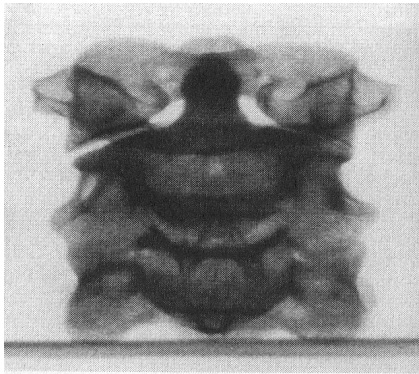


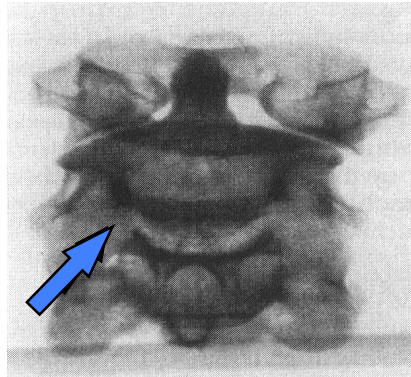


The Atlas Therapy Explained

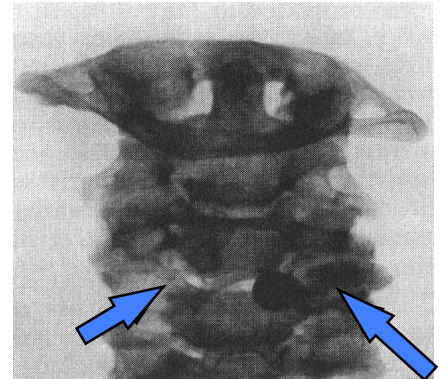
How does an Atlas Subluxation look like



Atlas in correct position



Atlas displaced to right



Atlas twisted

Why can a displaced Atlas cause so much disorder?

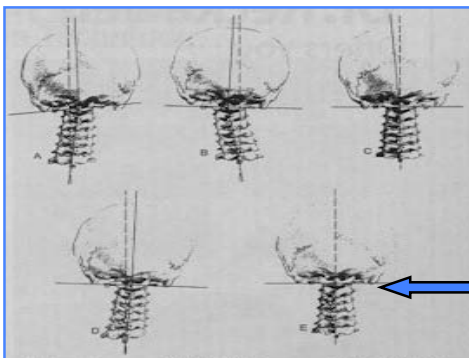
The effects of a displaced Atlas can be clearly identified (see arrows) on the x-ray pictures.

How amazing is this: Studies have revealed that the weight of a quarter of a teaspoon of sugar applied on a nerve would reduce the capacity to 50%!

That answers a few questions we have about sore backs and necks, problems with our vital organs, bad blood circulation, headaches, sore muscles and joints, low energy; just to name a few.

All our organs are connected to the nerves. If we find that one of the organs is in pain or under/over producing it is in many cases related to a displaced vertebra which then constricts the relevant nerve impulse to the particular organ.

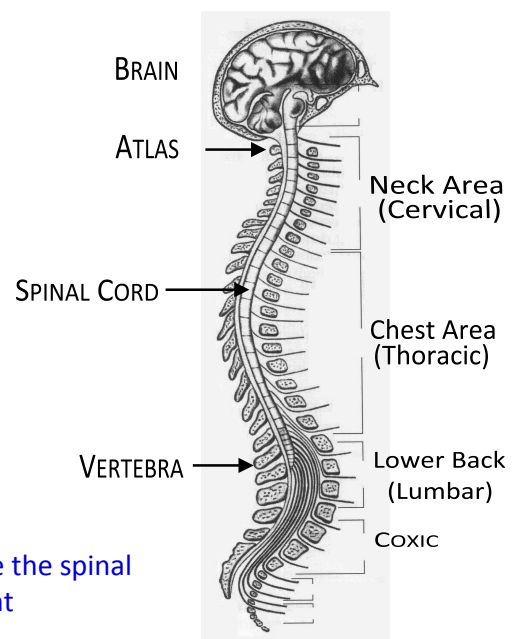
To actually start the healing process, the source of illness has to be evaluated first. Often we treat the symptoms rather than the source.



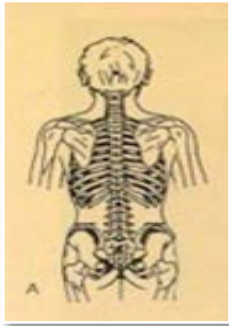
correct position
of Atlas

This is how a displaced Atlas affects the neck.

The illustration shows where the spinal
nerves branch off to different
sections of the body.



The Skeleton - our Structure and Foundation



Atlas straight
in correct position



Atlas displaced
affects our posture

This illustration shows how the Atlas Subluxation affects the spine.

A prolonged misalignment such as this will ultimately have a significant damaging effect on muscles and organs.

The human is a piece of perfect architecture and we must ensure that it remains within its designed parameters.

Just as no house can stand on uneven ground without the walls cracking and roof caving in.

What happens after the treatment?

Straight after the adjustment it is very important to lie on the back for 20 minutes. During this time, the Atlas sends vibrations down the entire spine. Some people can feel the new energy flowing through the body. The discs will start to replenish with fluid and the nerves resume sending and receiving the essential impulses. The self healing process has now been re-activated.

In time, dislodged vertebrae can shift back to the original position, therefore releasing the impacted nerves. These are only some of the results that can be expected:

- ✦ Eliminating back problems and back ache
- ✦ rectify a curved spine
- ✦ level uneven shoulders
- ✦ straightening of pelvis and hip
- ✦ improved discs
- ✦ balanced skeleton

- ✦ natural energy can flow again
- ✦ improved eyesight
(glasses may have to be adjusted)
- ✦ optimal functions of organs
- ✦ physiological and psychological wellbeing can improve

Important

Any self-adjustment your body is undergoing can be associated with some pain. Some patients may react with stomach pain, neck & back pain, head aches, tiredness, energy boosts, sore throat or hot flushes. It may last for a day or 2 and then disappear. This is a good sign. Your body is now able to recognize the shortcomings and makes the appropriate changes. If you are at any time uncertain about reactions you are encountering, please contact your Atlas Therapist for clarification.

Now that we know the significance of the Atlas is, you can do the following to assist the healing process:

- ✦ a check up every 6 months
- ✦ do not sleep on stomach (unnatural position of spine)
- ✦ after waking up do some stretching
- ✦ daily spinal exercises
- ✦ half an hour walk daily
- ✦ drink daily about 2 liters of water
- ✦ keep up with a healthy diet
- ✦ positive thinking

Anatomical tid bits

All organs, muscles and cells take different periods of time to totally regenerate, provided that the nerve impulses operate 100%: Heart cells 4-5 months, blood cells 3 months, lungs 4 years and the spine 7 years