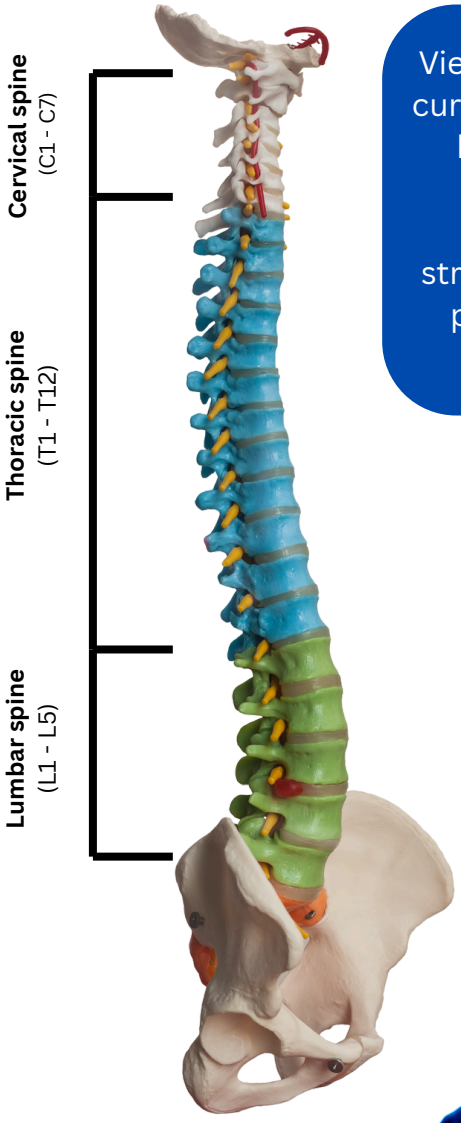
THE SPINE - YOUR SUIT OF ARMOUR

The central nervous system controls and coordinates the function of every cell, tissue, system, and organ in the body. The skull protects the brain, whilst the spine protects the spinal cord and delicate neve roots.



Viewed laterally, the spine has three curves - a **Cervical** lordosis, **Thoracic** kyphosis and **Lumbar** lordosis.

"Loss of the Cervical lordosis stretches the spinal cord 5-7cm and produces pathological tension"
Dr Alf Breig





Discs sit between each vertebra, acting as a cushion, shock absorber, and spacer for the nerve root. Discs obtain their nutrient and blood supply through spinal motion - key to Chiropractic care.

The spinal cord relays information from the brain to the body and from the body back to the brain. The spinal cord is encased in water for the purpose of conducting electrical signals at lightning speed.

