

Pain Got You Down? Get Your Head On Straight!



By Brett Gottlieb, D.C.



That's right, you read the title correctly. Getting your head on straight may literally be what you need to get rid of that stubborn, nagging pain.

Pain in your body that never goes away could mean that you have a blockage of nerve or blood flow to that part of your body that hurts. This blockage may very well be coming from the area

Only doctors highly trained in the alignment of this area will no how to fix this problem appropriately.

NUCCA stands for National Upper Cervical Chiropractic Association. One of the functions of this association is training in alignment of the head with the top of the spine. The procedure used to align this area is very precise using a formula derived from analysis of three x-rays taken. NUCCA trained doctors are experts in this type of alignment procedure.

One way that you might want to test to see if your head is not in proper alignment with the top of your spine is by looking at your posture. Stand in front of a mirror with your eyes closed. Rotate your head to the right. Now, rotate your head to the left. Finally, bring your head back to where you think you are looking straight ahead. Remember to keep your eyes closed. Open your eyes and see if your head appears to be tilted to one side or the other. Head tilt is a sign that your head is not sitting correctly on the top of your spine.

Another sign would be head rotation either more to the left or right of center when you open your eyes. If you have two scales then set them side by side and stand with one foot on each scale. If one scale registers 10 lbs more than the other scale then this could be another sign as well.

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

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where the top of your spine connects with your head. When the head is not sitting on top of the spine correctly, the hole in the bottom of the head will not align properly with the hole in the top of your spine.

Even a small degree of offset of these holes can have major ramifications on the health of the human body. Trillions of nerve fibers are located where the head joins the top of the spine. Any offset of this area will most likely disrupt the nerve flow from some of these nerve fibers. Prolonged disruption of nerve flow can ultimately cause pain in any body part where these nerves travel to.

The only way for the pain to go away is to re-align the head with the top of the spine. This is a very tricky thing to do.

Often the pelvis will not be level either. You can sometimes see this by standing in front of the mirror if you look closely. The pelvis will tilt to the right or left instead of appearing level like it should be. This occurs because the postural control center is located where the head joins the upper spine. The entire spine will compensate by tilting and twisting. One leg will appear shorter than the other as well. Leg length shortness is hard to see on your own body but if you lay down on the floor and have someone look at your legs sometimes they will be able to see a short leg.

If you are interested to see if your condition is being caused by your head and neck not being in proper alignment please call our office at 916-965-7155 for a free consultation and exam. ☎