

TESTIMONIALS

'God brought me to Dr. Allen Huff on Sept of 2002 at the age of 27. At that time I was in severe pain and barely able to walk. He was so patient and kept working on me all day to help me feel better. In September I also went and saw two other physicians – one gave me steroids and the other wanted to do surgery. But thanks to Dr. Huff's patience and care, I am now able to function fairly normally. I am currently able to workout and I do so at least four times a week. I am also able to pick-up and play with my 2 ½ year old son and take care of my patients.'

Crystal - Fort Collins

After one treatment my leg pain was gone and as a bonus so was my hip pain. I slept through the night without waking in need of a more comfortable position. My shoulder and neck discomfort was gone. When I turned my head from side to side it seems to move more freely. I had also experienced difficulty looking up. The back of my neck just seemed too stiff to look directly overhead. After just two weeks, that has also improved. My neck is just more comfortable. 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

To read more - log onto www.nucca.info and click on our testimonial section.

OUR PHILOSOPHY

We believe that the brain is the master organ in the body. Its purpose is to coordinate and keep the body systems in balance. When an injury occurs the spine becomes mis-aligned. The messages being sent out to the body by the brain become interrupted. This loss of communication causes the body to reach a state of dis-ease. Gone un-recognized the problem proliferates and symptoms develop over time. The spine gets affected and loses its balance. The NUCCA system corrects the imbalance by bringing the spine back into balance and the body back to its maximum state of well being.



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The
NUCCA
SYSTEM



P **PRECISION**
SPINAL CARE

"Helping our friends & family reach new levels of health & care"

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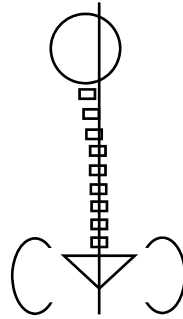


What is NUCCA?

THE NUCCA CORRECTION

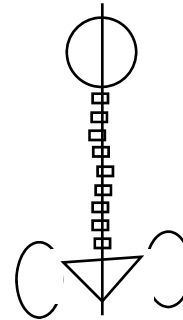
NUCCA is a sophisticated procedure that specializes in spinal correction without surgery. It expands on the theory of upper cervical chiropractic & works to reduce the number of treatments for patients. This procedure makes corrections only from the atlas or top of the spine. It can be best described in an analogy of a flexible green stick. If you were to bend the stick, where would you put the stress? The stress would be on the ends, and it would bend in the middle. This is much like the spine. Instead of treating the pain in the middle of the spine, the NUCCA system corrects the cause of the pain where the pressure is created, at the top of the spine. The procedure involves x-rays before and after the correction, showing immediate improvements. A 15 minute rest following the correction ensures maximum recovery.

WHAT IS A MIS-ALIGNED SPINE?

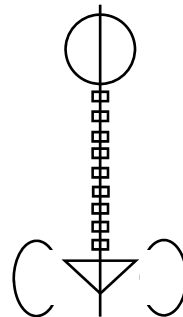


An initial injury tears loose the connective tissue holding the spine together. This allows the head and neck to move off center. When this occurs, it changes the biomechanics of the spine and produces wear and tear on the joints. As a result, the movement of the spine requires more energy and the body does not function at full capacity. This decreases the patient's quality of life.

Once the spine is mis-aligned, the muscles located in the lower spine tighten and pull the hips out of balance. At the same time, the head and neck return to center. This makes the spine twist and contort. The twisting of the mis-alignment stresses the spine at numerous points along its length and causes pain.



HOW DOES NUCCA CORRECT A MIS-ALIGNED SPINE?



The NUCCA procedure acknowledges the mis-alignment of the entire spine. The correction is done at the top of the spine, at the level of the atlas. This transmits a force throughout the spine, removes the stress points, and allows the body to come back to a neutral, balanced position.

HOW WE DIFFER FROM TRADITIONAL CHIROPRACTIC CARE

- Corrections are made only from the top bone of the spine, the atlas, which re-aligns the whole spine.
- The patient does not experience any painful twisting, turning of head, neck or back.
- Patients only feel slight pressure below the tip of the ear during the adjustment.
- Post x-rays ensure the accuracy of the correction.
- A 15 minute rest after the adjustment encourages the spine to stabilize in its new (corrected) position.



NUCCA HISTORY

The National Upper Cervical Chiropractic Association, NUCCA, is based upon eighty years of advancement and refinement of its technique. It provides the best spinal care possible while maintaining a non-invasive approach and painless application. NUCCA was founded in 1966 by the late Dr. Ralph Gregory. It developed as an outgrowth of the upper cervical research of the late Dr. B. J. Palmer.