

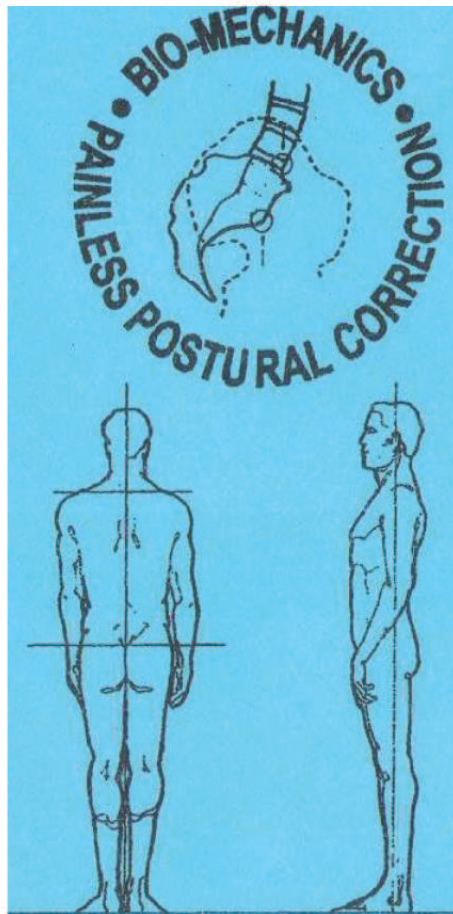
Posture distortions would be: the ear forward or backward of the shoulder, one hip or shoulder more forward or higher than the other; slumping shoulders; too much or too little curve in the low back, etc. Such distortions can be corrected by your Doctor of Chiropractic with a very light, painless touch — provided your body has the vital capacity to respond and there is no irreparable damage to the nervous system.

Even serious degenerative diseases such as Multiple Sclerosis and Muscular Dystrophy have responded to such posture correction. The results vary from complete and rapid recovery to a state of control and relief depending upon the complaint, age of patient and length of time the condition has existed.

Posture evaluation and treatment may be the answer to your health problem.

How do you stand?

Find out today!



ASK YOUR THERAPIST

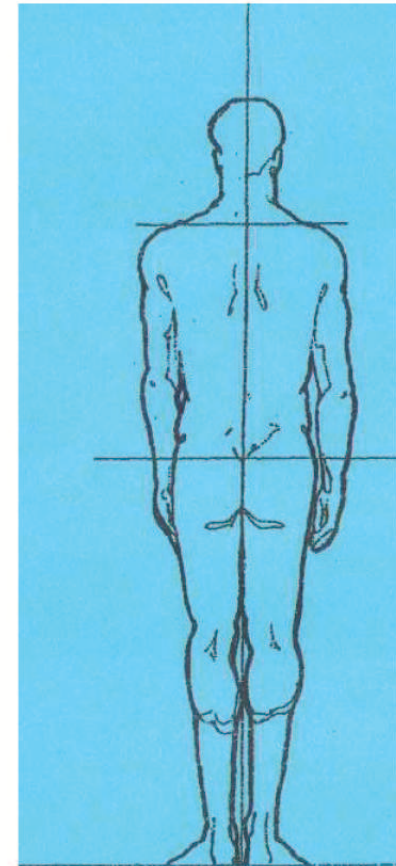
if you're not standing as erect as these drawings illustrate, you could be a candidate for health problems. Are your shoulders and hips level? Would a line down your side connect your ear, shoulder, hip, knee and ankle? Or does your body show hidden signs of distortion and distress? Ask your doctor, he's the guardian of your health — both today's and tomorrow's!

Health & Wellness
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POSTURE Key To Health

Written for German Therapology by
Dr. William E. Lunrf, D.C.



"The highest ideal of cure is a speedy gentle and enduring restoration of health —according to principles that can be readily understood."

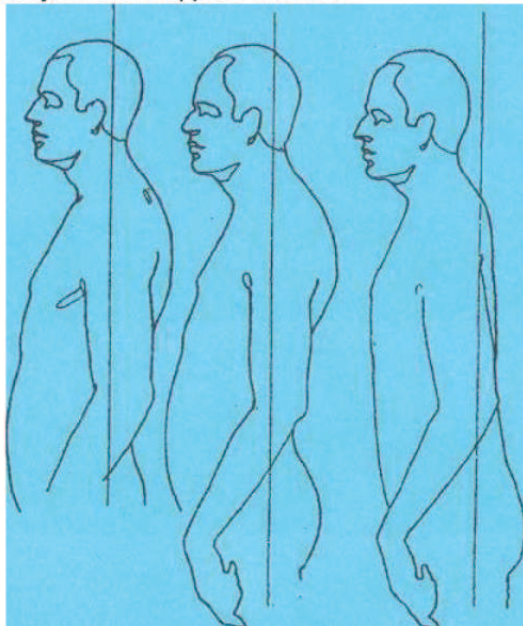
Spinal Touch Treatment"

PICTURE OF HEALTH

The human body is built in such a way that it will maintain health and vitality in earth's environment of constant gravity, even when subjected to an unending variety of stresses. The body is self-repairing and is extremely adaptable to the many internal and external changes to which it is subjected. This adaptability is achieved by having all parts and organs of the body situated so as to interact properly, not only with each other, but with gravity. When such a relationship is maintained, a person is youthful, healthy, and full of energy and vitality.

DISTORTION - HEALTH BREAKDOWN

However, the body is often placed in a state of strain which causes loss of proper balance between parts of the body and gravity. Such imbalance or posture distortion usually indicates internal body changes long before any body functions appear disturbed.



Viewing the foregoing diagram of typical posture distortion, several problems are clearly evident: crowding of the lungs and heart, sagging of abdominal organs, and

muscles constantly fighting the pull of gravity. In addition, diaphragm movement is hindered, thereby decreasing the amount of air taken into the lungs and requiring the heart to work harder to pump the blood, which, in turn creates congestion and back pressure of circulation in the pelvis and legs.

It is no wonder that many of us suffer from aches, pains, headaches and a host of other medical problems. — Old before our time. Truly, "Posture is more a determiner of age than years" — In vain we admonish ourselves to stand up straight, fighting futilely the internal changes which have caused our poor posture, not realizing that proper posture may only be achieved as a result of reversing and correcting the internal strains afflicting us.

CAUSES OF POSTURE DISTORTION

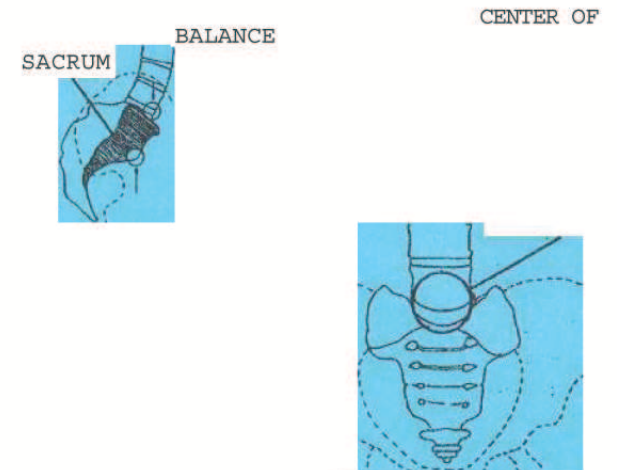
In order to understand distortion we must understand the difference between stress and strain.

STRESSES: are the loads and pressures placed upon the body beyond its normal limits for short periods of time from which the body can, with rest, quickly return to normal. This brief extension beyond the body's normal is the "elastic limits" and usually leads to strength and growth.

STRAIN: is "pushing" body tissues beyond the "elastic limits" either gradually or suddenly. There are cellular and intra-cellular changes within the tissues which cause distortion in function and tone of muscles and organs. The body cannot recover from strain without help and while under strain is unable to rest. This causes the gradual process of breakdown of body tissue, eventually

resulting in disease and death. Causes of strain could be falls, blows, infections, surgical shock, emotional upsets, etc.

One of the first effects of strain is to change the body's normal center of balance which is located at the top surface of the bone called the sacrum at the level of the last spinal disc.



The sacrum is in the critical position of both supporting the total spine and also acting as the keystone for the pelvic arch. Eight major muscles fasten to the sacrum connecting it with all other parts of the body. Therefore, any strain, gradual or sudden, is transmitted all or in part to this center of balance, distorting the normal posture. This posture shift changes the position of all the organs placing them under strain, and a strain — distortion — strain cycle is established that is such a critical factor in almost all developing and established diseases.

POSTURE KEY TO HEALTH

Understanding the foregoing brings us to the exciting conclusion that it is now possible to recognize and treat the degeneration of health even before any symptoms appear, simply by measuring and analyzing a person's posture and then correcting the distortions found by releasing the existing internal strains.