
A Healthy Skeleton

A healthy skeleton is important!

A "healthy skeleton" can keep you healthy, while a "sick skeleton" can make you sick! Dr. Winsor studied 75 human and 22 cat cadavers, and found a connection between a slightly curved spines and diseased organs/structures. 212 belonged to the same sympathetic (nerve) segments as the vertebrae in curvature and 9 belonged to different sympathetic segments from vertebrae out of line.

The Winsor Autopsies

Disease	Related Diseased Regions	Spinal Condition
Stomach Disease	9	Spine not aligned in mid-dorsal, or thoracic spine (between shoulder blades)
Lung Disease	26	Spine not aligned in upper dorsal spinal region (area slightly below the neck)
Liver Disease	13	Spine not aligned in lower mid-dorsal spinal region
Gallstones	5	Spine not aligned in related regions
Pancreas	3	Spine not aligned in related regions
Spleen	11	Spine not aligned in related regions
Kidney	17	Spine not aligned in lower thoracic (10 th , 11 th , and 12 th vertebrae)
Prostate & Bladder	8	Spine not aligned in lower back vertebrae (1 st , 2 nd , and 3 rd lumbar vertebrae)
Uterus	2	Spine not aligned in second lumbar
Thymus Diseases	2	Spine not aligned in lower neck and upper back
Heart Diseases	20	Spine not aligned in upper five thoracic vertebrae

[Source: Winsor, H., Sympathetic segmental disturbances-11: The evidence of the association in dissected cadavers, or visceral disease with vertebrae deformities of the same sympathetic segments. Medical Times 49: 1-7, November 1921.]

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