

Chronic Fatigue & Upper Cervical Care

If you are struggling with chronic fatigue, you know **the overwhelming exhaustion that does not improve with rest**. You may experience brain fog, muscle weakness, difficulty concentrating, and a general sense of being unwell. Many individuals with chronic fatigue also suffer from poor sleep, frequent infections, and an inability to carry out daily activities without extreme exhaustion.

What Causes Chronic Fatigue?

Chronic fatigue is characterized by persistent and unexplained exhaustion that does not improve with rest. It often results from a combination of factors, including immune system dysfunction, hormonal imbalances, and nervous system dysregulation. Research suggests that **misalignments in the upper cervical spine can contribute to chronic fatigue** by affecting brainstem function, nervous system communication, and sleep quality.

Common Medical Treatments

Conventional treatments for chronic fatigue often include medications, lifestyle modifications, and therapy. Physicians may prescribe stimulants, antidepressants, or sleep aids to manage symptoms. **However, these methods often focus on symptom management rather than addressing the root cause.**

Can an Upper Cervical Correction Help?

The most common misconception about Upper Cervical care is that it only helps back and neck pain.

Patients who receive upper cervical care often report improvements in energy levels, sleep quality, and overall well-being. Holding the adjustment allows the body to heal naturally without repeated interventions. When the upper cervical spine remains in alignment, nerve communication is optimized, and the body's ability to regulate energy and immune responses improves.

If you struggle with chronic fatigue, consulting an upper cervical specialist may help identify and address underlying spinal misalignments contributing to your symptoms.

Align Your Spine!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems. A misalignment in the upper cervical spine can affect brainstem function, potentially contributing to chronic fatigue.

Injuries from car accidents, sports, work-related incidents, physical or emotional stress, falls, or even birth trauma can lead to upper cervical misalignments. Addressing these misalignments through upper cervical care can help restore balance and improve energy levels.



SCAN HERE FOR REFERENCES



If you currently suffer from chronic fatigue and would like to seek advice from an Upper Cervical Chiropractor, please schedule an appointment today!
onetemplewellness.com