

Health News ...

NERVE OF THE WEEK THE ATLAS

The atlas is the top vertebra in the human spine. It is named after the mythological Greek



God Atlas who held up the world. The atlas holds up the skull.

The atlas is no different from any other vertebra in the

spine in that it can get out of alignment. It is different from the other twenty three vertebrae in that when it does get out of alignment it can cause more problems than the rest of the vertebra. This is because the brain stem, the first spinal nerve and the vagus nerve all go through the atlas and it can pinch one or all three of these nerves.

If the atlas gets out of alignment and causes cord pressure (pinches the brain stem) these are some or all of the symptoms a person may see:

1. Headaches (especially migraines)
2. Vertigo
3. Blurred vision
4. Energy loss
5. Sleep loss

6. Depression
7. Lowered immune function
8. Buzzing in the ears
9. Bilateral numbness in both arms or both legs

If the atlas pinches the vagus nerve it can cause an organ to go too fast. The vagus is the brake nerve to all organs so pressure on this nerve could cause the heart to go too fast or the stomach to kick out too much acid.

If the atlas pinches the first spinal nerve it can cause upper neck pain, pain under the ear, ear infections, and jaw pain. The atlas can often cause migraine headaches when it pinches the first spinal nerve.

Chiropractic adjustments will remove the nerve pressure and correct any of the above symptoms caused by an atlas subluxation.

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