

HOME CARE

1. Set aside a special part of each day for complete mental and physical relaxation. This is important in the restoration as well as maintenance, of normal health.
2. When sitting, you should choose a chair that has adequate firmness to hold your weight comfortably, and always sit straight. Avoid a chair which is too soft or over stuffed. Recliner chairs are acceptable if they are constructed so that you may recline with your back in a normal, straight position.
3. Cross your legs only at the ankles, not at the knees. Crossing your legs at the knees could aggravate an existing back condition as well as interfere with the circulation of the lower limbs.
4. Get plenty of sleep to allow your body to recuperate and repair.
5. Sleep on a firm mattress, preferably one which is neither too hard, nor too soft, but just firm enough to hold your body level, while at the same time soft enough so that your shoulders, buttocks, etc., will sink into the mattress.
6. Your pillow should be neither too high, nor too low. The ideal pillow is one which supports your head so that your neck vertebrae will be level with the rest of your spine. Avoid sleeping on two pillows. Never lie on a couch with your head on the arm rest.
7. Sleep on your back or on your side with your legs flexed slightly, not drawn up tightly. Avoid sleeping on your stomach. Raise your head off the pillow when changing positions.
8. Rise from your bed by turning on your side and swinging your legs off the bed. Then push yourself into a sitting position with your arms, thus minimising the amount of strain on your back.
9. Do not read or watch TV in bed, particularly with your head propped at a sharp or strained angle.
10. Do not sleep sitting in a chair or in cramped quarters. Lie down in bed when it is time to sleep.

If you have any questions about any phase of your health care, feel free to ask your Chiropractor.



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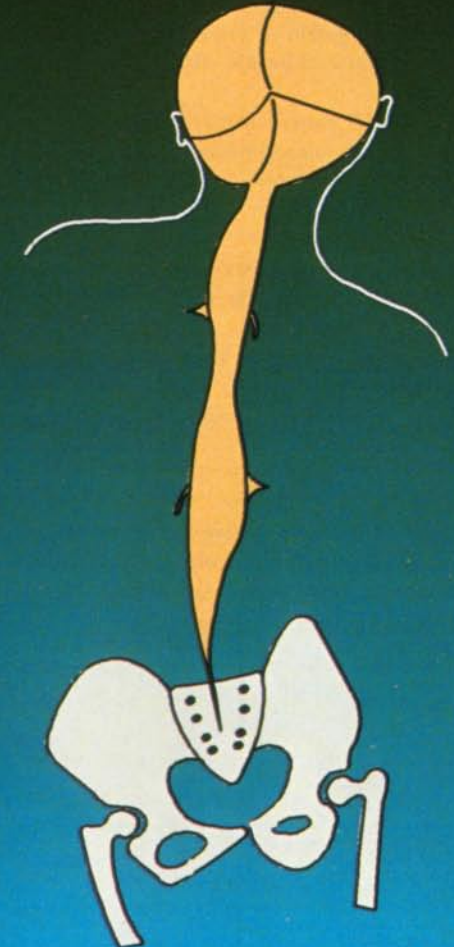
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CATEGORY I



SACRO OCCIPITAL TECHNIQUE

Sacro Occipital Technique (S.O.T.) is so named because of the relationship between the Sacrum (base of the spine) and the Occiput (base of the skull.) These two areas act as anchor points to the sac-like membrane (Dural Membrane) which covers the brain and spinal cord. Within this membrane and surrounding the brain and spinal cord is cerebro-spinal fluid (C.S.F.).

A very special function takes place in the human body that is absolutely essential to good health. It is the circulation throughout the nervous system of C.S.F. A minute regular rhythmic motion between the occiput and the sacrum circulates the C.S.F. around the brain and spinal cord and throughout the nervous system.

This is the circulatory system of the brain and spinal cord and its function is paramount to total health. This is called the Sacral Pump mechanism.

Categories I, II, and III indicate to the Chiropractor the fundamental types of breakdown that occur in the human body causing interference to the nervous system and a deterioration in health.

SPINE AND PELVIS

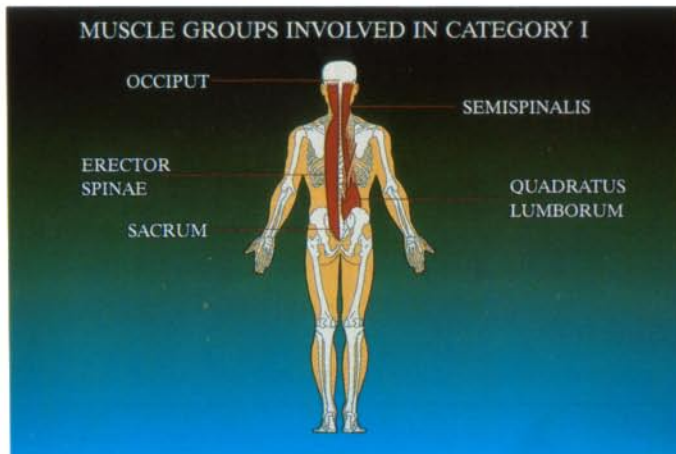
The pelvis is made up of two hip bones (the Iliia) and the triangular bone in the middle called the Sacrum. The junction of the Sacrum with the Iliia is called the Sacro-Iliac joint.

The sacrum forms the foundation for the spine which in turn supports the Cranium (Skull).

This skeletal structure provides the protection for the brain and spinal cord.

THE MUSCLES

The muscle groups involved in Category I attach from the pelvis - particularly from the sacrum to the occiput. These muscles provide support for the sacro-occipital pump mechanism.



STRESS

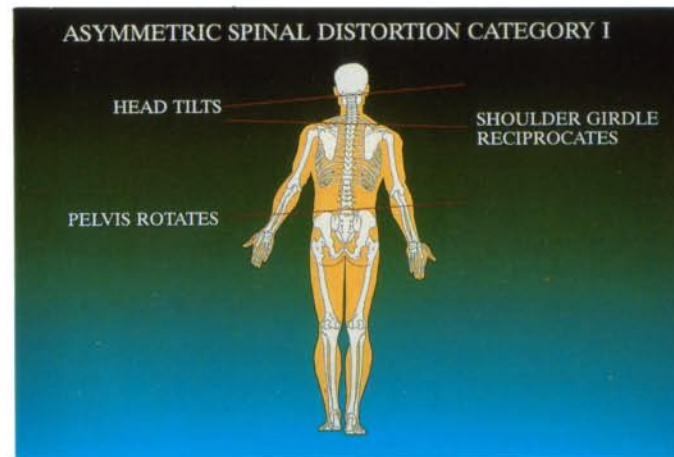
When the body loses its ability to compensate and adapt to the stresses of life, the Category I syndrome may develop.

CATEGORY I

The Category I phenomenon occurs when the sacro-iliac joints become misaligned (subluxated) moving one hip forward and the other backwards. The sacrum rotates and the sacral pump loses its rhythmic function. The picture on the cover shows the distortion of the Dural Membrane around the brain and spinal cord as a result of the Category I pelvic rotation.

ASYMMETRIC SPINE

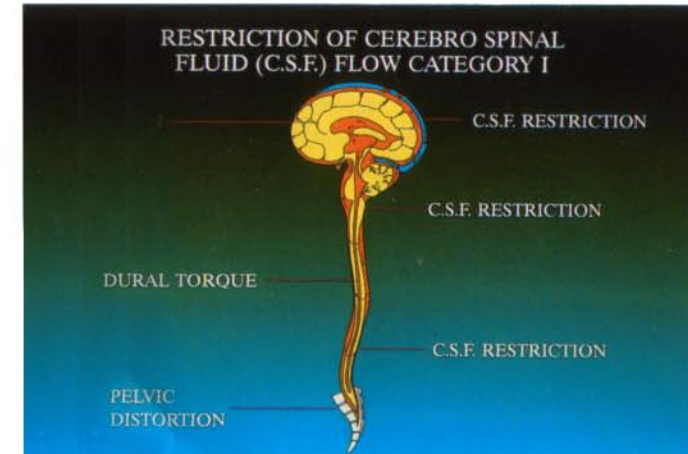
The asymmetric spine results, the pelvis rotates, the shoulder girdle reciprocates and the head tilts.



This distortion affects the free flow of C.S.F. The sacral pump becomes unstable and imbalanced and can no longer circulate the required amount of C.S.F. around the brain and spinal cord. This leads to lack of nutrition, increase in toxicity and lowered level of nerve function around the body.

As we know the nervous system controls the functions of every tissue, organ and system in the body and therefore Category I symptoms maybe varied and many and may include some of the following:

- * any visceral disturbance
- * skin disorders
- * numbness in facial structures or extremities
- * insomnia
- * lower back pain
- * headaches
- * nervousness
- * weight problems



HEEL TENSION

When the sacral pump mechanism is out of balance, the body adapts by locking the normal motion of one heel. Your Chiropractor will use the heel tension as an indicator as to which sacro-iliac is involved.

OCCIPITAL FIBRES

Occipital fibres are small nodules located on the back of the skull (occiput) produced by muscle pull when the pelvis rotates. The most painful or major area is a reflex from a specific level of the spine indicating a vertebral subluxation. Your Chiropractor will proceed to neutralise the subluxation by rubbing the nodule on your head followed by a gentle adjustment to the involved vertebra.

CORRECTION OF CATEGORY I

When correcting a Category I subluxation your Chiropractor will use two blocks which he will place under your pelvis in a designated position and leave you in a prone position for about six minutes to allow your body weight and respiratory motions to reset the sacro-iliac joints and reinstate the sacral pump mechanism for C.S.F. circulation.

CHIROPRACTIC CARE

Your Chiropractor is the only person in the health field who is qualified to stabilise the spine and pelvis and restore normal balance to the sacral pump mechanism.

Follow the advice and instructions carefully in order to derive the most benefit from your Chiropractic Care.