

Are You In Pain All The Time & Want Relief?

**Well, Stopping That
Pain Might Be Easier
Than You Think.**


I would like to provide you with a possible solution to your chronic pain. I know like most chronic pain sufferers you have probably tried many things, which did not work. However, I would like you to be open-minded about trying just one more thing before you simply give up. There is a blockage that can occur in the upper neck usually but not always caused by an accident or injury. This blockage can have a huge impact on the body when it occurs. It is caused by a misalignment of the atlas vertebrae located where the neck joins with the head. When this vertebrae misaligns it can cause a disruption of nerve and blood flow to just about anywhere in the body. This can lead to all kinds of pain or health problems.

You might be able to tell if you have this problem by looking at your posture or doing a simple test. First go to the mirror and close your eyes. Turn your head as far to the right as you can. Then, turn your head as far to the left as you can while keeping your eyes closed. Then bring your head back to where you think it is straight. Now open your eyes. Is your head tilted to one side? Look at your ear lobes. Is one lower than the other? If you see that your head is tilted this is a positive test for atlas misalignment.

When the atlas goes out of alignment it causes the entire spine to shift and rotate which can lead to a high or low shoulder, high or low hip, and short leg. Sit in a chair with your feet touching the ground and your knee bent at a 90-degree angle. Make

sure your heels and toes are lined up perfectly. Now put your knees together and see if your knee caps line up or if one knee cap sticks out farther than the other. If your knee caps don't line up perfectly this means that your pelvis has shifted out of alignment to compensate for the atlas misalignment.

Probably the most dramatic test that I have ever seen that indicates that your atlas is out of alignment is called the "March Test". Stand in a room that has some open space to perform this test. You should have another person with you to perform this test safely. What you do is close your eyes and begin to march in place lifting your knees and arms as high as you can. Do this test for about 1 minute. Make sure you mark where your feet are on the floor before you start the test. When you open your eyes you should still be in the same place that you started the marching test. If your atlas is out of alignment you will notice to your amazement when you stop the test and open your eyes how far you have moved from your original location. However, you will not notice that you are drifting when you are performing this test. Depending on how far your atlas is out of alignment you might end up 10 feet or more from your starting location on the floor.

If any of these tests are positive you probably have an atlas misalignment. This could be the reason you are experiencing pain or ill health. For a free consultation and examination to see if this might be causing your problem please give my office a call at 916-965-7155. 



By Brett Gottlieb, D.C.

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