

## Mystery Pain?

Could the Problem Be Coming From An Unlevel Posture?

### Take Our At-Home Test!

*"To live a long, active, energetic life, few things matter more than good posture."*

American Journal of Pain Management

### For Children, Teenagers and Adults Alike... Posture Is A Very Overlooked Cause Of Pain!

Are you or someone in your family experiencing an elusive sort of mystery pain – a pain whose cause seems to avoid detection? If you've never considered it as a potential source of pain, please be aware that **postural distortion is one of the leading causes of difficult to trace pain in people of all ages.**

Because of its accumulative effects, unlevel posture damages the body slowly and silently, and without proper intervention most always grows worse as the effects of gravity bear down upon us over time. Poor posture in our younger years inevitably leads to joint decay, much of it seen as early as young adulthood. Indeed, over time **unlevel posture is the leading precursor to neck and back pain**, and the major cause of spinal arthritis, bone spurs and disc decay which very often leads to a decreased quality of life as we grow older.

**Just like the tires on your car** or the moveable joints of any machine will wear out if they're not in proper alignment, the joints of your body also undergo structural stress and "wear out" if structural misalignment is allowed to exist for very long.

### No Such Thing..... As "Normal" Growing Pains

In children, unlevel posture (aka bad or poor posture), is a common denominator of most mysterious pain syndromes of the musculoskeletal system known as "**normal growing pains.**" **Please be aware – there is no such thing as "NORMAL" pain.** All pain has a cause, and in a large majority of 'growing pain' cases, unlevel posture is that cause.





Because “growing pains” are not well understood by a vast majority in the health care professions, these early warning signals of impending problems are seldom given the credence and attention they deserve. As a result, their cause is seldom ever addressed properly and the destructive consequences show up only when the child has grown older.

A child knows not by themselves and their well-being is most often found in a parent’s decision making. Essentially, their little skeletal structures are asking for help, but most doctors dismiss “growing pains” as “normal” because few professionals understand them enough to offer assistance. As a result, “growing pains” are frequently left improperly addressed or unaddressed altogether, and then allowed time to grow worse.

Compound this with the falls and spills of childhood, sports injuries, as well as improper use of backpacks and growing sedentary lifestyles where they’re slumped over into computers and video games, **it’s a wonder how any child has half of chance of growing up straight!**

**If your child is complaining of mysterious pain** don’t be too quick to accept the “normal growing pains” consensus. Again, ALL pain has a cause. **Even minor structural distortions can cause significant challenges. Children experience most all the same pain challenges with their spines as we adults**. **If there’s a problem, get them checked by a structural expert.**

### **“Computer Neck”**



Because of so many people focused on computer screens in recent years, a new phenomena known as “computer neck” is now growing in prevalence - courtesy of the “information age.” This is leading to a vastly increased number of individuals with a dangerous postural distortion known as Anterior Head Syndrome.

In AHS, the head abnormally sits forward of the body’s center of gravity causing excess pressure on neck as well as straining the nerves, muscles and ligamentous supporting structures of the neck and upper back. Combine this with time spent on video games, excessive television, certain jobs and even time spent reading and studying, approximately 40% of Americans are showing some form of this devastating type of postural distortion.

Because the neck is composed of the smallest vertebrae in the human spine, they possess very little room for misalignment error. As a result, even **minor postural distortions of the neck can lead to significant problems** with headaches, neck pain and tightness; mid-back pain as well as pain, numbness and/or tingling in the arms and hands, as well as long-term disc decay and arthritis in later years.



If you are surprised by all you've read so far, you're not alone. The importance of good posture is very often overlooked by advisors and fitness experts alike. Posture is occasionally given a few words in passing, but is seldom ever talked about intently as it should be. Indeed, **the disastrous consequences of a lifetime of unlevel posture are perhaps the least talked about aspect of the prevention and wellness movement.**

According to Nobel Winning Neuroscientist Dr. Roger Sperry, **"The more mechanically distorted a person is the less energy is available for healing, metabolism, thought and well-being."** Due to nerve system distress from a skewed spinal column, long-term posture problems can lead to **more than 75 documented conditions**, including *neck and back pain, arm and leg pain, poor focus and concentration, low stress adaptability, poor self-image, low self-esteem, headaches, fatigue, depression; conditions of the heart, lungs, digestion, elimination and hormonal systems, as well as many others*. Long-term imbalanced posture is also the common denominator leading to hip and knee joint replacements. The greater the imbalance, the sooner the joint break down! As one can see, **"Nothing good comes from bad posture!"**

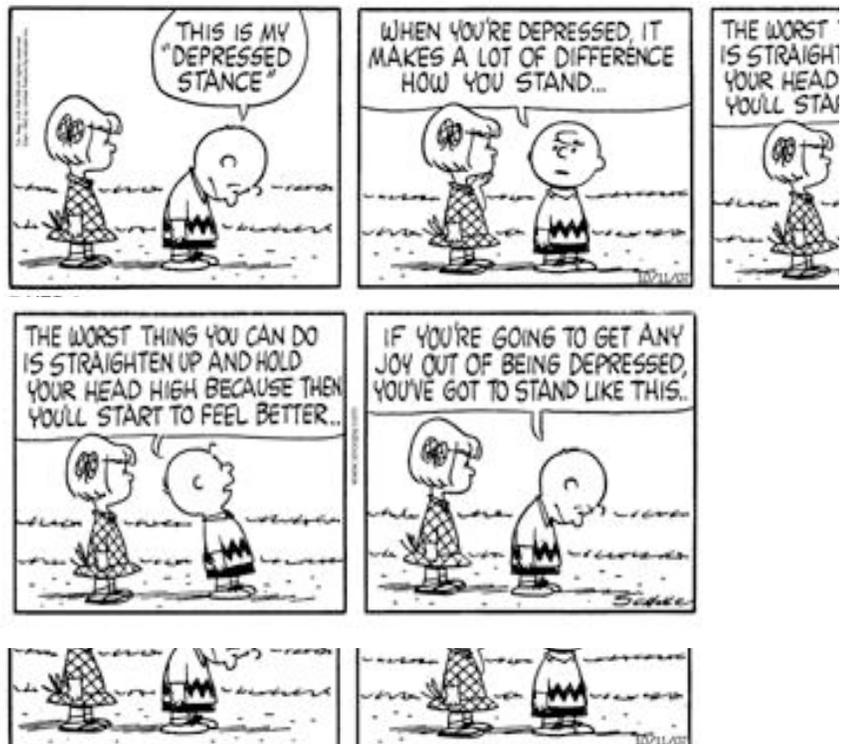
### **"Running On Empty?"**

70% of the body's energy is spent keeping a person in alignment with their center of gravity. **An ADULT with unlevel posture is often tired all the time** and can't figure why? Very often it's because their body simply has to work harder to hold them in balance. You waste energy just sitting and standing, even if doing nothing at all.

The more energy needed to keep the body in alignment with your center of gravity **means there is less energy available for other activities**; less energy for the "get up and go" necessary to enjoy the things you want to do in life, such as enjoying family and friends – **and the ability to feel focused and truly energized while doing them!**

As previously mentioned, **depression** is also a condition that very often accompanies those dealing with long-term postural distortions. **Slumping posture**, as shown in the cartoon to the right, **compresses the rib cage and decreases oxygen intake** by as much as 20%. Less oxygen often means lowered metabolism, less liveliness, loss of focus, depression and weight gain.

If you're "worn out" and feel at times you're always **"running on empty"** investigate and do more than let someone pay lip service to the concerns you have about your posture.



## Look Carefully At Your Own Posture - Others Do!



One of the challenges with detection of postural distortions in children and adults alike, is we tend to look right through the problem – literally. Known as the “**we can’t see the forest because of the trees**” phenomena, we are often too close to the problem to initially see it ourselves.

Just like other people often see us in ways we can’t see ourselves, so it is true with our inability to initially “see” a postural deficiency. Frequently we are never made aware of our own postural challenges unless another person points them out to us. Only after that do we become consciously aware of the problem.

Many people spend hours each month in front of a mirror – combing hair, brushing teeth, checking skin and applying make-up in order to present their best outward appearance to the world, **yet we fail to see in that mirror our own postural deviations**; low or slumping shoulder, tilted neck, forward head and other out of balance features of our bodies. **Unfortunately, these are things that make-up can’t hide**.

Find yourself taking time to look carefully at your posture. Others do. **Indeed, it’s often one of the very first things other people notice about us**.

### Just Become A People Watcher.....

By becoming a “people watcher” one can easily learn the effects that skewed posture eventually has on body performance and overall quality of life.

People with unlevel posture sooner or later most always experience poor body function with other aspects of their body. Most look fatigued, depressed, dim, are frequently low on energy and don’t have as good of an outlook on life. They are frequently slumped over with their heads down, one shoulder lower than the other, limping, and in the long run most often develop pain somewhere in their bodies – often in multiple places.



For those with severe postural distortions or those who have experienced unbalanced posture for a long time, they often look “all worn out” before their time. They usually have one or more organ dysfunctions as they grow older – or are in the process of developing them even though they may not yet be symptomatic. **This is because long-term postural distortions place**

stress on the nervous system that runs through the spine and which supplies the internal organs with needed electrical energy from the brain to be healthy and function properly.

You will see a few of these people out in the world, at the mall and so on, but you won't see most of them "out and about" ..... because many are so sick they frequently stay at home!



**On the other side of that, just take a look at older people who have good posture and with few exceptions, no matter how old they are, they are living life to the fullest each and every day with good health well into their later years! **People with great posture are among the healthiest people on the planet! They feel good; they're alive with energy, healthy, can't wait to see what tomorrow brings and give off a positive energy that other people always want to share in and be a part of!****

Again, to see it for yourself..... **just become a people watcher!**

### **Even Nature Provides Clues**

Many of life's greatest challenges have very simple solutions if we just know where to look. Likewise, nature itself provides clues to how we can increase the quality of our own lives and well-being. **In the animal kingdom, animals with broken down posture are always the weakest or feeblest in the pack - and always targeted as the slowest and easiest prey to take advantage of.**



**In humankind, psychologists also observe the same things.** They tell us that people with unlevel posture do not put forth as much of a positive energy as those who do. They are the ones that others most frequently try to take advantage of. They have a tendency to have lowered self-esteem, are more likely to possess a poorer self-image, and are often chosen last in social, recreational and employment experiences. Many are weaker in their presentation to others and are the people who at times seem to have an invisible sign on their foreheads which more or less says "I'm an easy prey so take advantage of me."

They also tell us that in the selection of friends and a mate, **people subconsciously choose others who stand proud in the world** rather than those who don't. This is most likely because people with good posture **exhibit an attractive energy which other people wish to share in.**

Is posture important to the **QUALITY** of your life? **YOU BET IT IS!** **So let's take a look.....**

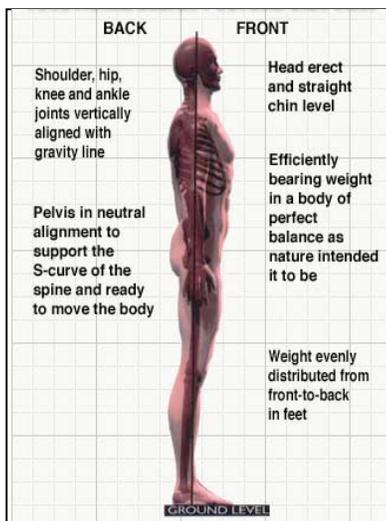
**On the following page is a structural exam form so you can help determine if unlevel posture may be causing pain or affecting the overall body performance of you or a family member.**

NAME: \_\_\_\_\_

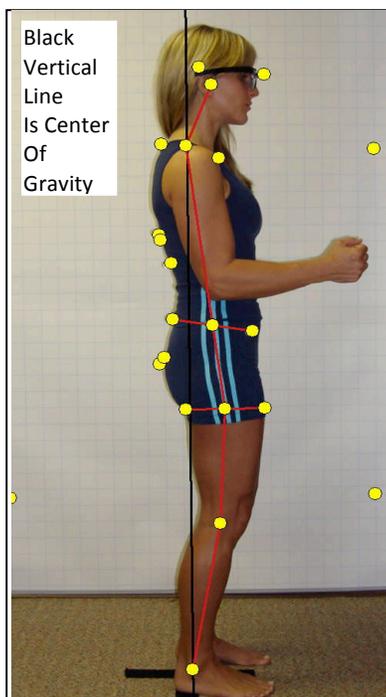
# At-Home Structural Distortion (Posture) Evaluation

Feel free to print multiple copies of this form to examine your entire family.

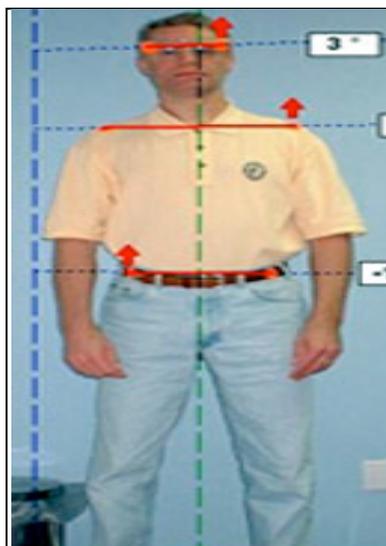
NORMAL Side View



ABNORMAL Side View



ABNORMAL Frontal View



## Frontal View

### Standing in Front of a Full Length Mirror

Body at Ease – No Conscious Straightening



- My head tilts either left or right.
- My nose sits either left or right of the center of my chin.
- My head is rotated left or right. I can see a fuller view of one of my ears better than the other.
- One of my shoulders is lower than the other.
- One of my shoulder seems more forward than the other.
- I can tell that both of my shoulders appear to slump forward.
- I can see an obvious curve from top to bottom in my midline.
- I can see a slight rotation of my whole body from its midline.
- One hand hangs a little lower on my leg than the other.
- My belt rides higher on one hip than the other.
- One foot rotates farther to the outside than the other.
- My purse or bra straps wants to slip off one of my shoulders frequently.

## Back View

### With Another Person Assisting You

Body at Ease – No Conscious Straightening

- One of my shoulder blades protrudes out farther than the other.
- One of my shoulder blades is lower than the other.
- There appears to be a slight curvature in my spine.

## Side View

### With Another Person Assisting You

Body at Ease – No Conscious Straightening

- My ear canal is not lined up with the top center of my shoulder.
- My head or upper body leans forward, even slightly.
- There is a developing hump at the base of my neck.
- I have a deep curve in my lower back.
- I have almost no curve in my lower back.
- My belt rides higher in the back than in the front.

## SCORING SYSTEM

**1-2 areas:** You're probably experiencing a minor structural distortion. You may want to be checked before your challenges grow worse over time.

**3-5 areas:** You're probably experiencing a moderate structural distortion. Your musculoskeletal system is under constant stress and set up for breakdown. It's only a matter of time before you experience problems. Get checked now to see if your challenges can be stopped, slowed or reversed.

**More than 5 areas:** You're experiencing a severely distorted musculoskeletal structure. You're most likely already in structural breakdown. Get checked! Give your structure immediate attention before it becomes too late!

## Did You Find Structural Deviations? If So, Gravity & Time Are Your Enemies

Structural  
Deviation in  
Youth or  
Adulthood



+  
Gravity  
+  
Too Much  
Time



**BIG  
PROBLEMS!**

### Would You Like Help?

Good posture is important for looking and feeling your best. It can allow you to look inches taller and pounds lighter! Anything other than that makes you look weak and unimpressive, and most often leads to severe health challenges as found in this report, as well as like the one you see above. **The earlier in life you get started, the better your chances of resolving the issues are.** There does come a time when it is indeed, too late.

Skewed structure (a posture problem) **never permanently responds to an outward command** such as “sit up straight”, “put your head back” or “walk tall.” As soon as one takes their mind off the command, the posture once again resumes its weakened position. Postural problems are the result of a skewed structure on the inside of the body. Because of this, the internal problem needs addressed.

We have nearly 30 years experience in helping people with postural challenges. A **complimentary conference with the doctor** will allow us to discuss your concerns and decide upon the best approach for you. **The percentage of success is very high.** Hopefully you can be the next person to benefit from our many years of experience.

Call us today at 339-5556. We're ready to help.....



Jack D. Adrian, D.C.  
2850 S. Co. Rd. 25A  
Troy, Ohio 45373

**937- 339-5556**

(Across from Erwin Chrysler)

Our Website: **DrJackAdrian.com**