, and then on your hands and knees. Every moment that you were belly-down, your body and nervous system was busy developing at an amazing rate.

The more you played, the more the muscles of the low back and the neck worked against the weight of your belly and your head. Over time the the forward curves in your spine developed as your muscles in these areas developed at the same time as your spinal bones.

More likely than not, if you didn’t suffer any major childhood trauma, from your time as a toddler until you were an adolescent, these forward curves in your neck and your low back, continued to develop, and remained healthy.

But many people start losing their curves at some point or another, and this can affect their health.

Where did your curves go?
Nutrition, habits, posture, and trauma can all play a role in the loss of your spinal curves. But the most powerful and most influential is trauma.

By itself the word “trauma” sounds pretty violent, and it sometimes is. Trauma can mean car accidents, slips and falls, and being banged-up after contact sports.

But trauma doesn’t always have to be dramatic. Lifting the wrong way over and over again can be a trauma. So can sitting for hours straight at your computer, without taking a break. Or sneezing or coughing in the wrong position, especially if your muscles are tired from some other activity.

Over time these little traumas can add up. These aches and pains can cause us to avoid doing certain motions and using certain muscles. Our spines, where all our posture muscles anchored, begins to adapt. We start losing our curves.

The neck straightens. The head moves forward. The mid-back begins rounding forward. And the
low back flattens out. You can probably think of a few people in your life with this kind of posture. It might even be you.

**So, what's so bad about missing curves?**

It’s real simple. Broken down curves can lead to a life of more pain, less motion, less productivity, and even a shortened life.

**Did you know?**

- For every inch that your head moves forward from your shoulders, it actually puts ten more pounds of pressure on your neck and spine? And that can have painful consequences, like actually lowering your lung capacity!

This is called forward head postures, or forward head translation. And it can lead to chronic headaches, sinus problems, and can even limit your ability to take a good, deep breath, depriving you of vital oxygen.

Start looking at your friends and family, and you’ll probably see several with their head extending one to two inches in front of their shoulders. That’s like carrying a couple of bowling balls on a chain from your neck!

- The less curve in your neck, the more likely you’re going to have neck pain.

Researches looked at incidence of neck pain, and compared them to neck x-rays of patients. Those who had a neck curve less than 20 degrees were more likely to complain of having neck pain than those who’s necks a nice healthy curve. Those who had a curve of 30 to 40 degrees were less likely to have neck pain.

- If you’ve ever been injured, even in a minor car accident, you’re more likely to have a poor curve in your neck.

Scientists examined the necks of 100 uninjured persons, and 100 people who had been recently hurt in a motor vehicle accident, three to four months prior. Everyone was examined by MRI, and the difference between the two groups was astounding!

The non-injured group showed very few objective problems in their neck. Only 4% showed a significant loss of their neck curve. They had good range of motion, and only 2% had any kind of disc problems.

The situation was very different in the injured group. 98% showed a loss of neck curve, with neck straightening! Their range of motion in their neck was just half of the uninjured group. And 28% had disc herniations in the neck! A little bit of trauma does matter.

- Growing old with poor posture may shorten your life!

How do we know? One group of scientists decided to find out if there was connection, and they
began tracking the health and health care of over 1,300 older persons in Rancho Bernardo, California for an average of 4.2 years. The cause of death was determined using death certificates.

Here’s what they found. Forward head posture (requires a straight neck) was more common in men than in women. Those with forward head postures were more likely to die earlier than those who did not have forward leaning posture. In fact, they were almost one-and-a-half times more likely to die (1.44 times.)

What was the top cause of death among those with forward head posture? Atherosclerosis. The build-up of fatty tissue in the blood vessels.

- Lack of curves can lead to break down in the spine.

Can the shape of your spine determine if you experience joint degeneration and arthritis? In one study, 186 subjects were x-rayed for joint degeneration and arthritis in the neck. Those who showed specific changes in their neck shape and joint alignment leading to a “forward head posture” were more likely to have arthritic changes in their spine.

As joint disease can be involved in chronic pains, headaches, thoracic outlet syndrome, and other kinds of arm and shoulder pains, this information may be significant for those wanting to escape these pains!

And this is just some of the information we could share with you.

A break down in spinal curves has also been associated with:

- Increased risk of fractures from osteoporosis in the elderly
- Jaw and bite problems
- Decreased muscle strength for breathing
- Among other serious issues

**How can you get your curves back?**

Just keeping your chin up and standing up straight isn’t going to change this problem all by itself. No matter how hard you try to do it on your own, your muscles, joints, and whole body frame need professional assessment to bring long term improvement.

This is where your chiropractic professional comes in.

**Fix your stuck and aching joints**

You chiropractor will help address specific problems areas of joint alignment in the spine. Once joints misalign and break down, they often need more than just a stretch to find proper alignment. Without your doctor finding and fixing these areas your curve correction may not be as successful.
Give your muscles a new education
Loss of curve literally shuts down certain muscles in your neck, in your shoulders, and in your spinal column, while stressing others out to the max. We need to challenge and wake the sleeping one, and allow the stressed one to cool down. Specific exercise protocols with technology meant to wake muscles up, retrain them, and retrain the ligaments of your spine are available. Our company is an excellent resource for these tools and are used by your chiropractic professional to help encourage healthy spinal alignment.

Work on new habits at work and play
Curve restoration will not be as effective if the postural habits you have aren’t addressed too. You may spend hours in the car, at a computer, on the phone, or standing for your work. Whether you work in an office or at home. Coaching from your chiropractic professional will help you recognize where problem environments need correcting in order to change the load your spine is under. We need to work with gravity to help our spines change for the better.

Finally, addressing your mental stress and/or nutritional sources may even play a role as an adjunct therapy to your curve restoration.

It takes time
Of course it takes time for ligaments to lengthen, for muscles to become stable, and for joints to get comfortable. It took years for your spine to break down, so curve correction won’t happen over night. But with the right follow-through and posture enhancing tools, you can be well on your way to achieving a spine with healthier curves.

Get on the ‘curved’ and narrow?
Pounding headaches. Necks on fire. Arm pains. Aching backs. And shoulders that never relax. These may just be some of the issues that are related to your straight neck, forward head posture, rounded shoulders, and other problems of poor spinal curves.

Your curves matter! Having healthier curves could mean a healthier, more enjoyable life. So be sure to ask your chiropractic professional how you can help facilitate the restoration of your curves!

Sources


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