

YOUR SPINAL COLUMN AND NERVOUS SYSTEM

The wear and tear on your body is like driving a car that is out of alignment. The result can be muscle and joint pain anywhere in the body. This can lead to irreversible nerve damage and early arthritis. Remember!! You can buy many cars in your lifetime, but you only have one body.

When all things are functioning as normal, the human body is a vertical structure and maintains a center of gravity between the feet. When looking at the horizon, the body maintains the eyes at a level position.

The nervous system is the center of thought, memory, learning, and consciousness. Nerves control muscle tension, blood vessel openings, glandular function, spatial orientation, pain, touch, vibration, vision, hearing, taste, temperature, and other senses.

The spinal column has four functions:

- **To house and protect the spinal cord**
- **To support the hips and shoulders**
- **To serve as an attachment to the muscles**
- **To support the head and ribs**

Long-Standing Vertebral Subluxations Cause Spinal Damage

In the United States, significant amounts of spinal degeneration can be detected in over one third of the population by age 30. by age 70, it is present in nearly everyone and often in advanced stages; it has been blamed for the 180,000 cases of patients who are either bed- or chair- ridden.

The Healthy spine

- **Gentle curves**
- **Disc spaces are even**
- **Bones are smooth**
- **Full range of motion without pain**
- **Can handle more physical and mental stress**