

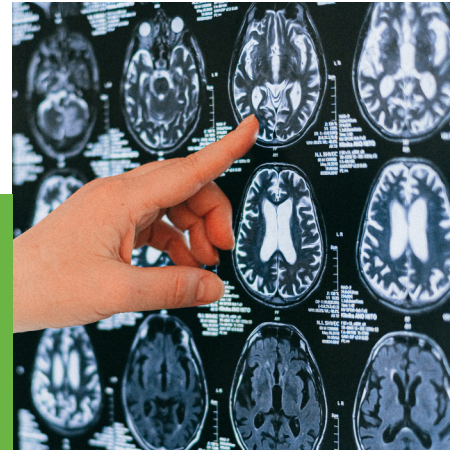
THE Spinal COLUMN

Life is better when you're aligned!



THE KEY TO BETTER BRAIN HEALTH: UPPER CERVICAL CHIROPRACTIC

As we journey deeper into the 21st century, our understanding of the human body, the brain, and the interactions between the two continues to grow. One area that has seen significant advancement is chiropractic care, specifically upper cervical chiropractic. This specialized form of chiropractic offers a way to potentially influence and enhance our brain health.



AN INTRODUCTION TO UPPER CERVICAL CHIROPRACTIC

Upper cervical chiropractic is a strict discipline of care that zeros in on the top two vertebrae in the neck: the Atlas (C1) and Axis (C2). These two vertebrae are unique because they're the ones that connect the spine to the brain and have a profound effect on the brainstem and spinal cord. They form the primary channel for signals being transmitted from the brain to every part of the body and vice versa.

Any minor misalignment in these vertebrae, known as subluxation, can disrupt the vital communication pathway between the brain and the body, potentially leading to various health problems.



THE BRAIN-UPPER CERVICAL SPINE CONNECTION

But what exactly is the link between upper cervical chiropractic and brain health? To understand this, we need to delve into the role of cerebrospinal fluid (CSF). CSF is a clear, colorless body fluid that is found in the brain and spinal cord. It provides necessary nutrition to the nervous system, removes waste products, and serves as a cushion to protect the brain and spinal cord.

A misalignment in the upper cervical spine can impede the normal flow of CSF, affecting the optimal functioning of the brain. Furthermore, misalignments can potentially decrease blood flow to the brain, which requires a steady supply of oxygen and nutrients to function well.

DID YOU KNOW?

Your brain isn't fully formed until age 25. Brain development begins from the back of the brain and works its way to the front. Therefore, your frontal lobes, which control planning and reasoning, are the last to strengthen and structure connections.



UPPER CERVICAL CHIROPRACTIC: ENHANCING BRAIN HEALTH

This is where upper cervical chiropractic can play a role. By detecting and correcting the misalignments, it can restore the normal flow of CSF and improve blood flow, facilitating optimal brain health.

The process of correction involves meticulous and gentle techniques that don't involve forceful "cracking" or "popping." Instead, a light, controlled pressure is applied to strategically nudge the vertebrae into their proper positions. Once the correction is made, the body initiates a natural healing process, leading to improved health and wellbeing.

WHAT DOES THE RESEARCH SHOW?

There's a growing body of research that emphasizes the positive effects of upper cervical chiropractic on brain health. One study published in the 'Brain Science' journal showed significant changes in brain function, as measured by functional MRI scans, after upper cervical adjustments. The researchers concluded that these changes represented the brain functioning as though it was "10 to 20 years younger."

Clinical evidence also suggests that upper cervical chiropractic care can help manage various conditions related to brain health. These include migraines, vertigo, multiple sclerosis, and even certain forms of depression and anxiety, which often stem from disruptions in normal neurological function.

THE FINAL WORD

Upper cervical chiropractic care isn't just for people who are symptomatic or dealing with specific health conditions. It's equally essential for anyone who wants to maintain and enhance brain health and overall wellness. By taking care of your upper cervical spine, you're taking a significant step towards nurturing a healthier brain and, in turn, a healthier you.

If you're wondering whether it's time to consider upper cervical chiropractic care, consider the potential benefits it could bring to your brain health. For more information or to explore how upper cervical chiropractic care can contribute to your wellbeing, reach out to a certified upper cervical chiropractor.

Empowering you with the knowledge to make informed health decisions is our utmost priority. Here's to celebrating our remarkable brains – the command centers of our bodies! As we recognize the intricate connection between our brain and our body's wellbeing, let's also acknowledge the role upper cervical chiropractic care can play in this scenario. By nurturing your upper cervical spine health, you're indirectly nurturing your brain, potentially leading to improved overall health, greater clarity of mind, and enhanced quality of life.



Dr. Lonny McKinzie
Upper Cervical Chiropractor

903-531-2243
drmckinzie.com

M,W,TH 9-12, 2-5, Tu Fri 9-12



Scientific testing and nutritional support for healthy aging, brain health and optimal function for the whole body.

Call today to reserve your test kit for only \$75 (reg. \$96).
Offer expires 8-31-23.

For more information follow the QR code

