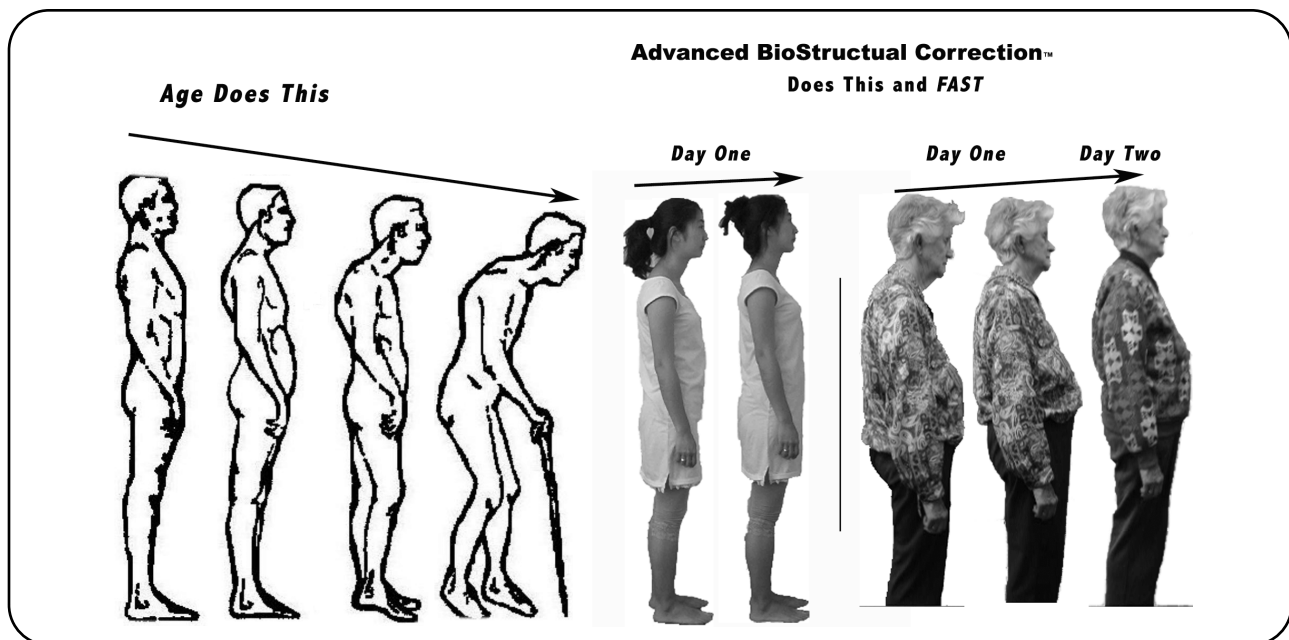


## The Key Discovery

By Dr. Gabriel Russo

The key discovery that underlies the practice of Advanced BioStructural Correction™ (ABC™) is that bones can move slightly out of place in a direction the body can not self correct because there are no muscles or sets of muscles that can pull in the direction(s) needed to correct the positions of the bones. The founder of ABC™, Dr. Jessie Jutkowitz, noticed this phenomenon thought it was very obvious and imagined that others must have noticed it too. When he researched the literature, he found no mention of it even going to the Oriental and Ayurvedic literatures on manipulation. Bones slightly out of place in directions the body cannot self correct causes alterations of natural healthy posture. You may have seen this pattern in someone whose head is forward and they are slumped over. You may have seen it in yourself. Has anyone ever said to you, “Stand up straight, you’re slumping”? Have you tried to stand up straight? As much as you try to improve your posture in this way, because the bones have moved forward, it takes effort, and over time, you get tired and go back to a slumping posture.



Here's how things get this way:

1. *Bones go out of place in a direction the body can't self-correct because there are no muscles that can pull the bones back to their proper position.* This causes a set of cascading effects:
2. The nerve tissues get irritated, then;
3. The body compensates by tightening the muscles and twisting the whole body requiring even more compensations.

These 3 steps repeat over and over until a person gets all twisted up, their posture distorts, their muscles get tight, they may hurt or not, and they get varying neurological symptoms. At even the most basic level just about all body functions are adversely affected to some extent, mild or severe.

One way altered posture shows up is when your head moves into a forward position and forces you to stand or sit in a slumped position. Another way it manifests is that people's shoes start to wear out differently, or they develop calluses on their

feet. Another way it shows up is over time, as someone gets older, a small forward lean of their body becomes more pronounced until they are hunched over, like “an old person”. The truth is, we don't have to get that way when we get “old”.

What happens when your body compensates, you become less resistant to the stressors in your environment and you begin to accumulate more and more compensations. It's like winding up the rubber band on a toy airplane, after a while, your body can not compensate any more.

## Forward Head Posture (FHP)

As we become twisted, our posture distorts. One of the most common ways this happens is called “forward head posture”. If we look at a healthy posture, the head, which weighs about the same as a bowling ball, is aligned with the shoulders and hips. *“For every inch of forward head posture, it can increase the weight of the head on the spine by an additional 10 pounds.”* (Kapandji, Physiology of the Joints, Vol.3)

*According to Rene Cailliet, MD, Director of the Department of Physical Medicine and Rehabilitation at the University of Southern California, forward head posture can add up to 30 pounds of abnormal leverage on the cervical spine. This can pull the entire spine out of alignment. FHP results in loss of vital capacity of the lungs by as much as 30%. This shortness of breath can lead to **heart and blood vascular disease**. The entire **gastrointestinal system is affected**; particularly the large intestine. Loss of good bowel peristaltic function and evacuation is a common effect of FHP. It causes an increase in discomfort and pain because proprioceptive signals from the first four cervical vertebrae are a major source of the stimuli which create the body’s pain controlling chemicals (endorphins). With inadequate endorphin production, many otherwise non-painful sensations are experienced as pain. FHP dramatically reduces endorphin production.*



## What can be done about this?

We use an advanced technology and methodology to unwind your body back through these compensations called Advanced BioStructural Correction™ (ABC™). This technique is based upon years of research by a Swedish Neurosurgeon, Alf Brieg and the discoveries of an American chiropractor, Dr. Jesse Jutkowitz. The ABC™ doctor gently brings back the bones that have moved in a direction the body can't self correct because there are no muscles to bring them back.

## The Meningeal Adhesion Factor

There is another key factor in how the ABC™ chiropractor is able to make the necessary adjustments. Adhesions between the the spinal

column [canal], bones and the meninges will keep the bones stuck in an abnormal, twisted position. These adhesions may need to be released first before the bones can be moved as needed. (See the article: “How to Reduce Inflammation without Medication” to learn about this phenomenon).

## What’s the result for people receiving this care?

A person is able to reconfigure, re-align, and reposition their body back towards its natural state, untwisted and stable.

I am happy to offer this revolutionary, ground breaking technique as it assists people in standing upright without effort.