

Back and Neck

The Importance of the Alignment of the Spine

By Dr. Roger L. Turner D.C.

I am often asked at health shows and Chiropractic workshops:

“Do you do adjust the spine or do you just specialize in the skull?”

- I have been a Chiropractor since 1974.
- I graduated from Canadian Memorial Chiropractic College in Toronto with the highest honors in clinical practice.
- My first area of expertise was Asthma and Allergies, since that is what I had when I started Chiropractic and my main thesis and area of study in the Chiropractic clinic was Asthma and allergies. In my first five years of practice I saw hundreds of these cases with considerable success.
- I was also doing the regular chiropractic patients with back and neck problems. I earned the reputation of being able to adjust anybody, from frail elderly people and babies to the very big and strong.
- In my early years in practice I studied all the psychological aspects of helping with health problems. I did extensive study in positive thinking, some different spiritual teachings, Avatar, Masters in NLP, Soma, EST, Time line and a number of metaphysical approaches to health. From all of these I have developed a life repair process that I do with patients on a private basis to help them let go of the excess baggage that they carry around.
- Next I got into exercise very heavily and wrote my first book for patients called **“Body Culture”**. I realized very early in practice that if I could get my patients to exercise on a persistent basis I could help them improve their results by at least 50%. At that time in Toronto I was the Chiropractor on call for the Royal Alex and the O’Keefe Centre, treating many dancers and actors/actresses. I was also the personal Chiropractor on the movie set of **Ring of Fire** starring Richard Burton. We also did a lot of patients from the aerobic studios and the local gyms.
- In doing the weight release section of **“Body Culture”** I started the nutritional research quest of my professional career. I learned a tremendous amount about diet when I had to maintain a 6% body fat for 9 months for the pictures for the book.
- My next area of study was to get my degree in Acupuncture. I used it extensively for a year and realized that it was not helping my patients achieve optimum health but only taking away symptoms and not correcting the cause of their ill health. They were not staying around after the pain or symptom had disappeared to finish getting the subluxations in their spine corrected.
- Further study in nutrition led me to uncover the vast area of cleansing the body using diet and herbs. Over the years we have discovered many formulas for cleansing the intestines, liver, kidney, arteries and the lungs along with protocols for parasites and Candida. Incorporating these into my patient protocols has been very helpful to the patients’ successes.
- The next area that captured my attention was the beginning of doing the cranial adjusting when I had to learn it quickly to help my son. Short story: My son had a BMX accident and injured his head. He subsequently developed severe learning disabilities. I went to New York to learn a Chiropractic adjusting technique to help my son. It took 10 days to turn my son around by adjusting his sphenoid (bone in the side/front of the skull) back into place.

- I started adjusting other learning difficulties with similar excellent results. It progressed to ADD, ADHD, Autism and Downs and to all of the conditions in the Autism spectrum. We also attracted people who had suffered severe head injuries; from professional athletes to injuries from the birth process.
- Important note: We also had to adjust the spines on all of these patients as they were also misaligned. These patients would refer friends and family that just had spinal problems.
- I have six boys who were elite athletes in AAA hockey, Rep soccer and BMX Canadian champions. I was the coach, mechanic and trainer for most of their teams. I had to treat many sports injuries and perfected my abilities in correcting ankle, knee, hip, shoulder, elbow, wrist, hand and of course spinal injuries. I did this for my boys, their friends and all the members of the teams.
- Next we got involved with Fibromyalgia and Chronic Fatigue and from that my second book evolved. It took 6 years of research (before internet) to put it together. In treating and managing these cases it incorporated all of my previous studies to help these people, they are really sick and come to us with 60 to 80 symptoms. They have been totally misled and mistreated and it takes considerable effort and time to turn these people around. The treatment protocol includes the correction of spinal subluxations, cranial misalignment, diet corrections, supplements, hydration, detoxification and mental rebalancing.
- Then I wrote my book on Autism Spectrum Disorders called "***Autism, The Missing Link***". This was put together to provide all the information these families need to understand these conditions and help them to address all the factors necessary for their child. This also includes the assessment and adjustment of the spine as well as the skull.
- After many requests I started to teach my Cranial adjusting technique to Chiropractors. This has indeed been a very steep learning curve because if you want to teach something at a very high level one must be totally on his game and know everything there is to know about that subject.
- I am considered a master adjuster by the 750+ peers that have taken the C.A.T.S. workshops and the over 4000 Chiropractors that I have adjusted at Chiropractic conventions.

The neck and back - all the bones in the spine

In order to handle all these so called "Incurable conditions" that get referred to our clinics, the subluxations of the spine must also be addressed in each patient. Therefore, the precision and competence that we incorporate in our C.A.S.T. cranial adjusting is even more so in our spinal adjusting as I have been adjusting the spine and the extremities since 1974 and the skull since 1985. That is almost 10 years more experience in adjusting the spine.

The answer to the question, "Do you also adjust the spine?" is, "Absolutely! Always have and always will because it is so important to the overall health of everybody no matter what the condition."

My 36 plus years of experience in dealing with spinal problems has given me a very good understanding of how the body works and how to help people that are having health challenges.

1. The brain controls absolutely everything that goes on in the body.
2. The messages originate in the brain and then are transmitted via the spinal cord to the rest of the body.
3. The nerve impulses travel down the spinal cord and branch off at various levels of the spine through holes on the sides of the vertebrae.
4. The size of these holes is determined by the position of the vertebrae. If it is in the proper place the hole is just the right size for the nerves. If it is misaligned (subluxated), the size of the hole decreases and the nerves are interfered with.
5. This interference can/will decrease or alter the ability of that nerve to carry the proper nerve impulses to the organs and tissues at the end of that peripheral nerve.

6. Ten percent of those nerves feel pain and therefore, when irritated produce pain in the muscle or tissue that nerve goes to.
7. This means that when a vertebra is subluxated the nerve supply is interfered with to the organ and it will malfunction and the muscle will experience pain.
8. People come to us with all kinds of conditions with various diagnoses. Remember we are not treating medical conditions using surgery, medications or placebos, we are correcting subluxations in the spine and skull and amazing things can happen when the nerve supply is restored.
9. It usually takes a series of adjustments to correct most people's subluxated spines because an adjustment only moves the spine a fraction of an inch or fraction of a mm at a time and posture and stress will pull it back to its previous position requiring repeated visits to correct.
10. Experience has taught us that the best results are achieved when the adjustments are scheduled as close together as possible and as often as possible.
11. If this mal-position is not corrected with Chiropractic adjustments, degeneration will set in as osteoarthritis which forms spurs and the disc will also degenerate. Most importantly, the nerve supply will continue to decrease and degenerate causing increased malfunction and more pain. Eventually the pain sensitivity will decrease to the point where the nerve goes numb and the organs will cease to function.
12. There are three phases to most treatment protocols:
 1. This is the initial phase where the adjustments are done as intensely as possible to get the patient out of the symptom and the malfunction stage.
 2. When there aren't any more symptoms, the next phase is the corrective phase where the position of bones in the spine and skull are realigned to as close to proper position as possible.
 3. The next phase is the maintenance part, where the proper position is maintained for at least 9 months to allow for the complete re-growth of the bones. Then there is a much better chance of keeping them in proper position allowing for optimum health.

When asked if I can help "X or Y" condition, my response after 40 years in Chiropractic is that, "I never know how much I can help, but we are certain that the person will be much better off with the spine and skull in the proper place. Amazing things happen every day in our office, we would be happy to see what is possible for you."

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