



## **IMPORTANCE OF PROPER CERVICAL CURVE AND ALIGNMENT**

**“Deviations in the body’s center of gravity caused poor posture, which resulted in intestinal problems, hemorrhoids, varicose veins, osteoporosis, hip and foot deformities, poor health, decreased quality of life, and a shortened life span.”** - Freeman JT., Posture in the Aging and Aged Body, JAMA 1957; 165(7), pp 843-846

JAMA (Journal of the American Medical Association)

**“For every inch of Forward Head Posture, it can increase the weight of the head on the spine by an additional 10 pounds.** - Kapandji, Physiology of Joints, Vol. 3

**“Loss of the cervical curve stretches the spinal cord 5 -7 cm and causes disease.”**- Dr. A. Breig, Neuro-surgeon (Nobel Prize recipient)

**“Forward Head Posture LEADS to long term Muscle strain, disc herniations, arthritis and pinched nerves.”**- Mayo Clinic, Nov. 3<sup>rd</sup> , 2000

**“Aging and degenerative (arthritic) changes are NOT SYNONYMOUS”**

Harry F. Farfan, M.D., M.Sc., C.M., F.R.C.S., 1988

**90% of the energy output of the brain is used in relating the physical body to gravity. Only ten percent (10%) has to do with thinking, metabolism and healing. (In the normal anatomical Position)**

- Dr. Roger Sperry, M.D.- Nobel Prize recipient for BRAIN RESEARCH

\*So when you have forward head posture your brain will rob energy from your thinking, metabolisms, and healing because it will need more than the normal 90% energy output to deal with it.

## **WHERE DOES THE BRAIN GET ITS POWER FROM?**

**“90% Of the stimulation and nutrition to the brain is generated by the movement of the spine.”** - Dr. Roger Sperry, M.D.- Nobel Prize recipient for BRAIN RESEARCH