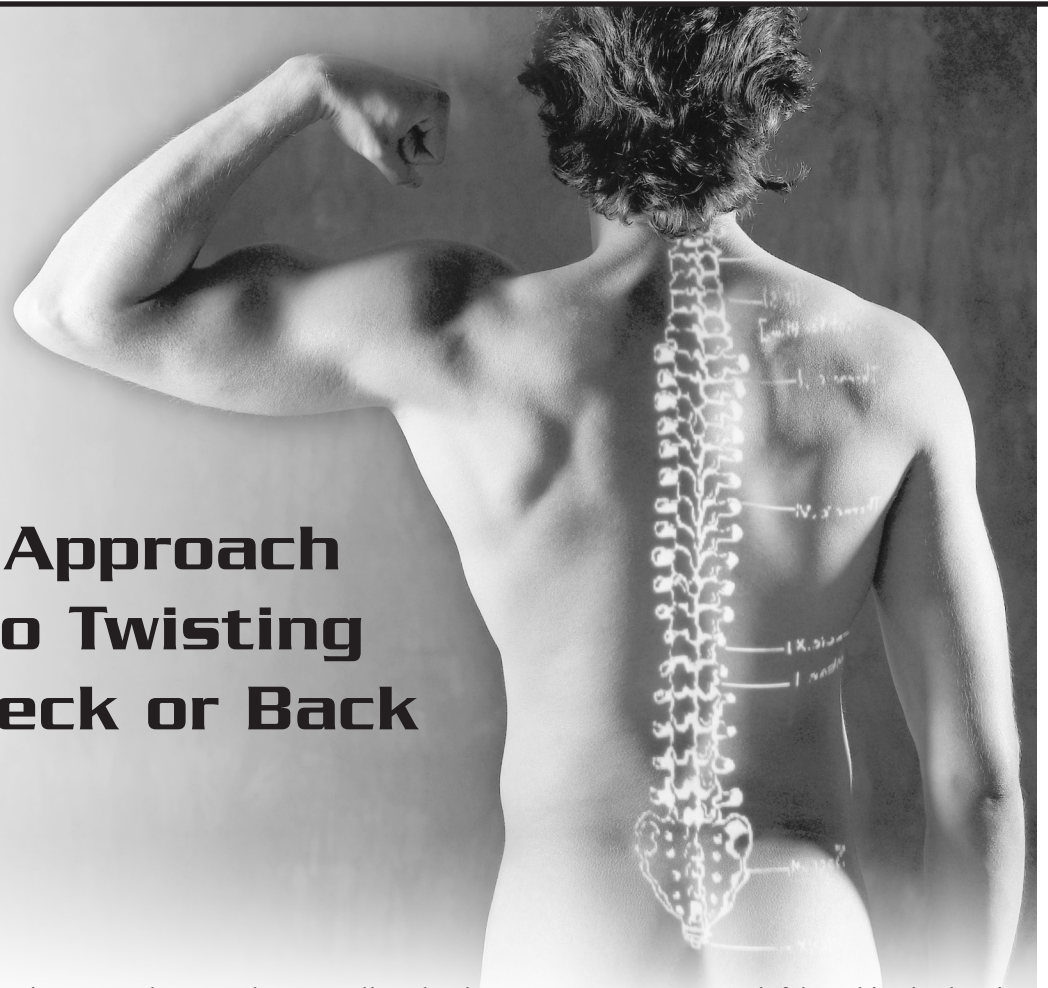


By Dr. Brett Gottlieb, D.C.



## NUCCA: A Different Approach to Chiropractic with No Twisting and Cracking of the Neck or Back

**A**re you suffering from pain but won't go to a chiropractor because you can't stand the thought of getting your neck or back cracked?

If you are one of these people then you need to know that there is a different approach to chiropractic out there that gets great results and is extremely gentle.

NUCCA is a form of chiropractic that aligns the spine and stops pain without any twisting and cracking of the neck or back. When you go to a NUCCA chiropractor you don't need to be afraid of getting hurt or feeling worse when you leave the office. This is the most common reason people come to me and are very

happy. They are relieved to know that they can experience the wonders of chiropractic without the anxiety and fear of getting adjusted.

NUCCA is like sedation dentistry. You feel absolutely no discomfort or anxiety while the treatment is being administered. Most patients can barely feel the adjustment.


NUCCA focuses on the top vertebrae of the spine. This vertebrae is called the atlas. Much of the neck and back pain that people live with is due to spinal compensations that occur as a result of this vertebrae being out of proper alignment.

When the atlas misaligns it causes the center of gravity of the head to shift away from its base of support. This results in the nervous system telling the muscles along the spine to pull the spine in such a way as to compensate for this shift. These compensations be-

come very painful resulting in chronic neck and back pain. Sometimes nerves running down the legs and arms are irritated causing arm and leg pain as well.

The atlas is also the most moveable vertebrae in the spine. All this movement while trying to support a 10-14 pound head puts a great deal of stress on the muscles and ligaments that support this area. Add to this accidents, injuries, and bad postural habits and you can see just how vulnerable this area is to misalignment.

The result is that most people especially after the age of forty and if they have chronic pain probably need to have their atlas aligned properly.

For a free consultation and examination to determine if your pain is a result of the atlas misalignment please call my office at 916-965-7155. You can visit my website at [painfreelife.net](http://painfreelife.net) for more information. 

### 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

**Brett Gottlieb, DC**

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