

Being Able to Stand Upright Without Effort is Healthy

Advanced BioStructural Correction™ (ABC™)

Helps you Stand Upright Naturally, Without Effort

By Dr. Gabriel Russo

Have you ever been told, “You should stand up straight?” Or have you ever thought to yourself, “I’d like to be able to sit and stand up straighter?” This article will explain to you how you can stand upright without effort and why it’s so good for your health and well being. This may sound too good to be true, but as you can see from the pictures below, it is accomplished on our patients with Advanced BioStructural Correction™.

Research shows that our posture, the way we stand *when we are relaxed*, is a crucial factor in good health. Flawed structural alignment results in poor posture, which is a cause of pain as well as compromising to all body functions. Confirming this is the scientific article from the **American Journal of Pain Management**. It is entitled: “**POSTURAL AND RESPIRATORY MODULATION OF AUTONOMIC FUNCTION, PAIN, AND HEALTH**”: 1994; Volume 4, pages 36-39, and authored by: John Lennon, BM, MM, C. Norman Sheeley, MD., Roger K. Cady, MD, William Matta, Ph.D., Richard Cox, Ph.D. and William F. Simpson, Ph.D.

“Observation of the striking influence of postural mechanics on function and symptomatology have led to our hypothesis that posture affects and moderates every physiologic function from breathing to normal hormonal production.” (Citations from the research will be italicized throughout this article.)

First of all, let’s define the word “physiology”. Physiology is Latin for “how the body works.” What the research discovered is that “*posture affects . . . every physiologic function,*” meaning all of our body functions, not some, ALL, because every bodily function is controlled and moderated by our neurological system. Altered structural alignment resulting in poor posture causes abnormal pressure on and stretching of the nerves, as a result, all functions are adversely affected by poor posture. Structural correction using the ABC™ method will result in upright posture without effort and a much healthier body.

A few examples of how flawed structural alignment, which alters posture adversely, affects health:

- It alters the chest cavity and rib cage shape which compresses the lungs and heart. Besides causing asthma and other breathing problems, this compromises heart function and can cause heart disease (there is a great deal of medical research on this, see: *Height Loss in Older Men Associations With Total Mortality and Incidence of Cardiovascular Disease S. Goya Wannamethee, PhD; et. al, Arch Intern Med. 2006;166:2546-2552.*)
- It compresses the abdomen, which can lead to digestive problems.
- Altered posture also twists and bends your blood vessels to cause circulatory problems.

“Posture affects . . . every physiologic function from breathing to normal hormonal production!”



In summary, having your bones out of alignment not only causes the whole body to twist in **compensation**, affecting all organs, it can cause everything from headaches, neck pain, lower back pain and pain anywhere in between, including stressing all the joints: such as ankles, feet, knees, hips and shoulders. This is specifically noted in the scientific research:

“Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are among the functions most easily influenced by posture.”

Therefore, correcting your body structure will result in your posture staying upright in a natural position without effort and will relieve these maladies. This is what we accomplish at our Chiropractic office. The pictures you see here is of someone relaxed and letting their body slump before and after their first adjustment. Through the Advanced BioStructural Correction (ABC™) work, we make the changes to restore a healthier posture for you with the resultant positive changes to your health and well being. Back to the article:

“The most significant influences of posture are upon respiration (and) oxygenation . . .” Not only can we breathe better, we can oxygenate the blood better to be more clear-headed and energetic.

“Ultimately, it appears that homeostasis and autonomic regulation are intimately connected with posture. The corollary of these observations is that many symptoms, including pain, may be moderated or eliminated by improved posture.”

This is a huge declaration for a scientific paper published in a Pain Management journal. Homeostasis is how you keep your body in equilibrium, physically and chemically balanced, such as maintaining body temperature when it's hot or cold. When it's hot, we sweat to cool, when it's cold, we shiver to warm up.

Altered structure which leads to poor posture compromises our homeostasis and autonomic function as well as causing pain. (Autonomic function controls involuntary

functions of the body such as breathing and respiration, heart rate, digestion, perspiration, etc.). The key question is how can we improve our posture? The short answer is we cannot ourselves, but someone else can correct our structure so our posture will then stay upright by itself. The reason for this is the discovery by Dr. Jesse Jutkowitz, the founder of ABC™, that bones in the spine move forward in a direction the body can't self correct because there are no muscles able to pull it back in the direction needed.

How can we Improve our Posture?

Many people intuitively understand that poor posture is not healthy and doesn't look good either so they try to stand upright using effort to counter the negative effects. Unfortunately, this does not get desired or lasting results. Holding yourself upright abnormally changes the spine and compresses your chest and heart. You can experience the results of this by noticing how easy or difficult your breathing is when totally relaxing and breathing in and out. Then, hold yourself upright by bringing your shoulders back, and again breathe in and breathe out. Most of you will notice that it is more difficult to breathe holding yourself upright than being relaxed. Try it for yourself.

Furthermore, when we try to hold our bodies up using our will and effort, it is tiring, the muscles ache and spasm and it uses precious energy that is needed for life functioning instead. Struggling to hold yourself upright with effort is not the answer. What is the answer is receiving structural correction at [Dr. Gabriel Russo's office](#) so your body will stay upright **with no effort**. That begins to happen noticeably after your first ABC™ adjustment and you will have begun the process of regaining your health, something that you may not have had for years, some of you for decades! Actual structural correction restores your upright and natural posture. As a result your body functions better, looks better, and you get the health benefits you're looking for.

Call us today at 650-363-1156.

**Before and After pictures utilizing
Advanced BioStructural Correction™ (ABC™)**



Before 1st adjustment



After 1st adjustment

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