

Need More Energy for Summer Fun?

Increase your energy for summer activities by getting your upper neck in alignment.



By Brett Gottlieb, D.C.

Are you feeling tired all the time?

Do you feel drained at the end of the day with barely enough energy to complete basic tasks?

Are you unable to sleep soundly even though you are very tired all the time?

If this sounds like you, then your upper neck might be the source of your problem.

Accidents, injuries, and bad posture can cause the upper neck to misalign. This can start affecting energy levels if it has been like that for a long time. The upper neck is composed of the atlas and axis vertebrae. When these

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postural changes may be very slight and not easily seen by the untrained eye. The only sure way of knowing if you have some of these postural changes occurring in your body is to be examined by an expert who analyzes your posture.

Also, when the upper neck is not in proper alignment, the ability for the body to get a deep restful sleep is diminished. Brain chemistry can be altered in such a way as to interfere with normal restful sleep. The chemistry of the brain needs to be balanced for a deep restful sleep. The upper neck misalignment can cause a blockage of nerve and blood flow to the brain, which can result in an imbalance of the chemicals in the brain over time.

If you want to get your energy back to enjoy all the many recreational activities that California has to offer this summer, please give my office a call. I am offering a free consultation and examination to see if your condition can be helped by my procedure. Please call my office at 916-965-7155 to make your appointment. ☎

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The postural control center located in the brain stem can be affected by a misalignment of the upper neck as well. Typically, someone with the upper neck out of alignment will have a head tilt, one leg will be shorter than the other, one hip will be higher and one shoulder will be higher as well. The entire body may lean towards one side with more weight being put on one leg. The entire spine may be slightly twisted as well.

Activities involving movement will take more energy resulting in a lack of energy or chronic fatigue. These

Get Your Life Back!

Upper Cervical Care is one of the fastest growing forms of natural healing in America. It is a form of chiropractic that focuses on the intimate relationship between the first two bones in the neck. It has helped with a variety of conditions including:

- Fibromyalgia
- Seizure Disorders
- Lower Back Pain
- Allergies
- Migraine Headaches
- Trigeminal Neuralgia
- Digestive Problems
- Arthritis
- Neck Pain
- Ear Infections
- ADD/ADHD
- Fatigue

Call Dr. Brett Gottlieb at (916) 965-7155 to schedule your **FREE CONSULTATION & EXAM** today!

Free Consultation & Exam
(Please mention this coupon when you make your appointment)



Upper Cervical
Chiropractic of Sacramento

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