

# UNDERSTANDING MENINGEAL

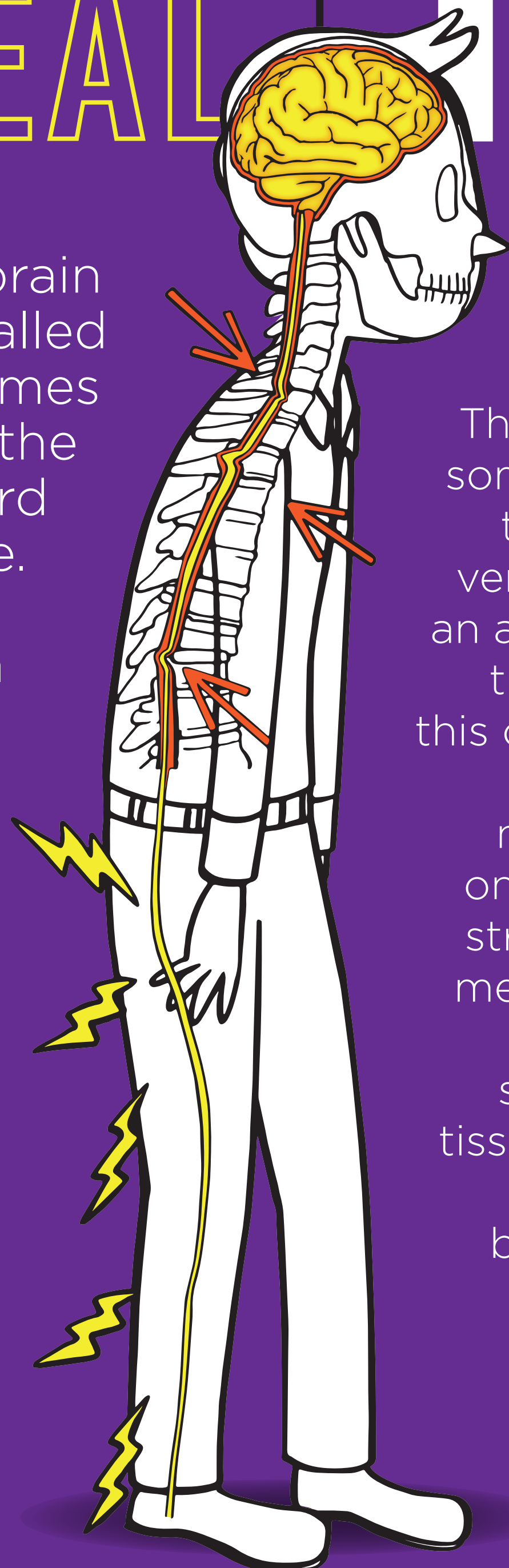
# TENSION

The covering of the brain and spinal cord, called the meninges, becomes stretched when the spine shifts forward and loses leverage.

This stretching can cause the meninges to tighten and eventually squeeze, pinch, or pull on the brain, spinal cord, or exiting nerves, causing symptoms like:

**Headaches**  
**Neck Pain**  
**Back Pain**  
**Sciatica**  
**Numbness**

**Brain Fog**  
**Sinus**  
**Congestion**  
**Fatigue**  
**And More!**



The meninges can sometimes stick to the inside of the vertebrae, causing an adhesion or scar tissue to form. In this case, your ABC™ practitioner will need to perform one or more deep stretches, called a meningeal release, to alleviate the stuck meningeal tissue. Without this maneuver, your body cannot get fully corrected!



The action of the meninges is similar to the Chinese Finger Trap; the more it stretches, the tighter it becomes!

