

What products or services do we offer for spinal health?

First our approach needs to start with a consultation, we will gather data about your health conditions, putting things together to see a complete picture of your overall health, because “ your spinal health nerve conduction directly affects the signals to your organs, therefore poor spinal health lead to conditions that only can be improved by structural correction” and there is NO PILL that can fix a nerve irritated or compress due to misalignment, then we will proceed with the right examination.

Among these examination tools the main one for us will be X Rays.

How do we do them? = Standing.

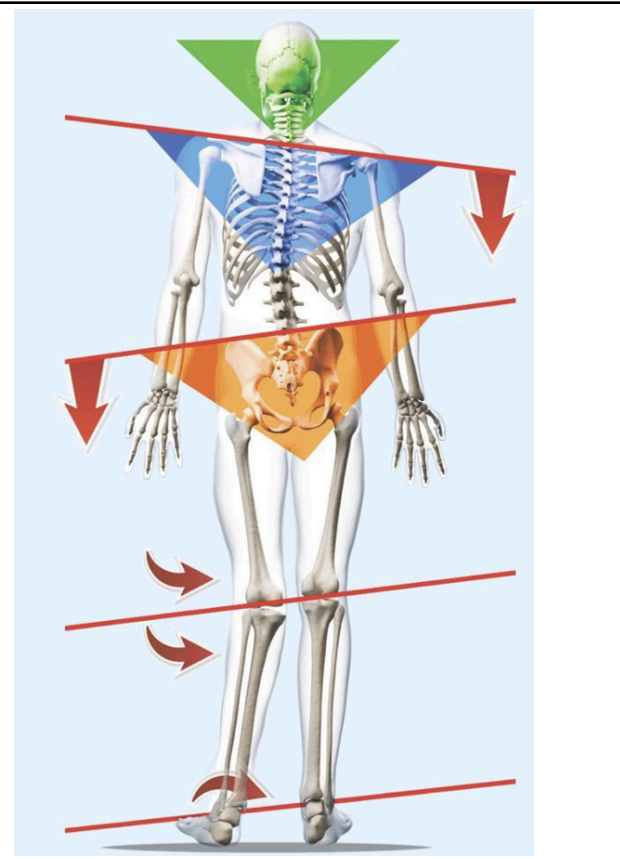
why? Two simple but powerful reasons

- 1) The body is an structure = therefore needs to adapt to gravity = the foundation of the body is the feet, knees and pelvis; and if any issues are already affecting the foundation then anything can affect your spinal health and that is our difference; we make sure the foundation is leveled then we can keep building on top of that solid foundation and we are getting long lasting results, even after surgeries are performed we are seeing miracles in our patients.

Example of how if your foundation “feet, knees, pelvis” is out of place then the rest of your structure will suffer compensatory mechanisms such as:

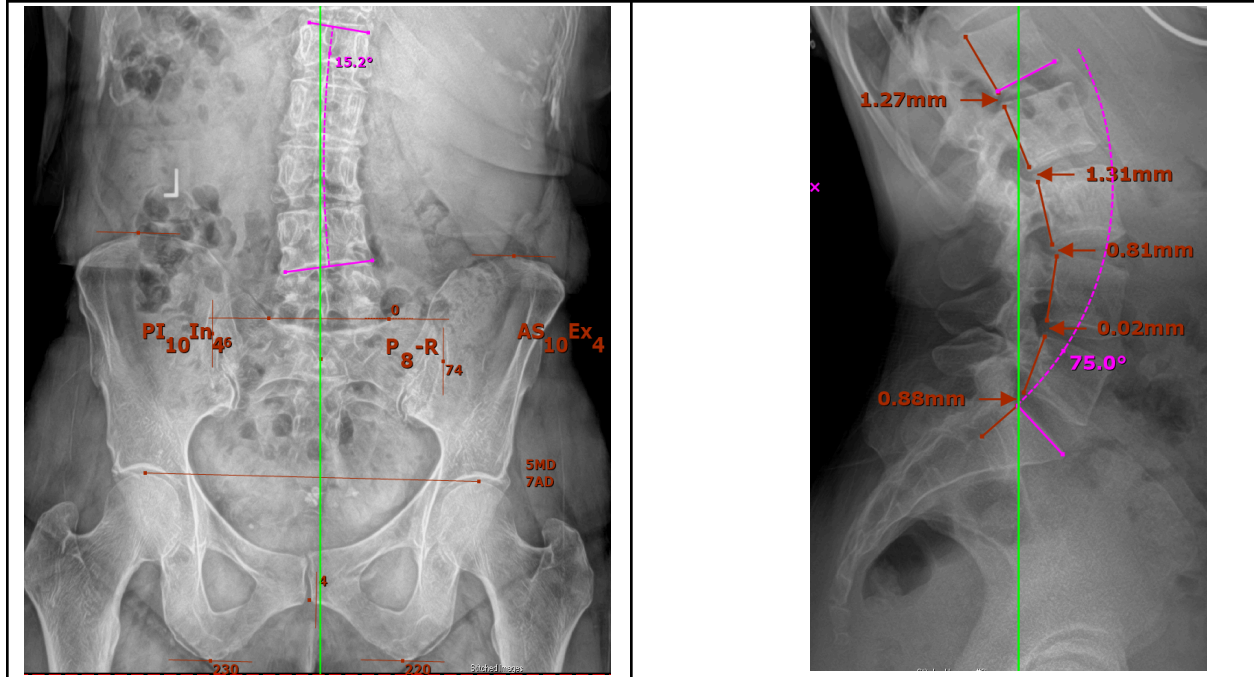
- Intervertebral foraminal encroachment
- Intervertebral disc injuries (Bulging, hernia)
- Scoliosis
- Facet syndrome
- Nerve irritation or compression
- Acquired short leg
- Neck reversal of the normal lordotic curvature
- Shoulder pain and frozen shoulder
- Restricted range of motion
- Early osteoarthritis
- Knee and hip injuries

creating poor health due to lack of nerve control, diminished quality of life, pain and dysfunction.



- 2) If the foundation is crooked due to having a short leg, rotated sacrum, tilted pelvis, etc., then any type of scoliosis, leaning, translation, rotation, or any other compensatory mechanism can happen along the spine.

This type of x rays being analyzed millimetrically can show us the reality of the weight bearing compressive forces affecting your spine.

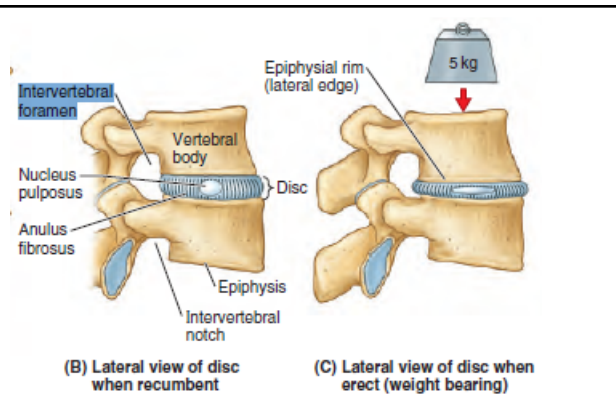


Why it is important to evaluate millimetric and Weight Bearing "standing" the spine?

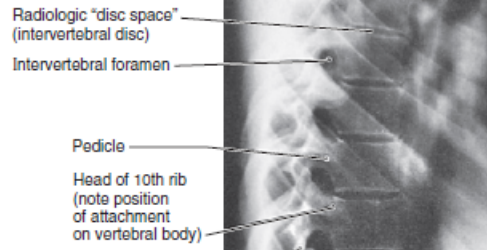
In between the spine we have little holes on each side called "Intervertebral Foramen: IVF"; these host different items: Veins, Artery, Nerve, Nerve Root, Lymphatic Vessel, Connective Tissue, etc.

How the IVF look in anatomy books?

- B) look at the size of the Intervertebral foramen while laying down "Recumbent"
- C) Look at the size of the intervertebral foramen while erect "weight bearing" = it shows the real size of the IVF



How it looks on x rays?



What is the problem of IVF size and our health?

Regarding the American Medical Association: If the size of the IVF diminishes by 1 millimeter = <thickness of a normal nail> you have a 12% impairment grade.

This means: if you have a 1 mm IVF encroachment = diminish of the IVF size = you lose 12% of neurological control of the organs or systems connected at that spinal level being affected, and if you have more than 1 millimeter then the impairment will be higher = illness = poor health.

How do the organs and systems connect by nerves from the brain to the body? It is called the MERIC Chart:


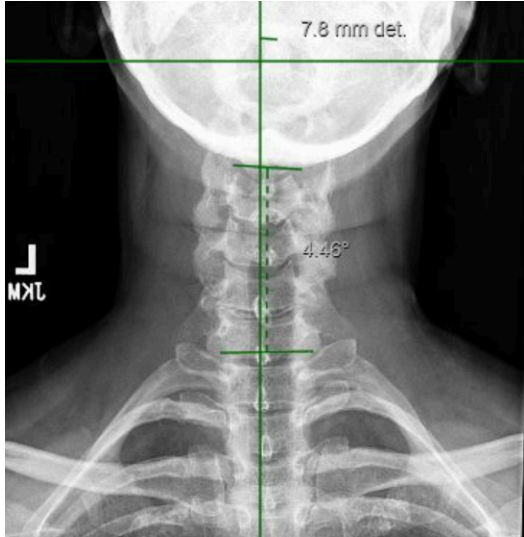
Spinal Nerve Function			
Every Cell of Your Body Has a Nerve Component			
VERTEBRAL LEVEL	NERVE ROOT	INNERVATION	POSSIBLE SYMPTOMS
C1	C1	Intracranial Blood Vessels	Headaches • Migraine Headaches
C2	C2	• Eyes • Lacrimal Gland	• Dizziness • Sinus Problems
C3	C3	• Parotid Gland • Scalp	• Allergies • Head Colds • Fatigue
C4	C4	• Base of Skull • Neck Muscles • Diaphragm	• Vision Problems • Runny Nose • Sore Throat • Stiff Neck
C5	C5	• Neck Muscles • Shoulders	• Cough • Croup • Arm Pain
C6	C6	• Elbows • Arms • Wrists	• Hand and Finger Numbness or Tingling • Asthma • Heart Conditions • High Blood Pressure
C7	C7	• Hands • Fingers • Esophagus • Heart • Lungs • Chest	
C8	C8		
T1	T1	Arms • Esophagus	Wrist, Hand and Finger
T2	T2	• Heart • Lungs • Chest	Numbness or Pain • Middle Back
T3	T3	• Larynx • Trachea	Pain • Congestion • Difficulty Breathing • Asthma • High Blood Pressure • Heart Conditions
T4	T4		
T5	T5	Gallbladder • Liver	
T6	T6	• Diaphragm • Stomach	• Bronchitis • Pneumonia
T7	T7	• Pancreas • Spleen	• Gallbladder Conditions
T8	T8	• Kidneys • Small Intestine	• Jaundice • Liver Conditions
T9	T9	• Appendix • Adrenals	• Stomach Problems • Ulcers
T10	T10	Small Intestines • Colon • Uterus	• Gastritis • Kidney Problems
T11	T11		
T12	T12	Uterus • Colon • Buttocks	
L1	L1		
L2	L2	Large Intestines	Constipation • Colitis • Diarrhea
L3	L3	• Buttocks • Groin	• Gas Pain • Irritable Bowel
L4	L4	• Reproductive Organs	• Bladder Problems • Menstrual Problems • Low Back Pain
L5	L5	• Colon • Thighs • Knees	• Pain or Numbness in Legs
L5	L5	• Legs • Feet	
S	S	Buttocks • Reproductive Organs • Bladder	Constipation • Diarrhea • Bladder Problems • Menstrual Problems
A	A	• Prostate Gland • Legs	• Lower Back Pain • Pain or Numbness in Legs
C	C		
R	R		
A	A		
L	L	• Ankles • Feet • Toes	

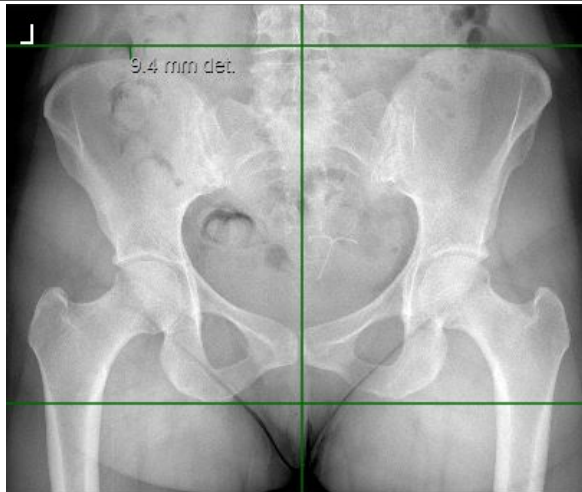
As you can see this is how autonomic control happens in the human body.

This is our first priority to make sure the brain has optimal communication with all the body organs through the spinal nerves, improving your brain and body communication means improving your quality of life.

When you schedule your consultation appointment with us we can provide you with more details; x rays show us if your case still is a chiropractic case, or if you need an orthopedist, neurologist or neurosurgeon referral due to any known contraindication for care you already may present, also we will explain your situation; and give you recommendations if we can help you, and how long it can take for you to gain back your health, remember: going to the gym once will not bring permanent changes in your muscle strength, same holds true to perform spinal correction.

Our approach: for spinal correction we use mainly the Gonstead technique for evaluation and CBP for structural correction; the results are AMAZING:

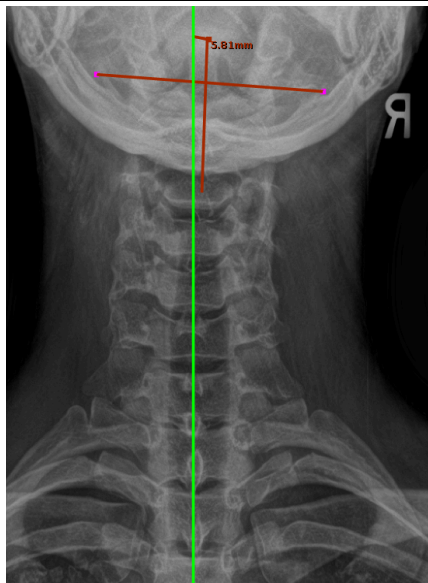
Our results speak by itself:	
Before:	After:
 <p>13-degree cervical levoscoliosis: balance issues, poor quality of sleep, constant neck pain.</p>	 <p>Decreased cervical levoscoliosis to 4.5 degrees: no symptoms, better quality of sleep, no neck pain and better quality of life after following a specific tailored home care routine with proprioceptive reeducation, replace regular pillow for an orthotic pillow, cervical traction program, a specific tailored corrective chiropractic care plan was the path to success for this patient which is following the way to reach a perfect neck and her goal is to maintain it due to poor posture from work.</p>



Uneven pelvis 9.4 millimeters: pelvic pain, uneven to walk, not able to play with kids.



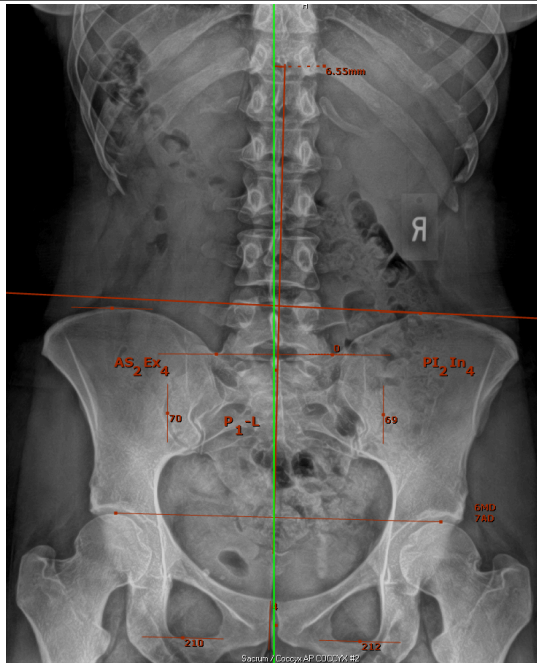
Even pelvis = no pelvic pain, happy mom able to run behind her kids after following recommended treatment with non-surgical axial spinal decompression for disc injuries, customized 3D arch support and a specific tailored corrective chiropractic care plan.



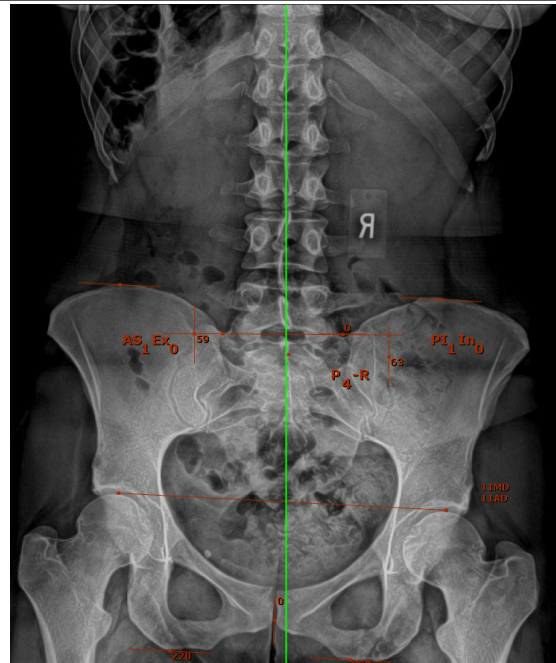
Before: 6 mm right upper neck misalignment: neck pain, poor concentration, balance issues, poor quality of sleep.



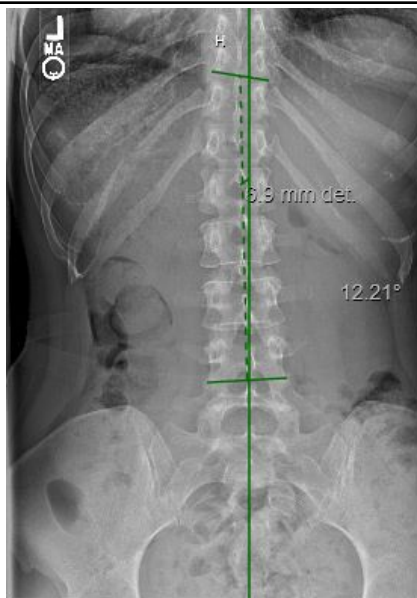
After: centered: no neck pain, no balance issues, more focus and better school grades.



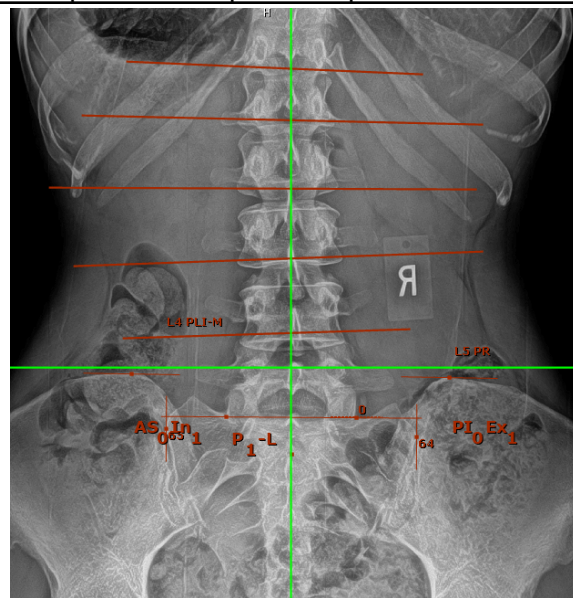
Before: menstrual issues, knee pain and “giving way” 6 millimeter leaning towards the right side at level of Lumbar #1



After: No menstrual issues, no knee issues and able to exercise again, no more right leaning and the pelvis corrected the rotation and torsion forces after patient followed up the recommendations with customized 3d arch support and a specific corrective chiropractic care plan completed.

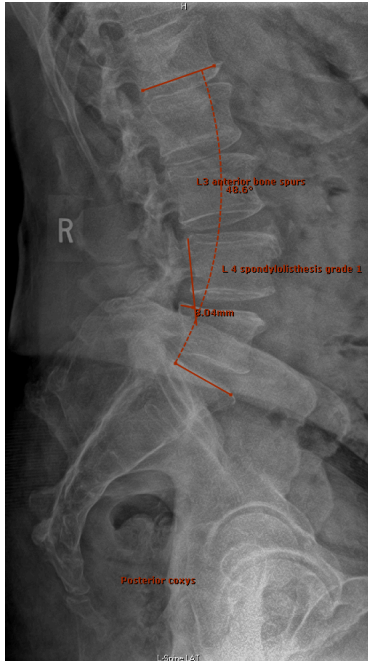


Before: constant lower back pain; not able to exercise, not able to take care of babies at home = 12-degree lumbar levoscoliosis

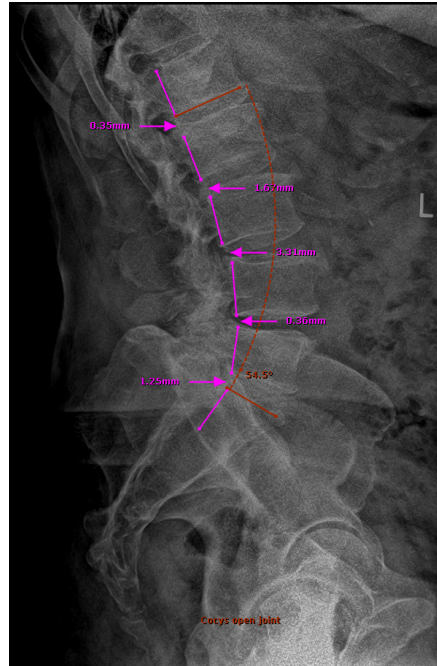


After: gym champion, unstoppable mom. = no lumbar scoliosis after performing our recommended plan of specific corrective

chiropractic care specifically tailored for this patient.



8 mm anterolisthesis on lumbar L4 body, presenting with constant numbness over the Left hamstring muscle.



NO anterolisthesis, on Lumbar L4 and NO numbness over Left hamstring muscle after performing Axial Non surgical spinal decompression and Specific corrective chiropractic adjustments.

Follow the link below to schedule your appointment to be evaluated, or call / text us at 813-560-HOPE (4673) we serve our patients by appointment only.