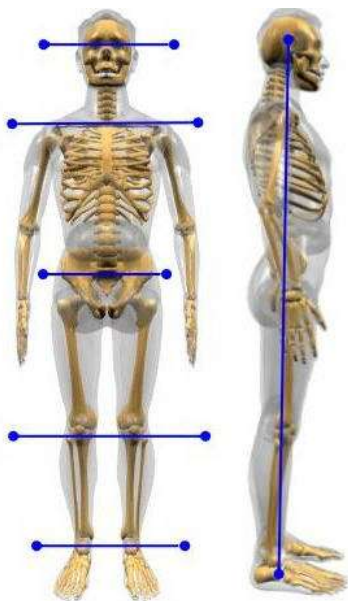


# Why Posture Is So Important



Posture is the window to the spine. If posture is out of balance, then the spine is out of balance, putting unhealthy pressure upon your nervous system. Activities as subtle as sleeping, standing or walking abnormally; to more obvious traumas like emotional stress, work or auto injuries, computer work, recreational injuries and even the birth process itself can result in spinal imbalance.

Your spine is the most important factor affecting your posture. In order to have the best possible posture (and health), your spine has to be in the best possible condition. Optimal posture is a vital key to achieving optimal health for each person in your family. Early detection and elimination of subluxation will lead to a healthy nervous system at any stage of life.



From a rear-view your spine should be perfectly straight, each of the 24 spinal bones stacked precisely on top of each other. Looking at the spine from the side you should see three curves. These spinal curves are extremely important to maintain so that the spine can absorb the stresses of everyday life properly and to protect the delicate spinal cord, which sends information from your brain to every part of your body.