

A QUESTION OF BALANCE: THE UNIVERSAL BENEFITS OF UPPER CERVICAL CHIROPRACTIC

By Dr. Jonathan Gould, D.C.

Many people agree a balanced life is a healthy life. But, achieving balance in today's stress-filled, hurry-up world is not always easy.

Many people are turning to a chiropractic procedure called Upper Cervical Chiropractic (UCC). This gentle, specific treatment allows patients to achieve balance naturally by eliminating neurological irritations at the very points where they begin.

UCC concentrates expressly on the upper two vertebrae where the brain and the spinal column come together. This area is called the atlas. The chiropractor's goal is to make certain the atlas is perfectly level so all spinal column bones follow suit and line up in correct positions.

With properly aligned vertebra, information flows unobstructed from the brain through the entire nervous system. This free flow of information could allow patients to experience natural healing in all areas of their bodies including circulation, digestion, respiration, musculature and behavior.

In my opinion, the most remarkable aspect of this care is the relief you could feel on your very first visit. The balanced life you've been dreaming of could be just one appointment away.

Upper Cervical Chiropractic requires state-of-the-art technology to determine the exact angle to apply small and delicate corrections. UCC could be used for a wide range of disorders.

Upper cervical correction of a patient's atlas is clearly visible on X-rays and offers solid proof spinal balance has begun.

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*From The Book, "The World's Best Kept Health Secret Revealed"
Dr. Gould's Chapter pgs 304-306*

First Visit

Here's what to expect on a first visit to an upper cervical chiropractor. Once in the examination room with your doctor, he or she will ask for a complete history of your symptoms. This could include asking you to describe details of prior types of treatments. This information will provide your chiropractor with an understanding of your health challenge. It will also allow your chiropractor to work in concert with your other healthcare providers to design a care plan unique to you.

Next, a series of pictures will be taken with a Laser Aligned X-Ray Machine so your chiropractor can pinpoint the placement of your correction. This step is very important.

Using the information gathered, your chiropractor will make the adjustment to your atlas.

After the adjustment, I ask my patients to rest for a few minutes before jumping up and heading back out into the big, wild world. They may feel results and are ready to go. I ask patients to savor a moment of post-correction peace-and-quiet. This is more than just pleasant; it's a matter of common sense.

An adjustment can create positive changes in your system. Resting allows healing to really take hold, giving your newly aligned spine the best start possible. I recommend patients include periods of relaxation in their lives in order to achieve balance.

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Words of Wisdom

For you to achieve wellness in today's turbulent world, strive for balance within your spine, your nervous system and your everyday activities.

Huge benefits can come from a positive mental attitude and adequate rest and nutrition. But, in these days of non-stop anxiety, it is absolutely critical to create balance within your nervous system to protect against routine, crushing stressors. Hassles like traffic jams, 10-hour workdays and juggling a job and family may be shrugged off. Little-by-little, such irritants can chip away at your ability to stand strong and maintain good health.

When you align the spine, you allow the nervous system an opportunity to fully express itself. This could reduce or reverse disease produced by unresolved stress. Some stress-related sicknesses, like headaches or back pain, may be only too familiar to you. Some, like heart disease, may be silently lurking.

The good news is UCC could give you the upper hand providing both natural healing and prevention. Its results are measurable and specific. They can start from the moment you achieve spinal balance and last a lifetime as you continue to keep that balance in check.

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UCC Could Work for You

Do you find your posture is frequently off! Is your head often tilted to one side? Does one shoulder or hip rest higher than the other? Do you suffer from dizziness, jaw problems, ringing in the ears or a specific health problem which has not responded well to conventional treatment?

Upper Cervical Chiropractic could work for you. I feel the most secure balance begins in the center of a body and works its way out. With Upper Cervical Chiropractic, you could find that balance and be able to stand straight and strong, no matter what life throws your way.

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Or phone: 1-516-248-4910 for an appointment to end your pain.