

OSTEOPOROSIS: Rarely the Cause of “Granny Hump”

Centennial—

It's interesting to go to social events or family gatherings and hear how people talk about health problems, especially spinal problems. One sister was talking about “disintegrating bones.” Others have said how osteoporosis caused that “granny hump” in their mother or grandmother.

It made me realize that folks don't get the information correctly from their doctor, or maybe they get NO information at all! Since I was talking about Anterior Head Syndrome (AHS), I thought I would clarify that osteoporosis RARELY causes AHS, even though it IS possible. (See *Next article for explanation of Anterior Head Syndrome*)

What causes rounded, rolling shoulders with head protruding and upper back slumped forward isn't even due to the aging process itself. It's due to the body's inability to realign the bones backwards—because there are NO muscles that can pull the *vertebrae* backwards (plenty of kids have this condition and obviously they are not old!) It's not due to laziness, getting older, genetics or lack of exercise. All of those factors can make AHS WORSE, but *don't necessarily cause it*. The type of adjustments used in our office specifically address AHS and target it for correction.

When a person has lost bone density, the bones can become more fragile—osteoporosis. But you can have a very high loss of bone density in your vertebrae with no change whatsoever in your posture. ONLY if that fragile vertebrae collapses due to low bone ”

density will you lose height causing AHS. Once you get THAT slump, it's uncorrectable. If there is pain or dysfunction, adjustments may relieve it, but adjustments will never fix it.

Decreased disc height (due to water loss/drying out) and the spine's inability to pull itself backwards is usually where people will get “shorter

as they get older—not because of osteoporosis. Adjustments can actually *reverse* the height loss associated with the slump (AHS). A number of patients have reported an increase of 1/2”-1” at physical exams with their primary care provider.

Weight-bearing activity will keep bones strong; so will calcium with vitamin D. On the other hand, adjustments will improve bad alignment, but it won't make bones stronger. If you wait until the bones are very degenerated or compression fractures have occurred, then it's too late to correct the bad alignment.

Researcher Dr. Henry Winsor MD said “the spine becomes stiff, and then we age”, so a man is as old as his spine (Medical Times 1929). He autopsied 50 cadavers and 139 diseased organs. He correlated curved spinal areas within 2 vertebral levels of the nerve controlling each of the 139 diseased organs. So why not keep your spine flexible and healthy with regular adjustments to keep yourself younger!

***Yours in Health,
Dr. Erica***

"Granny Hump" Defined

Centennial—If you've been to the office recently, you may have noticed there is new wall art. One of the new posters refers to a condition known as "**Anterior Head Syndrome.**" That means that the head is protruding forward of the ideal alignment. You know, a "chicken neck," usually accompanied by a "granny hump" or a slumping upper back.

This condition, "Anterior Head Syndrome" perfectly addresses what it is that I correct. So you will hear me using that terminology now.

Identifying Anterior Head Syndrome has 4 very definite parts.

Observing the posture and seeing that the "ear hole" is forward of the shoulders is one sign.

Looking at x-rays and seeing a straight neck curve is the 2nd sign.

The third sign is compressed discs, as seen on x-ray.

And the 4th sign is degenerating bones.

Practically no one's alignment is perfect. But when it shifts enough causing those signs, it indicates Anterior Head Syndrome (AHS.) AHS can result in a NUMBER of different conditions—symptoms that people want help with, like **headaches**. *Every symptom isn't necessarily caused by AHS.* But by relieving the components of AHS with adjustments that improve your spine's mechanics, secondary conditions CAN resolve.

However, there are many secondary conditions caused by Anterior Head Syndrome that can be mimicked by foods we eat or vitamin/mineral deficiencies we have. So it's important for a person using my protocol to eliminate chemical problems that may exacerbate pain or discomfort.

For instance, my biggest nutrition pet peeve is that the FDA still allows **aspartame (Nutrasweet)** to be used in food, especially food marketed to kids, pregnant people and sick people. There are NO redeeming qualities about **aspartame**. And there are dozens and dozens of side effects that have been reported to the FDA by consumers. One major symptom that Nutrasweet causes is **headaches**. It excites the cells and over time, causes a process that practically digests your neurons.

It's highly responsible for promoting neuro-degenerative diseases (thus, why would diabetics EVER consume it?). And it has very credible links to lymphoma and leukemia—the higher the dose, the worse the cancer.

So chemicals like Nutrasweet can cause headaches the same that a "Granny Hump" can cause headaches. So we want to eliminate both as a cause.

Many people think their bad posture is due to osteoporosis. MOST times it isn't. Not to say that osteoporosis isn't a problem. But only the very worst cases of osteoporosis lead to granny hump posture. Before the end stage, anterior head syndrome is usually correctable to some degree. Schedule a consultation to find out if that is the case with you.

Yours in Health, Dr. Erica