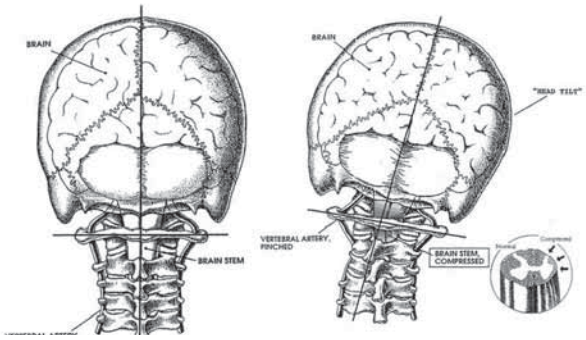
The Atlas Alignment

Our spine is made up of bones, called vertebrae, which are connected together by ligaments and muscles. The vertebrae cover and protect the spinal cord, which carries sensory messages to and from the brain, controlling all of our bodily functions. At the very top of our spine is the vertebra called the cervical (C1) or commonly referred to as the 'atlas'. To understand how the body may not function correctly if this vertebrae is not properly aligned, it is necessary to have a closer look at the biomechanics of the body.

The first cervical vertebra (atlas) affects the equilibrium of the whole skeleton. It is meant to keep our heads in an optimum position on the cervical vertebrae and give maximum mobility.



Here's an example. Let's say that you want to build a high tower made out of wooden blocks. You begin to pile up the blocks with great precision. If you put your top block on your high tower just slightly off its center, the tower will eventually collapse because it is lopsided and has lost its balance. Our spine can be thought of in much the same way. Can you imagine what happens when the weight of our head is held on that lopsided angle of our spine? The ligaments, sinew and muscles, which directly and subtly restore the balance, become strained and compensate for the improper posture.

This misaligned vertebrae can affect the alignment of the entire spine. The spine is like a chain, if the first link is twisted and turned, each link following below will also be twisted and turned, disrupting the entire length of the spine. The human body is balanced when the head is positioned over the center of the feet. When the atlas is misaligned, it causes the head to tilt. The spine then shifts to support the weight of the head, thereby creating biomechanical and postural stresses and strains.

The pelvis may also lose its optimum position. Ninety-five (95%) percent of all seemingly leg-length inequalities can be attributed to a misalignment of the pelvis. Any postural faults of the pelvis will inevitably lead to additional tenseness of the muscles. Misalignment of the pelvis in turn, causes increased stress and strain on the hip joints, knee joints etc and as a consequence, the nerves are disturbed, causing a malfunction of the entire spinal column because they can no longer correctly transmit vitally important signals from the brain.

We can also aggravate this misalignment by sitting in an improper posture: sitting with our legs crossed, twisted and hunched over while we watch TV or work at the office. Combine that with the everyday stress of modern life, such as family conflicts and financial troubles; the combined stress and strain both physically and mentally can wreck havoc on our already overburdened bodies.

The Atlas Alignment or Vitalogie (as its referred to in Europe) is well known in Switzerland and Germany. The effectiveness of this preventative method has been confirmed in a clinical research study done with 160 patients. Although the symptoms had not been taken into account in any of these cases, the overall well-being of the patients increased by 35% in physical terms and 26% in psychical terms. This result had been achieved in as few as 8 applications, in a period of four to six weeks (on average).

When the atlas bone is properly aligned back to its optimal position, the rest of the spinal vertebrae fall into alignment allowing the body to heal itself. This delicate and complex connection of the nervous system allows communication to flow once again between the systems of the body.

If you would like more information about Atlas Alignment, please call Idda at Goldenstar Healing and Wellness Centre in Nanaimo at 250-244-1688 or visit her website at www.Goldenstar.org info@goldenstar.org *See ad page 12* *Photo credit: www.balancedspine.com*