Proven FACTS about how your POSTURE and the STRUCTURE of your spine influence your HEALTH, the QUALITY of your LIFE, and can PREVENT injury & sickness

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CLEAR Institute
According to the American Journal of Pain Management,

"Posture affects and moderates every physiological function from breathing to hormone production.

Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are among the functions most easily influenced by posture."

If you suffer from headaches, depression, shortness of breath, or high blood pressure, your POSTURE could be the CAUSE!
Why do I need a good curve in my neck?

Research published in the *Journal of Biomechanics* in 2005 finds that people who have lost the good curve in their neck are more vulnerable to injury, and are more likely to suffer permanent damage or disability if they get into a car crash.

Research published in the *Journal of Neurosurgery* proves that the good curve in the neck is essential in order for the spine to absorb the constant stress of gravity on a regular basis. Just like the curves in a spring give it the ability to resist shocks more effectively, a straight neck is more likely to buckle and break when compressed.

Figure 2. Shown in A, is the human spine from the side showing you perspective for where the neck or cervical spine is located. Then 2 neck curvatures are shown: a normal one (green line) and an abnormal reversed curve (red line).

Whiplash injuries can cause abnormal neck curves to occur. Also, when a patient has an abnormal neck curve this can stretch and irritate the neck joints more during a whiplash event as compared to if a patient had a normal neck curve. Thus, abnormal neck curves are problematic when it comes to Whiplash Injury and pain. Only spinal x-rays can show a Chiropractor what the state of your neck curve is.
What happens to your nerves when you lose the good curve in your neck?

Research done by Dr. Alf Breig, a famous neurosurgeon, proved that when the good curve is lost, the nerves of your spinal cord become stretched & pinched. This can cause scarring of the nerves with time.

The nervous system is the master system of the body; it controls every other system, including your heart, lung, liver, & kidneys. Every nerve that travels from your brain to your organs passes through your neck. Stretching & scarring the curve in your neck can cause many different health problems for this reason!

Here, we can see a healthy neck with a good curve. The nerves are relaxed and have plenty of distance to travel through the spine. Moving and bending the neck won’t cause any problems, and the signals from the brain can reach every cell in the body.

In these pictures, the good curve in the neck has been lost. The nerves are pulled tight, and they don’t have much room. When the nerves are under tension like this, it causes problems with the organs of the body because the messages from the brain are not getting through.
Wolff’s Law states that bone remodels in response to stress. The bones in the right arm of a right-handed professional tennis player are 20% stronger and thicker than the bones in their left arm.

Osteoarthritis and degeneration are caused by the abnormal stresses placed upon the spine when the curve in the neck is lost.

The good news is osteoarthritis & degeneration can be reversed by restoring the good curve in the neck!
Note:

- Decrease in forward head posture,
- Improvement in the cervical curve,
- Decrease in degeneration,
- Improvement in the discs.

These x-rays show the improvement in the spinal degeneration:

This patient did not have scoliosis, but was treated with the CLEAR™ protocols.
As the curve in your neck is lost, it increases the stress on the spine below it, especially your low back.

People who have lost the good curve in their neck are 14 times more likely to have a disc herniation in their low back.

To understand why this is true, imagine that you are carrying a heavy weight. As you carry it farther away from your body, it seems heavier, and the muscles have to work harder to support the burden.

It’s the same way with the loss of the curve in the neck; as you lose the curve in your neck, your head moves forward, and your low back has to work harder to support the weight.
Patients who have poor posture have a higher mortality rate and a shorter lifespan, on average, than people who have good posture.

Taking care of your spine through advanced chiropractic care adds years to your life, and life to your years.

Structural corrective care chiropractic is the safest, most effective way to restore your posture & your health... naturally!
Poor posture can be the cause of many different health problems.

Do you know someone who has poor posture?

Do you know someone who suffers from headaches, neck or back pain, depression, breathing problems, or heart conditions?

**Good posture helps you to:**

- Prevent injury
- Get out of pain
- Stay out of pain
- Improve your physical function & performance
- Increase the health of your organs by improving the health of your nervous system
- Live longer
- Live happier!

Take the time to share this information with your friends & loved ones.

Now that you know, you have a responsibility to act!

You can make a powerful, positive impact in their life by helping them to understand more about how changing their posture can change their life.
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