

# Strengthen your position

Our spine is the core foundation of our entire body – if it is out of shape, it can cause a whole range of health issues. Here a visiting chiropractor explains how getting the Atlas bone at the top of the spine properly aligned can get everything else on track

**A** RELATIVELY new and unknown treatment could leave you standing very much taller and brighter.

AtlasPROfilax is a method which realigns the Atlas (C1) bone in the back of the neck.

A misaligned Atlas can cause significant adverse changes to the posture, resulting in symptoms such as recurring headaches/migraines, dizziness, neck, hip, back and knee pain, scoliosis, sciatica, TMJ (misaligned jaw), jammed spinal nerves and differences in leg length.

It may also result in neurological disorders due to the pressure on the lower part of the brain stem.

French chiropractor Marie-Agnes Casalini, of Greater London, first came to the island in March to offer the treatment in The Gym in Ramsey.

Now, due to popular demand, she has just returned to treat a further 26 people and plans to return every two months.

The mother of three suffered from knee pain when running.

She said: 'I found out it was due to my pelvis not being aligned, which was creating more pressure on the knees.'

'I made many attempts with different practitioners to straighten my pelvis, without success.'

'Whenever it was readjusted, it quickly went out again.'

'But since my Atlas has been correctly positioned, my knee is no longer painful and my pelvis has remained straight and stable.'

She spread the good news to her friends, some of whom then went to get their Atlas realigned too.

'When they also got impressive

**WHAT:** Atlas Realignment  
**WHERE:** The Gym  
**WHEN:** Every Two Months

results, I decided I had to learn this amazing method.'

The Atlas method was founded by René-Claude Shumperli, of Switzerland, who was looking for ways to relieve his suffering after two bad falls left him in all-over pain and eventually wheelchair-bound.

Marie Agnes explained: 'He figured all his problems came from his Atlas, the first cervical vertebrae at the top of the spine.'

'Then it took him another few years of research to figure out how to put the Atlas back into place and he developed a machine to readjust it safely and permanently.'

Using Shumperli's vibrating tool, Marie-Agnes massages the muscles around the Atlas until they are loose and the Atlas slides gently into place by itself.

'I just guide it,' she said, 'There is no cracking of the neck or any kind of traumatic manipulation – it is safe and gentle. When the Atlas is corrected the body will take over the needed healing process, the spine will shift and readjust.'

'The Atlas is like the first link on a chain. If it is twisted, the rest of the chain will be twisted. If you undo it, the chain will straighten up.'

'So even if realigning your Atlas doesn't provide you with an instant solution, most of the time long term body tension and pain can be greatly reduced and it can allow other different therapies to work better.'

She added: 'When the Atlas is misaligned, all pathways running through



**DEEP MESSAGE:** AtlasPROfilax practitioner Marie-Agnes Casalini checks Douglas chiropractor Neil Thompson's Atlas bone

the neck are compressed. Realigning it helps to improve the blood and oxygen flow to the brain, lymphatic drainage, and a smoother functioning of the nervous system.

'The entire human organism begins to function to its fullest potential.'

'In most of us, the Atlas is out of alignment from birth and even before birth, as even babies born by caesarean generally have their Atlas out of place.'

Marie-Agnes went on: 'The majority of chiropractors or osteopaths don't work on the C1, they start working from C2 down the spine but a twisted C1 will, most of the time, put the whole spine out of alignment again.'

'It is normally assumed that it's not possible to shift the Atlas, as they can't do it by hand. Some rare practitioners do work on the C1 but they normally can't do more than pushing it into a better position.'

The AtlasPROfilax treatment is a course of two sessions only. The first session is for the Atlas correction and the second session is a check-up which can be done a day or months later.

'One of my best and most moving results was an old lady who had been a dancer but could hardly move when she came to me,' explained Marie-Agnes, 'Just after the treatment, she threw her stick away and started dancing in my room!'

'Another was an 18-year-old girl who was stuck in bed, crying everyday in agony with her back and depressed.'

'She had had a very bad car crash accident.'

'After receiving treatment from me she recovered fully within a month back to her normal life. She went swimming, dancing, wearing high heels, all with a big smile on her face.'

'There was also an eight-year-old girl in Edinburgh who was blind from one eye.'

'She fully recovered within half hour of having the treatment.'

Marie-Agnes added: 'I have helped many people, especially those who start having huge problems after a fall, whiplash or car crash accident.'

'These people are normally desperate and have tried everything. I am 90 to 95 per cent convinced that I can help them.'

'I have helped many people who couldn't drive for more than 20 minutes, couldn't lift their children up, couldn't sit for more than 10 minutes, couldn't drink alcohol because of migraines, who were due for knee or hip replacements, and who had a severe scoliosis (curvature of the spine).'

Island chiropractor Neil Thompson, of Align4Life in Douglas, had the treatment at the weekend.

He said: 'If what I and some of my patients experienced is anything to go by, I have no hesitation in recommending the Profilax treatment.'

'It definitely is able to address the deep suboccipital tight musculature which seems to have a huge impact on allowing the restoration of normal position and movement of the Atlas.'

He added: 'I think it is certainly



**MISALIGNED:** The Atlas bone (blue)

worth investigating the possibility of taking the course and learning this technique in the not too distant future so that I can have it as an option to help some of my own patients.'

'It would complement very well the spinal structural rehabilitation approach we already take.'

Suzanne Young, of The Gym, first heard about the method from Prana-shama Yoga teacher Dashama Gordon,

who teaches at the Ramsey gym.

'She had a road accident and had suffered with shoulder and back pain,' said Suzanne.

'She told us that she had travelled to Europe to have AtlasPROfilax done and that it was an instant success – her spine straightened and her pain was gone.'

'My friend Karen then found Marie-Agnes and flew across for the treatment. It turned out that Marie-Agnes would fly to the island if we could get enough people interested.'

Suzanne added: 'I started with eight people, but by the end of the day 14 were treated.'

'The results were instantaneous and amazing so they wanted their family to have it done too.'

'That was in March. We were going to bring Marie over every six months but the demand for appointments was so great that people were going to travel to the UK to see her.'

'So we brought her back again this month and treated 26 people. And we've now arranged for her to come back every two months. The next two weekends will be July 27 to 30 and September 21 to 24.'

Suzanne had the treatment herself when Marie-Agnes first came to the island.

'I felt instantly aligned,' she said, 'and I was moving, sitting and standing effortlessly and correctly.'

'I didn't want to slouch, to sit crooked or with my legs crossed. When driving my car I noticed how upright my spine was and my skull felt balanced and light like it was actually pivoting on top of my spine. My knee and hip pain has also gone.'

'But most noticeable was the increase in energy and motivation – I just felt I wanted to get on and do things. I really have felt great since the treatment.'

For further information visit [www.marieatlas.co.uk](http://www.marieatlas.co.uk) or to book a treatment, which costs £160 for both sessions, contact The Gym on 812100 or at [thegym@manx.net](mailto:thegym@manx.net)

**Lottie Ray**



PICTURE LOTTIE RAY

**INNOVATIVE:** Chiropractor Marie-Agnes Casalini uses Shumperli's machine