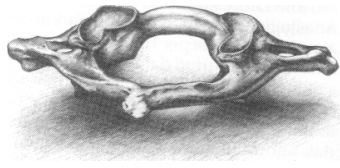


Atlas Therapy



Atlas

Where and what is the ATLAS?

The Atlas is the **first Cervical Vertebra**, also called **C1**. The 12 Spinal Nerve Cords from the brain run through the Atlas. The Atlas sits on top of the **Axis (C2)**. As opposed to the rest of the spine, there is **no Disc** in between which allows the head to rotate from side to side.

Why is ATLAS THERAPY so important?

The old Greek Mythology tells us of the god Atlas who carries the heavens, preventing it from touching the earth and creating total disorder.

This is why **C1** ended up being referred to as **Atlas**. It perfectly describes the functionality of the first Cervical Vertebra, supporting our head with a weight that ranges between 7 to 8kg. It is not exaggerated to state that most of us would exhibit a minor C1 misalignment, called **Atlas Subluxation**.

So, what happens when you have an **Impacted Nerve**? Let's take a water hose as an example; if you bend it on the top it will undoubtedly compromise the flow of water. Or if the telephone wire is loose, the line crackles and we cannot hear the person on the other side.

The very same applies in the case of an **Atlas Subluxation**. It too hinders the nerves to "transmit" the signals from and to the brain. The brain, organs, muscles and cells communicate through constant nerve impulses. An impacted nerve cannot transfer the correct and necessary information needed.

This is how it works; the human body is naturally equipped to heal itself. For instance when you have an infection, once the brain has been 'informed' it sends a command to the body to increase the temperature in order to 'kill' the bacteria that cause the inflammation.

The "inbuilt Doctor" heals and supports our system; continuously regenerates our cells, eliminates toxins, viruses and bacteria, mixes and sends out the required 'medication', only to mention a few of the relentless activities. So when the dislodged Atlas pushes onto the nerves, the brain and body are no longer capable of communicating in harmony, which leads to illnesses, pain and discomfort.

What does the ATLAS Therapist do?

The position of the Atlas is determined by means of performing a leg-check, followed by setting the Atlas with a very gentle impulse applied to the Atlas by the fingertips. The fingers remain until the therapist can feel the vibration of the Atlas. This confirms the correct position of the C1, which will restore the natural flow of the nerve signals. Afterward it requires the patient to lie on the back for 20 minutes. Another leg-check will validate that the Atlas sits in the correct position. It involves a minimum of 3 visits to ensure the Atlas remains 'unlocked'. It is an absolutely gentle, safe and painless procedure.

Important: The Atlas Therapist does NOT directly 'fix' physical problems, but re-activates the self-healing process of the body.

How long do I wait for results?

Depending on the issue, the effect can set in immediately or it may take up to several months for the body to realign. Each person will react differently. It is important to be aware that you may encounter some discomfort whilst the body is realigning back to its natural state. 'Symptom' pains could also be noted, which may remind you of a long forgotten injury. As maintenance, we advise to have the Atlas checked every 6-12 months. A reoccurrence of an 'old' pain indicates that the Atlas is 'out' and needs to be adjusted.