

PAM'S PAGE

Atlas Profilax

A couple of years ago I went to London to have an Atlas Profilax treatment. I had read an article about it in the magazine Kindred Spirit.



The Atlas vertebra sits at the top of the spine and sets the tone for the whole spine and skeletal system in the body. It has been discovered that in the vast majority of people, the Atlas vertebra is misaligned, giving rise to a whole range of symptoms including neck pain, stiff neck, back pain, lumbago, herniated disc, scoliosis, jammed spinal nerves, scoliotic pelvis, pain in the hip, joints, knee etc.

Also, when the Atlas is misaligned and the spinal column is out of alignment, the central nervous system is not able to function at its fullest potential, which may result in neurological disorders as well as affecting the proper communication between the brain and organs.

Another effect of a misaligned Atlas is that due to the connection of our vertebrae to the energetic pathways of our internal organs and emotional patterns the spine is able to unbalance the psyche.

I visited a practitioner called Aude Le Barazer. I went because I had always had problems with back pain and a few times a year my lower back seized up and I had to spend some days in bed, unable to move.

Also I had shoulder pain and limited side to side movement of my head.

Aude was very knowledgeable, competent, professional and proficient, as well as respectful and caring of me and my body.

The treatment was non-invasive and pain free. Afterwards I went for lunch and walked around for a while to see how I felt and then returned for a check-up and some further work on my body.

Since then I have not had to take to my bed with lower back pain and I can turn my head freely and much further from side to side, with corresponding ease in my shoulders and neck. Those of you who have visited the clinic know we have steep stairs. Previously I struggled with them but now can walk up and down without holding on, with confidence and even carrying things in my hands, which I couldn't do before. I feel much more grounded and connected to the earth, which is great.

Atlas Profilax was developed by the Swiss born Rene Claudius Schmupepli. He developed his skills and knowledge as a result of combating his own pain and disability due to a fractured Atlas vertebra.

During Atlas Profilax treatments, the Atlas is safely and permanently realigned back into its original position. It can help with:-

Back problems-including trapped nerves, Scoliosis, Stiff neck, Temporal Mandibular Disorder (TMD or TMJ), Migraines and Headaches, Anxiety, De,pression, Blood Pressure, Hypertension, Displaced Pelvis, Knee pain, Discrepancy between the length of the legs.

If any of you are interested, Aude is prepared to spend a day at The Caring Clinic giving treatments, so do let us know if you would like to make an appointment with Aude or if you would like further information.