

Digestive Health & Spinal Alignment

A Holistic Perspective



Have you ever had “butterflies” in your stomach before a big event? Or lost your appetite during a stressful time? These are real signals from your nervous system, and they show *how closely connected your gut and brain really are.*

In fact, researchers now refer to the digestive system as the “second brain” because of the large network of nerves that governs it. But for your digestive system to function properly, those nerves need to communicate clearly with your brain.

That's where Upper Cervical Chiropractic enters the picture, offering a natural and holistic way to support your digestive system by aligning the very top of your spine.

The Brain-Gut-Spine Connection

Your digestive system is regulated by your autonomic nervous system, which controls functions you don't think about, like digestion, heartbeat, and breathing. One of the most important nerves in this system is the vagus nerve, which travels from your brainstem to your stomach, liver, pancreas, and intestines.

If the bones at the top of your neck—C1 (atlas) and C2 (axis)—are misaligned, they can irritate the brainstem and surrounding nerve pathways, including the vagus nerve. This can interrupt the signals between your brain and gut, leading to symptoms like:

- Bloating or gas
- Constipation or diarrhea
- Acid reflux or heartburn
- Poor nutrient absorption
- Irregular appetite or nausea

In other words, even if you're eating well and taking supplements, your body may not be processing things efficiently if your nervous system is compromised.

A New Path to Digestive Wellness

General chiropractic care may help relieve tension in the mid or lower back, but Upper Cervical Chiropractic specifically focuses on *restoring alignment at the source - the brainstem.* Because the brainstem governs autonomic function, correcting a misalignment in this area can directly impact how your digestive system performs.

The technique is gentle, precise, and non-invasive. There's no aggressive cracking or twisting—just a specific correction based on imaging and measurements that's designed to restore balance.

But the most important part isn't the correction itself—*it's how long you hold the correction.*

Holding the Correction = Lasting Results

When your upper cervical spine stays in alignment, it allows your nervous system to regulate your digestive system without interruption. That means more efficient breakdown of food, better enzyme production, and smoother elimination.

Many patients are surprised to discover that after a few weeks or months of holding their correction, their digestion improves noticeably, even if they originally came in for neck pain or headaches.

Why? Because Upper Cervical Chiropractic doesn't just treat symptoms. It removes interference and lets the body function the way it was designed to.

A Holistic, Drug-Free Solution

While medications and supplements can help manage digestive symptoms, they don't always solve the underlying problem. If your nervous system can't properly communicate with your digestive organs, you'll always be treating the symptoms rather than correcting the cause.

Upper Cervical Chiropractic offers a natural, holistic approach. No prescriptions. No side effects. Just better function, from the inside out.

By correcting misalignments in the upper neck and helping your body hold that correction, Upper Cervical Chiropractic creates the conditions your body needs to heal, restoring balance, function, and health at the root.

Digestive wellness starts with a healthy nervous system. And that starts at the top.

Upper Cervical Chiropractic corrections are a holistic solution to help maintain Digestive Health.

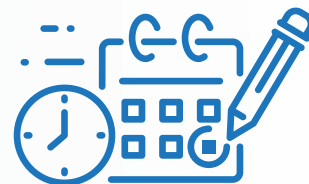
Call and schedule an appointment today!



What's Next?

The next step is to schedule an appointment.

Our team will be happy to answer all your questions and help you decide if this is the right path for you.



Dr. Lonny McKinzie

Upper Cervical Chiropractor

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