

## Wellness Care

Upper cervical chiropractic offers natural, holistic wellness care with real long-term results by correcting the underlying cause of many chronic health problems.

Wellness care is a key aspect of health that is often left out in western medicine. According to CNBC, **Americans spend \$3.4 trillion dollars per year at the doctor**, on medications, and for other healthcare expenses. Yet, it is clear that many health problems are on the rise.

## Are you searching for *natural* wellness care?

In 2008, **Americans spent \$242.7 billion on prescription drugs**. In just 10 years, that number increased to \$360.2 billion. While some people need these medications to stay alive, there are far more who are disappointed in their current health care and who want natural options with fewer side effects, better results, and a smaller bill.

Upper cervical chiropractic care is an alternative option for achieving your overall health and wellness goals. It is one of the most cost-effective ways to maximize health benefits with few or no side effects.

## Long-Term Negative Effects of a Misalignment

- **Back Pain** – Even the slightest misalignment leads to a chain-reaction throughout the spine in order to keep the head properly balanced. This means that an atlas misalignment may cause pain throughout the spine.
- **Pinched Nerves** – Since the neck is the genesis of the nerves that extend down throughout the body, pain and discomfort can be experienced in the back, legs, both arms, shoulder, elbow, and even the wrist.
- **Brainstem Function** – The atlas surrounds and protects the sensitive area where the brainstem meets the spinal cord. Even the slightest misalignment can take the atlas from being a protector to potentially inhibiting proper function.
- **Cerebral Blood Flow** – If anything throws off the alignment of the cervical spine, this proper flow of blood may be affected, leading to insufficient levels of oxygen in the brain and a multitude of neurological problems.

## Align Your Spine!

When the spine is aligned, the nervous system can function free of interference and the brain can receive proper blood supply.

When the C1 and C2 (atlas and axis are the top two bones in your neck) vertebrae are out of alignment, there are a number of changes that take place in the body that can have **long-term and far-reaching effects** on a person's health.



SCAN HERE FOR REFERENCES



*If you currently suffer from a health condition, an upper cervical doctor will strive to correct its cause. If you are symptom-free, Upper Cervical care is one of the best ways for you to stay healthy. **onetemplewellness.com***