

# Are You De-Evolving?

“Aging and Degenerative (arthritic) changes are NOT SYNONYMOUS”

Harry F. Farfan, M.D., M.Sc., C.M. F.R.C.S., 1988



“90% of the stimulation and nutrition to the brain is generated by the movement of the spine.”

Dr. Roger Sperry M.D. (Nobel Prize recipient for BRAIN RESEARCH)

“For every inch of [Anterior Head Syndrome] it can increase the weight of the head on the spine by an additional 10 pounds.”

Kapandji, Physiology of Joints, Vol. 3

“[Anterior Head Syndrome] leads to long term Muscle Strain, Disc Herniations, Arthritis and Pinched Nerves.”

Mayo Clinic, Nov 3, 2000

“Loss of the cervical (neck) curve stretches the spinal cord 5-7 cm and causes disease.”

Dr. A. Brigg, Neuro surgeon (Nobel Prize recipient)

“Deviations in the body's center of gravity caused poor posture, which resulted in intestinal problems, hemorrhoids, varicose veins, osteoporosis, hip and foot deformities, poor health, decreased quality of life, and shortened life span.”

Freeman JT, Posture in the Aging and Aged Body. JAMA 1957; 165(7): pp 943-946 JAMA Journal of the American Medical Association

## WHEN WILL YOU FINALLY TAKE ACTION!

Like it or Not, the Daily Effects of Stress & Trauma Do Add Up!