

Introducing..

CHIROPRACTIC



The Windsor Clinic

The Windsor Clinic
171 Brighton Road, Worthing
West Sussex BN11 2EX
t: 01903 234490
www.thewindsorclinic.co.uk
email: info@thewindsorclinic.co.uk

Introduction

This is your personal Chiropractic wellness assessment. The clinic provides you with a number of health options that would best suit your personal health goals. This includes a free spinal screening in which an assessment of your posture and a brief discussion of your medical history is performed. This will enable the clinic to match its services to your health goals.

What is Chiropractic?

Chiropractic is based on the natural law of homeostasis, which simply states that a living organism (you) has an innate organisation/intelligence that causes it to always express it's greatest potential for health and wellbeing. This organisation can be witnessed in the proper functioning of every tissue, organ and system of the body.

Controlling and monitoring the proper function (organisation and expression) of every cell, tissue and organ is the primary responsibility of the **brain and the nervous system**. A lack of health will result when the nervous system is impaired or damaged by a misalignment or malfunction of the spine ~ this is called the Vertebral Subluxation Complex (VSC).

The practice of Chiropractic helps to eliminate this spinal problem so that the body can function more effectively ~ coupled with appropriate health practices, it allows you to retain/regain optimum health.

Chiropractic History

Chiropractic History was founded on 18th September 1885 by Dr D D Palmer in Davenport, Iowa. While examining the neck of Harvey Lilliard, he discovered a protrusion caused by a misplaced spinal bone. After adjusting the vertebrae, Harvey's impaired hearing returned three days later.

The Windsor Clinic

People seek care and consult this clinic for four main reasons

- Treatment of a specific symptomatic problem
- Preventing the symptomatic problem from returning
- As part of a total approach to optimum physical and mental health
- To improve their family's health

Health Potential

The greatest degree of physical, mental and social potential is obtainable. This inherited genetic potential for health is realised in varying degrees due to damage and interference to the body. This formula expresses your optimum health potential.

Health	(you must have all of your body organs and systems)
+ Function	(all of the parts working at 100%)
Time	(the effects of yesterday, today and tomorrow)
= <u>Health</u>	

The Key to Health

You can't do anything about the parts that are missing ...and time keeps marching on!
The key to health is function ~ if you can keep the parts you have today functioning at 100% of their potential for the rest of your lifetime, you will have your best chance of optimum health. Whilst you must have proper nutrition, rest and exercise, the primary control of body function is the **nervous system**.

According to Dorland's Medical Dictionary...

"Health is an optimum state of physical, mental and social wellbeing and not merely the absence of disease and infirmity".



Nervous System

According to Gray's anatomy, the nervous system controls and co-ordinates all the cells, organs and systems of the body and adapts the organism (you) to the environment. The nervous system consists of the brain, spinal cord, spinal nerves, peripheral nerves and sense organs.

- **Brain:** There are three highly developed modules which function as the computer control centre for the body.
- **Spinal Cord:** This is an extension of the brain and carries information to and from the brain and the body.
- **Spinal Nerves:** These are a bundle of nerves that branch from the spinal cord and then exit at the spinal column.
- **Peripheral Nerves:** These are the vast network of nerves that divide from the spinal nerves /and connect with every cell of the body.

What would happen if you interfered with the nervous system?

Interference

Interference to the nervous system always results in malfunction of the body and reduces the expression of your health potential.

How is nerve system interference produced?

Vertebral Subluxation Complex (VSC)

The nervous system can be impaired by drugs, excessive stress and trauma. A major interference is from a misaligned and malfunctioning spine. This is called the vertebral subluxation complex and is a very serious and disabling condition which can affect the spinal cord and the spinal nerves.

- **Spine:** There are 24 movable bones which surround and protect the spinal cord.
Cervical — 7 vertebrae in the neck area (the first 2 vertebrae are highly susceptible to injury)
Thoracic — 12 vertebrae in the mid back
Lumbar — 5 vertebrae in the low back
Sacrum/Pelvis — 3 large bones which form the hip and tail bone
- **Discs:** These are soft cushions of cartilage which separate the spinal bones ~ the discs allow movement and help create the weight bearing spinal curves.
- **Spinal Curves:** From the side, four spinal curves are found in the normal spine ~ these curves are in the neck, shoulder, lower back and sacrum (hip) and are necessary for proper spinal function.

Subluxation Degeneration

The spinal degeneration resulting from the VSC progresses from what could be an easily corrected condition to a permanent uncorrectable state.

Causes of Subluxation (VSC)

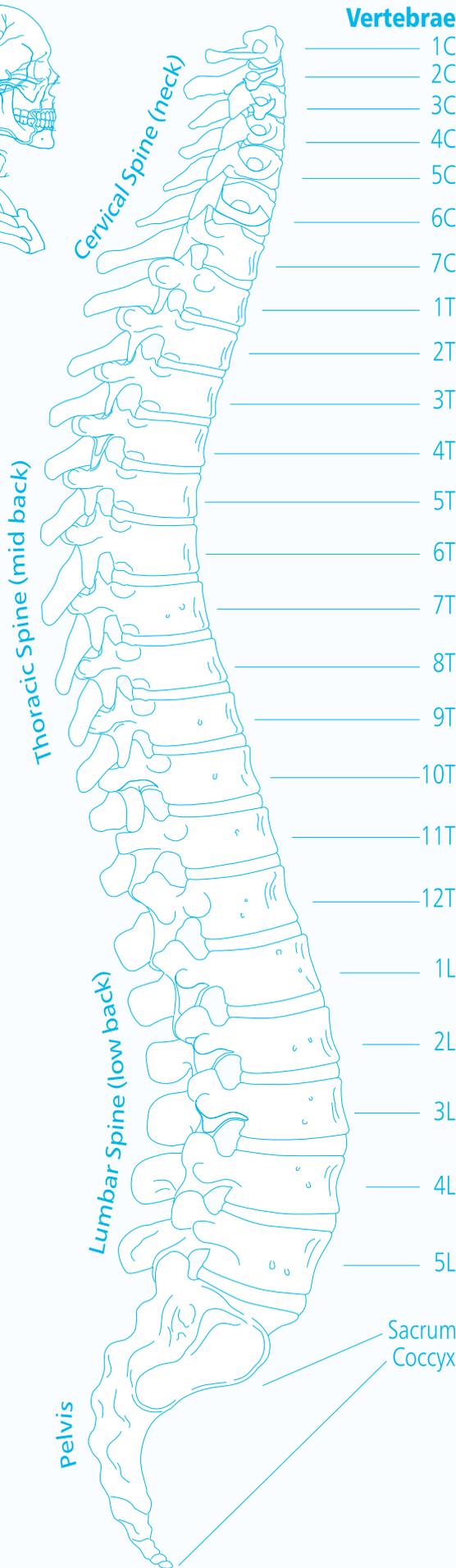
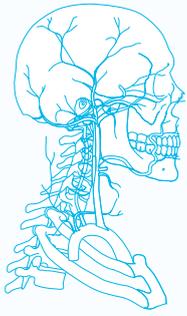
The culprit is usually trauma of some kind that overcomes the body's natural protective responses. Frequent causes include cervical trauma at birth, falls, sport injuries, stressful activities that are done repeatedly or with one side of the body, car accidents etc ...these are just a very few of possible causes.

Chiropractic Adjustments

This is the physical means of correcting your vertebral subluxation. Your spinal and postural examination may reveal probable/possible vertebral subluxations and are shown on the *vertebral subluxation and nerve chart* on the back page. Your review of this information is a critical step in the preparation for your report of findings where we will outline (i) the cause of your problem, (ii) the severity of your condition, and (iii) the recommendations for your care.

Thank you for considering Chiropractic Care

Vertebral Subluxation and Nerve Chart



Vertebrae Parts of Body

1C	Back of the head, sympathetic nervous system
2C	Various areas of the head (inc. eyes, nerves, sinuses, tongue)
3C	Side and front of the neck
4C	Upper back of neck
5C	Middle of neck, upper part of arms
6C	Lower part of neck, arms, elbows
7C	Lower part of arms, shoulders
1T	Hands, wrists, fingers, thyroid
2T	Heart, including its valves and coronary arteries
3T	Lungs, bronchial tubes, pleura, chest
4T	Gall bladder, common duct
5T	Liver, solar plexus
6T	Stomach, mid-back area
7T	Pancreas, duodenum
8T	Spleen, lower mid-back
9T	Adrenal glands
10T	Kidneys
11T	Ureters
12T	Small intestines, upper/lower back
1L	Iliocecal valve, large intestine
2L	Appendix, abdomen, upper leg
3L	Sex organs, uterus, bladder, knees
4L	Prostate gland, lower back
5L	Sciatic nerve, lower legs, ankles, feet
Sacrum Coccyx	Hip bones, buttocks Rectum, anus

The Vertebral Subluxation Complex (VSC) is a chiropractic scientific model depicting a spinal condition with numerous components. One of the components is called Neuropatho-physiology/ Neuropathology which refers to the VSC's propensity to produce interference to normal function of the nervous system. The nervous system controls and coordinates all organs and structures of the human body. Many nerves come from the spinal cord, pass through foramina (holes) formed by notches of 24 vertebrae in the movable spinal column, and innovate or supply specific areas and parts of the body. Whenever specific areas or parts of the body are malfunctioning, generalized and/or specific symptoms often occur.

The above parts of the body are supplied with more than one nerve. This chart is generalised for simplification.

