

balance is the key CENTRAL NERVOUS SYSTEM



SYMPATHETIC (GAS PEDAL)

- Fight or flight response
- Protection and survival
- Stress response
- Adrenal (stress) glands activated

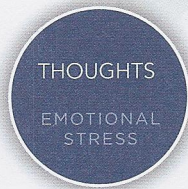
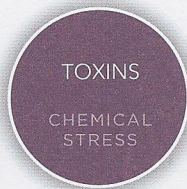
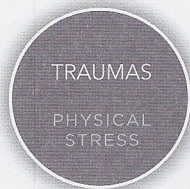
PARASYMPATHETIC (BRAKE PEDAL)

- Rest
- Digest
- Relax
- Growth & development



"You can't be in growth and protection at the same time."

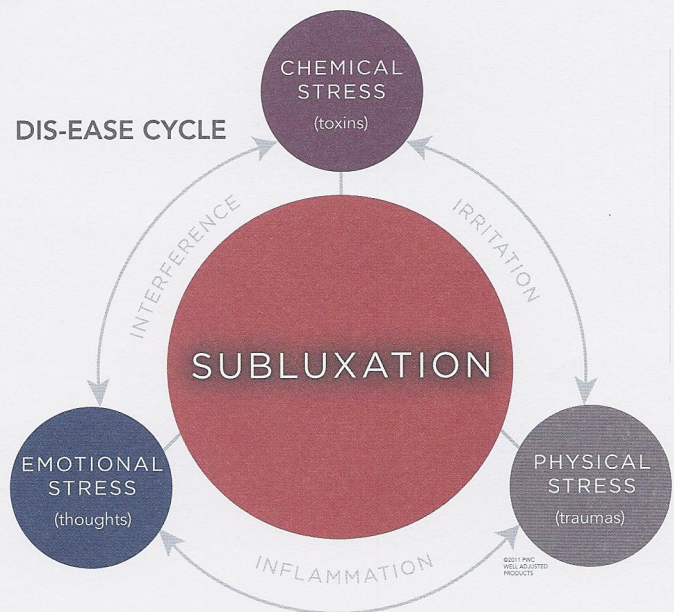
— Dr. Bruce Lipton



These activate a chronic fight/flight response and **CAUSE SUBLUXATION**

Subluxation has three basic components: a misalignment of a vertebra, which then causes fixation (the joint becomes "stuck"), which in turn leads to interference and stress placed on the nerve or nerves in that area.

We now know that **subluxation(s)** cause the entire nervous system to go into a state of fight/flight, known as the sympathetic stress response.



SYMPATHETIC OVERDRIVE LEADS TO CHRONIC STRESS RESPONSE

autism spectrum depression HIGH BLOOD PRESSURE
allergies INSOMNIA/ SLEEP ISSUES eczema anxiety ASPERGERS sensory processing disorders acid reflux
headaches heart disease bed wetting EPILEPSY G I ISSUES MUSCLE SPASMS/PAIN seizures
ASTHMA **BIPOLAR** behavioral issues **ADHD** **OCD**
fatigue sinus congestion HIGH CONSTIPATION **CANCER**
ear infections **CHOLESTEROL** WELL ADJUSTED PRODUCTS

Autism: A Chiropractic Approach

Working For Your Wellness Naturally

What is the most Important System of the body? -The Central Nervous System

The Central Nervous system is comprised of the brain and brain stem, the spinal cord and the nerve attachments. Within 18 days of conception it is the first system to develop, and it evolves to encompass a communication network of over 45 miles of nerves sending vital messages between brain and body at a rate of 325 MPH. The Central nervous system and its intimately related bony protection system form a profound link between a person's external and their internal development. Through trauma or repetitive stress or strain this link can be disrupted which can interfere with development, health and function.

What is Chiropractic?

Chiropractors complete an education comparable to their medical colleagues. However, instead of an emphasis on the use of drugs or surgery, chiropractors focus on the need for the utilization of adjustments, in order to remove subluxations. Subluxations are characterized by spinal misalignments, nerve imbalances, muscle irritations, tissue inflammation and degenerative wear. An individual with subluxations may experience multiple health concerns, ranging from but not limited to pain and neurological disorganization. Chiropractic care is a safe and effective means of facilitating the function of the nervous system related to the 24 moveable bones of the spine.

How may Chiropractic Help?

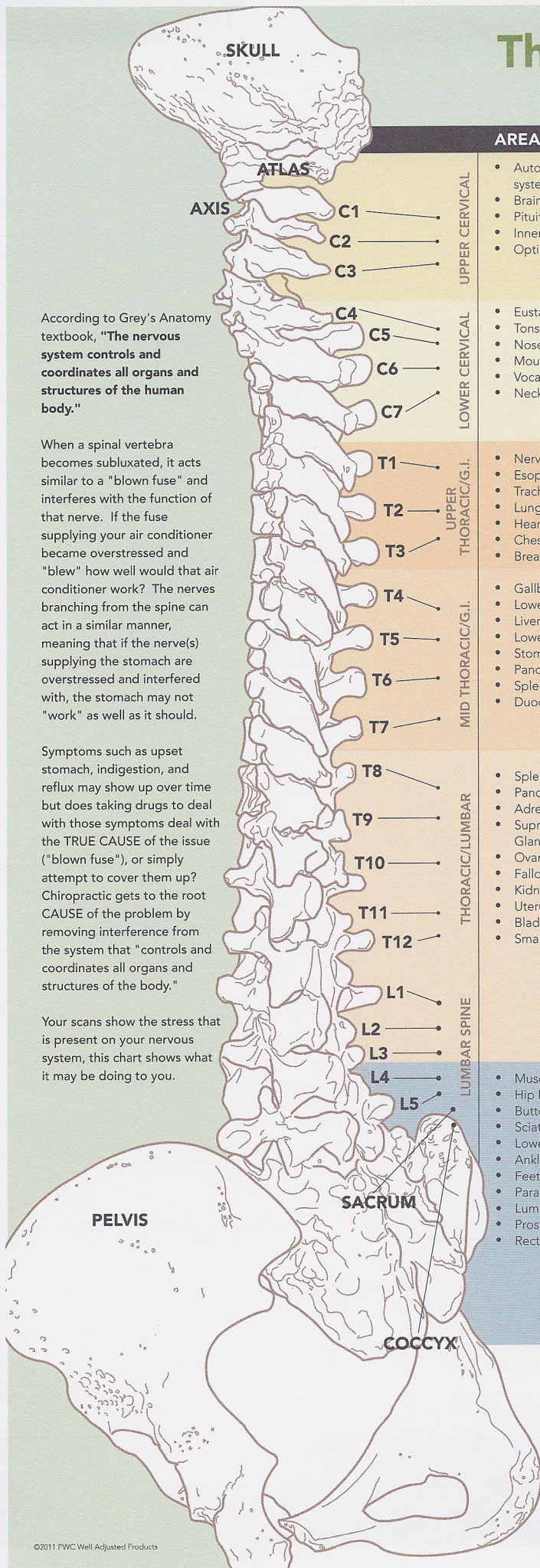
To an individual with autism, subluxations could additionally manifest in numerous forms, possibly accentuating a hyposensitivity or hypersensitivity.

Hyposensitivity is a symptom of a less active sensory portion of the nervous system; in essence the volume is too low on the sensation. Commonly motor and other neurological functions are also hyperactive. Conversely, hypersensitivity is a symptom of an overactive sensory portion of the nervous system, or the volume is too high. Also motor and other neurological functions can parallel this hypersensitivity. The intention of a chiropractic adjustment is to restore more appropriate sensory, motor and neurological input at the receptors of joints through specifically directed gently manual pressure. Therefore, with either a hyposensitivity or hypersensitivity, one purpose of an adjustment is to turn up or down the volume of the sensory input.

Who Can Benefit?

Individuals of all ages have been shown to benefit from chiropractic care. Following a thorough history, exam and consultation a chiropractor should be able to identify your potential benefit. Although chiropractic is not meant to be a cure for individuals with autism, functional gains are legitimate goals whenever spinal mechanics are improved.

The Effects of Subluxation/ Nerve Interference



AREAS/PARTS OF BODY

POSSIBLE SYMPTOMS

- Autonomic nervous system (fight/flight)
- Brainstem
- Pituitary Gland
- Inner/Middle Ear
- Optic Nerve/Eyes
- Facial Nerve
- Jaw/Teeth
- Sinuses
- Vagus Nerve

- ☐ Headaches/Migraines
- ☐ ADD/ADHD
- ☐ Sensory/Spectrum Disorders
- ☐ Insomnia
- ☐ High Blood Pressure
- ☐ Reflux/G.I. Issues
- ☐ Ear Infections/Aches
- ☐ Chronic Fatigue
- ☐ Anxiety
- ☐ Depression
- ☐ Memory Loss
- ☐ Sinus Trouble
- ☐ Allergies
- ☐ Eye Pain
- ☐ Fainting/Vertigo/Dizziness
- ☐ Colds
- ☐ Balance/Coordination Issues
- ☐ Neuralgia
- ☐ Acne/Eczema
- ☐ Speech Problems
- ☐ Epilepsy/Seizure

- Eustacian Tube
- Tonsils
- Nose
- Mouth
- Vocal Cords
- Neck Glands
- Pharynx
- Neck Muscles/Shoulders
- Thyroid Gland
- Nerves to Arms

- ☐ Hay Fever
- ☐ Runny Nose
- ☐ Swollen Adenoids
- ☐ Laryngitis/Strep/Sore Throat
- ☐ Tonsillitis
- ☐ Croup
- ☐ Chronic Cough
- ☐ Stiff Neck/Shoulders
- ☐ Bursitis
- ☐ Thyroid Issues
- ☐ Poor Metabolism
- ☐ Poor Weight Regulation
- ☐ Pain in Arms
- ☐ Numbness/Tingling
- ☐ Brachial Neuritis

- Nerves to Elbow and Below (Hands/Wrists)
- Esophagus
- Trachea
- Lungs/Bronchi/Pleura
- Heart/Coronary Arteries and Valves
- Chest/Sternum
- Breast

- ☐ Asthma
- ☐ Cough/Cold
- ☐ Breathing Trouble
- ☐ Radiating Pain in Forearms/Wrists/Hands
- ☐ Functional Heart Conditions
- ☐ Chest Pain
- ☐ Bronchitis
- ☐ Pneumonia
- ☐ Congestion
- ☐ Chronic Colds/Flu
- ☐ Reflux/GERD

- Gallbladder, Common Duct
- Lower Heart/Lungs
- Liver, Solar Plexus
- Lower Esophagus
- Stomach
- Pancreas
- Spleen
- Duodenum

- ☐ Gallbladder Issues
- ☐ Reflux/GERD
- ☐ Jaundice
- ☐ Liver Conditions
- ☐ Fever
- ☐ Blood Pressure/Circulation Issues
- ☐ Heartburn
- ☐ Stomach Problems: Pain/Indigestion/Ulcers
- ☐ Blood Sugar Problems/Diabetes
- ☐ Lowered Resistance
- ☐ Shingles

- Spleen
- Pancreas
- Adrenal Glands
- Supra-renal Glands
- Ovaries
- Fallopian Tubes
- Kidneys
- Uterus
- Bladder
- Small Intestines
- Ureters
- Large Intestines
- Appendix
- Abdomen
- Reproductive Organs
- Sex Organs
- Lymph Circulation
- Inguinal Rings
- Upper Leg
- Knee

- ☐ Allergies
- ☐ Poor Sympathetic Response
- ☐ Immunity Issues
- ☐ Excess Stress/Cortisol
- ☐ Poor Metabolism
- ☐ Hyperactivity
- ☐ Kidney Troubles
- ☐ Nephritis
- ☐ Pyelitis
- ☐ Chronic Fatigue
- ☐ Rheumatism
- ☐ Minor Varicose Veins
- ☐ Skin Issues: Acne/Rash/Eczema/Boils
- ☐ Constipation/Gas Pains
- ☐ Irritable Bowel Syndrome
- ☐ Colitis
- ☐ Cramps
- ☐ Diarrhea
- ☐ Dysentery
- ☐ Hernias
- ☐ Bladder Issues
- ☐ Menstrual Problems
- ☐ Reproductive Issues/Infertility
- ☐ Impotency

- Muscles of Low Back/Pelvis
- Hip Bones
- Buttocks
- Sciatic Nerve
- Lower Legs
- Ankles
- Feet/Arches
- Parasympathetic Plexus
- Lumbar Discs
- Prostate Gland
- Rectum, Anus

- ☐ Sciatica/Radiating pain
- ☐ Lumbopelvic Pain
- ☐ Poor Circulation in Legs
- ☐ Leg Weakness/Cramps
- ☐ Foot/Ankle/Knee Pain
- ☐ Constipation
- ☐ Bladder/Bedwetting
- ☐ Sacro-Iliac Pain
- ☐ Spinal Curvatures
- ☐ Disc Degeneration/Herniation
- ☐ Hemorrhoids
- ☐ Erectile Dysfunction
- ☐ Prostate
- ☐ Cold Feet
- ☐ Swollen Ankles
- ☐ Weak Ankles and Arches
- ☐ Difficult, Painful, or Too Frequent Urination

According to Grey's Anatomy textbook, "The nervous system controls and coordinates all organs and structures of the human body."

When a spinal vertebra becomes subluxated, it acts similar to a "blown fuse" and interferes with the function of that nerve. If the fuse supplying your air conditioner became overstressed and "blew" how well would that air conditioner work? The nerves branching from the spine can act in a similar manner, meaning that if the nerve(s) supplying the stomach are overstressed and interfered with, the stomach may not "work" as well as it should.

Symptoms such as upset stomach, indigestion, and reflux may show up over time but does taking drugs to deal with those symptoms deal with the TRUE CAUSE of the issue ("blown fuse"), or simply attempt to cover them up? Chiropractic gets to the root CAUSE of the problem by removing interference from the system that "controls and coordinates all organs and structures of the body."

Your scans show the stress that is present on your nervous system, this chart shows what it may be doing to you.



WELL ADJUSTED
PRODUCTS

By Premier Wellness Chiropractic