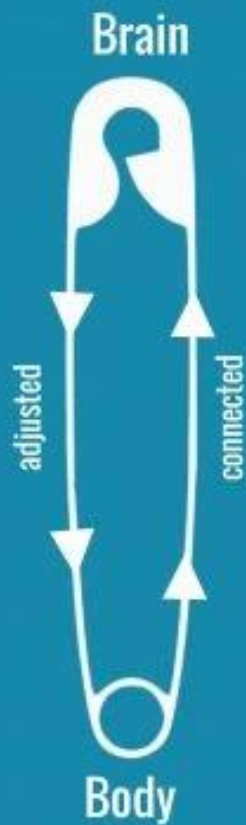


Safety Pin Cycle



**YOUR NERVES
CARRY MESSAGES
BETWEEN YOUR
BRAIN AND BODY**



Alignment

Normal

Function

Ease

Mis-alignment

Ab-normal

Mal-function

Dis-ease

The problem explained

Your brain and body are connected much like a safety pin. There are messages that move from the brain to the body and back in a continuous loop. When the safety pin is closed, these messages move back and forth in the loop with ease and fluidity. The body, in this state of alignment, is effortless in its functioning as the messages are cycling around the body efficiently. This means balance, vitality, and strength.

However due to the stresses and strains of the modern-day life, this between the brain and body is often disrupted. An open safety pin represents the disrupted loop, with the connection broken and messages unable to efficiently cycle from brain to body or body to brain. This misalignment causes abnormal responses, malfunction of body and/or brain, and dis-ease.



The Solution:

The core principle of chiropractic treatment is to close that pin. This means bringing the nervous system back into efficient connection with the brain. When this is achieved, the body can function and naturally heal itself.

5 Common areas of disconnect **BEYOND THE SPINE**

1. Feet

We all know that the functional foundation of the human frame is our feet. The natural movement of the foot would be the typical pronated foot movement that is from heel strike to toe-off. This is known as the stance phase of the gait (walking) cycle. However, due to imbalances of the forces throughout the human structure, bilateral (both sides) and asymmetrical foot pronation is quite common. These imbalances lead to further misalignment and so can be a huge component of low back pain, along with foot, knee, and hip symptomatology.



To assess the biomechanics of the foot, we use a functional print/ pressure plate. This will give information on the distribution of forces on the feet. Foot pressure is an important foundation from which we move or maintain a position. This assessment looks at the asymmetry and unequal distribution of the forces on the foot that may be causing pain in the lower limbs.

My clinical experience has taught me that when the three arches of the feet are supported and the feet move functionally in a normal or optimal range of motion, the best clinical results are achieved, and pain is alleviated.

REMEMBER the typical chiropractic patient does not exhibit foot problems like plantar fasciitis or spurs or chronic sprains, BUT appropriate adjusting and stabilization of the feet will provide the structural foundation required for optimal balance.

2. Pelvic Floor

Age and childbirth take their toll on a woman's body, but problems with bowel and bladder control (and sex) from a weakened pelvic floor are often fixable. Women tend to put themselves last and not complain. But some personal problems, like sexual discomfort, and accidental bladder and bowel leakage are troublesome. The painful embarrassment these symptoms cause won't go away on its own. Almost 30% of woman – and some men too – will at some time in their lives develop a pelvic floor disorder. Problems with pelvic floor can lead to many symptoms:

- Urine leakage / incontinence
- Overactive bladder
- Bladder pain or frequent bladder infections
- Incontinence of stool, chronic constipation or difficulty evacuating your bowels
- Also, pelvic pain and painful intercourse

3. Rotated Pelvis



By far the most common issues I deal with daily, how we stand, sit and move is key to having a strong healthy and pain free back. There are several common types of postural distortions that may lead to low back pain, sciatica, headaches, shoulder problems etc.

Here are some common ones:

- *Anterior (Forward) tilt of the pelvis*
In these instances, the pelvis is tilted forward resulting in an increased lower back curve.

- *Posterior (Backward) tilt of pelvis*

In this situation the lower back will have less of a curve also referred to as a military spine (very straight back)

- Rotation of Pelvis

In this condition, one or both sides of the pelvis rotate or flare, left or right. You can do a self-diagnosis by lying on your back with your legs straight and checking the direction in which your feet are pointing. In the case of an aligned pelvis, the feet should point in a 10 o'clock / 2 o'clock configuration.

- Lateral Tilt of Pelvis

In this situation one side of pelvis will be tilted downwards. This can manifest as one leg appearing shorter than the other and / or a noticeable difference in the height of the shoulders from each other. This condition can be self-diagnosed by looking in the mirror and noting if one side of hip tilts downward or if one shoulder is higher/lower than the other. Another method is to lie down with legs straight and to ask someone else to check whether your ankle bones line up or not.

- Pelvic Torsion (Twisting)

That is not just one of the above conditions but a combination of 2 or more at the same time

4. Gut

A large majority of people suffer from Irritable Bowel Syndrome (IBS) a



digestive issue that can be painful and have negative effects on your day-to-day life. IBS can cause gas, bloating, stomach pain and irregularity in bowel movement.

It is a well-known fact that the digestive system is heavily influenced by the nervous system, which is made up of the brain and spinal cord. Therefore, if there is a miscommunication in your nervous system, it is almost impossible for your digestive tract to function optimally.

With specific and gentle chiropractic adjustments, your body will be able to return to normal function, which will have an impact on your overall health as well as symptoms specific to IBS.

5. **Cranio-Sacral Rhythm**

25,000 Times per day. This is how many times you breathe a day.

Cerebrospinal fluid (CSF) gets shunted up and down your brain and spinal cord. CSF is very important as it acts as a cushioning for your brain and spinal cord. It also transports electrolytes and take any waste products to and from the brain.



The CSF gets pushed up and down by the most beautiful hydraulic system, with a pump at the top being the occipital bone of the cranium and at the bottom the sacrum, that acts as a pump.

In some cases, this cranio-sacral rhythm (pump system) becomes dysfunctional and this results in CSF stasis in essence the fluid gets “stuck”, thus results in an increased tone in your nervous system specifically the meninges and this may result in headaches, neck pain, lower back pain etc. (Go to FONAR.COM to view videos on how CSF should flow.)