



Universal Health™



Contact Reflex Analysis - CRA

Spinal misalignments may cause pain and nerve interference throughout your body. Activator Method Chiropractic Technique (AMCT) can address such problems and provide a program for total health.

CRA quickly and accurately uncovers the root of a health problem and provides your practitioner with the means to correct it. CRA does not merely treat symptoms. By analyzing the response at your own body's reflex points it can be determined if a structural deficiency is inhibiting the necessary flow of energy and nutrition to specific organs, muscles and glands. It can also be determined if agents such as chemicals, parasites, viruses or bacteria are attacking the body and undermining your health. CRA can even uncover deficiencies at a sub-clinical level; that is when the problem is not detectable by many modern testing methods, and is so small that even you are not yet aware of it.

How Does It Work

Knowledge of the body's reflex points is, in fact, over 4,000 years old, and is derived from the ancient Chinese system of acupuncture. This holds that different points on the surface of the body relate to the state of health and the flow of energy in each and every function and part of the body. Today there are 75 known reflex areas on the skin which represent various organs, glands and bone structures. CRA does not require needles to test these points. The aim of testing is to detect if there is an interruption of nerve energy to any reflexes. If there is a problem the reflex will act in a similar way to a "circuit breaker" under an overload.

The Treatment

Your practitioner will use your arm, or other muscle as a "circuit" indicator. When your practitioner's fingertip comes near or touches a healthy reflex, the arm muscle will remain very strong. This indicates that nerve energy is flowing freely and it will not be possible to push your arm down without exerting considerable force. However, if your arm muscle is suddenly weak and your arm can be easily pushed down, this indicates that a "hot circuit breaker" has been located and that nerve energy has been interrupted. Your practitioner will now know if the problem is structural, physical or nutritional. Exact structural and/or nutritional support can now be given.

The Benefits

The range of problems and diseases which have been treated successfully by CRA is extensive and extends from known maladies such as Multiple Sclerosis to more nebulous conditions which have defied conventional diagnosis such as intolerable and persistent pain throughout the body, loss of muscle tone, sleep disorder, chronic diarrhoea and acute sensory sensitivity. CRA is also recommended if you simply feel out of sorts and as a preventive measure to determine how best to maintain your own health, in terms of your known personal history and present circumstances.

Do you suffer from

A health problem that has not responded to ordinary orthodox medical care, lassitude, lack of energy, inability to concentrate, headaches, frequent colds and coughs, chronic diarrhoea, sleep disorder, acute sensory sensitivity, scoliosis, persistent pain, loss of muscle tone, Multiple Sclerosis.

Results You Can Expect?

By means of appropriate chiropractic attention and by following your practitioner's recommendations in diet and life style you can expect to experience a welcome improvement in your condition. The speed of recovery, or return to full health if you have been simply "out of sorts" will, of course, vary according to your own unique circumstances. Several return visits will be recommended in order to monitor your progress by further use of CRA. CRA success stories vary from the heartening to the seemingly miraculous.

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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Restore + Sustain + Advance

