



NUCCA

A Simple Procedure that Can Change Your Life!

By Brett Gottlieb, D.C.



What Makes NUCCA Chiropractic Spinal Care Unique Compared To Other Care?

There are many forms of spinal health care today. Many focus on addressing local joint function mobility by administering a short, quick thrust to a localized area. NUCCA Chiropractors influence the entire spinal columns postural balance by returning the heavy head to a more balanced position on top of the narrow neck.

Who Can Benefit From NUCCA?

Although upper cervical chiropractors often end up seeing patients with fairly significant discomfort, the assessment that occurs allows the practitioner the ability to visualize and reduce the misalignment long before symptoms are present. The postural rebalancing created by the upper cervical adjustment

allows the body to have less gravitational stress and therefore the person can direct that now unused energy to self-healing, maintenance, and thinking.

How Can I Tell If I Need An Adjustment?

By paying attention to your body, you may become more sensitive to whether or not you are in alignment. Although some rely on the return of their symptoms to tell them when they've lost their alignment, we recommend patients to pay attention to their reflection in the mirror; paying attention to head tilt or a low shoulder for example. Other cues may include where they feel their weight distributed on their feet, or if a change in gait is observed. More subtle indications many even include having to adjust your car rearview and side mirrors. Even with all of these clues, it is still recommended that periodic chiropractic assessments be performed to verify proper balance.

My Neck Feels Fine But My Low Back Is Sore. How Can NUCCA Help My Lower Back?

When posture is corrected, the entire body rebalances resulting in less stress to all areas including your low back.

What Can I Expect After My Adjustment?

Responses to the adjustment vary from nothing, to muscle soreness, and from fatigue to a feeling of euphoria. Due to these individualized responses all patients are given a list of things they may experience so they are familiar with what responses are normal to expect.


Due to the significant postural rebalancing that occurs with the upper cervical adjustment people will often feel stiff and sore for 2-4 days as the body adapts to its new position. This discomfort is usually associated only with the first and/or second adjustment.

How Can Such A Light Pressure Make Such Dramatic Changes?

Although the patient feels only a slight pressure behind their ear while being adjusted, there is adequate force being put into the neck. Using the first vertebrae and the weight of the head to gain a biomechanical advantage, the doctor places their own body on a calculated angle to ensure the adjustment is specific to the patient's individual misalignment. The force generated by the doctor is transferred to the patient in such a gentle and precise fashion that many patients are unaware of any intervention whatsoever.

Why Are So Many Things Positively Affected By One Procedure?

The body is self-healing and its healing capabilities are infinite. With your energy no longer being excessively re-directed to fight gravity, often the body will manage to deal with other issues as well.

If you are suffering from pain, ill health, or just would like to start feeling better you should have your body balance checked to see if it is okay. For a free consultation and examination with Dr. Gottlieb call 916-965-7155 today. For further information you can try our website at www.painfreelife.net. 

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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