

Welcome to Crusade Specific Chiropractic
We are happy to see you making the step toward optimal health!

We offer this information to help you better understand the Palmer Upper Cervical Chiropractic method of taking care of yourself. It is given in hopes of answering any questions you might have in regards to your care. This packet will answer what we do, why we do what we do, and how Chiropractic care has evolved into the number one drugless healthcare profession in the world!

What we do as Chiropractors is to locate a subluxated vertebra (a vertebra that is out of place, putting pressure on spinal nerves or spinal cord). A subluxated vertebra interferes with the transmission of mental impulses from the brain to various tissue cells. There is not a tissue cell of any kind in your body that works independently of the brain. The brain in turn is controlled by Innate Intelligence, which resides there. Innate Intelligence of the body controls everything.

It is upon this fact that the whole science of Chiropractic is based!

We as Chiropractic doctor's, see to it that your nervous system is able to conduct these mental impulses to various tissue cells in your body. We have our own specialized instruments (the neurocalograph and the chiro-therm), equipment (the "toggle" table) and specialized testing. We take our own specialized type of x-ray views and we have our own unique way of adjusting vertebrae back to their normal position, this is called the "**Palmer HIO System**". The organs regaining mental impulse supply are then able to rebuild and to perform their proper functions. Health returns and you, the patient, will heal.

A **SUBLUXATION ("the silent killer")** in the upper cervical region affects the nerve supply to **ALL** areas below that region. Likewise, an **UPPER CERVICAL ADJUSTMENT** affects and restores proper position of **ALL** vertebrae below, as well as proper nerve supply to **ALL** the cells of the body.

I do not give guarantees (nor does any other doctor). I will do my best for you, my heart is in my work! I can think of no better profession in which to serve. What I can guarantee is my commitment to helping you achieve optimal health by restoring optimal nerve supply to all areas of your body.

Time is our biggest ally, so be patient if you do not get results that you expected within the beginning stages of your care. Remember all factors involved, the condition you are now in; your age; your nutrition; your lifestyle habits; your environment; how long it took for you to get to this point; how much breakdown there is of the tissue cells; how serious an accident may have been that caused your condition and what you are doing to help yourself.

My constant goal is that everyone will get well and stay well!

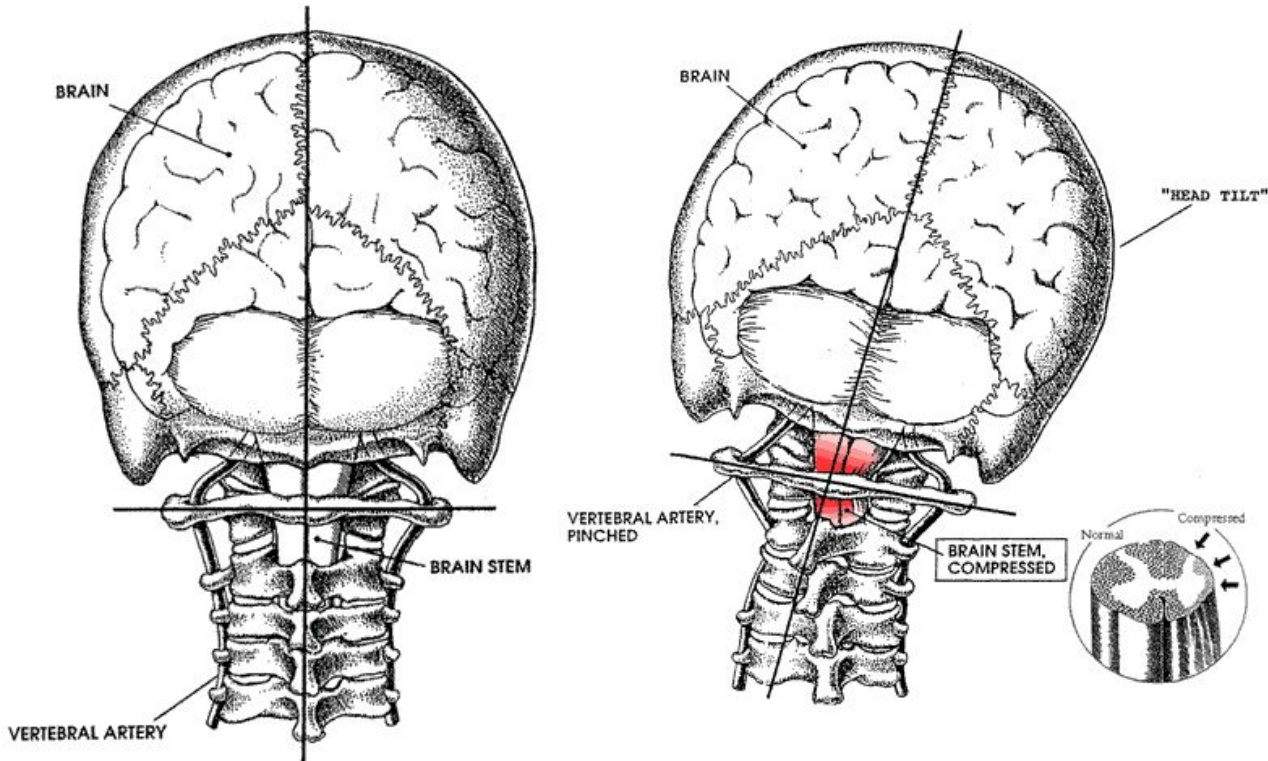
I believe that Chiropractic is not only the best way to regain your health, but it is the best way to prevent illness. I hope you will feel as we do that this system is the best in the health field and the best money can buy. I am not only a Doctor of Chiropractic but have experienced the health promoting benefits of the Palmer Specific method, as a patient for twenty- two years. -Dr. Desiree Crusade

The following is taken from "Gray's Anatomy". 28th edition, pg. 4:

"The Nervous System (Neurology) includes the Central Nervous System, which is composed of the brain and spinal cord, the Peripheral Nervous System which is composed of nerves and ganglia, and the Sense Organs, such as the eye and ear. Its function is to control and coordinate all the others organs and structures, and to relate the individual to his environment."

Brain: The bodily organ which houses the inborn intelligence which we will refer to as **Innate Intelligence.**

The first thing a person must understand is that the function of the brain is to control all other organs and structures of the body.



Brain- The place where innate resides and which controls **ALL** structures by making mental impulses which are sent over the spinal nerves to all tissue cells of the body

Mental impulses go to **ALL** tissue cells:

- Bone cells
- Gland cells
- Muscle cells
- Nerve cells
- Skin cells
- Organs: heart, liver, lungs, kidneys, bladder, stomach, etc.

A tissue cell receiving mental impulses is able to function normally. Those that do not receive mental impulses cannot function correctly!

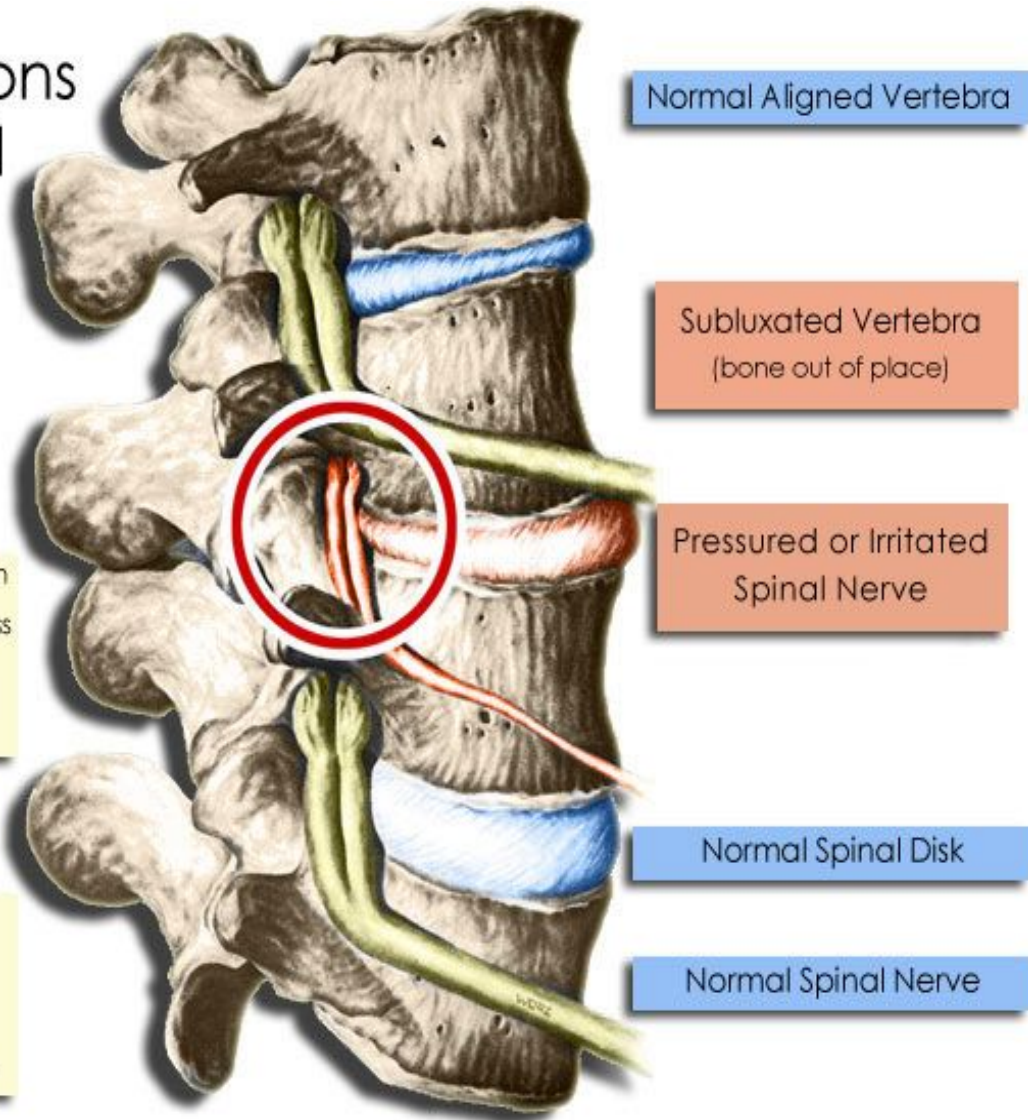
All tissue cells function correctly as long as they receive mental impulses from the brain. When a vertebra moves out of position (subluxates) it produces spinal cord pressure or spinal nerve pressure. This interferes with the flow of mental impulses to the tissue cells. When this happens, the tissue cells are no longer capable of functioning properly. This is what we call Dis-ease.

(Dis=lack of, Disease= lack of ease= the body is not functioning with ease).

Vertebral Subluxation-

This interferes with the flow of mental impulses- which results in atrophied or dead tissue cells.

Subluxations Explained



A vertebral subluxation can place undue stress on the disk between the vertebra

Your pain or health problem may be affected by a Vertebral Subluxation

A subluxation causes:

- Pressure on spinal cord
- Pressure on spinal nerve
- Interferes with the transmission of mental impulses from the brain
- This causes tissue cells to breakdown
- The tissue cells cease to function, it atrophies or dies
- Dis-ease is the result

VERTEBRAL SUBLUXATION AND NERVE CHART

“The nervous system controls and coordinates all organs and structure of the human body.” (Gray’s Anatomy, 29th Ed; page 4) Misalignment of spinal vertebrae and discs may cause irritation to the nervous system which could affect the structures, organs, and functions listed under “areas” and the “possible symptoms” that are associated with malfunctions of the areas noted.

Vertebrae	Areas & Parts of Body	Possible symptoms
C1	Blood supply to the head, pituitary gland scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system.	<input type="checkbox"/> Headaches <input type="checkbox"/> nervousness <input type="checkbox"/> insomnia <input type="checkbox"/> head colds <input type="checkbox"/> high blood pressure <input type="checkbox"/> migraine headaches <input type="checkbox"/> nervous breakdowns <input type="checkbox"/> amnesia <input type="checkbox"/> chronic tiredness <input type="checkbox"/> dizziness
C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	<input type="checkbox"/> Sinus trouble <input type="checkbox"/> allergies <input type="checkbox"/> pain around the eyes <input type="checkbox"/> earache <input type="checkbox"/> fainting spells <input type="checkbox"/> certain cases of blindness <input type="checkbox"/> crossed eyes <input type="checkbox"/> deafness
C3	Cheeks, outer ear, face bones, teeth, trifacial nerve.	<input type="checkbox"/> Neuralgia <input type="checkbox"/> neuritis <input type="checkbox"/> acne or pimples <input type="checkbox"/> eczema
C4	Nose, lips, mouth, eustachian tube.	<input type="checkbox"/> Hay fever <input type="checkbox"/> runny nose <input type="checkbox"/> hearing loss <input type="checkbox"/> adenoids
C5	Vocal cords, neck glands, pharynx.	<input type="checkbox"/> Laryngitis <input type="checkbox"/> hoarseness <input type="checkbox"/> throat conditions such as sore throat or quinsy
C6	Neck muscle, shoulders, tonsils.	<input type="checkbox"/> Stiff neck <input type="checkbox"/> pain in upper arm <input type="checkbox"/> tonsillitis <input type="checkbox"/> chronic cough <input type="checkbox"/> croup
C7	Thyroid gland, bursae in the shoulders, elbows.	<input type="checkbox"/> Bursitis <input type="checkbox"/> colds <input type="checkbox"/> thyroid conditions
T1	Arms from the elbows down, including hands, wrists, and fingers, esophagus and trachea.	<input type="checkbox"/> Asthma <input type="checkbox"/> cough <input type="checkbox"/> difficult breathing <input type="checkbox"/> shortness of breath <input type="checkbox"/> pain in lower arms and hands
T2	Heart, including its valves and covering, coronary arteries.	<input type="checkbox"/> Functional heart conditions and certain chest conditions
T3	Lungs, bronchial tubes, pleura, chest, breast.	<input type="checkbox"/> Bronchitis <input type="checkbox"/> pleurisy <input type="checkbox"/> pneumonia <input type="checkbox"/> congestion <input type="checkbox"/> influenza
T4	Gallbladder, common duct.	<input type="checkbox"/> Gallbladder conditions <input type="checkbox"/> jaundice <input type="checkbox"/> shingles
T5	Liver, solar plexus, circulation (general).	<input type="checkbox"/> Liver conditions <input type="checkbox"/> fevers <input type="checkbox"/> blood pressure problems <input type="checkbox"/> poor circulation <input type="checkbox"/> arthritis
T6	Stomach.	<input type="checkbox"/> Stomach troubles including: <input type="checkbox"/> nervous stomach <input type="checkbox"/> indigestion <input type="checkbox"/> heartburn <input type="checkbox"/> dyspepsia <input type="checkbox"/>
T7	Pancreas, duodenum.	<input type="checkbox"/> Ulcers <input type="checkbox"/> gastritis
T8	Spleen.	<input type="checkbox"/> Lowered resistance
T9	Adrenal and suprarenal glands.	<input type="checkbox"/> Allergies <input type="checkbox"/> hives
T10	Kidneys.	<input type="checkbox"/> Kidney troubles <input type="checkbox"/> hardening of the arteries <input type="checkbox"/> chronic tiredness <input type="checkbox"/> nephritis <input type="checkbox"/> pyelitis
T11	Kidneys, ureters.	<input type="checkbox"/> Skin conditions such as acne <input type="checkbox"/> pimples <input type="checkbox"/> eczema <input type="checkbox"/> boils
T12	Small intestines, lymph circulation.	<input type="checkbox"/> Rheumatism <input type="checkbox"/> gas pains <input type="checkbox"/> certain types of sterility
L1	Large intestines, inguinal rings.	<input type="checkbox"/> Constipation <input type="checkbox"/> colitis <input type="checkbox"/> dysentery <input type="checkbox"/> diarrhea <input type="checkbox"/> some ruptures or hernias <input type="checkbox"/>
L2	Appendix, abdomen, upper leg.	<input type="checkbox"/> Cramps <input type="checkbox"/> difficult breathing <input type="checkbox"/> minor varicose veins
L3	Sex organs, uterus, bladder, knees.	<input type="checkbox"/> Bladder troubles <input type="checkbox"/> menstrual troubles such as painful or irregular periods <input type="checkbox"/> miscarriages <input type="checkbox"/> bed wetting <input type="checkbox"/> impotency <input type="checkbox"/> change of life symptoms <input type="checkbox"/> many knee pains
L4	Prostate gland, muscles of the lower Back, sciatic nerve.	<input type="checkbox"/> Sciatica <input type="checkbox"/> lumbago <input type="checkbox"/> difficult painful or too frequent urination <input type="checkbox"/> backaches
L5	Lower legs, ankles, feet.	<input type="checkbox"/> Poor circulation in the legs <input type="checkbox"/> swollen ankles <input type="checkbox"/> weak ankles and arches <input type="checkbox"/> cold feet <input type="checkbox"/> weakness in the legs <input type="checkbox"/> leg cramps
SACRUM	Hip bones, buttocks.	<input type="checkbox"/> Sacroiliac conditions <input type="checkbox"/> spinal curvatures
COCCYX	Rectum, anus.	<input type="checkbox"/> Hemorrhoids (piles) <input type="checkbox"/> pruritus (itching) <input type="checkbox"/> pain at end of spine on sitting

