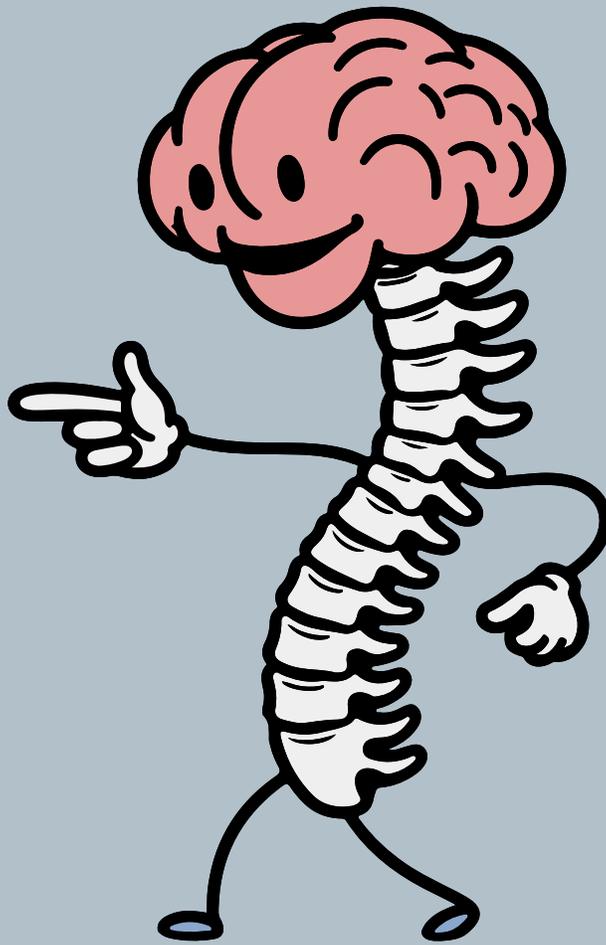




# SPINE GUIDE

BETTER BRAIN, BETTER SPINE:  
HOW CHIROPRACTIC HELPS YOU  
HEAL NATURALLY



Created June 2025

**Chapter 1: Your Brain and Spine Are a Team**

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## **Introduction: Healing From the Inside Out**

Have you ever wondered how your body knows how to heal a cut, fight a cold, or adjust to stress without you even thinking about it? The truth is, your body is incredibly smart. It has an internal intelligence that keeps everything running smoothly. Chiropractors call this your Innate Intelligence.

Chiropractic care is based on the idea that your brain and spine are the command center of your body. If your spine isn't working well, your brain and body can't communicate properly. That can lead to pain, tension, or even health issues you might not expect. This book will show you how chiropractic helps your body work better—not just feel better.

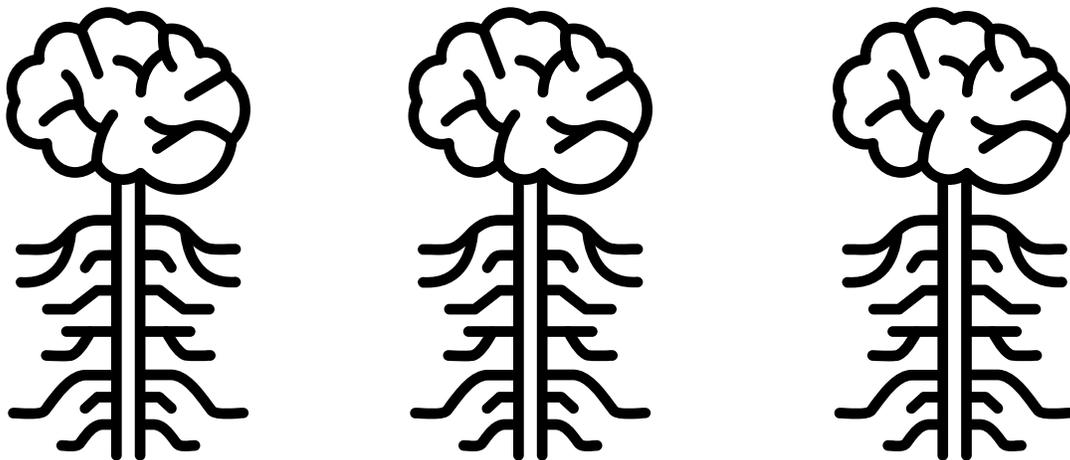
## Chapter 1: Your Brain and Spine Are a Team

Your brain sends messages through your spinal cord and out through nerves to every part of your body. Every movement, heartbeat, breath, and thought is managed by this system. If your spine is out of alignment or not moving properly, it can interfere with those messages. That's called subluxation in chiropractic.

Think of your brain like Wi-Fi and your spine like the router. If the signal is blocked or weak, your body won't get the full message.

Dr. Heidi Haavik, a neuroscientist and chiropractor, has done amazing research showing that adjustments can change the way your brain processes information. After an adjustment, your brain becomes better at sensing what's going on in your body and responding to it. That means improved coordination, better focus, and less pain.

Your spine is not just a stack of bones—it's part of your nervous system. The nerves that travel through your spine affect everything from how your muscles work to how your organs function. When you take care of your spine, you're taking care of your whole body.



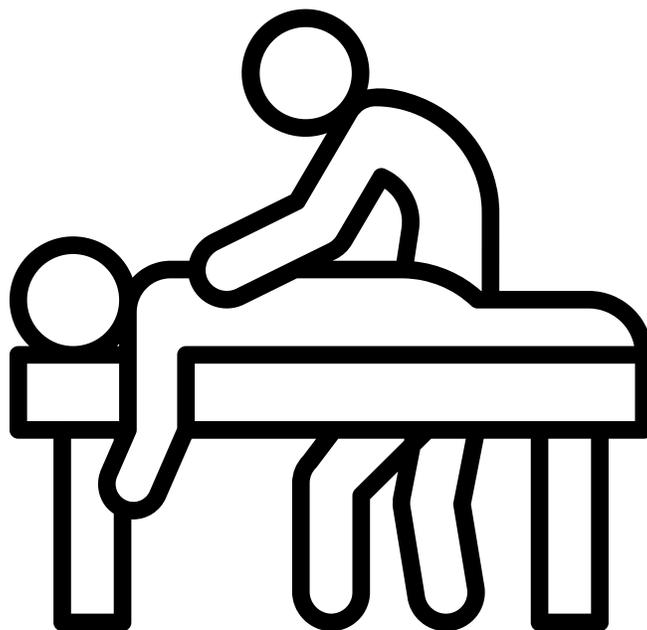
# chiropractic

## Chapter 2: What Is Chiropractic, Really?

Chiropractic isn't about cracking bones or chasing pain. It's about helping your body work the way it was designed to. By gently adjusting the spine, chiropractors help clear up the lines of communication between your brain and body.

The founder of chiropractic, D.D. Palmer, believed that the body could heal itself if the nervous system was free from interference. That's the core idea of chiropractic: remove interference and let the body heal naturally.

Many people visit a chiropractor for back pain, headaches, or injury recovery. But they often find that other things improve too—like sleep, mood, digestion, and energy. That's because chiropractic is not just about pain relief—it's about unlocking your full potential.



## Chapter 3: Simple Truths from the 33 Principles + the “Dirty Dozen”

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Chiropractic was founded on 33 principles that explain how life and healing work.

Don't worry—you don't need to memorize them all. Here are a few made simple:

Principle #1 - The Major Premise: Your body has an inner wisdom that keeps you alive and well.

Principle #6 - Time: Healing is a process, not an event.

Principle #20 - Innate Intelligence: Your body knows how to heal itself when nothing gets in the way.

Principle #30 - The Causes of Dis-ease: Most health problems start when the body isn't working properly, not because of outside germs.

These principles help us understand that health comes from within. Your body is constantly adapting, repairing, and striving for balance. Chiropractic care supports that process by keeping your nervous system clear and connected.

You might not "feel" a subluxation, but its effects can build up over time. That's why regular chiropractic checkups are important—just like brushing your teeth or changing the oil in your car.

The Dirty Dozen is founded on the foundational chiropractic principles and are foundational truths we want to teach each and every one of our patients.

# 12 THINGS YOU NEED TO KNOW TO BE HEALTHY

## 1 YOU ARE DESIGNED TO BE HEALTHY

Healthy is Normal. Unhealthy is Abnormal.

1

## 3 INNATE INTELLIGENCE COMMUNICATES ACROSS THE NERVOUS SYSTEM

The Nervous System helps us adapt to and deal with STRESS.

3

## 5 STRESS CAUSES A CONDITION KNOWN AS SUBLUXATION

Subluxations Create Interference in the Nervous System Communications.

5

## 7 YOUR LIFE IS UNNATURALLY STRESSFUL

Modern Life is unnaturally fast-paced and filled with stress.

7

## 9 HOW WOULD YOU KNOW IF YOU HAVE SUBLUXATION?

Only a Chiropractor is trained to objectively test for Subluxation.

9

## 11 WE ARE ON A MISSION TO HELP OUR COMMUNITY

Everyone who wishes to be healthy must be checked by a Chiropractor.

11

2

## 2 YOUR BODY IS SMART

There is an Innate Intelligence that runs your body.

4

## 4 YOUR SPINE IS YOUR SUIT OF ARMOR

Your Spine protects your nerve system spinal cord – like skull protects brain.

6

## 6 SUBLUXATION CAUSES DYSFUNCTION THAT CAN MANIFEST AS SYMPTOMS AND CONDITIONS

Subluxations are the root cause of many common health issues.

8

## 8 SUBLUXATION IS CAUSED BY STRESS

3 Types of Stress that cause Subluxation are Thoughts, Toxins and Traumas.

10

## 10 WHAT SHOULD YOU DO IF YOU HAVE SUBLUXATION?

Only Specific Chiropractic Adjustments correct Subluxation.

12

## 12 I NEED YOUR HELP

If You Do Not Tell Your Family and Friends – Who Will?



## Chapter 4: The Science Behind the Spine

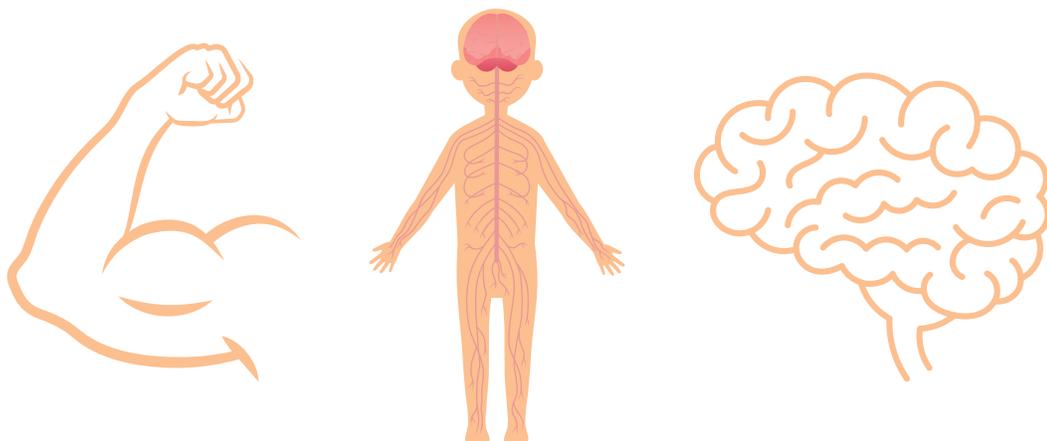
Thanks to Dr. Haavik and other researchers, we now know that spinal adjustments:

- Improve brain function
- Help your brain control your body better
- Reduce stress responses
- Improve muscle strength and balance
- Enhance your body's ability to adapt to change

One study showed that after an adjustment, people could better contract muscles in their legs without even thinking about it. Another showed changes in the prefrontal cortex—the part of your brain that helps you think clearly and make decisions.

The nervous system is like a two-way street. Information flows from the body to the brain and back again. When the spine is moving well, that information highway stays open and efficient. When it's blocked or restricted, the brain gets fuzzy signals—and your body pays the price.

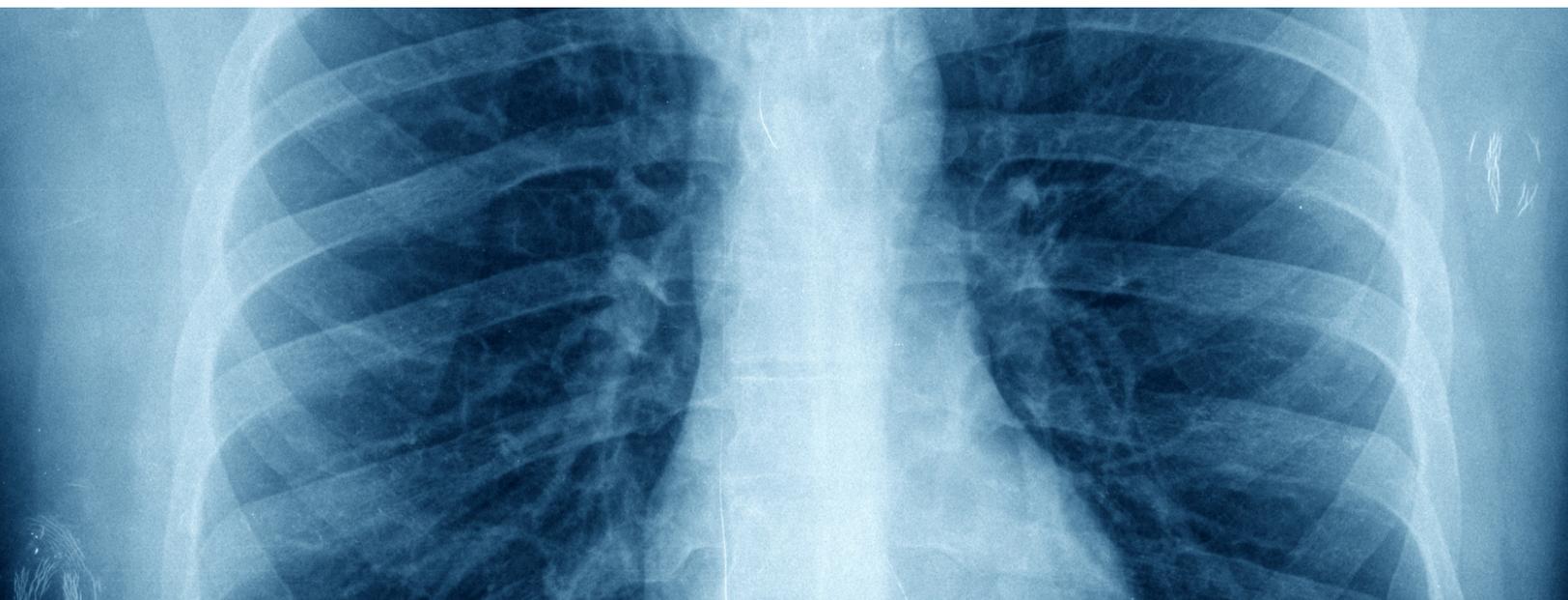
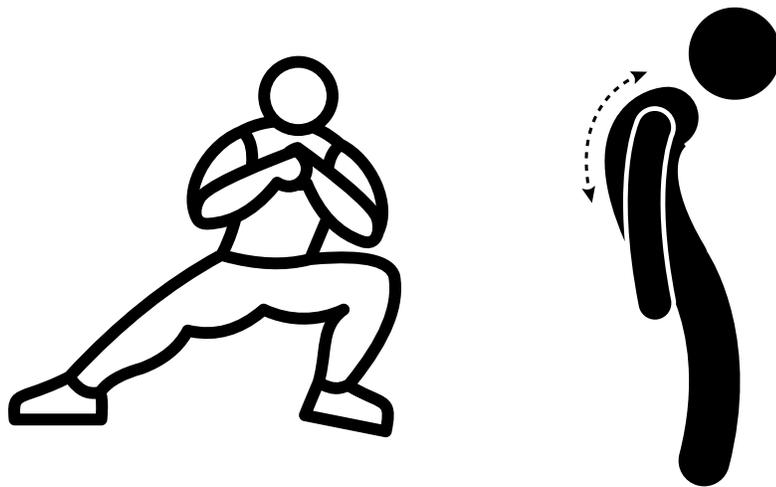
By adjusting the spine, chiropractors help reset the nervous system so your brain and body can stay in sync.



## Chapter 5: What to Expect from Chiropractic Care

When you go to a chiropractor, they don't just look at where you hurt. They look at how your whole body is working. They may check your posture, how you move, your balance, and your spinal alignment.

Chiropractors often use spinal x-rays to see the alignment, curvature, and health of your spine. Normal spinal x-rays show a gentle arc in the neck (cervical lordosis), a mid-back kyphosis, and a lower back curve (lumbar lordosis). The vertebrae should be evenly spaced, the discs should be full in height, and there should be no bone spurs or decay.



However, if a person has spinal degeneration, chiropractors classify it into four phases:

- Phase 1 Degeneration (0–5 years): Mild loss of normal curve, slight disc thinning. Few symptoms, but early signs of stress and misalignment.
  - Correction time: 6 months to 1 year with consistent care.
- Phase 2 Degeneration (5–20 years): Noticeable disc narrowing, bone spurs forming, and reduced motion. Pain and nerve-related symptoms more common.
  - Correction time: 1 to 2 years, depending on age and lifestyle.
- Phase 3 Degeneration (20–40 years): Severe degeneration, joint fusion, and permanent structural changes.
  - Correction is focused on function and slowing progression: 2+ years of care.
- Phase 4 Degeneration (40+ years): Advanced arthritic change, irreversible fusion, significant neurological impact.
  - Management care: ongoing lifetime care focused on function preservation.

## What's normal?

**CERVICAL (NECK)**

**ABNORMAL**

- Narrow decayed disc spacing
- Abnormal cervical curve (red line)
- Unhealthy, arthritic bone spurs

**NORMAL**

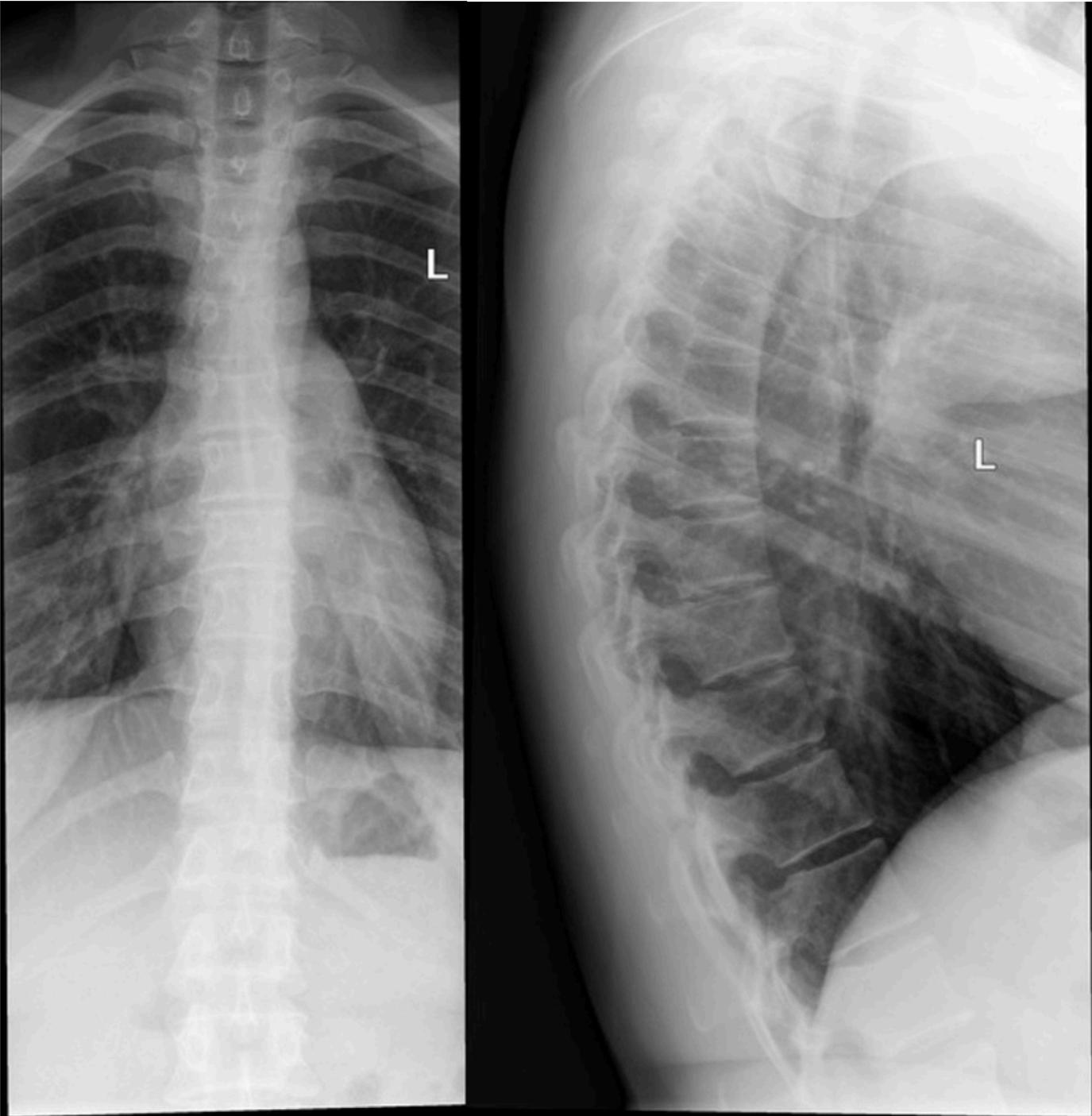
- Normal healthy disc spacing
- Normal healthy cervical curve
- Normal smooth vertebral edges

**GREEN CURVE IS NORMAL**

There's a reason you're up to your neck in pain. Most likely it's due to your spine not being properly aligned in it's normal position. This can be due to decay, arthritis, or injury. Chiropractic BioPhysics can get you back to normal through a series of rehabilitative procedures and help you stay that way through occasional but regular maintenance. CBP—the science of spinal health.

Chiropractic BioPhysics  
The Science of Spinal Health

**Normal Thoracic Spine:**



**Normal Lumbar Spine:**





# TESTIMONIALS

## Chapter 6: Real People, Real Changes

- Anna, age 32, came in for back pain. After a few weeks, she noticed not only less pain, but better sleep and more energy. She is currently 1 year into care and exceeding her expectations for how she feels and functions.
- Jake, a 9-year-old with focus issues, started getting chiropractic adjustments. His parents said he became calmer and more focused at school and that it has been a game changer for their entire family.
- Mark, a retired veteran, had chronic migraines for years. After regular chiropractic care, his migraines decreased dramatically, and he reported feeling more alert and less anxious.

Every person is different, but one thing remains the same: when you remove interference of communication between the brain and the body, the body will do amazing things.

## Chapter 7: How to Keep Your Spine and Brain Healthy

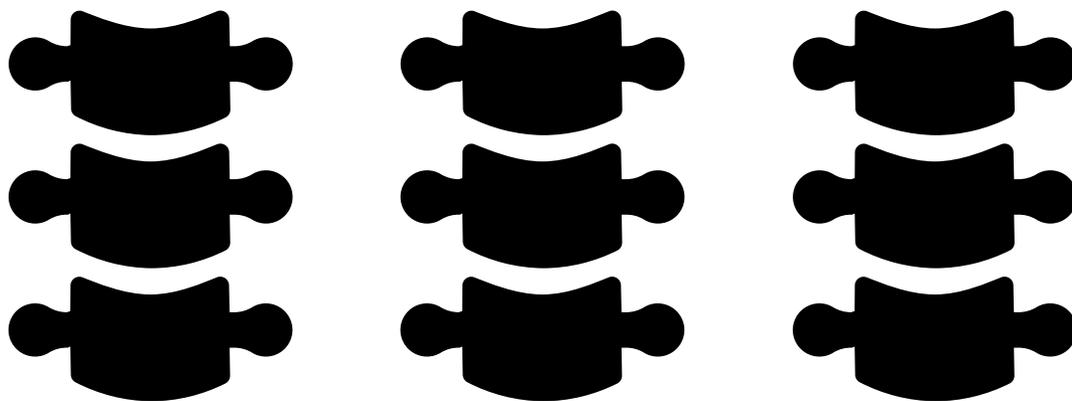
- Get checked regularly by a chiropractor
- Move every day—walk, stretch, play
- Reduce screen time and improve posture
- Sleep well and hydrate
- Learn to listen to your body
- Take breaks to reset your nervous system (deep breathing, meditation, quiet time)

### Spinal Hygiene Exercises

To keep your spine healthy, you can also incorporate specific spinal hygiene tools and techniques:

- **CBP Denneroll:** A spinal orthotic designed to help restore the natural cervical or lumbar curvature. Lying on a Denneroll for a few minutes daily can improve spinal posture and reduce stress on nerves.
- **Foam Roller:** Used for thoracic spine mobility, a foam roller helps open the mid-back and reduce stiffness. Gentle rolling along the upper back enhances breathing, posture, and nerve flow.
- **Bretzel Stretch:** A total-body mobility stretch that targets the thoracic spine, hip flexors, and shoulders. It helps unwind tightness from sitting and stress.





Doing these exercises regularly supports your chiropractic care and improves your flexibility, posture, and overall vitality.

### **Advanced Spinal Hygiene Exercises**

Your spine needs both mobility and stability to function at its best. Mobility allows your joints to move freely, while stability ensures your body can control and support those movements.

In chiropractic care, restoring motion to restricted joints is only half the equation. Once joints move correctly, your brain needs to retrain itself to stabilize the area to prevent re-injury or dysfunction. Mobility without stability leads to compensation and strain. Stability without mobility leads to rigidity and pain.

Let's break down both categories and how they work together to support spinal and neurological health.

## Spinal Mobility Exercises

These exercises focus on restoring full, healthy range of motion to joints that have become stiff due to injury, poor posture, or inactivity. They reduce mechanical stress and help keep the nervous system responsive.

### 1. Foam Rolling (Thoracic Spine Mobility)

What it does: Loosens the upper back, improves posture, and decompresses spinal joints.

Why it matters: A tight thoracic spine limits shoulder mobility and forces the low back and neck to compensate.

How to use: Lie on a foam roller placed perpendicular to your spine at mid-back. Slowly roll up and down 6–8 inches while supporting your head and glutes.

### 2. Bretzel Stretch

What it does: Combines spinal rotation, hip extension, and shoulder mobility in one stretch.

Why it matters: It addresses multiple planes of motion, ideal for people who sit frequently or have postural fatigue.

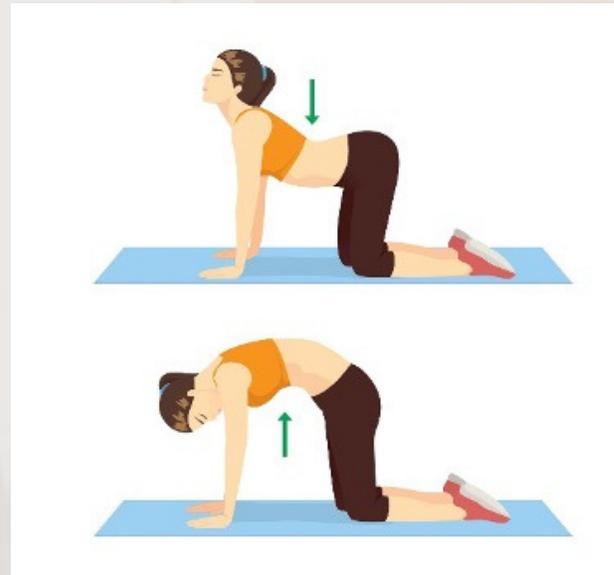
How to perform: Lie on your side, bend the top leg at the hip and knee, then rotate the torso back while holding the opposite ankle behind you.

### 3. Cat-Cow (Segmental Spinal Movement)

What it does: Improves segmental flexion and extension throughout the spine.

Why it matters: It reactivates spinal segments and increases proprioceptive feedback to the brain.

How to perform: On hands and knees, alternate between arching and rounding the back slowly, syncing with breath.



## Spinal Stability Exercises

Stability exercises activate deep core muscles and spinal stabilizers. They train your nervous system to control movement, not just allow it. This control prevents micro-injuries and protects the spine during daily activity.

### 1. Diaphragmatic Breathing

What it does: Activates your diaphragm, promotes proper intra-abdominal pressure, and stabilizes the lumbar spine.  
Why it matters: Breathing is the foundation of core control. Without it, other exercises are less effective.

How to perform: Lie on your back with one hand on your chest and one on your stomach. Inhale deeply, allowing only the stomach to rise.



### 2. Glute Bridge

What it does: Strengthens glutes and the posterior chain, stabilizes the pelvis and lumbar spine.

Why it matters: Weak glutes contribute to low back instability.

How to perform: Lie on your back, knees bent, feet flat. Drive through your heels to lift your hips until your body forms a straight line from shoulders to knees.



### 3. Bird Dog

What it does: Enhances cross-body coordination and challenges spinal stability.

Why it matters: It teaches the spine to remain neutral while the limbs move—essential for daily tasks.

How to perform: On hands and knees, extend opposite arm and leg while keeping your core braced. Hold, return, and switch sides.



### 4. Dead Bug

What it does: Builds core endurance and teaches proper spinal bracing.

Why it matters: It strengthens the anterior core and promotes coordinated limb movement without compromising the spine.

How to perform: Lie on your back with arms and legs raised. Slowly lower opposite arm and leg while keeping your low back pressed into the floor.



### 5. Side Plank

What it does: Targets obliques and lateral core stabilizers.

Why it matters: Lateral core stability supports scoliosis, rib dysfunction, and side-dominant movement patterns.

How to perform: Lie on your side, prop up on your forearm, and lift your hips off the floor into a straight line. Hold and switch sides.



## 6. Chin Retraction (Cervical Stability)

What it does: Strengthens deep neck flexors and reduces forward head posture.

Why it matters: Neck stability is critical for balancing the head and reducing strain on the spine and shoulders.

How to perform: While sitting or standing tall, gently tuck your chin straight back without tilting the head downward.



## 7. One-Legged Balance (Proprioceptive Training)

What it does: Improves balance, proprioception, and spinal stabilization.

Why it matters: Trains postural control and helps prevent injury.

How to perform: Stand on one leg near a wall or chair for support. Hold for up to 1 minute per side daily. Increase challenge by closing your eyes or using an unstable surface like a balance pad.



### A Chiropractic Note on Progression:

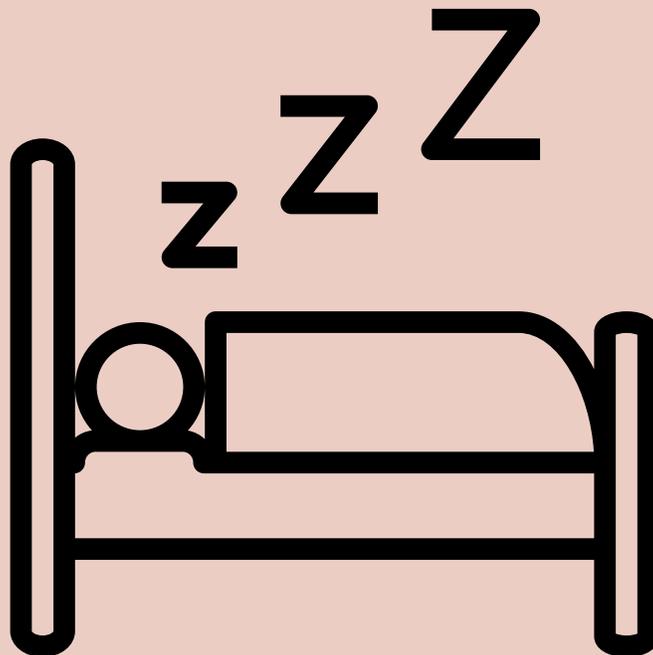
The nervous system responds best to progression, not overload. That's why we don't give every patient every exercise right away. Too much stimulus can overwhelm your system or create compensation. Your chiropractor will guide you through stages of mobility, activation, and stability based on your specific needs and goals.

## Chapter 8: A Spine-Healthy Lifestyle

### Sleep Habits for Spinal Health

- **Best Sleeping Position:** On your back with a small pillow under your knees or on your side with a pillow between your knees. Avoid stomach sleeping.
- **Pillow Recommendations:** Use non-toxic, organic pillows made from certified natural latex or organic memory foam that maintain cervical curvature.
- **Mattress Recommendations:** Choose a supportive organic mattress made of GOTS-certified latex or hybrid coils. Brands to consider: Avocado, Naturepedic, My Green Mattress. Look for firmness that matches your body type and sleep position.

Good sleep posture supports healing and spinal correction by keeping the spine aligned for 6–8 hours each night.



## **Conclusion: Your Body Knows What to Do**

Chiropractic doesn't heal you. *Your body heals itself.* The adjustment simply removes what's in the way.

By taking care of your spine, you take care of your brain. And when your brain and body are connected, your health can soar. The 33 principles remind us that healing comes from the inside out. Dr. Haavik's research shows us that this truth is backed by science. The "Dirty Dozen" gives us a practical roadmap for what to avoid. And with tools like spinal x-rays and hygiene exercises, you can see your progress and support your health from every angle.

**If you're ready to feel your best, think clearly, and move freely, chiropractic may be just what your body has been waiting for.**

## Resources & References

- Dr. Heidi Haavik's book: The Reality Check
- International Chiropractic Association: [www.chiropractic.org](http://www.chiropractic.org)
- The 33 Principles of Chiropractic by R.W. Stephenson
- Spinal Hygiene and Denneroll Information: [www.spinalhygiene.com](http://www.spinalhygiene.com)
- The Remarkable Practice Training Materials:  
[www.theremarkablepractice.com](http://www.theremarkablepractice.com)
- Research from the Journal of Neuroscience and Chiropractic Research
- Organic Mattress Resources: GOTS, Avocado, Naturepedic, My Green Mattress



## CONCLUSION

In conclusion, a chiropractic approach offers a powerful and proactive pathway to achieving optimal health and preventing chronic dysfunction. By addressing the root causes—such as spinal misalignments, nervous system interference, postural stress, and lifestyle imbalances—we can empower individuals to take control of their health from the inside out. This personalized, drug-free strategy offers new possibilities for healing, beyond the limitations of symptom-based care, and restores hope for those struggling with persistent health issues. When we prioritize spinal alignment and nervous system function, we begin to unlock the body's innate ability to heal, adapt, and thrive. Now is the time to take action—through regular chiropractic adjustments, movement, and holistic lifestyle choices—we can make a lasting impact on our health and overall well-being.

If you're looking for personalized guidance, we would love to support you on your healthy journey. At Chi Rho, we offer specialized nervous system focused chiropractic care,

**[Click here](#)** to learn more about becoming a Chi Rho client and taking the next steps toward a healthy brain and life.

