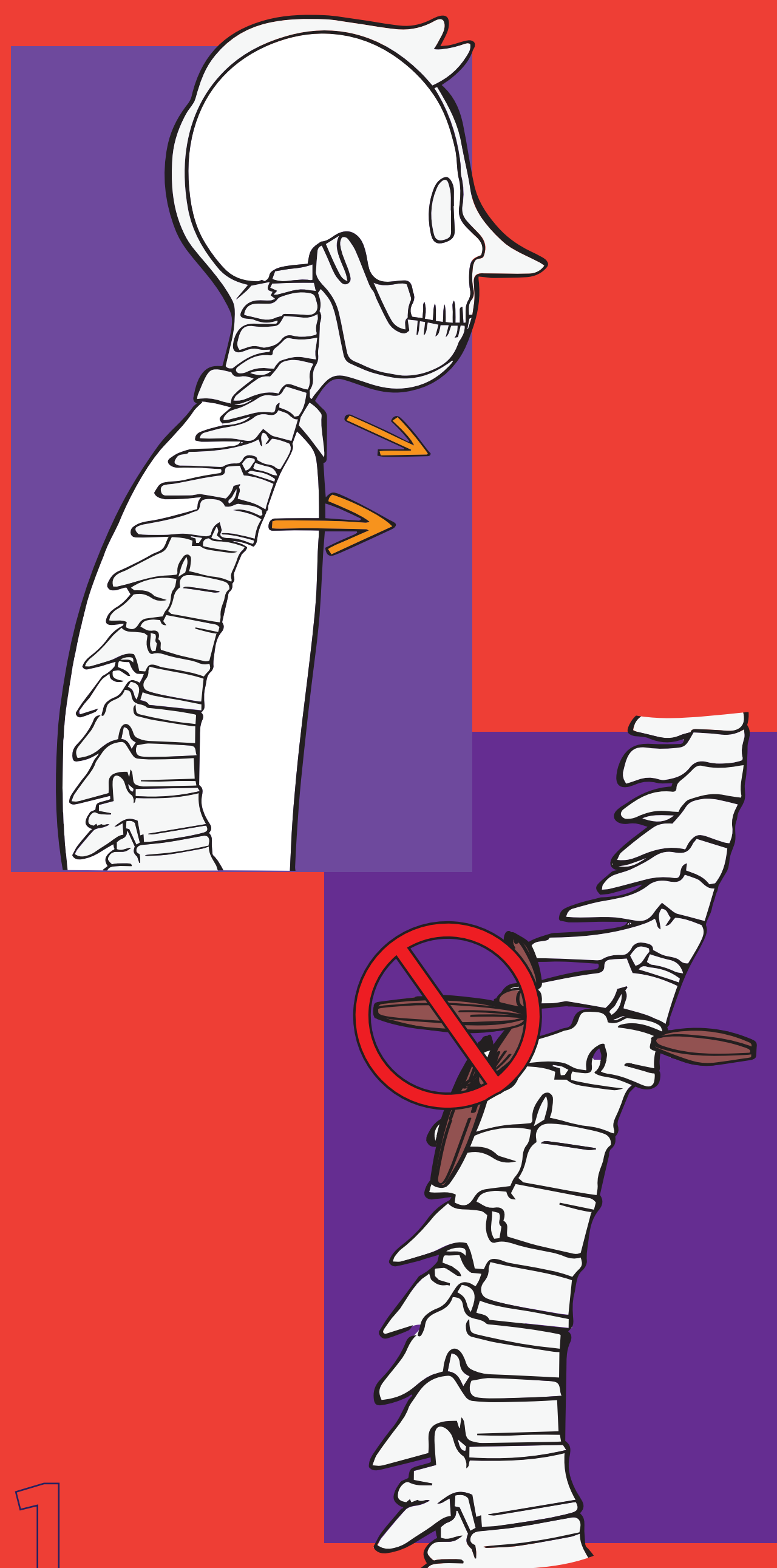


WHAT HAPPENED TO CAUSE MY BODY TO

HURT?

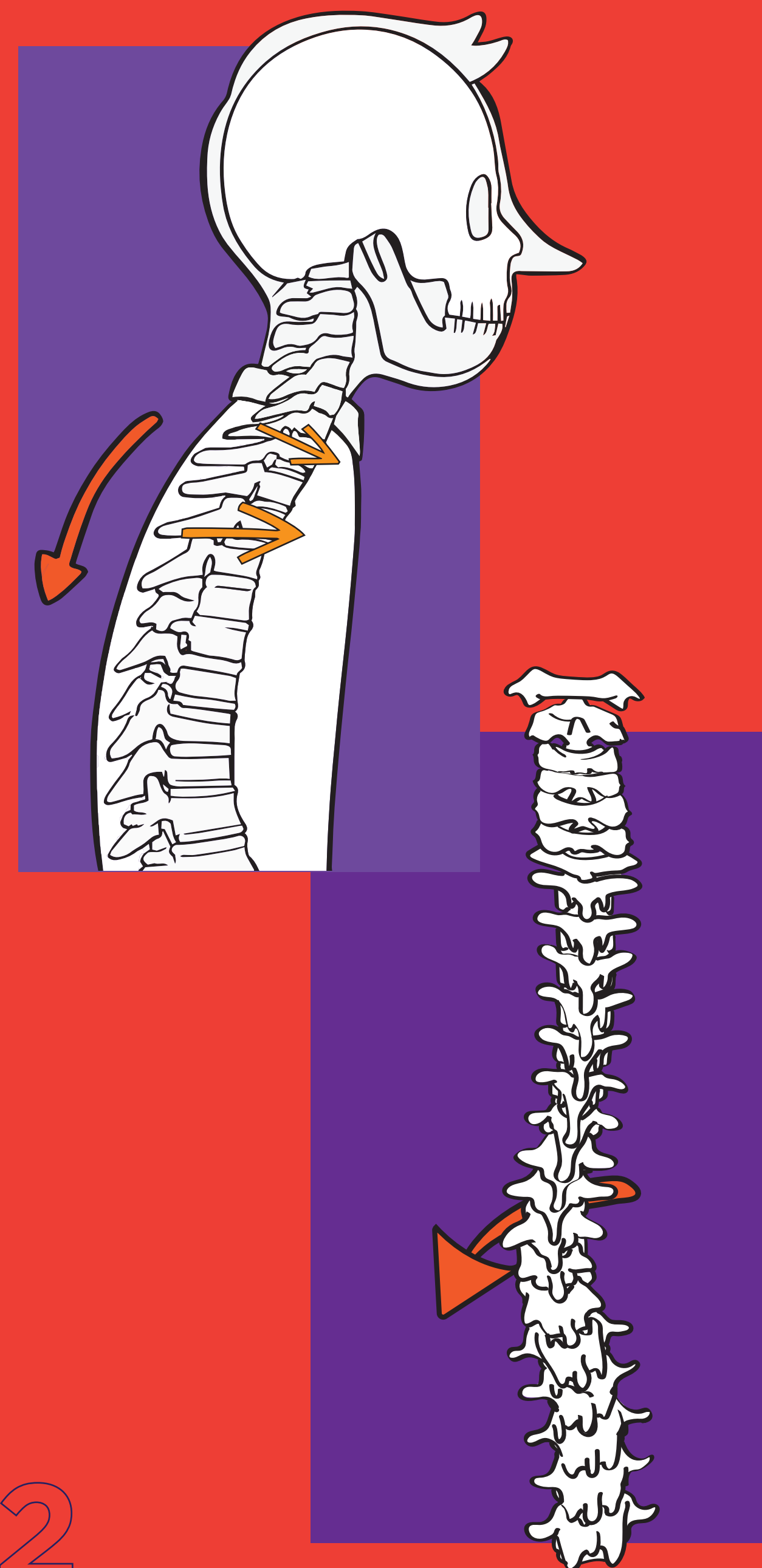
PRIMARY SHIFT(S)



1

Vertebrae can shift forward due to accidents, falls, sports impacts, and poorly supported chairs, pillows, shoes and mattresses. The body loses leverage here because there are no muscles that can pull a spinal bone backward.

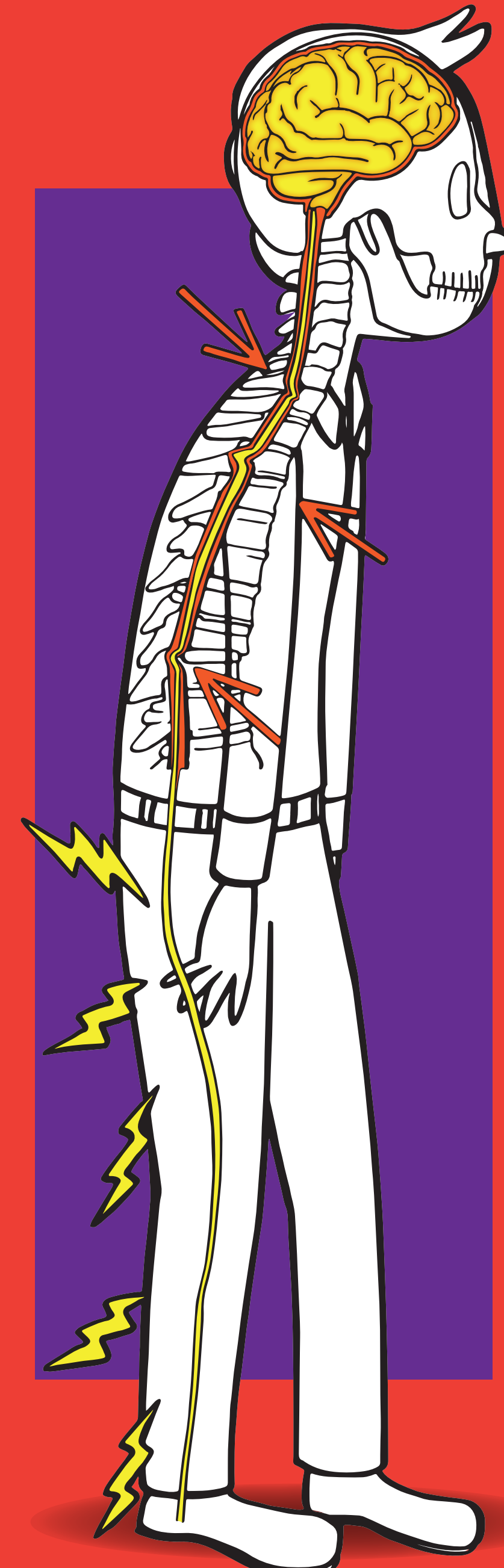
SECONDARY SHIFT(S)



2

Compensations then develop to counterbalance for this loss of leverage. This causes an increase in pressure at the involved joints, as well as changes in the normal shape of the spine.

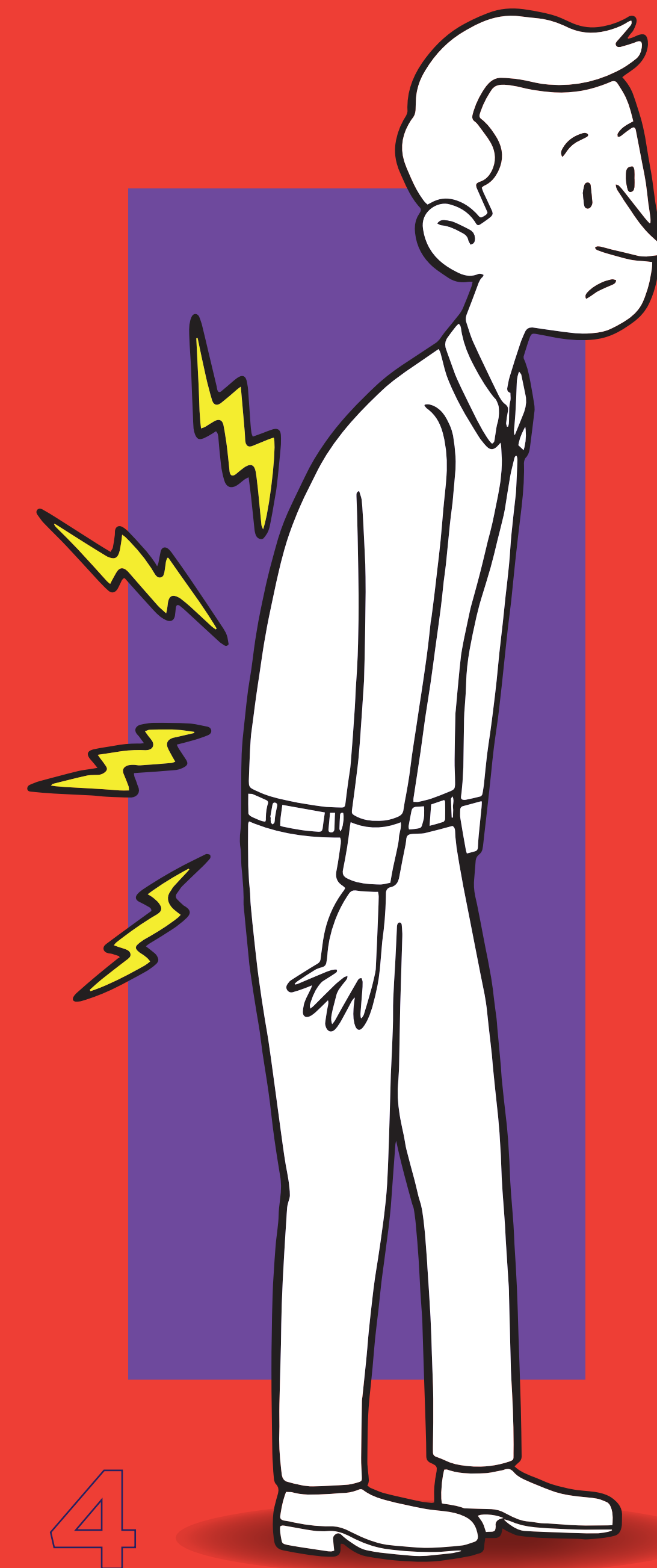
MENINGEAL TENSION



3

As the spinal column is shifted forward, the covering of the brain and spinal cord (meninges) also compensates by stretching and tightening, much like a rubber band. This causes nerve tissue to become stretched.

SYMPTOMS/SICKNESS/DISEASE



4

When spinal leverage is lost, many symptoms can develop due to the increase in joint pressure and stretching of nerve tissue, such as pain, numbness, stiffness, arthritic decay, disc problems, congestion, brain fog, and more.