

## Can A Gentle Touch Work?

A gentle touch and controlled contact on the first vertebrae in the neck is designed to restore balance to the spine. Even though the doctors contact the, the adjustment effects the whole spine and all body systems. This is because the NUCCA procedure influences one of the highest control centers over body balance, the brain stem and central nervous system control of the body. The first bone in your neck, also known as the Atlas, is a small donut-like bone located at the top of the spine and the base of the skull that surrounds the brain stem. When the spine is subjected to stress it can become misaligned.

### **The Balancing Act**

The nerves in our spinal column are very sensitive to pressure and stress. When the spine becomes misaligned sufficiently it stresses the nerves, compromises their normal impulses, and changes function throughout the body. Nerves are responsible for four primary functions: 1. Control and regulate all vital functions including circulation, breathing and digestion. 2. Activate muscles allowing us to move. 3. Allow us to sense, perceive and feel. 4. Relate us to the world outside ourselves including learning, experiencing and behavior.

### **Brochures:**

We also have other brochures available for people who find what we do hard to believe (See the Skeptical brochure) and an Analogy brochure that has activities you have done that help explain how NUCCA works.

These will also be online at: [www.nucca.info](http://www.nucca.info)

## Our Patients Speak Out

“During the past 15 years I have broken my back in three different areas on three different accidents that resulted in very limited neck movement, not being able to lift my arms up for any length of time without making them numb and achy and sitting in one position for any length of time made my legs numb and hard to walk on. I have been to one of the best back specialists in Colorado and was informed that there was nothing they could do without severe complications and that I would just have to live it. One orthopedic surgeon wanted to sign my disability papers for me. Following the first treatment I was driving back to Laramie, WY and went to turn around to speak to my mom in the back seat when I suddenly realized that I had turned just my head around, and not my whole upper body to look at her. What a surprise!! Also my legs did not go to sleep on me when I got home as they usually did. I still can't believe that the gentle manner in which NUCCA provides treatment can do so much.” David H - rural WY

“When I first came to Precision Spinal Care I was very skeptical of the method he was using. “How could that little of pressure and effort be that effective?” After my first visit, I was sure that I'd been taken. I thought to myself, “That's it? No snap, crackle, pop? You can't be serious?” After my second visit, I noticed that the soreness that was usually there (in my right shoulder area), wasn't there any more. The results of my continuing care at Precision Spinal Care, are not only pain free days of active work and religious weight lifting, but also of increased strength, stamina, and of less stress.” Spencer F - Fort Collins

“I thought about the discussion with Dr. Wehr of the NUCCA procedure for several weeks and the more I thought about it the more it sounded like a good idea to have an exam and x-ray of my upper cervical to see if that might be a part of my problem. That was a wise decision. After one treatment my leg pain was gone and as a bonus so was my hip pain. The procedure is so gentle it just seems improbable that it can change so much from head to toe. I am so grateful to be healing naturally. I am a 69 year old female and was not ready to be slowed down by pain and lack of stamina.” Mary Lou - Boulder

*(continued on other side)*

## Why Drive To Fort Collins?

X-ray equipment would be the answer. Drs Huff & Wehr built a specific and uncommon x-ray machine to measure your slightest misalignments. It is as sensitive as a rifle someone uses to shoot long range rifle competition. It initially took a week to setup and get accurate.

*Is this sort of specificity necessary?* We answer that with how much inaccuracy would you prefer in your nervous system. Call us perfectionists but we believe you deserve the best and that calls for sensitive and accurate equipment.

*Do I really need x-rays?* We can't do a proper job without them. Our office policy is that we refuse to simply guess without them. We don't want to think our fingers are sensitive that they can feel degeneration, hernias, buldges, .... and mis-information gathered obviously leads to mis-treatment and we don't want your health to be a GUESSING GAME!

### **PRECISION X-RAY ANALYSIS**

X-rays are taken and analyzed before any adjustment is made. X-rays determine in three planes (Side View, Top Down, and Front) to see where you are compared to where you need to be. A custom adjustment for your spine (over 10,000 different combinations) would be used to accurately re-position your spine. Precisely aligned X-ray equipment and optimum patient positioning is critical. Less than 1 mm of boney mal-position can trigger imbalance between your two major nervous systems. The average three-millimeter misalignment would be a forty-two percent distortion of the cord's necessary static and dynamic physiological space (would create a pinch!) This space-taking lesion can affect many neurological problems and deficits.

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# NUCCA

# How Could That Work?

$$\bar{x} = \frac{1}{N} \sum_{i=1}^N x_i$$

### **The Method:**

The National Upper Cervical Chiropractic Association (NUCCA) has developed a highly advanced procedure that is an extremely precise and gentle technique unlike any other kind.

## Why Would NUCCA Work On So Many Different Symptoms?

NUCCA focuses its work at the junction of the brain and spinal cord. This area controls every nerve in the body and every function of the body. Its no different than working on the driver of a car. This person or area of the car controls the steering, braking, acceleration, lighting, windshield wipers, etc. Literally the whole car is controlled by the driver. So that is the place to start looking for problems. Cars don't cause accidents, the people driving do!

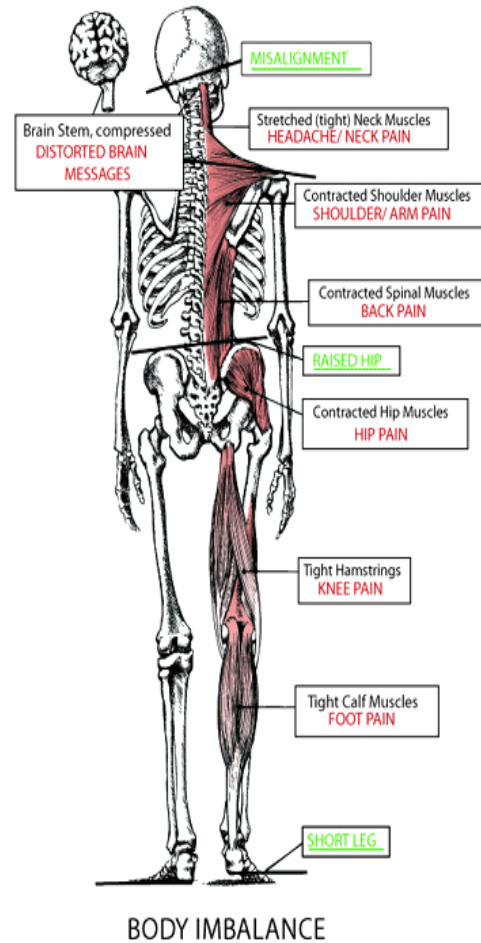
The brain and spinal cord meet where the skull and spine meet. This area is very important neurologically and structurally. Neurologically it controls all the spinal muscles (posture), organs of the body, and systems that connect the organs like the endocrine system. Structurally, the top joints of the spine allow for 80% of turning our head left & right, up & down, balances our head on top, keeps our posture, and allows us to mechanically function properly. A break down of this area changes the overall function of the body.

NUCCA doctors take the 3 different x-rays of the spine and how the head connects; a front, side, and top view to 3 dimensionally figure out exactly where the spine has moved (misaligned) and calculate exactly how to put it back. Then simply put, as we begin to remove the misalignment, your nerves respond (often immediately) and your symptoms / pains begin to go down or away.

### **ADJUSTMENT PROCEDURE**

The patient lies on their side with their head on a stable support. The chiropractor measures where to stand in order to make the proper adjustment. The adjustment is made with the palm of the doctors hand. It is a slight and controlled pressure on the side of the neck (just under the ear). The adjustment will realign the spine to its normal position.

## HERE'S WHAT HAPPENS



When the head (10-14 lbs.) is shifted off the center of the top of the neck, the rest of the body will compensate for the shift of weight..

The spine and pelvis will twist causing one shoulder to drop down, one hip to be pulled up, bringing the leg with it to create body imbalance.

The stress and tension on the muscles can cause pain anywhere in the body.

*(Testimonials Continued)* “Mom called one day and said that she had heard a radio ad for a program that she was very interested in. I went online and got all the information for her. She was interested, I was skeptical, but at this point, anything was worth a try. Upon hearing that my cousin-in-law knew of people here in town that had the treatments and were very pleased with them, we decided to make mom an appointment. I have to say that I was ready to take her back home when this “high school looking young man” was introduced as the doctor. I was concerned about his hurting her as I have heard horror tales about chiropractors form others. He pressed his finger against my hand and told me that was the amount of pressure he would be using. Ok, I felt a little better yet. Then we went into his treatment room, looked at the very short treatment table and felt anxious again as I wondered how we would get mom up and down comfortably. While we were waiting our turn, we heard everyone in the waiting room say how much better they felt following treatments, and when we left the office the first time, we met a nice young family who had traveled from Nebraska to see the doctor. Following the final treatment that day, mom sat up and stood straight up from the low sitting position much to my astonishment. Her gait was drastically improved immediately. She has continued seeing him and we can’t keep her down! She goes through her large house and yard like a terror now!” Carol H-Laramie, WY

“At first I was hesitant to try or even believe how it could help. How could you get adjusted and your back feel better without cracking it? I decided to try it and I am glad I did. During my first adjustment it almost felt like blood was flowing in my back again. There was a tremendous release of pressure and almost a tingling sensation throughout my whole back. I’ve been able to hold my adjustments longer than the traditional care and I don’t get to the point of not being able to turn my head or other simple motions. I am very excited about this type of Chiropractic care because now I can have fun with my son and I don’t have to worry about whether or not I will be able to move the next day! If there are days when I start to hurt, it’s usually better the next day, whereas before I would be sore for days until I could get an adjustment.” Jodi P.– Greeley, Colorado

“After seven years of chronic neck and head pain I am so appreciative of your help. Only people that experience constant pain know exactly how I feel. Over the years I’ve tried everything from Chiropractic, to injections, to acupuncture, massage, pain killers you name it I’ve tried it, but nothing has given me the results that NUCCA has.” Penny H - Pueblo, CO

“Then one day I heard a NUCCA ad on the radio and decided to try it, and I am so glad I did. I pretty much felt instant relief, and I was so amazed at everything he did. I had no idea my spinal cord was off the way it was. Also how he adjusts you amazes me as well; just a gentle touch to your neck goes a long way! I wish that I would have heard of NUCCA before I did all of the things I’ve done. I’ve had Carpel Tunnel surgery, went through physical therapy and I’ve probably spent thousands of dollars trying to find the problem and maybe hundreds trying to get relief. I have also had a MRI done on my back and was told that I had a bulging disc. I had and would have never thought about my spinal cord being twisted. If I would have seen NUCCA care first, I would have saved a ton of money. If you are having any kind of back pain, find a NUCCA doctor before anybody else, it’s well worth it. I wish I would have known about NUCCA before I went through everything that I have. I am getting ready to have my third treatment and I am almost pain free! What is even more amazing is the treatment is pain free! It’s so nice not being in constant pain, it’s also nice not having to wonder what is wrong. I would highly recommend NUCCA to everybody who suffers from back pain.” Heather B. - Ogallala, NE

“Before leaving for that weekend I had been treated by a myotherapist twice, a different chiropractor three times, and a massage therapist once to NO avail. I was willing to try anything for relief of pain. Fortunately, I was referred to Precision Spinal Care where I was treated timely and professionally. I wasn’t sure that one gentle treatment that didn’t jolt or push me could produce results. But after 2 days of a little soreness and being very tired, was free of pain! I can’t explain the scientific reasons for no more sciatic pain in my right hip and leg, but the benefits are awesome! Now it is my turn to give the referral of gentle and kind treatment that **HELPED** me beyond words.” Kaydeane A - Lucerne, CO