

## 15 Warning signs of an unhealthy spine

Years of training and experience, plus sophisticated analysis techniques, enable your D.C. to detect subluxations, but there are some simple things you can look for to find out if your spine is healthy.

### ▶1. *Your heels wear out unevenly.*

Can be due to uneven leg length or stress along the length of the spine.

### ▶2. *You can't take a satisfying deep breath.*

Breath, health, spinal health and energy are interrelated.

### ▶3. *Your jaw "clicks".*

Can be caused by neck or hip subluxations.

### ▶4. *You have to "crack" your neck, back, or other joints a lot.*

Can be caused by areas of your spine that are locked or jammed.

### ▶5. *You can't twist turn your head or hips to either side easily and equally.*

Reduced range of motion.

### ▶6. *You are often fatigued.*

An unbalanced spine drains your energy. 1,2

### ▶7. *You have poor concentration.*

Subluxations affect brain health.

### ▶8. *You have low resistance to disease.*

Subluxations affect your neuroendocrine system which plays an important role in your resistance to disease and your ability to fight infection.

### ▶9. *Your foot flares out when walking.*

This test is easy as long as you don't cheat. Merely look at your feet as you walk. Do they both point forward, or does one foot appear to flare outward or inward? Do both? Foot flare may be a sign of a problem in the lower spine or hips, or meningeal stress in the upper neck or base of the brain. 3

### ▶10. *One leg appears shorter than the other.*

Keep your shoes on, and lie down. Have someone stand behind you, look down at your feet, and gently push your heels toward your head. Compare where the heels meet the shoes. One foot (it's often the right) may appear anywhere from 1/8" to 1" shorter than the other. (Circle the short

leg and write amount of inches or mm it's off. Show to your D.C.) L\_\_R\_\_

▶**11.** *You have poor posture.*

Stand on two bathroom scales. The weight distribution should be about the same over each foot. If it is not, that's a good sign that your spine, hips or head are off centre.

▶**12.** *You have headaches, back aches, sore or tender spots in muscles or joints.*

Common signs of subluxation.

▶**13.** *You have a constant stressful feeling and tension especially in muscles and joints.*

Muscles are affected by subluxations.

▶**14.** *You feel stiffness in your back and neck.*

Stiffness may be a sign of subluxation damage.

▶**15.** *You just don't feel right, you are in general poor health.*

Subluxations can affect your overall health.

1. Lennon, J. et al. Posture and respiratory modulation of autonomic function, pain, and health. American Journal Of Pain Management, Jan. 1994.

2. Sperry, R. Neurology and the mind-brain problem. American Scientist, 1952, 40, pp. 291-312.

3. Ward, L. Spinal column stressology. Journal of the Nutritional Academy, 1984, 2(1).