



FIGURE 1 - An illustrative diagram of the spine for musculoskeletal radiographic tracings.

The Cervical Curve.

The cervical curve is designed by the innate intelligence of the body to be a lordotic shape. The benefits are both bio-mechanical as well as neurological.

The Framingham Study

This is an ongoing study of factors that influence life span in human beings. In this project a group of 2500 individuals were observed over a 30 year period which demonstrated that pulmonary function measurement (vital lung capacity) is not only an indicator of general health and vigor, but it is literally the primary measure of potential life span.

Long before a person becomes terminally ill, vital lung capacity can predict life span. A person whose vital lung capacity is low is not going to do as well as someone whose is always high. It can pick out people who are going to die 10, 20, 30 years from now.

Research of Rene Calliet, M.D.

Dr. Calliet was the director of the Department of Physical Medicine and Rehabilitation at the University of Southern California. He found that forward head posture and loss of the normal lordotic cervical curve results in a loss of vital lung capacity. It disengages the anterior muscles of the neck that lift the upper three ribs. Lung capacity is thus depleted by as much as 30%.

30% loss of vital lung capacity means a loss of 30% life span potential. **Correction of cervical lordosis improves life span.**