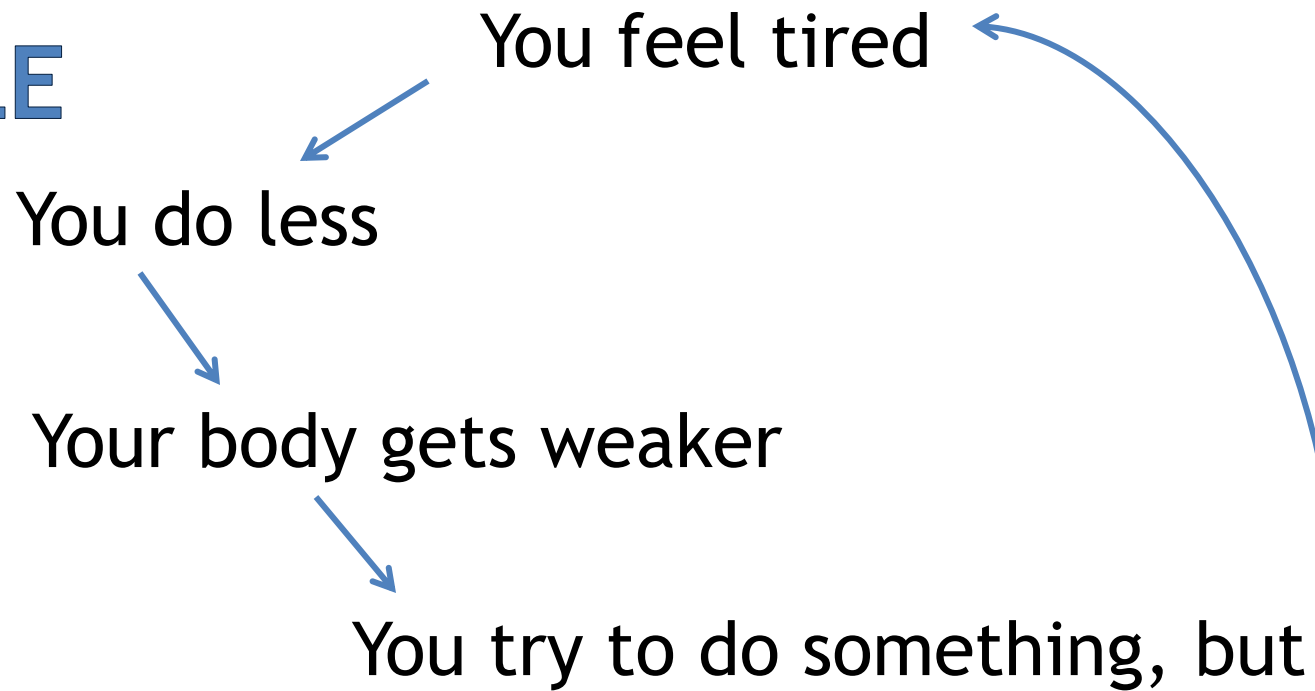


NUCCA: FINDING ANSWERS AND RELIEF FOR CHRONIC CONDITIONS

Dr. Hannah Orem
Spine and Body Renewal
drorem@spineandbodyrenewal.com

EXAMPLE 1 CYCLE



EXAMPLE 2 CYCLE

Your back hurts

You want to get stronger

You decide to exercise

You try to exercise, but...



EXAMPLE 3 CYCLE

You get sick

You want to get better

You decide to rest

You get stressed because of
all the things you aren't
getting done and again...



RESULTS OF THE CYCLE

- ◎ **SURVIVING INSTEAD OF THRIVING**
- ◎ **CAN'T KEEP UP WITH DAILY LIFE**
- ◎ **FEELING DISCOURAGED AND DEPLETED**



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AFRAID THE CYCLE WILL NEVER END



C

HOW DID WE GET THERE?

HOW DO WE GET OUT?



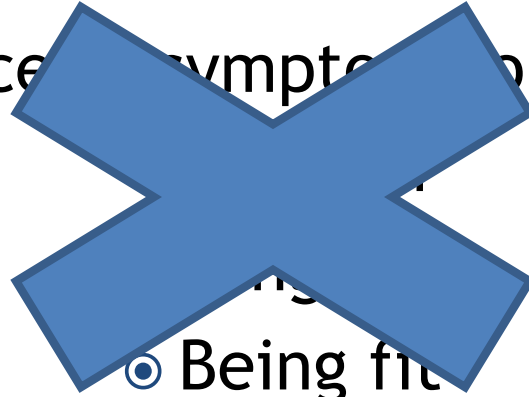
D

HOW DID WE GET THERE?



WHAT IS HEALTH?

- ◉ Absence of symptoms or sickness



- ◉ Being fit

- ◉ “Health is a state of optimum physical, mental, and social wellbeing and not merely the absence of disease or infirmity.”

Dorland’s Medical Dictionary

FEELING HEALTHY?

Heart arrhythmia

Spinal degeneration

Atherosclerosis (plaque in arteries)

Hypertension (High Blood Pressure)

Osteoarthritis

Cholelithiasis (gallstones)

Breast Cancer

Ovarian cancer

Cardiomyopathy

Paget's (bone) disease

Polyps of large bowel

Cervical Cancer

Prostate Cancer

Tooth decay

Scoliosis (spinal curvature)

Valvular heart disease

Coronary artery disease

Diabetes mellitus

Diverticular (colon) disease

Emphysema (heart disease)

Renal calculi (kidney stones)

Retinoblastoma (eye cancer)

Fibroid tumors of uterus

Pulmonary valve stenosis

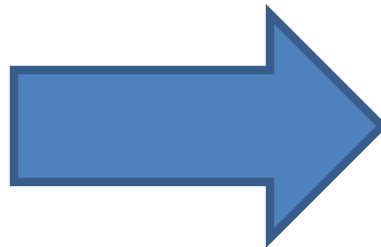
Renal (kidney) failure (chronic)

Ovarian cyst

Glomerulonephritis (kidney disease)

Benign prostatic hypertrophy

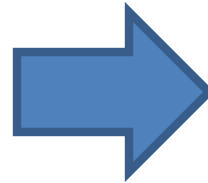
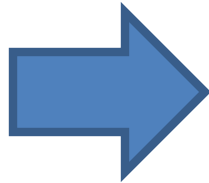
HOW DID WE GET THERE?



HEALTH

DISEASE

HOW DID SHE GET THERE?



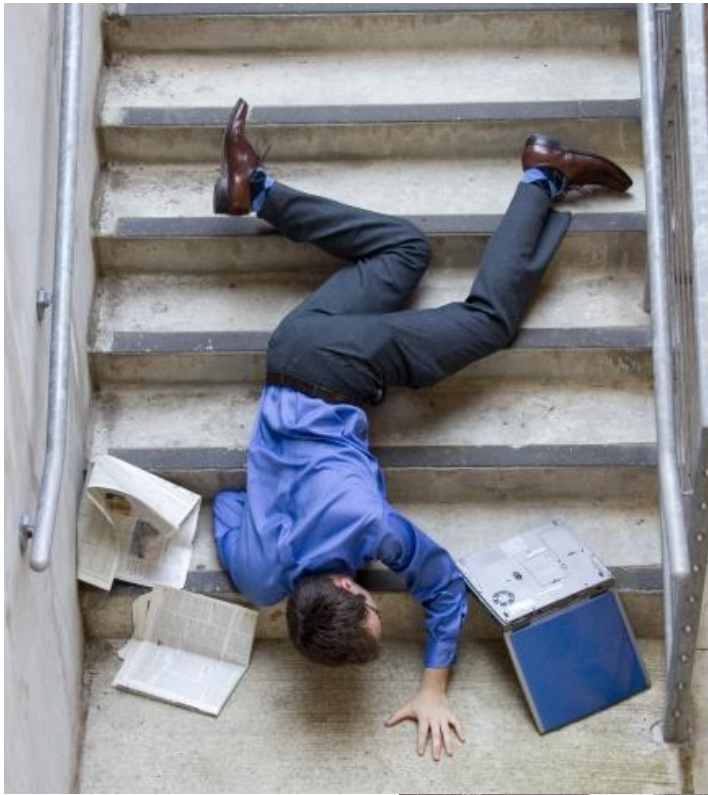
HEALTH

DISEASE

DISEASE

(NO SYMPTOMS) (NO SYMPTOMS) SYMPTOMS!





E



G



F

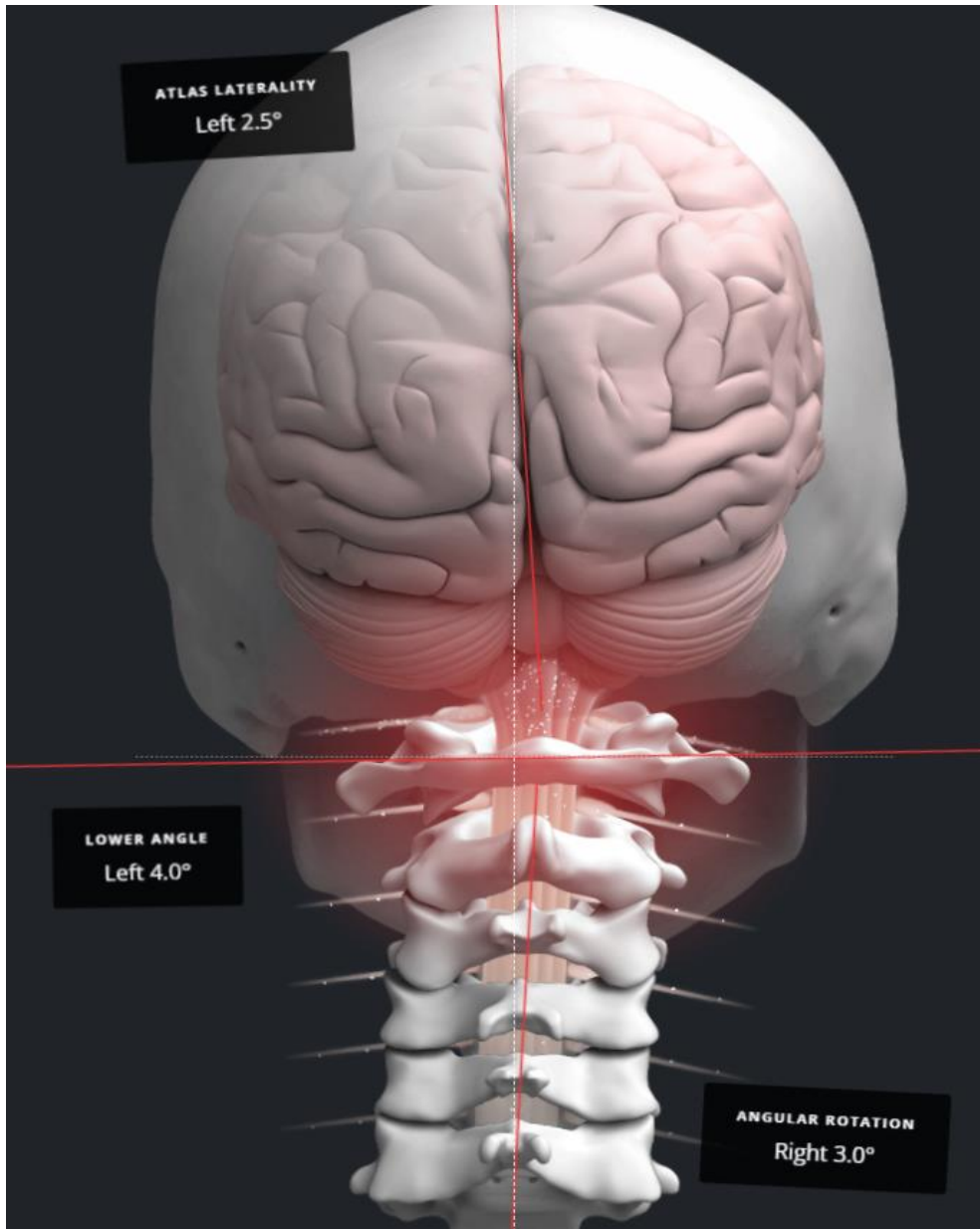
WHAT HAPPENS NEXT?

- ⦿ Some injuries are immediately addressed
- ⦿ Other injuries may be undetected
 - One of the most common is the ASC
- ⦿ Subtle breakdown occurs over time
- ⦿ New symptoms develop, often without perceived cause

ASC: ATLAS SUBLUXATION COMPLEX

An atlas vertebra that has lost its alignment with the vertical axis in one or more plane, resulting in neuromuscular stresses which in turn produce misalignment of the spine, pelvis, and contiguous structures.



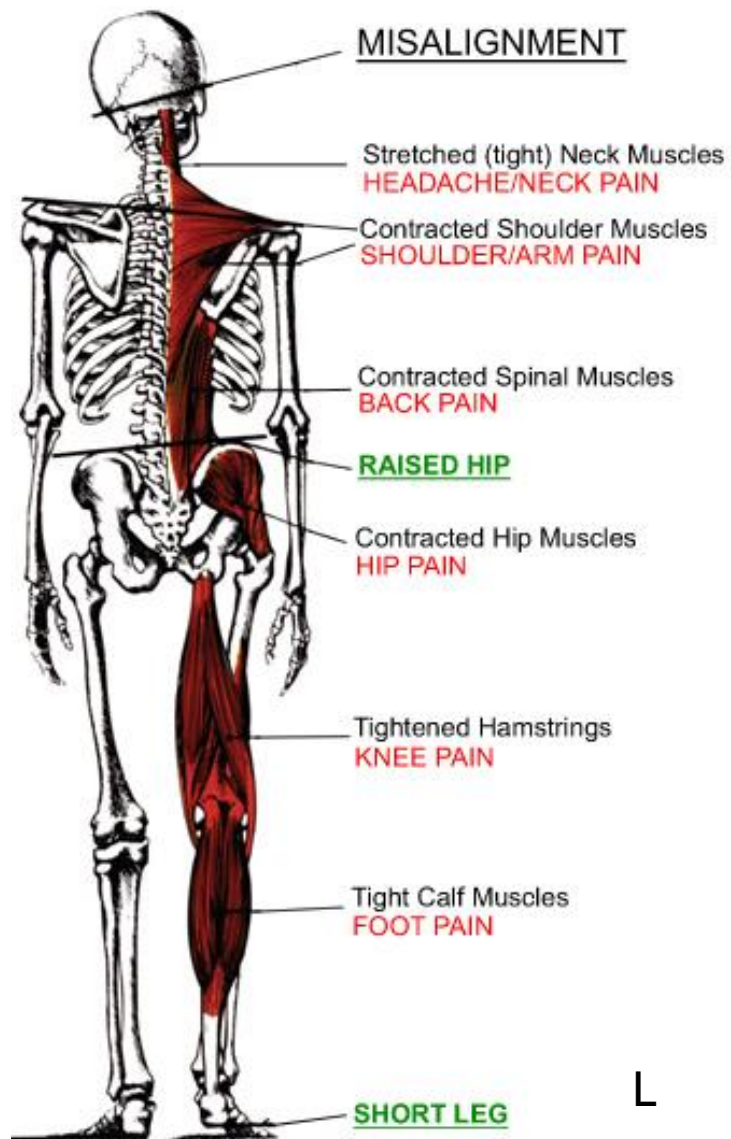



K

ASC: ATLAS SUBLUXATION COMPLEX

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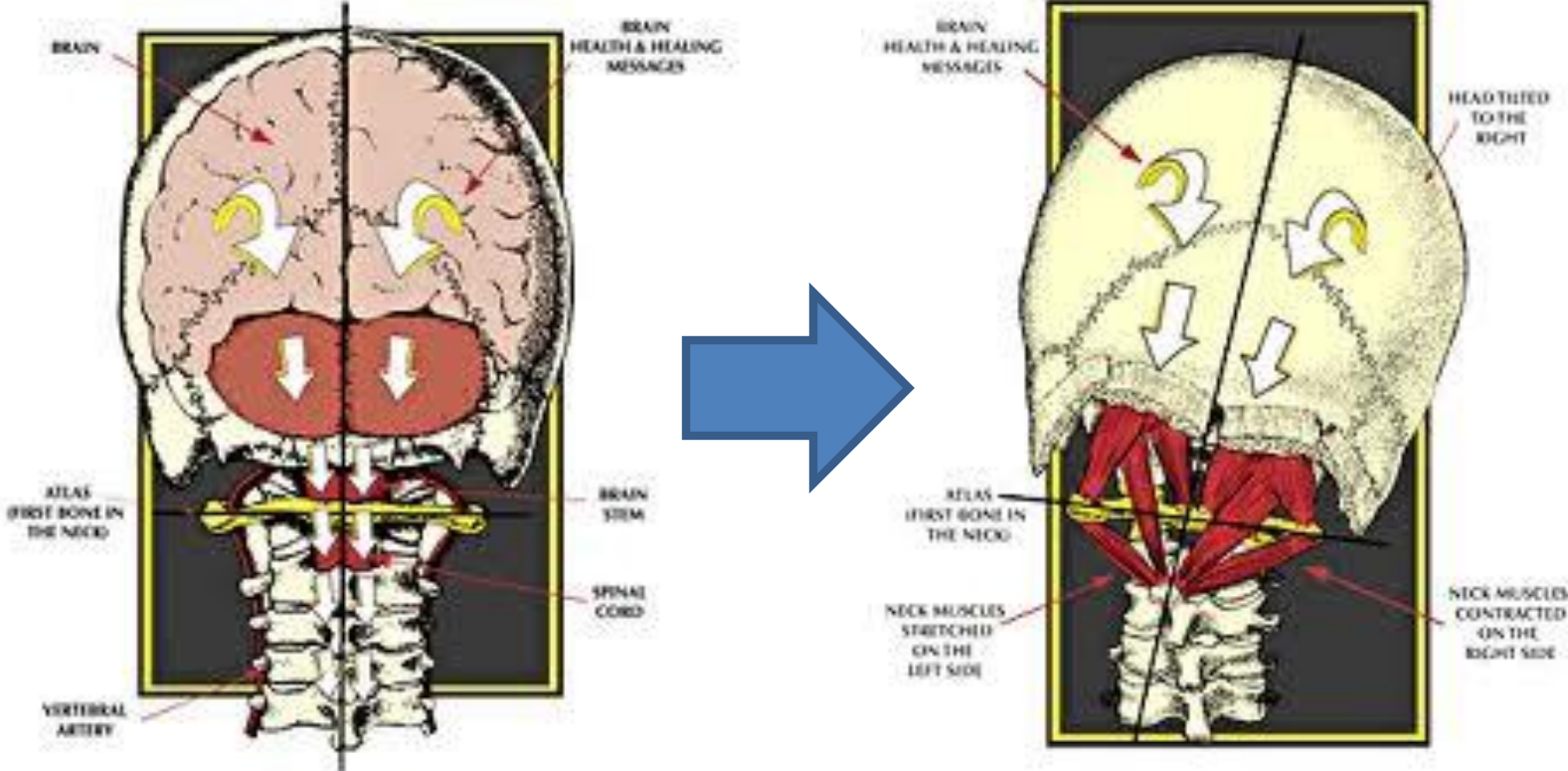
FULL-BODY EFFECT





VERTEBRAL LEVEL	NERVE ROOT*	INNERVATION	POSSIBLE SYMPTOMS
C1	C1	Intracranial Blood Vessels	Headaches • Migraine Headaches
C2	C2	• Eyes • Lacrimal Gland	• Dizziness • Sinus Problems
C2	C3	• Parotid Gland • Scalp	• Allergies • Head Colds • Fatigue
C3	C3	• Base of Skull • Neck	• Vision Problems • Runny Nose
C4	C4	Muscles • Diaphragm	• Sore Throat • Stiff Neck
C4	C5	• Neck Muscles • Shoulders	• Cough • Croup • Arm Pain
C5	C6	• Elbows • Arms • Wrists	• Hand and Finger Numbness
C6	C7	• Hands • Fingers • Esophagus • Heart • Lungs • Chest	or Tingling • Asthma • Heart
C7	C8		Conditions • High Blood Pressure
T1	T1	Arms • Esophagus	Wrist, Hand and Finger
T1	T2	• Heart • Lungs • Chest	Numbness or Pain • Middle Back
T2	T3	• Larynx • Trachea	Pain • Congestion • Difficulty
T3	T4		Breathing • Asthma • High Blood
T4	T5	Gallbladder • Liver	Pressure • Heart Conditions
T5	T6	• Diaphragm • Stomach	• Bronchitis • Pneumonia
T6	T7	• Pancreas • Spleen	• Gallbladder Conditions
T7	T8	• Kidneys • Small Intestine	• Jaundice • Liver Conditions
T8	T9	• Appendix • Adrenals	• Stomach Problems • Ulcers
T9	T10		• Gastritis • Kidney Problems
T10	T11	Small Intestines • Colon • Uterus	
T11	T12	Uterus • Colon • Buttocks	
T12	L1	Large Intestines	Constipation • Colitis • Diarrhea
L1	L2	• Buttocks • Groin	• Gas Pain • Irritable Bowel
L2	L3	• Reproductive Organs	• Bladder Problems • Menstrual
L3	L4	• Colon • Thighs • Knees	Problems • Low Back Pain
L4	L5	• Legs • Feet	• Pain or Numbness in Legs
L5	S A C R A L	Buttocks • Reproductive Organs • Bladder • Prostate Gland • Legs • Ankles • Feet • Toes	Constipation • Diarrhea • Bladder Problems • Menstrual Problems • Lower Back Pain • Pain or Numbness in Legs

WHAT HAPPENED?





H



I



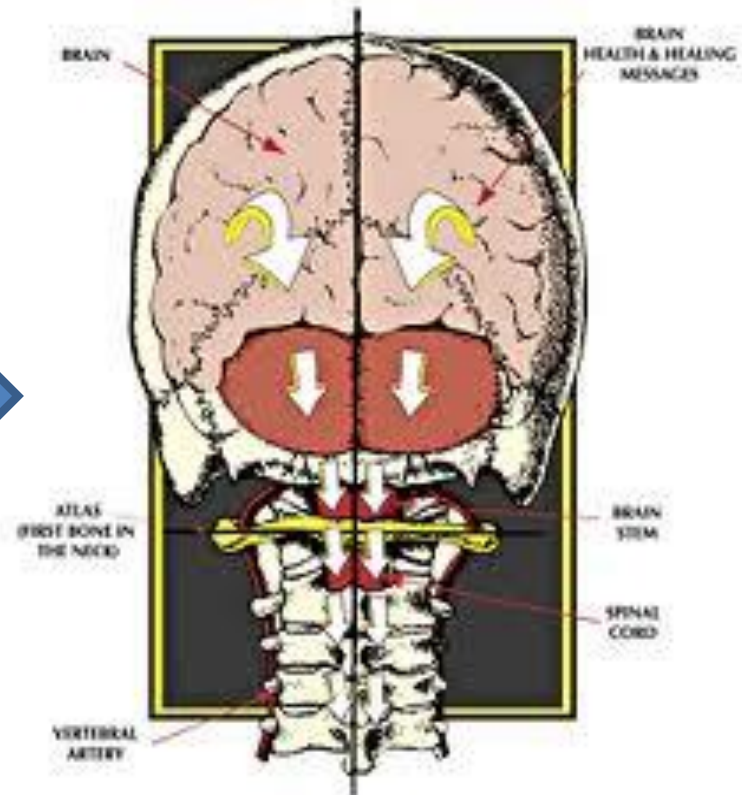
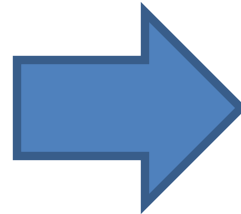
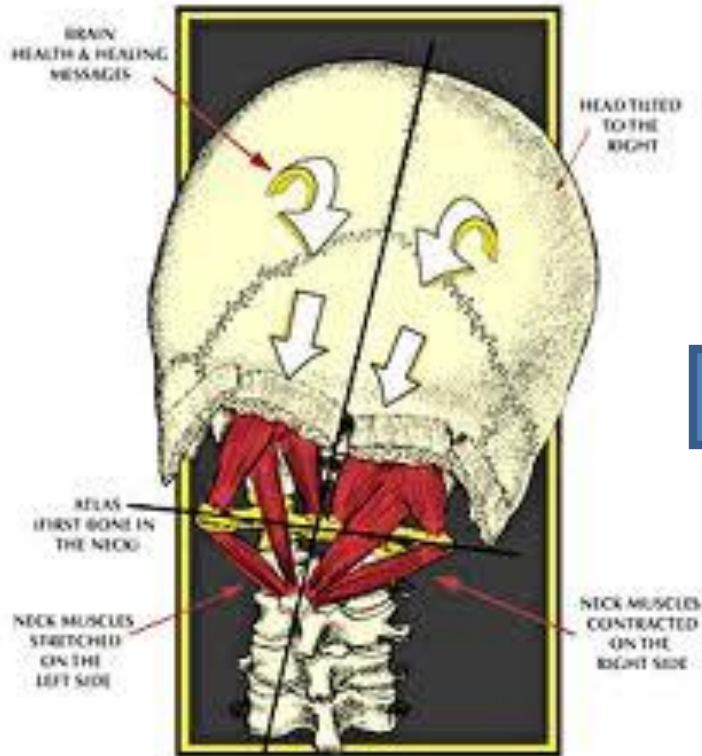
J

HOW DO WE FIX THE PROBLEM?

- ⦿ Medication
- ⦿ Exercise/Therapy
- ⦿ Surgery
- ⦿ Removing pressure from the nerves



IMPROVING NERVE FUNCTION

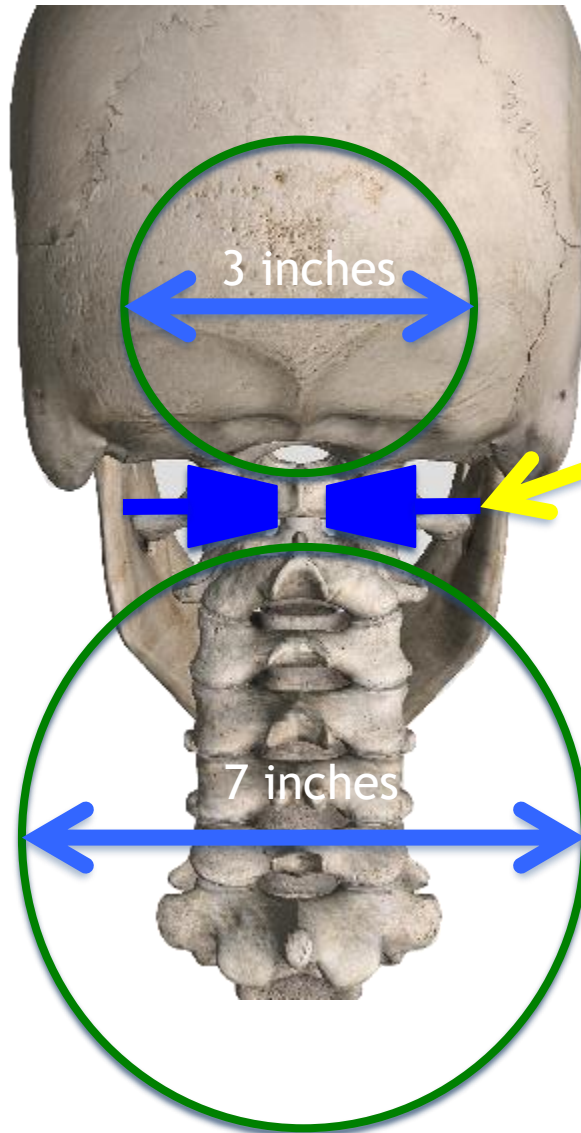


SET UP CONDITIONS FAVORABLE FOR HEALING

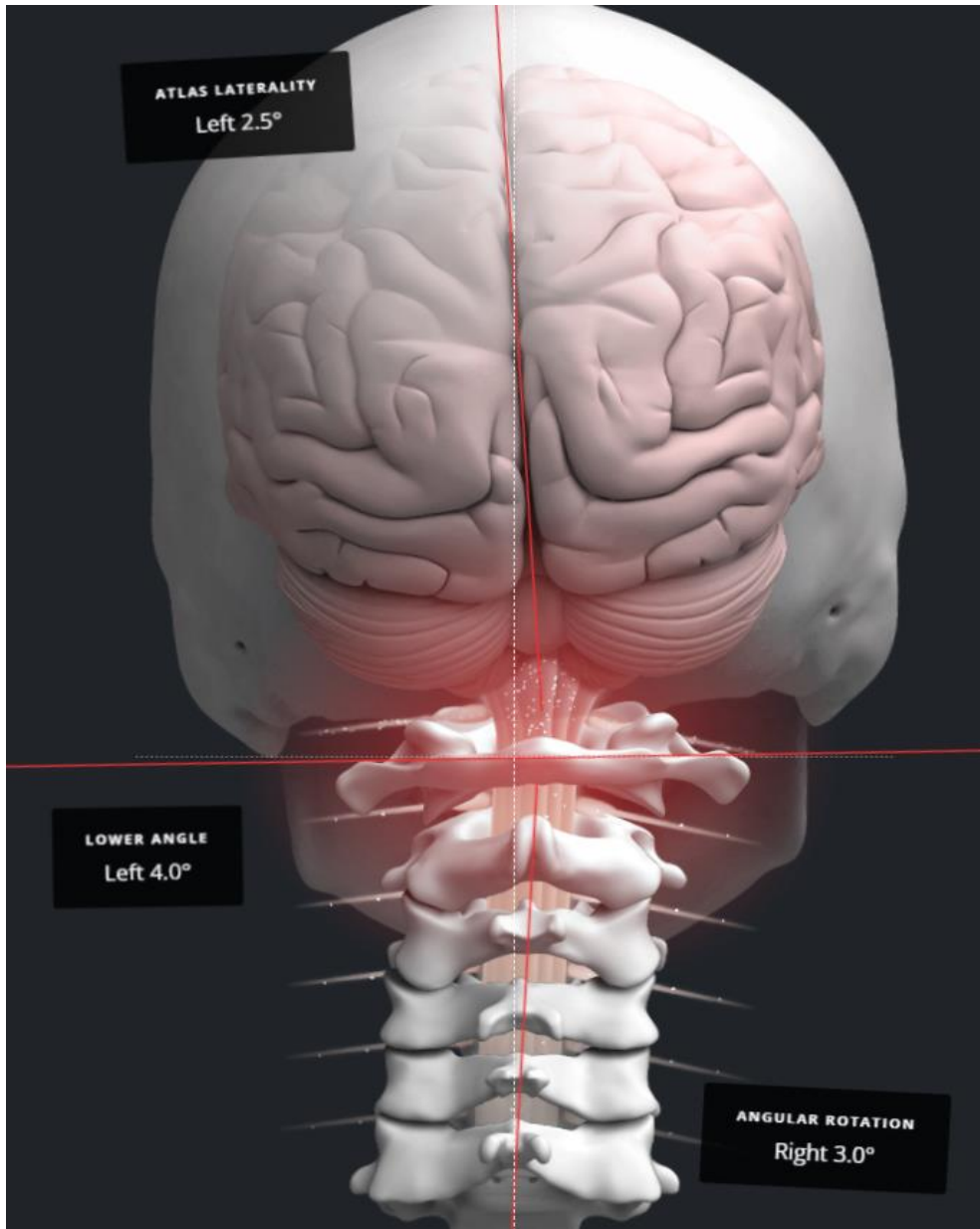


Condylar-Axial Relationship

$$(A-C) / 2 =$$
$$(7-3) / 2 = 2$$



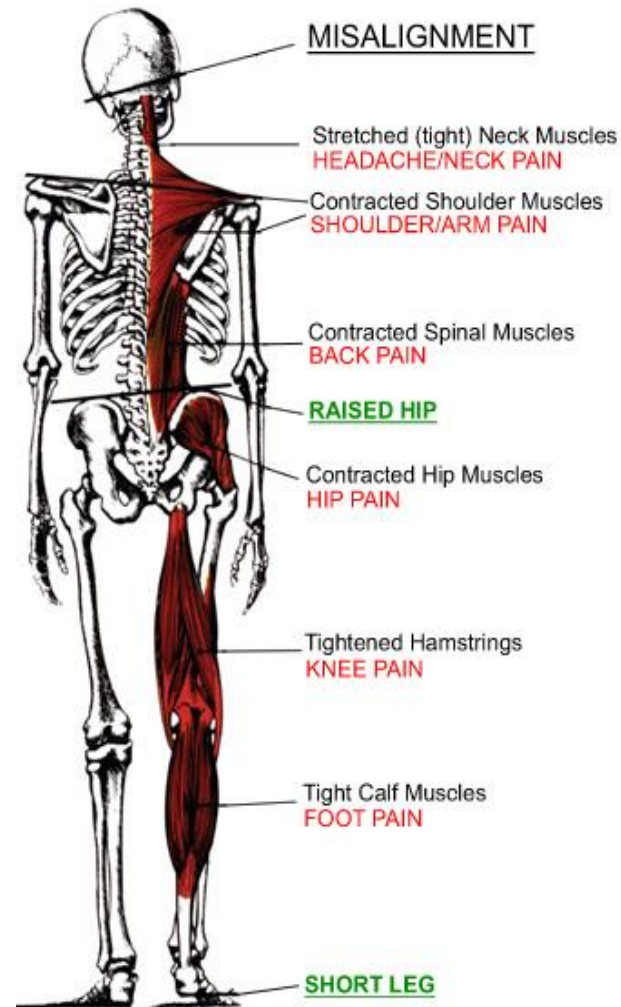
C/A = 2
inches
HV @ C/A
= 50/50 relationship of
force distributed into
the 2 circles



K

WHO IS A GOOD CANDIDATE?

- ⦿ Health History
- ⦿ Body Balance Screening
- ⦿ Not everyone is a good candidate; for example, individuals who want or need immediate relief should seek other care



The NUCCA procedure
initiates a natural healing
process by helping optimize
proper body function



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