

Spinal Alignment And The Nervous System

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Spinal alignment is very important for the well being of a person. Doctors and chiropractors always stress the importance of spinal alignment when you are sleeping especially. Spinal alignment does not limit to maintaining a good body posture and standing straight. It extends to sleeping and bending and every body movement of yours.

The spinal cord is directly connected to the brain and the central nervous system in fact the central nervous system starts at the end of the spine. The CNS uses the spine for several communications. Any problem with the spine can directly affect the central nervous system. Most of the body functions and movements involve the spinal cord. Also every single part of the body depends on the spinal cord.

So thinking that having a spine is for a good posture then it is a mistake. A spinal cord has a very vital role to play in the human body. It is only partly true that we need the spine for a good body posture. It literally holds the upper body straight. The communication between the nervous system and the spinal cord takes place through the exchange of some chemicals through the spinal fluid. If the spine is damaged, then the messages that need to travel to the nervous system cannot be carried. Also the messages from the brain to the body cannot reach. So, it is very important for the spinal cord to be aligned so that the passage for the messages from brain to the body is clear.