

# THE Spinal COLUMN

Life is better when you're aligned!



## UPPER CERVICAL CHIROPRACTIC: A SUMMER STRATEGY FOR ENHANCED HEALTH



As the warmth of July embraces the Northern Hemisphere, many people look forward to outdoor activities, barbecues, and long evenings bathed in golden sunlight. It's a time when health and wellness come naturally to the forefront. As we embrace this season, an often-overlooked approach to enhancing health is upper cervical chiropractic care. Not only can this specialized form of chiropractic care contribute to overall wellbeing, but it also holds unique benefits that are particularly relevant during the summer months.

The upper cervical spine consists of the first two vertebrae in the neck, the Atlas (C1) and the Axis (C2). These vertebrae are unique in that they house and protect the lower part of the brainstem, a crucial hub for many of our body's automatic functions such as heart rate, breathing, sleeping, and digestion. Upper cervical chiropractic focuses specifically on this area, working to ensure these vertebrae are aligned properly, which can optimize nervous system function and support overall health.

HOW DOES THIS RELATE TO OUR SUMMER HEALTH IN THE MONTH OF JULY?  
**LET'S EXPLORE.**

## VITAMIN D SYNTHESIS

One of the primary health benefits of the sunny summer months is the body's increased ability to produce vitamin D, known as the "sunshine vitamin". Vitamin D plays a critical role in our overall health, contributing to healthy bones and teeth, supporting the immune system, and regulating insulin levels.



When the body is functioning optimally, such as when the nervous system is unimpeded due to correct spinal alignment, it can more efficiently synthesize and use this crucial vitamin. Upper cervical chiropractic care can help ensure the body is primed to make the most of the summer sunshine for vitamin D production.

## DID YOU KNOW?

**Vitamin D, often known as the "sunshine vitamin", is a crucial nutrient that our bodies produce when our skin is exposed to sunlight. It plays a vital role in maintaining healthy bones and teeth, supporting the immune system, regulating insulin levels, and supporting cardiovascular health and lung function.**



## OUTDOOR ACTIVITIES AND BODY ALIGNMENT

Summertime is synonymous with increased physical activity. Whether it's playing beach volleyball, swimming, hiking, or merely gardening, these activities, while fun and beneficial for health, can also lead to minor injuries or strains, especially if our bodies are not properly aligned.

Regular visits to your upper cervical chiropractor to ensure you are "HOLDING YOUR ALIGNMENT" can help keep your body in top condition to enjoy these activities. A properly aligned spine can lead to improved balance, reduced risk of injury, and even enhanced performance in your favorite summer sports.

## STRESS RELIEF AND RELAXATION

Despite the joys of summer, the change in routine or the rush to fit in all the seasonal activities can also bring stress. Chronic stress can lead to tension in the body, particularly in the neck and shoulder area. This tension can, in turn, cause misalignments in the cervical spine, which may interfere with the nervous system's optimal functioning.

Upper cervical chiropractic care can help address these issues. Regular checkups may alleviate physical stress, promote relaxation, and contribute to better stress management. It's an excellent addition to a comprehensive summer self-care plan.



In conclusion, while upper cervical chiropractic care is beneficial year-round, it holds particular relevance in July when people are making the most of the summer season. By ensuring your body is in the best possible condition through proper spinal alignment, you can make the most of the summer's natural health benefits, enjoy your favorite activities, and manage the season's unique stresses. Remember to consult with your local certified upper cervical chiropractor to explore whether it could be a beneficial addition to your summer wellness routine.



**ARIANA DIGREGORIO, B.S., D.C., B.C.A.O.**  
**RICK DIGREGORIO, D.C., B.C.A.O.**

Upper Cervical Chiropractors

7150 East Hampden Avenue, #305  
Denver, CO 80224

**Call or Text : (303) 756-2737**

[www.atlaschiropracticdenver.com](http://www.atlaschiropracticdenver.com)

