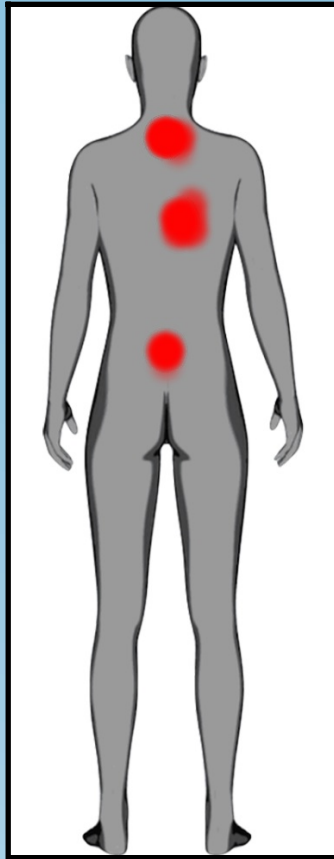
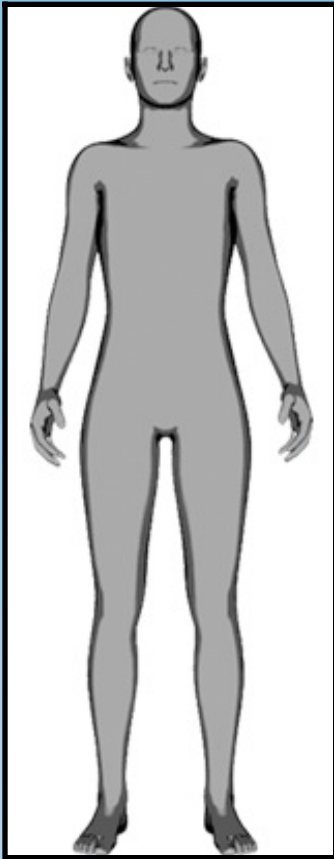


PostureScreen Stress Survey Report for Cheryl Smith on 7/12/12

In health, symptoms are usually the last finding to manifest and the first finding to leave. However, symptoms can resolve, but the cause may still persist. As an example, think of tooth decay and a cavity not always being symptomatic but yet persistent until corrected. Below on the diagram you noted areas of symptoms/pain which is denoted in the color red. It is important to note that spinal/postural displacements known as subluxations can contribute or even be the root cause of these symptoms that you reported and thus should be investigated by a health care professional.



PAIN SCALE



During this assessment, you noted that your pain was 5 out of 10 (worst possible pain). Remember that pain and symptoms can be directly associated abnormal faulty body structure - ie. Abnormal

Below you will see a list of your reported stress related symptoms which in many cases can be traced back to levels in your spine and posture. Consequently, these are listed by spinal regions.

Cervical Spine

- Neck Pain
- Headaches
- Thyroid Conditions
- High blood pressure
- Numbness in arms/hands
- Allergies/Hay fever
- Tingling in arms/hands
- Low energy/fatigue

Thoracic Spine

- Midback/Shoulder blade pain
- Asthma/Wheezing
- Indigestion/Heartburn/Reflux
- Tired/Irritable w/out eating
- Heart attacks/Angina
- Pain in ribs/chest

Lumbar Spine

- Low back pain
- Muscle cramps in legs/feet
- Pain into hips/legs/feet
- Weak in legs/feet
- Sciatica

As noted above, in many cases, spinal and postural mal-alignment (termed subluxation) can contribute or even be the root cause of the symptoms you have described above. It is thus recommended consult a health care professional and strive to improve your spinal and postural structural alignment to as near normal plumb as possible.