

# PRIMARY vs. SECONDARY

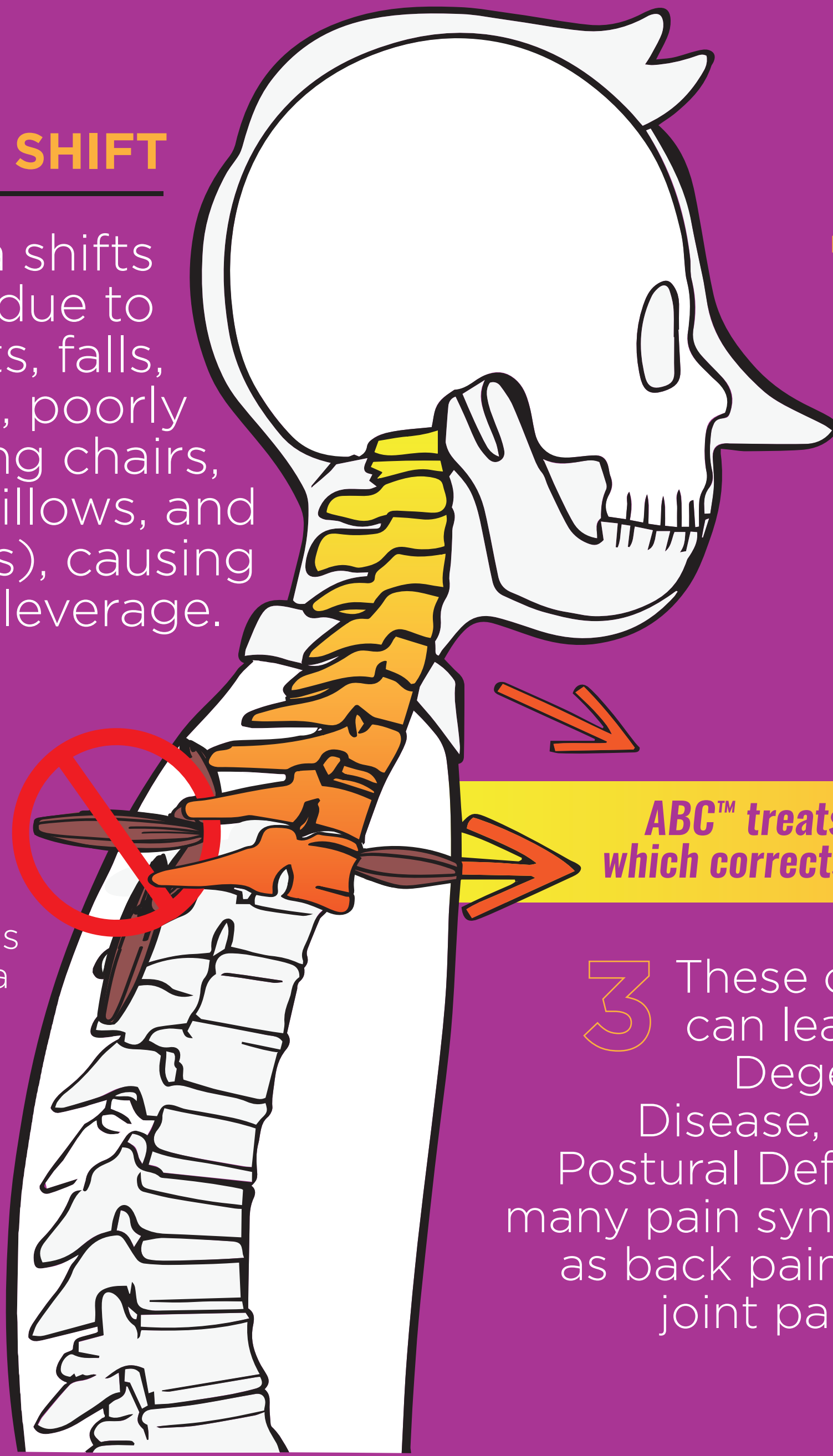
# SHIFTS

The Underlying Cause of Body Structure Problems

## 1 PRIMARY SHIFT

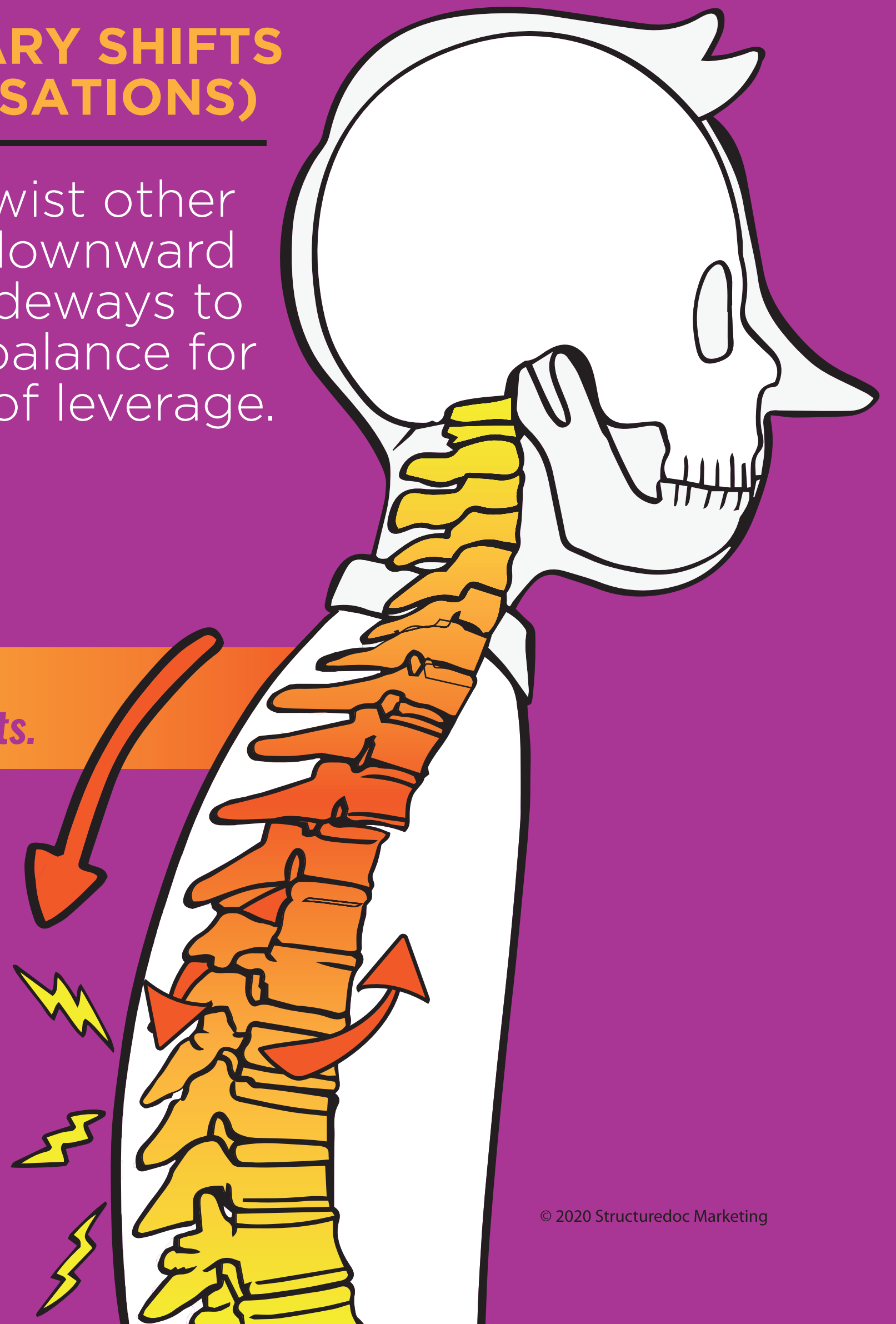
A Vertebra shifts **forward** (due to accidents, falls, impacts, poorly supporting chairs, shoes, pillows, and mattresses), causing a loss of leverage.

No muscle exists here to pull a forward vertebra (primary shift) back into position, so it remains stuck.



## 2 SECONDARY SHIFTS (COMPENSATIONS)

Muscles twist other vertebrae downward and sideways to counterbalance for the loss of leverage.



**ABC™ treats the primary shifts, which corrects the secondary shifts.**

3 These compensations can lead to Scoliosis, Degenerative Disc Disease, Spinal Decay, Postural Deformities, and many pain syndromes such as back pain, headaches, joint pain, and more.