

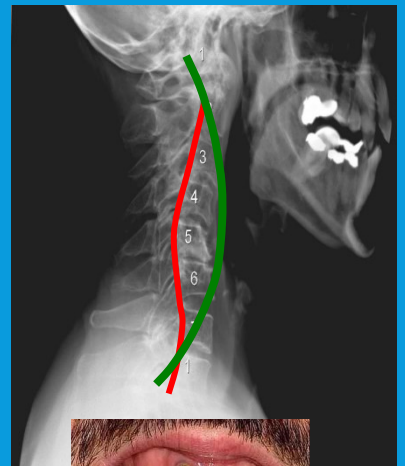
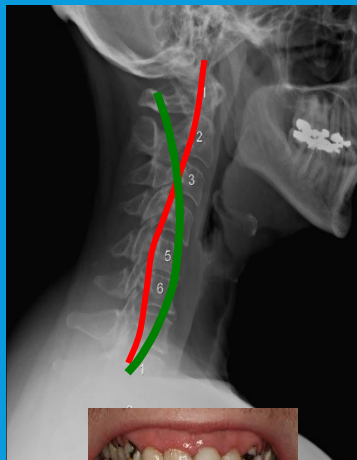
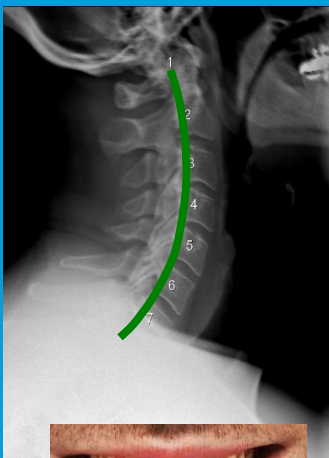
How To Alleviate Neck Pain Headaches and Migraines

THE ULTIMATE CHIROPRACTIC GUIDEBOOK

(UPDATED FEB21)

VOLUME 1 - UPPER SPINE

Dr Craig Hindson BEng DC



HOW TO USE THIS WORKBOOK...

1. Do a “birds-eye view” scan through of this workbook to get an overall understanding of the material.
2. Click on the links to drill down to more detailed information on the subject (video demonstrations / pdfs / transcripts).
3. [Click here](#) to get a walk-through, talk-through by Dr Craig Hindson of the material with [additional detail not covered in the text.](#)
4. Print off the worksheets and when conducting the spinal hygiene exercises then complete to assess progress.

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OUR PURPOSE AT



Our purpose is:

To help you raise the health of yourself and your family so that you can:

“Do What You Love For Longer”

2. Why?

There is a crisis in healthcare.

Even before the advent of smartphone technology in 2005, which contributes further to the current tech addiction and the “Sitting is the New Smoking” epidemic, there was a problem identified by the US CDC.

Additionally, there is the more recent 2020/2021 viral health scare further exacerbating isolationism, a lack of exercise and poor oxygenation which will have its own significant health issues.

In 2009 on the subject of health and longevity the US Centre for Disease Control made this statement:

WHY?



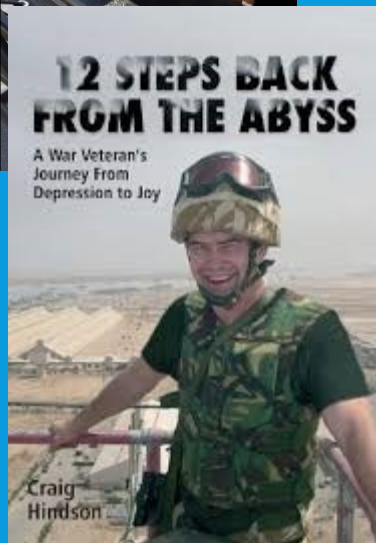
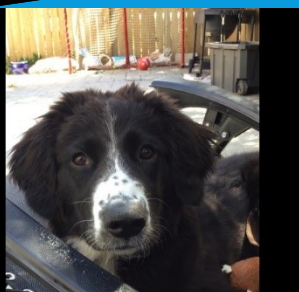
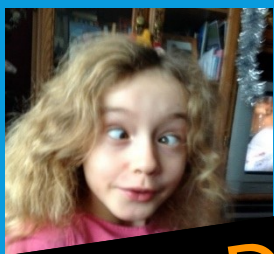
I do not know about you but I am NOT OK with this! Especially as:

A) Both my children were born after 2000 and

B) from my experience of being involved in chiropractic health for the last 18 years I know it does NOT have to be this way.

Dr Craig Hindson BEng DC

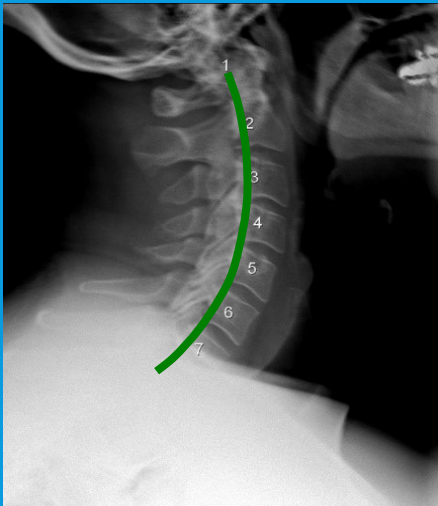
A Bit About Your Dr



Born in Scotland but brought up in South West England I joined the military and was the first member of my family to go to university. Trained as an engineer office in the Royal Navy. Met Dr Marie Claude in Plymouth and was ignorant of chiropractic – wasn't it just bad necks and bad back? She insisted I go to a chiropractic workshop if I was going to date her. Epiphany for me. Put notice in to leave the service.

Before I left I had served in 3 war zones – Yugoslavia, Afghanistan 2002 and Iraq War 2003. The last 2 war zones I served with the Royal Marine Commandos. After returning to UK my health saved by an 80-year-old chiropractor. Had children. Wrote a book on health recovery 6 years before becoming a chiropractor. Been involved in chiropractic for 18 years.

A LITTLE ANATOMY OF THE UPPER SPINE

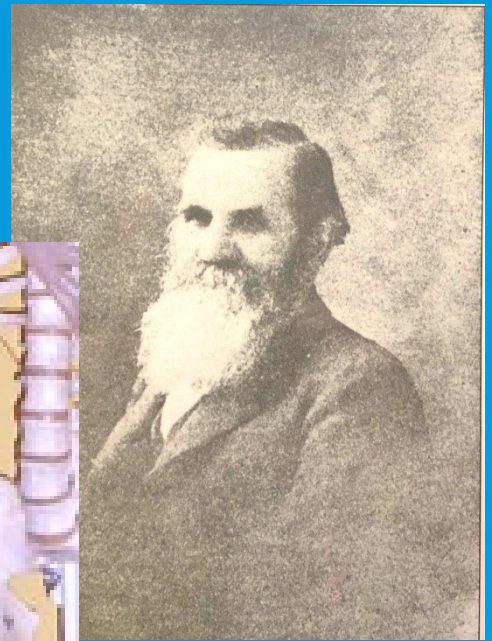
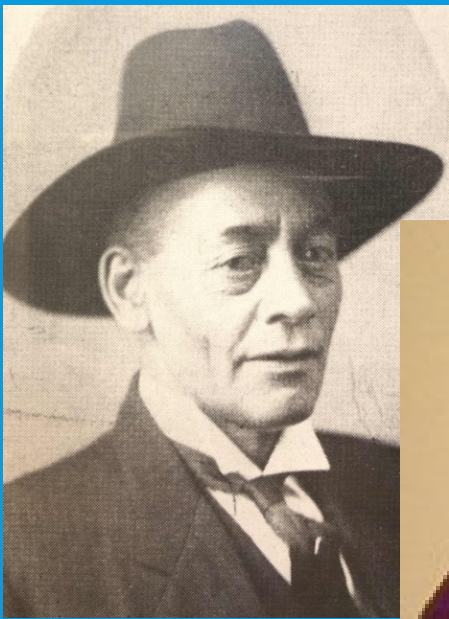


This xray shows, under the base of the skull, the first 7 vertebrae which make up the neck. The latin name is "cervical" vertebrae (which means neck) so they are labelled C1 at the top to C7. C1 and C2 are specialised vertebra and give the head 50% of its 80-90 degree rotation. (see the video that goes with this guide book for further details)



How to Get Better Results in Your Health

A Bit Of History – Keeping It Real!

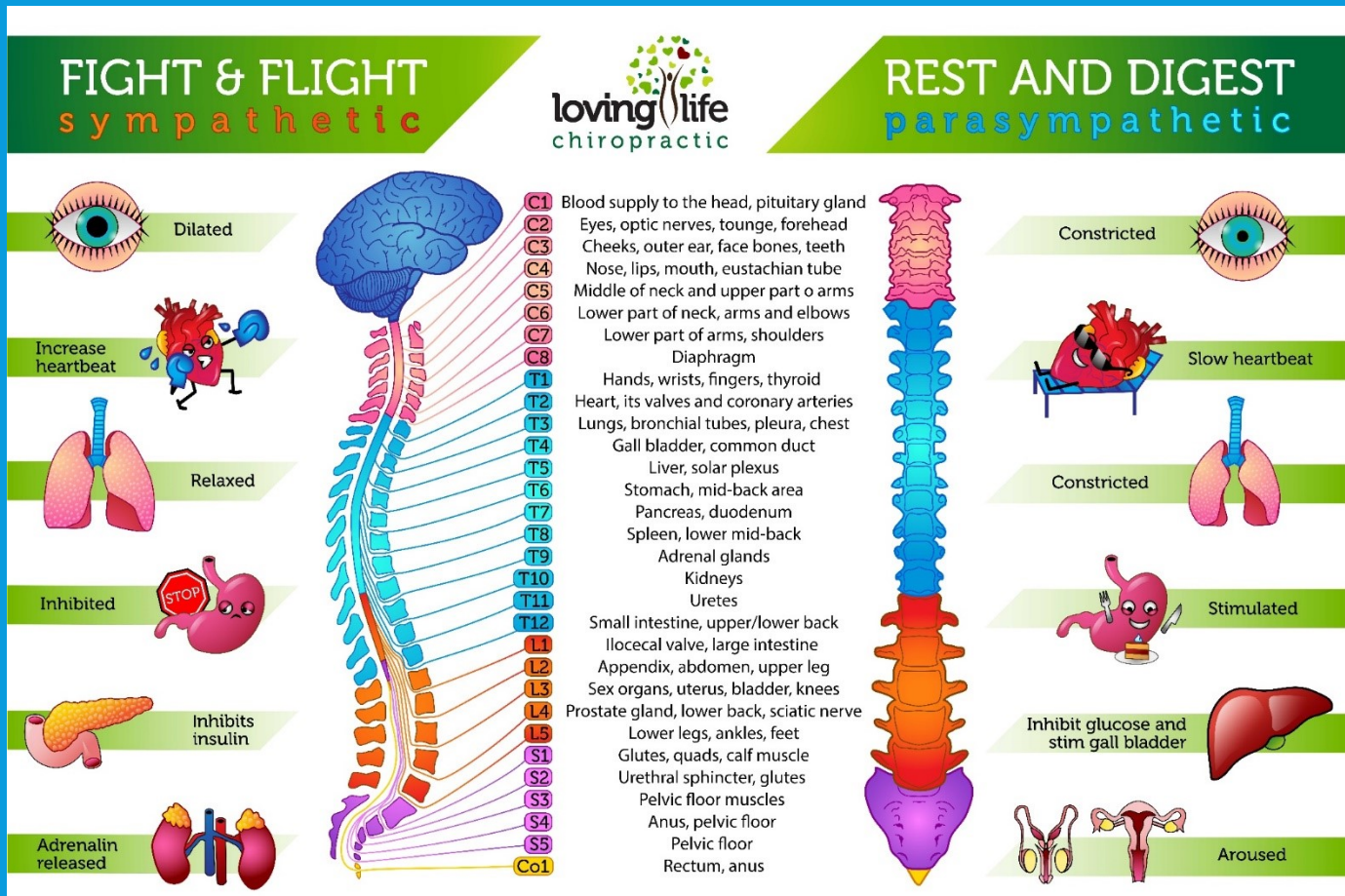


Harvey Lillard (left) was the first chiropractic patient ever in 1895 and young Rhys was a young patient of ours in the UK who had the same issue resolve as Lillard. They were both partially deaf! DD Palmer on the right was the first chiropractor. Now its IMPORTANT to understand – that chiropractic is not a cure or treatment for deafness. Chiropractic just removes nerve system interference. Once subluxation is removed then the body is better able to heal itself. Indeed, we had many people come into our office with hearing aids who still have them i.e. they remain deaf but their health has improved.

THE NERVE SYSTEM

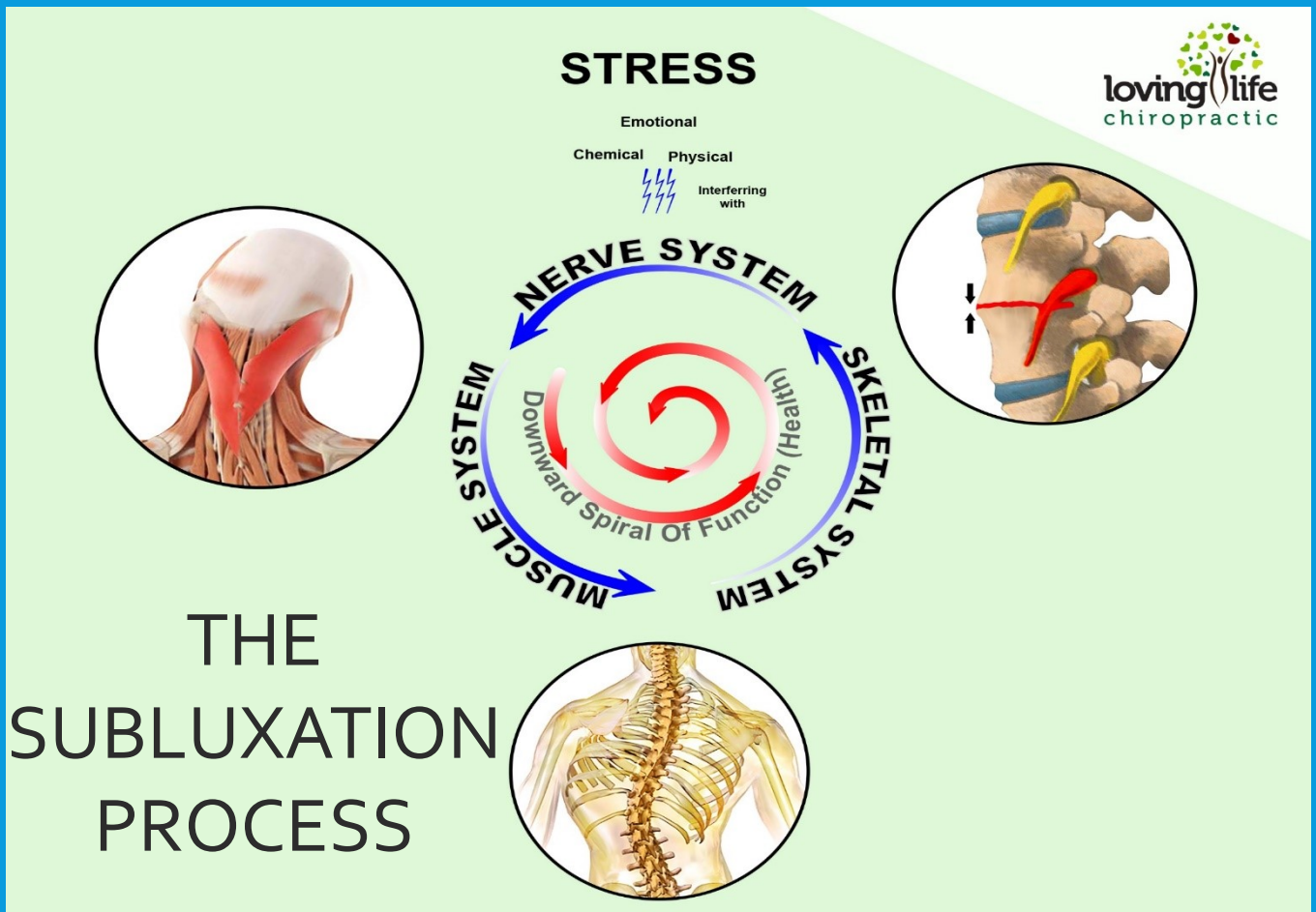
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MASTER CONTROL SYSTEM



So with Harvey Lillard and Rhys it wasn't about neck pain or back pain which is what most people today think chiropractic is about. So why did they get results with hearing issues? It is because the nerve system controls everything and nerves from the upper spine (neck) specifically interface with the brain stem and sense organs.

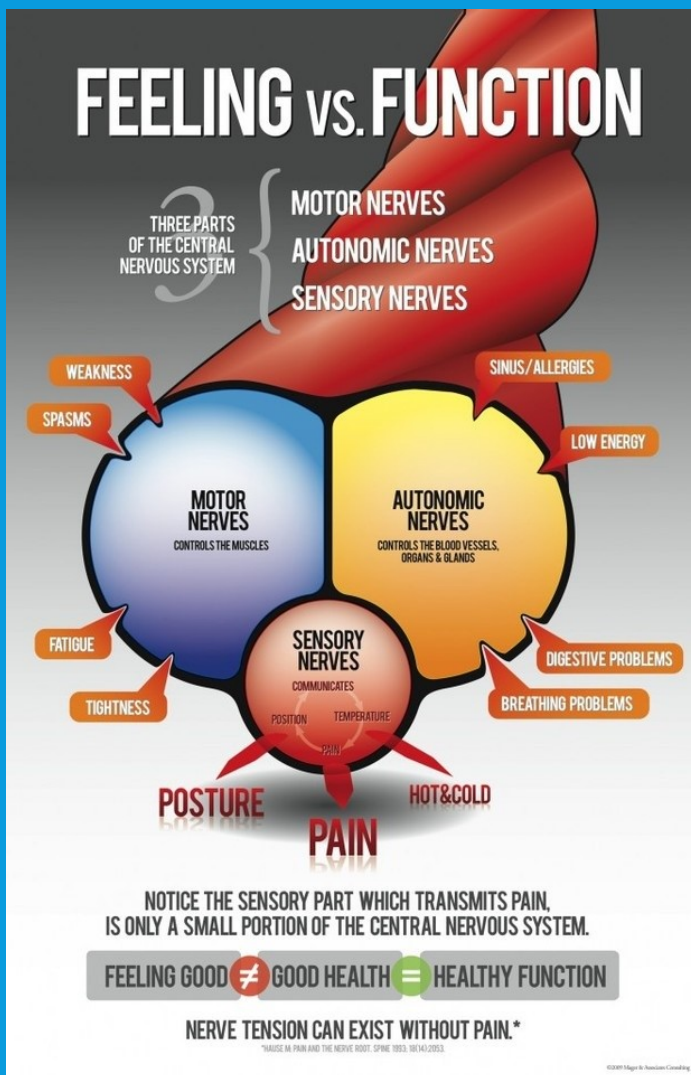
CHRONIC NERVE INTERFERENCE



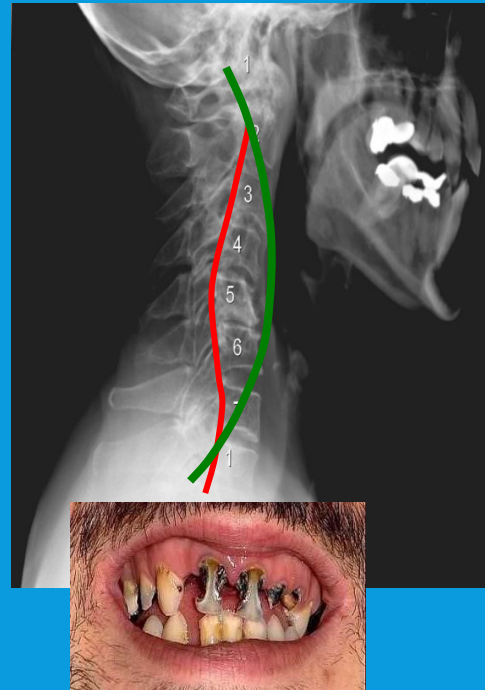
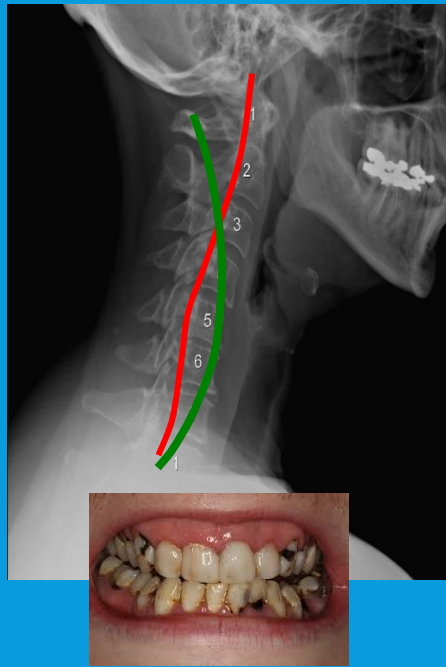
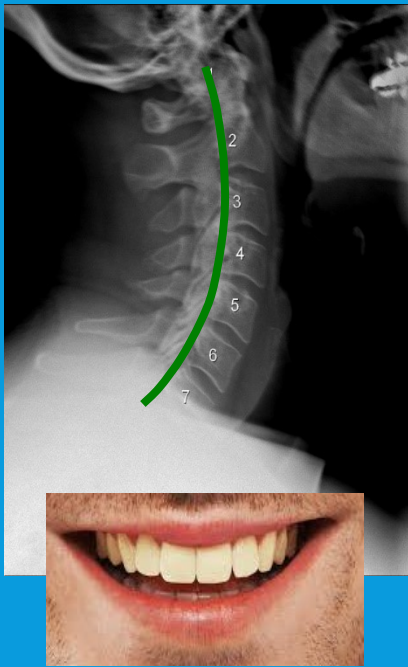
Physical Chemical and Emotional stresses lead to Nerve Interference. The chiropractic name for this is Subluxation. Short-term a subluxation doesn't necessarily cause a problem. But after a period it affects the muscle (and organ) system, the structural system and in turn causes further problems with the nerve system. This process can have a devastating affect on health.

WHAT % OF YOUR NERVES FEEL PAIN?

- A. 100%
- B. 70%
- C. 50%
- D. 10%



3 Biggest Mistakes Leading To Neck Pain, Headaches and Migraines – **And How To Avoid Them**



AKA – Premature Spinal Aging

Mistake #1.
Poor DEFINITION of HEALTH

HEALTH = FEELING
GOOD/LOOKING GOOD

~~HEALTH = FEELING
GOOD/LOOKING GOOD~~

#1 A Better DEFINITION of HEALTH

HEALTH =
FUNCTIONING
WELL

Mistake #2.
No STRATEGY For Turning Your Health
Around

#2. Turning Your Health Around— The Three Legged Stool

1. Adjustments in Rhythm
2. Specific Spinal Hygiene Exercises
3. Breaking Bad Habits



Leg 1. Adjustments in Rhythm - Breaking the Downward Spiral








To see Dr Craig [making an adjustment click here.](#)

Leg 2. Specific Spinal Hygiene Exercises

- Floss For Your Spine



Spinal Life Extension Exercises

Exercise	Form	Reps	Remarks
Tummy Time (Neck Curve Restorer) 2 x 4 sec Exercises The link to the exercise is here	(standing) Imagine you are on your stomach and you are pushing up and looking over your shoulder on the left and right. Use hands in front as a physical prompt. (ideally get on your tummy and do it)	2 directions twice holding for 4 seconds at maximum stretch. Hourly when sat all day and also use opportunities like at traffic lights. 4-12 times a day. Do not over-force. Bring arm in and track thumb.	This is an excellent exercise to retrain the nerve path between brain to encourage restoration of cervical curve.
			
Pec minor stretches (ELBOW-KNEE-HEAD) The link to the exercise is here	In door frame.135 degrees. Lock elbow. Move feet 135 degrees. Turn head away from door frame to increase stretch.	2 x daily 10-30 secs each side or after 1 hour of sitting.	
Forward Head Carriage (FHC) Reducer The link to the exercise is here	Interlinked fingers. Pull shoulders back. Next, 2 fingers on chin to retract	3 x 10-30 secs 4 times daily or after 1 hour sitting	
Assisted Traction The link to a demonstration is here	Assistant to gently traction head while person led in supine (on spine) position.	5-10 seconds depending on the effectiveness of your assistant	
Towel Traction Link to a demonstration for education purposes only is here.	Under the guidance of your chiropractor determine the size and positioning as appropriate for your loss of spinal curve. CAUTION incorrect positioning can exacerbate issues.	As directed	

MONTH: _____

Fill in exercise and reps and tick when complete. If one exercise is too easy/difficult then raise or lower reps or sets.

Exercise	1.	2.	3.	Remarks
Intensity	___ reps for ___	___ reps for ___	___ reps for ___	
Wk 1	Check off			
MON				
TUE				
WED	✓			
THU				
FRI				
SAT				
SUN				
Wk 2	___ reps for ___	___ reps for ___	___ reps for ___	
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
Wk 3	___ reps for ___	___ reps for ___	___ reps for ___	
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
Wk 4	___ reps for ___	___ reps for ___	___ reps for ___	
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
Wk 5	___ reps for ___	___ reps for ___	___ reps for ___	
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Notes:

Leg #3. Breaking Bad Habits - Adopt Loving Habits



The Pillars of your Loving Health Temple are Loving Food, Loving Movement, Loving Thought and Loving Rest. None of these pillars work without the Loving Power foundation of the nerve system.

List of the latest events being held in-office or [online are here.](#)

ENJOY!

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IF YOU ARE PASSING BY COME INTO SAY "HI" AND HAVE A
MINT TEA WITH US!

Love and Life Always
Dr Craig

Come see and take part in our live events on our [website click here](#).

Come visit Dr Craig's Youtube [Channel here](#).

Dr Craig's Facebook page [is here](#).

Please feel free to subscribe like and share this material.

"We never know how far-reaching something we may think say
or do today will effect the lives of millions tomorrow!"

Dr BJ Palmer, Visionary