

# The Importance of Analyzed X-ray's

Averio Health Institute

## *Analyzed X-RAYS Are Very Important*

An analyzed spinal radiograph is one of the **most important tests** in understanding your neurological health. When you get an X-ray and that X-ray is measured and analyzed from a biomechanical and structural-neurological perspective, it is possible to see where there is abnormal and unhealthy stresses on your central nervous system, brainstem, vagus nerves, and spinal nerves. Over time those abnormal and unhealthy stresses will cause advanced aging, loss of brain function, increased chronic inflammation, and degenerative changes. Your brain regulates normal spinal alignment. When your spinal alignment is abnormal, it is very likely that your brain is too.

## *"Test, Not Guess"*

If you were to look at a wall, could you accurately tell how many millimeters it is? This is the same for your X-rays. You cannot see structural damage accurately unless it is measured at each joint space and compared to normal. Your nervous system can be compromised by **as little as 1mm** of spinal misalignment. Your mechanoreceptors (most of which are in your spine) can be negatively affected by as little as 1mm of spinal misalignment, and they are the main feedback into your brain to help keep your brain healthy.

## *Spinal Structure Can Be Improved*

Since your brain regulates your spinal structure; as your brain gets healthier it is very likely that you will see significant structural improvement towards normal. This change can happen (and often does) as quickly as a week of Averio concentrated care. Changing spinal structure depends on stimulating your brain to the point where it can have improved regulation over your spinal structure; and since your brain regulates all of your functions and tissues, this means that you entire body gets healthier when your spinal structure is closer to normal.

