

Case Study: Atlas Re-Alignment: Possible Simple Approach for Scoliosis and Migraines

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When Anna went to see me she explained she had been suffering from a severe scoliosis from the age of 15 which she attributed partly to emotional abuses. Also she felt like she had no real life being 'crushed' by regular migraines which forced her to stay in a dark room, sometimes for several days. Having tried numerous different therapies, she was feeling really helpless about her present state of health.

Symptoms

Mild mid back pain – mostly around scapular area;

Tension in the cervical and into the top of the shoulder.

In 1990 she started having lots of migraines which were apparently allergy related, since they stopped once she ceased drinking coffee.

Her migraines started again in 2000 – irregularly at first, then getting more frequent and intense into 2003, which she attributes to muscle tension in the upper trapezius that was brought on by being in a state of constant mental and emotional tensions, having to deal with a lot of professional and personal problems.

By 2005, she suffered from severe migraines that could come virtually every two weeks. She often felt nauseous, sometimes vomited, no painkiller would help; all she could do was lie down in a darkened room and sleep.

Into 2006 and she was starting to get night sweats and hot flushes in the daytime. She then underwent chiropractic adjustments that eased some of the tension – every time the top of the cervical spine would need to be released along with the sacrum.

She was medically and hormonally tested for the menopause symptoms, with no relevant results in this respect.

In October 2008 when I first treated her, she was still complaining about acute migraines and muscle tensions. The scoliosis was very apparent.

Anna was corrected and had her atlas put back into place according to the Atlasprofilax method during her first visit, and went back for the second part of the treatment for a scenar session.[1] Since then, she went back for two more scenar sessions, outside the strict Atlasprofilax procedure, to ease and help with the realignment process triggered by the correction.

After undergone Atlasprofilax treatment, Anna reported that:

"Whilst not feeling any great movement in the atlas realignment process, it was noticeable after the initial adjustment that my back was straighter, and tension around the left shoulder much decreased. On from the 2nd session, the tension was all but gone.

"Having gone to India not long after this, I was aware that on my return, tension had crept back in, and felt a headache lurking around the back of my neck and behind my left ear – but I was very tired with a lot of travel and change in time zones.

"The 3rd session had cleared that. I feel myself to be standing a LOT straighter, I am noticeably more flexible in Pilate's classes (the teacher is noticing and wanting to know what I have done!). I have lost weight and am able to fit back into clothes that I couldn't get into before going to India. My back feels lots better since the work with scenar – it really has taken away the imbedded tension that I have always held around my upper back and neck, and that area feels lots freer.

"Emotionally I am feeling much clearer and so much more joyful; it feels like layers of heaviness have been stripped off and I am so much lighter again."

Atlas Misalignment

The brain communicates with the body via the central nervous system which passes through the spinal canal and whose nerves connect the entire body. The Atlas vertebrae (C1) located at the base of the skull at the opening of the spinal canal, is the neuralgic point of the entire system.

The atlas bone not only carries the skull; it is also involved with suspension, balance and control of the spine and the skeleton. The spine can be compared to a chain. When the vertebrae that constitute the spinal column are in correct position, weights are distributed evenly between the two sides of the skeleton.

On the contrary, when the first link, the Atlas vertebra, is twisted, each link down to the last turns, thereby disrupting the rest of the chain. The whole back bone tries to compensate for both this lack of balance and uneven weight distribution between the two sides of the body.

Atlas misalignment thus causes serious adverse effects in the posture such as scoliosis, in particular.

Scoliosis

If the atlas misalignment is much pronounced, the spinal column will compensate for the resulting inclined position of the head and may form a C shape, as in Anna's case. The vertebrae underlying the misaligned atlas assumed an incorrect position as a result. Anna's position was also worsened by various emotional and psychological factors.

The correction of the Atlas triggered a realignment process, and she straightened noticeably immediately after the initial correction. In her case it was decided to undergo further scenar sessions to help the muscles adapt to the new position. As her spine was out of its axis of symmetry and correct position, secondary problems had developed over time, such as back pain, cervicgia, pain in the hip and knees, all of which are subsiding as a result of atlas realignment.

Headaches and Migraines

The lateral apophysis of the atlas is simultaneously traversed by the cervical artery and veins, responsible for supplying blood to the posterior part of the cranium. When misaligned, the lateral apophysis of the Atlas may exert a pressure in particular on the cervical arteries which alter the regular blood flow, either inflow or outflow depending on the compression points. Such alteration of blood flow produces a temporary alteration in

the nerve cells' regular functioning that may last for a few hours, or days in acute cases as Anna's. The situation gets worse whenever other factors are added such as liver sensitivity, allergic reactions to coffee in our case, anxiety, stress (encouraging contraction of the muscles at the base of the skull), etc. and the combination of all factors may trigger a migraine attack.

Of all factors accounting for the migraine, atlas misalignment is often the most important, so when the position is corrected, the other factors are usually no longer sufficient to trigger the migraine attack.

Anna's migraines endured for years, completely subsided after correction of the atlas, and she only felt a mild and very short crisis as a result of her trip to India.

The Atlasprofilax method only needs to be applied once in most cases. It specifically works on freeing the soft tissue and musculature around the vertebrae to allow it to come back within its natural position. It does not imply any work on the vertebra itself. Usually patients report only gentle vibrations during treatment. Realigning the Atlas in its proper location is a very simple and non-invasive course of action to take to restore proper flows distribution, correct unbalanced position and release emotions. Over time, one can gain remarkable results out of such a simple treatment. When the problems have been going on for years, further specific therapies may however be necessary to help with the realignment process triggered by the atlas realignment. For this reason it is advisable to carry out the correction as early as possible, and even from childhood as a preventive measure.

References

1. For more information: www.scenar.info ; www.energetic-medicine.net