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HumanUP

ATLAS TUNE UP

**Good health without treatments.
Happier and longer life.**

This book is dedicated
to my sons Vladislav, Filip and Matija,
to my grandson Ognjen, my granddaughter Janja
and to my future grandchildren.

**My children,
may you raise your children in happiness
for they will live in a better future.**

FOREWORD

The new discoveries I have presented in this book will make the survival and further development of humankind possible. This claim seems very bold, but when you read this book, you will realise that it is so because it is dedicated to health and health is the most important thing in life.

I will introduce you to my discovery that finally gives you the opportunity to live a healthier and better life. Thus far you may have read many books and magazines on health, but you haven't found the solution and you don't know how to cure yourself.

I can understand your doubts that you might be wasting time reading this book, but you aren't, because this is a ground-breaking discovery and therefore this will be the most useful book in your lives.

It might seem like you are reading the most beautiful fairytale. However, it is not a fairytale at all but reality. This discovery enables individuals and the whole of humankind to lead healthier lives.

Information has always been crucial to success. The right piece of information at the right time is of the greatest value. In the age we live in, everyone can find out almost everything they want to.

However, sometimes we are confused by the misinformation that is presented due to incorrect knowledge or due to manipulation on the part of those who profit from it. Therefore it is normal to doubt everything that is new. What you are about to find out, has been presented to humankind for the first time, and many among you will doubt it, even though it is the most important piece of information.

My intention is not to write a book on medicine, a scientific paper or novel, but to present the **HumanUP** atlas tune up so that everyone can understand it because everyone is entitled to better health.

However, though the style of this book is simple, even the greatest experts will hear about these new discoveries for the first time which will make them question existing knowledge.

Several scientific studies have already been conducted in relation to this discovery. Dozens of sentences from this book will be the topics of future scientific papers and doctoral theses that will do away with much incorrect knowledge.

The future will confirm this to be the greatest discovery because it is about human health. Without fire, the wheel, electricity and hundreds of other discoveries we could and can live but not without he-

alth. Health is a prerequisite for everything else and it is at the top of everyone's list of priorities.

If you are looking for a way how to heal, you will find it here. You may find it boring to read about illnesses you don't suffer from but without this discovery, you most likely will suffer from some of them. Those who are still healthy will find this extremely useful because this book is about the best possible form of natural prevention.

Everything in us and around us is changing, and these changes are driven by the natural law of cause and effect. The laws of nature cannot be changed and they affect humankind. Sometimes things change for the worse and unfortunately, this has been happening to humankind for tens of thousands of years. Now there is finally the right solution that can eliminate the causes of illnesses and their consequences and we can live healthy lives.

Not even the greatest discoveries are easy to implement. Many people were distrustful and afraid when electricity first appeared and today we all use it gladly. The same thing will happen with the **HumanUP** atlas tune up.

This new visual age suits our fast way of life but it is better to present new discoveries in an old way. You can get more information about this on the Internet, but when you have read the book, it will all become clear to you.

At first you might think you are reading what you already know, but as you continue this will change because this new knowledge will correct your misconceptions. It is not the first time and it certainly won't be the last that new discoveries changes existing knowledge, and that is how we contribute to the improvement of humankind. Some things might seem superfluous, as if they have nothing to do with health but everything that we are made of and everything that surrounds us, affects us and our body. Everything is connected and it affects our life, and these changes that have been happening since the beginning of life affect us still today.

For tens of thousands of years, humankind has struggled with pain, illnesses and short lives due to diseases and finally this has ended.

You will spend some time reading but that is going to be the best investment you have made because it will give you decades of health. You won't waste time reading this book and with each new page you will understand how this is possible. These new discoveries will cause disbelief and you will wonder why we were previously ignorant of the causes of diseases and the ill will regret not having heard about this discovery earlier.

We live in the age of information and we think we know everything but this is an illusion. If we are not aware that something exists, that doesn't mean it doesn't exist. Everything already exists and what is new is our knowledge of these things. The greatest problem of hu-

mankind has existed for tens of thousands of years, but so far we have lacked awareness of it and its solution.

In modern society, there are new, better discoveries which replace existing ones fast, but the solution to the greatest problem of humankind will have to be applied for as long as the problem exists.

When you want to get rid of your illnesses, the first thing you do is familiarise yourself with the treatments that await you and in this case this is vital because we are talking about a completely different approach. I will explain how illnesses occur, and when you understand this it will be easy to understand how illnesses can disappear without medical treatment when we eliminate the cause.

My work experience has made me question existing knowledge about the human body. The result is the new discovery I am presenting here.

In order to understand the natural law of cause and effect better, the book will link the past, present and future but I am not always able to follow everything chronologically because the past affects the present, and the present affects the future.

I will try to be succinct so that you can find the solution to your health problems as soon as possible, but also so that the size of the book does not discourage you from reading and coming to receive your nape massage.

So far there has been no knowledge about the problems caused by the misalignment of the first vertebra so this book has an educational purpose for the general public but also for those who wish to pursue this humane work.

My motive is to present humankind with the knowledge I have gained, and that will enable each individual to have a healthier, more successful life. I will be happy if the book hastens the implementation of the **HumanUP** atlas tune up and since you will be healthier, you will be happy.

Enjoy reading the book, and when you have finished, I am sure you will be grateful to the person who recommended it to you.

THE SEARCH

For thousands of years, people have been searching, spontaneously or consciously, for the cause of diseases. My search lasted thirty years and it was not very different from the search billions of people have made in an attempt to discover why they are ill.

When I was a child, I was ill more frequently than other children so my parents often took me to the doctor and I was treated in hospitals more than once. Between the ages of twenty and fifty I searched for the cause of my disease and I realized that it didn't come from my surroundings but from my body, so I spent years thinking why and where diseases occur.

I didn't try to treat myself because I have no medical education. I left the treatment to experts but around the age of thirty I realised that modern medicine couldn't help me so I turned to traditional medicine, but to no avail. I was wasting my money and time. Wasting time was harder on me than wasting money, because one does not want to waste precious time while the disease is in progress.

It seemed to me that both traditional and modern medicine were a sham, but I realised that for the most part this deception was not intentional but borne out of ignorance. Anyway, I didn't want to be the victim of my illnesses and intentional or unintentional deceptions.

At the age of forty I stopped with my treatments because I wasn't getting any better, and later other difficulties and diseases occurred. I was in pain, but I didn't give up looking for the answer to my simple question – why do illnesses occur in my body?

In my conversations with doctors I wanted to find out as much as possible about what causes illnesses. A paediatrician who had treated my children for twenty years became my friend. He knew about my illnesses and sometimes I would ask him about the causes. He gave me answers he wasn't sure about.

For years I read books and magazines about health but these didn't explain where illnesses occurred. There was too much inconsistent and incorrect information about what causes diseases and because of that I stopped reading, but I paid even more attention to my body hoping that I would realise why and where illnesses occur.

I knew with certainty that the key to my healing was in discovering where diseases occurred – because it is better to eliminate the cause than to treat the consequences. However, not even three decades later was I able to find out why I was ill, so I started losing hope and started preparing for the cruelty of old age.

I was searching for a place on the planet with a favourable climate where I could spend my old age and at least alleviate the unbearable pain of rheumatism that had plagued me for over twelve years and was getting worse with each passing year. A warmer climate might not have cured my other diseases but at least it would have alleviated the pain. Up until then I had lived for fifty years in a moderate climate zone and that zone is good for healthy people but not for me, because every change in temperature would cause me pain.

I decided to spend my old age in Cuba, not because the Cubans are among the longest living and healthiest nations in the world, but because a warm climate would alleviate my pain. I didn't wish to spend my old age away from my family, but the pain gave me no other option.

People living in the moderate climate zone of North America often have similar problems and that is why they spend their old age in Florida. I was about to go to Cuba, whose climate is very similar to Florida's, but fortunately, I happened to discover what I had been searching for most of my life. We usually find solutions where we least expect them.

When I last asked the paediatrician about the cause of my illness, he told me that I was born with a flaw. He didn't know what it was but he was completely right. Looking for the magazine 'Atlas', which contained articles on Cuba, I happened to spot the cover of a health magazine. I had stopped reading them long ago but the word "atlas" drew my attention:

REALIGN THE ATLAS – PROLONG YOUR LIFE

I had no intention of prolonging my life of pain and I had no idea how a geographical atlas was connected to our life span, so I read the subheading:

THE MISALIGNMENT OF THE FIRST VERTEBRA IS THE CAUSE OF DISEASES

This heading and subheading changed my life completely. I learned that the atlas was the first cervical vertebra. I found what I had been searching for thirty years. I had persistently been looking for the cause of disease in my body, in books and health magazines, but had never considered the atlas, nor had it ever been mentioned as a possible cause of illnesses. I immediately read the text that seemed to be the most beautiful fairytale and I realised that the atlas was the cause of most illnesses.

I made an appointment and hoped my condition to improve. I had been deceived many times by different types of medicine, so it was even stranger that the text said it wasn't about treating but about eliminating the cause of your disease. I decided to try and find out if this was a complete lie or truth.

Two minutes after the treatment I felt I could breathe more easily. Five minutes after the treatment I had the best gulp of water in my life and ten minutes after the treatment I felt an irresistible desire to eat.

HEALTH STARTED RETURNING TO MY BODY.

Healthy people don't understand what ill people go through, so they can't understand the inexplicable joy of realigning the atlas and getting healthy as a result. I wanted one third of my illnesses to disappear, but in the first couple of months after the treatment I got rid of most of the illnesses that had been torturing me for fifty years.

The town I live in has seventy thousand inhabitants. The article was read by maybe two hundred people and it meant nothing to them. Due to the circumstances, I was the first one from my town to go and have my atlas realigned. I had a public job so many people knew about my health problems.

After my treatment, two hundred people went to have their atlas realigned. It was enough for them to see me and to understand everything. I noticed they all experienced an improvement, so I wanted to be able to realign the atlas myself. Now I am doing this noble job and I am extremely happy to be able to help ill people.

I am finally healthy at the age of fifty-one but it's never too late. I spent thirty years searching for what causes diseases and it was always within my reach. For tens of thousands of years, people have pressed the nape area in order to ease pain, but haven't realised that the misalignment of the atlas is the cause of almost all diseases.

The circumstances of my life have made it possible for me to make an epochal discovery about realigning the first vertebra. I went to vocational school and studied to become a cinematographer. Due to my technical education I see the body as a machine and during my studies I perfected the power of observation. However, what helped me the most was my search for the cause of my disease.

THE STATE OF BEING

Who are we, where are we and why do we exist?

Ever since we became conscious, we have wished to know the answers to these questions and as time goes by, we are nearing the correct answers.

We exist because the universe around us exists and we are only a small part of everything in existence, but the same rules apply to the universe and to the smallest particle in our body.

It is in human nature to want to understand what everything around us and in us is made of. Maybe we will never know for sure but it is worth trying. In everything that exists, the only oddity is the

existence of the living world. It is impossible that life only exists on this planet but for now we don't know of any other. Up until recently we didn't know anything about many phenomena, but they existed independently of our awareness of them. If we are not aware that something exists, it doesn't mean it doesn't exist. If you have never heard about the realignment of the first vertebra, that doesn't mean it doesn't exist.

Measured by our standards, this is the beginning of the third millennium. In the past two hundred and fifty years there have been more discoveries than ever before. Homo sapiens is one of the youngest species but it is the most successful one. Therefore we can be thankful to all our predecessors and their evolutionary efforts.

However, let us go back to our existence, because we are most important to ourselves. Our life is most seriously affected by illnesses. Not knowing what causes diseases has created a misconception that it is normal to live with diseases and to die of them.

Thanks to the discovery of the **HumanUP** atlas tune up, this is the end of these misconceptions.

THE MISCONCEPTIONS

A misconception is a failure to understand reality correctly.

Knowing that misconceptions can hurt us is unpleasant, but it is useful because we can eliminate them. Scientific discoveries are constantly eliminating misconceptions.

We are the masters of this planet which gives the impression that we are the most perfect species. Thousands of plant and animal species are millions of years older than we are and they have remained the same. One of the greatest misconceptions is that we are perfect and that the creation of man is finished. Due to our homocentric view, it is easier to live with these misconceptions but our reality is completely different.

We are neither finished nor perfect. Changes occur in today's generations too. We lose our wisdom teeth and hair, which we can live without, and the latest scientific research has shown that our head has been shrinking over the past twenty thousand years. If that is so, then it's a good thing, because large heads used to make labour difficult.

Homo sapiens are the sickest species. Diseases occur due to external infections and inner influences. External infections trigger diseases from the outside, but many more diseases occur within the body. How this is possible you will find out in this book which will eliminate many misconceptions about how diseases occur.

There is a misconception that the modern way of life has reduced deception to a minimum. Mistrust is a part of human nature and it is necessary to protect ourselves from intentional deception. Due to false information, unintentional deception happens more often and that is the case medical treatments. The problem is not spending money on wrong treatments, but the fact that the disease gets worse because of the waste of time. In the end, we are not cured.

Science has set itself apart as the supreme judge of what is good and what is bad, but science is not to be trusted because many scientific discoveries have been incorrect and harmful. Science is a logical cognitive product, but logic itself is fickle and often wrong. Science about health should be the most accurate one because health is the most important.

We used to think that the Earth was flat and that the entire universe revolved around it. At that time it seemed logical that people living on the other side would fall off the Earth. Billions of people used to see the Earth's round shadow on the Moon during an eclipse, but out of fear they respected the official version that the Earth was flat and if anyone claimed that it was round, they would be declared insane. Nicolas Copernicus discovered that the Earth was round and that it revolved around the Sun, and Giordano Bruno lost his life but never gave up Copernicus's discovery.

It was difficult for us to accept that we are not the centre of the universe, and later it was proved the Sun wasn't either. Today we know that this galaxy isn't the centre of everything and it is among the younger ones, and there are billions of galaxies in the universe. Now it is believed that this universe is a part of the multiverse.

For an individual's life it is not important whether the cosmos is infinite, what is important is that no one harms him and no one manipulates his life. Unfortunately, we are all victims of the misconceptions that have been imposed upon us by different industrial groups who aim to profit.

Milk is white and therefore it seems clean and useful for your health but that is an utter illusion. It has been known for decades that milk is harmful, but nobody is doing anything to stop it from being used. We are mammals but we are the only ones who use milk and harm ourselves. The human digestive system is not equipped to digest milk and dairy products. Milk feeds parasites and bacteria in our body and their secretions increase the acidity of the body and that is why we are ill. It is a misconception that calcium found in milk is good for our bones. It is quite the opposite, because the more bacteria and parasites there are in our body the less calcium there is in our bones but the milk industry doesn't care because it makes a lot of money.

Raising your children in kindergartens seems like a good way to grow up but is a misconception too. These first years are formative and children should have adults from their families as role models and not their peers.

Psychology has proved that the ideal environment to raise a child is a hunter-gatherer community. We can't go back to that way of life so we have to find a way to reconcile the cave man and the modern man in us.

To profit more, interest groups create illusions. For example, for a long time now they have been convincing us that people's activities increase the levels of carbon-dioxide in the atmosphere and that is why climatic changes occur. The Kyoto protocol deals with how much CO₂ emission should be reduced by each country in the future, that's why you can trade quotas on stock markets but the reality is completely different. Ever since our planet was created, the amount of CO₂ has continually decreased because the planet is slowly cooling off and volcanic activities are decreasing. Most of the Earth's surface is covered with water, and water absorbs CO₂ from the atmosphere so there is a possibility that CO₂ will disappear in the future, and if that happens, plants will disappear as well. Plants use CO₂ to produce oxygen and if oxygen disappeared, the living world would disappear. And if we were to spend all fossil fuels, that would only slow down natural processes. The truth is that our climate depends on solar activity and the Earth's orbit around the Sun, but we are all victims to manipulations.

Most phenomena around us and in us are not what they seem. It is an illusion that oxygen is only useful for us. Every cell burns food particles using oxygen to help it and that's how we obtain energy to live, but during that process free electrons that damage genes are released and because of it a cell dies. People who live at altitudes higher than 1.500 meters are healthier and live longer due to less oxygen in air.

For thousands of years, hemp was used by humans. By processing hemp people used to obtain material that is stronger and lighter than steel. Hemp can be used in the construction industry, for furniture and in the car industry. In some countries it is still used for food, medicine or for producing cloth. Hemp is cheap, but that's exactly the problem for different industries because their profit would be small. Those industries which profit on chemistry claim that only synthetic products are healthy. We are constantly in contact with plastic, from childhood to old age, and that makes us even more ill.

Taken in various forms, marijuana is the simplest way of using hemp in comparison to other possibilities. There are as many as two hundred and twelve types of hemp, but because of cannabis all of them are illegal.

We are extremely aggressive towards nature. By cutting down forests we are putting our survival at risk, and pesticides are permanently polluting soil. Our ancestors used to worship Mother Nature and we treat her like a stepmother. There is no better way to purify soil than to plant hemp.

In the past two hundred years, humanity has been cutting the branch it sits on. The Amazon rainforest is systematically destroyed but it is an illusion that this is merely because of timber. The Amazon plants are among the healthiest and it is not in the pharmaceutical industry's interest that the rainforest exists.

Since the beginning of our species we have longed for an easier and more comfortable life but when we have too much of comfort, that affects our health. A chair is a useful invention, but we have more health issues due to sitting too much and not moving enough. Children sit more and more so their parents send them to do sports, and one more misconception is that all sports are good for health. It is just the opposite, because wrong sports can harm a young body so that it becomes more ill in old age.

It is a misconception that a variety of foods in a meal is good for your metabolism. For tens of thousands of years, we used to eat only one grocery per meal and therefore our digestive system is not capable of digesting different types of food. It is also wrong to think that dieting is a solution for obesity and it is much better to give up different tastes in a single meal.

For thousands of years, there have been different treatments and a need for someone else to treat us. Treatments seem successful because they remove symptoms but not the illness. Modern medicine especially treats symptoms and it is very successful at doing so but that creates a misconception that we are not ill and therefore we become more ill. It is known that many painkillers for headaches only provoke even more severe headaches.

In the twentieth century in Germany people used to install underfloor heating but it was eventually given up on when people started having health problems with their legs. The Germans gave up on one more misconception. They used to have babies' tonsils and appendix removed in order to make them healthier, but soon they realised that it had been wrong.

Modern magazines, radio, television and the internet are all working for different industries which harm us. Most of the media are owned by industries which create illusions and convince us what is good. Misinformation has always existed and it has favoured one group. We live in a time of rapid communication and we think we have the right information, but that is a misconception and the truth is we live in a time of complete misinformation.

It is a misconception that we live better. Some aspects are better but most are not. The laws forbidding us to touch another human being under suspicion that we are committing sexual harassment are directed against humanity. For thousands of years, we have been in close contact during activities or during sleeping, and that contact gave us the feeling of togetherness and community. Laws change, and the best laws are the ones written by life itself. The basic human law is the continuation of the species, and people are being denied the bliss of contact due to these inhumane laws. To hug is healthy, so hug each other even if you have to pay a fine.

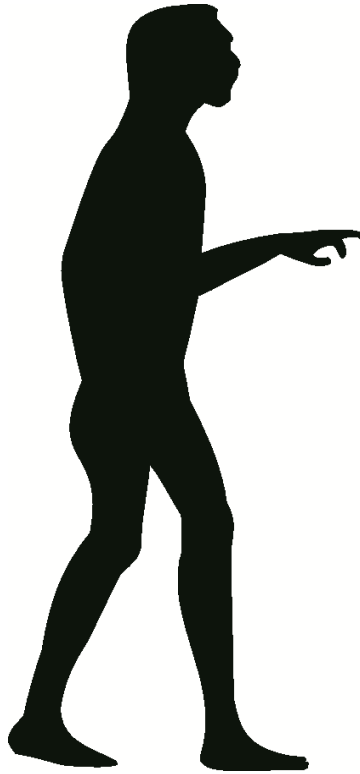
The main topic of this book is human health. At times it might seem to you that I am writing something that has nothing to do with health, but everything around us influences our health. For example, it is a misconception that it is good for women to wear high heels. Women in high heels look more attractive, but they deform their bodies and spines even more. A girl will seduce a boy, but she will be ill when she gets married. Several centuries ago, men were the first ones to wear heels because, for them, heels make a normal curve in the lower part of the spine and that is why they were healthier than women in those days. In the twentieth century women's wish for equality changed fashion because women wanted to be as tall as men, but there is no need for such equality. The female principle is the predominant one and women bear children, so they are always predominant.

The fact is that in the past two centuries our lifespan has increased, but it is a misconception that it is so because of the development of medical science. Great number of people used to die due to infections, so creating better hygienic and sanitary conditions has led to increased lifespan.

The above mentioned examples show that logic is fickle and misconceptions are endless, but there are less and less of them.

There are hundreds of similar examples in history, and the future history will write about today's misconceptions. One of the biggest misconceptions is that it is normal to be ill and there is no avoiding it.

Humanity didn't expect to be saved from illnesses but the discovery of the realignment of the first vertebra will remove the misconception that it is normal to be ill and to die because of it.



THE PAST

The past and future don't exist now because there is always only the present. Where are we in this eternal game of time?

Bad consequences of the past exist in our body and that is what makes us ill. There is finally a solution to how to live healthily in the present and in the future.

This book describes the past, present and future of our species from the point of view of the greatest discovery connected to human health.

THE ORIGINS

Our findings are not final, but they are pretty accurate. My discoveries about the origin of everything, including Homo sapiens, are based on these findings. If these findings are wrong, then my discoveries are wrong as well.

Thanks to the discovery of atlas realignment, what is most certainly correct in my discoveries is the development of Homo sapiens in the past tens of thousands of years. The proof of my theory exists in each of us, and that proof is a small anatomical error. The error is small, but it is fatal to our health and it has always been the greatest problem of humankind.

It is impossible to turn back time and to be certain how everything originated, that's why there are different beliefs and opinions about the origin of the world. Everyone is entitled to their own opinion, and so am I. You shouldn't influence others with your opinions so my intention is not to belittle other beliefs or to change them. However, difference of opinion is valuable because it leads to the truth which everyone can benefit.

There are several theories about the origin of the world. One of them says that in the beginning there was nothing except a little singularity which exploded and everything developed out of it. Scientist came to this conclusion because they noticed that everything is moving away from everything else in the universe. This explosion has lasted for thirteen billion seven hundred million years and it will last until the last atom disintegrates, so in the end there will be nothingness.

The latest theory supposes that there is an infinite number of universes which are different. These other universes are impossible to observe, because there are completely different dimensions and laws of physics in them. Mutual activities of these universes create an infinite number of combinations in the endless multiverse which exists in eternity with no beginning and end. This is all difficult to imagine, but it is easy to understand if you compare it to soap bubbles floating. Sometimes these bubbles collide, and the consequences are different. It is possible that they merge into a bigger bubble but there is a possibility that one bursts or both of them burst, and their remains are absorbed by other neighbouring bubbles. Something similar happens during fireworks.

But let's go back to the reality of this universe because we will live more easily when we know where we are and what we are made of.

Like with fireworks, after an explosion there is smoke and dust in vortices. The explosion is a cause and everything else that happens is a consequence. Our galaxy was created six billion years ago out of a huge vortex of dust. A similar pattern of events transfers into the galaxy, and smaller vortices of dust create stars and their followers. Four and a half billion years ago, the Sun was created and later the Earth.

There are many theories about the origin of life on this planet. It is possible that due to mutual actions of chemical, physical and electric reactions a spark of life was created. A discovery made in 2002 overshadowed all the other theories, because the Stardust mission proved that life originated outside this planet. The spacecraft brought back a bit of dust from a comet's tail and it was found to contain organic matter.

Three billion years ago, organic matter and amino acids fell to the cooled Earth. Comets also brought water, without which life couldn't have been created. Special conditions are needed for life to be created and in order for it to survive and develop a lot of time is required.

Planet Earth is the ideal cradle for life to develop because it is situated at a suitable distance from the Sun, so it is neither too hot nor too cold. The Earth's magnetic field protects us from solar radiation and our planet's chemical composition offers conditions for numerous chemical reactions. The Moon stabilises the Earth's axis of rotation and that enables us to have favourable climatic conditions.

When the necessary conditions were fulfilled, the adventure of the living world was able to start.

Ribonucleic acid was formed from amino acids and DEOXY-RIBONUCLEIC ACID was formed from ribonucleic acid. The very name represents the grandeur of this largest natural molecule which can be found in every single human cell.

THE DEVELOPMENT

In order to prolong its survival, DNA forms a membrane around it filled with water molecules and that is how the first cell is created. For billions of years, single cell organisms existed in water. Life could be created in water because water provided protection from solar radiation which was extreme at that time.

The effect of the Moon on the development of life was extraordinary. At that time the Moon was closer to the Earth and circled it faster, so tidal ocean waves were several dozen metres high. Their ebb and flow were very violent so single cell organisms attached to rocks.

At that time there was no oxygen in the Earth's atmosphere and photosynthesis occurred spontaneously in these single cell organisms which were exposed to sunlight.

In the process of photosynthesis oxygen was created and in the next three billion years oxygen slowly filled the atmosphere which became toxic for the organisms living at the time, and only organisms in which oxygen was created managed to survive.

Due to the Earth's unstable orbit around the Sun, all water froze several times so the planet was a white ball. When life first appeared there was a possibility for it to die, but the rule that what doesn't kill you makes you stronger was confirmed. This rule would be confirmed several more times during the development of the living world. The frozen planet posed a threat to life which was still sensitive but that is exactly what made it possible for multicellular organisms to form. In coastal areas around the Equator ice up to ten meters thick formed and not enough light could get through. In order to absorb as much of the little light that there was, single cell organisms merged into multicellular and became green. That is how chlorophyll and later plants were created.

For the common good, groups of cells organised and specialised for certain functions to sustain the body.

The organism which made it possible for animals to develop out of plants exists still today and we call it a sponge.

Plants are static so animals developed faster due to their mobility. Segmentation of their bodies enabled them to move more in search of food but also to perform different tasks in the interest of the community.

A very similar pattern of organisation led to cells merging into organs, which enabled better adaptability and survival. Soft tissue species formed first and later organisms with shells which could protect soft tissue.

When vertebrate developed spines it enabled the body to stay whole from the inside and that led to limbs being formed and even better mobility, which gave them advantage in the fight for survival.

All this happened in water. Water is inside cells, but intercellular fluid is mostly made of water which enables matter exchange in cells.

Plants were the first to reach land and for hundreds of millions of years released oxygen into the atmosphere. Lungfish left water and animals that breathe air were formed. Leaving water was not intentional but spontaneous. The Moon made it possible again through ebb and flow, so different organisms stayed on land for several hours and they started breathing air.

Genes transmit information to the following generation. The first genes had a simple structure and in order to survive longer, they

changed themselves. The structure of genes became ever more complex due to the growing number of DNA in them and that made it possible for new plants and animals to be formed.

Scientists know of several million plant and animal species and there are several times more to be discovered. The development of the gene has made this unbelievable variety possible, and Homo sapiens have the most complex gene structure.

In each generation all living things go through the cycle of birth and death. Ever since the first genes were formed, they have been the only immortal part because they continuously clone themselves. During billions of years, genes have become more complex because they have been adapting to the conditions that haven't always been ideal on this planet.

Dozens of times we have had cosmic or earthly disasters that threatened to destroy life, but it is precisely these disasters that have contributed to the development of genes and life.

Genes are in the centre of every cell of every single life form. Only humans are aware of this but not even we are aware of the fact that we do not possess genes but they possess us. In this incredible relationship of mutual interest, the guest thinks he is the host but it isn't so. Each gene is the basis of life and it has its immortal life, and we are only a sort of parasite so we are not as special as we might think. Being aware of it will make it possible for us to enjoy the grandeur of our own life more.

There are differences still today in the structure of genes in different life forms, but the differences are minimal. The difference between a human gene and a potato gene is small, and the difference between a human and pig gene is minimal.

Genes created organisms to give them protection and to be transferred through generations. Cloning from parents to descendants, only genes have had a single generation since the beginning of life to the moment when life ceases to exist.

SURVIVAL

The process of creation and disappearance of new species happens still today and it will happen in the future. In that process the only unusual thing is that our species is responsible for the extinction of many species, but genes have survived even greater disasters than we have. Unfortunately, for the first time since the beginning of life, one species has the possibility to destroy itself and thousands of others. However, genes would survive even if people were to cause a cataclysm with nuclear weapons.

Due to our lack of understanding of cosmic phenomena in the past, comets were seen as harbingers of death. Comets brought water and particles of life to the Earth, but they have been and they can be again the reason for extinction. Sixty-five million years ago, a celestial body, ten kilometres across, fell to the Earth. In that cataclysmic impact a large majority of plant and animal species was destroyed, even dinosaurs which had ruled the planet up to that point.

Up until this disaster mammals had been small and less developed than dinosaurs. The extinction of dinosaurs made it possible for mammals to develop further.

Mammals are a genus which is not very numerous in comparison to other species. There are around eight thousand mammal genera today, and there are incomparably more of amphibians, reptiles, fish, insects and other species. However, mammals are dominant because they adapt better. Some types of mammals have returned to water and some have developed the ability to fly so they are present on land, in water and the air.

Due to the changes that have occurred, the survival of life is an incredible thing, but it is exactly these changes that have made it possible for life to adapt, perfect and last.

THE ERRORS

In the process of transferring information from one gene to the other sometimes an error occurs. Among many mutations, an error occurs which is useful for future generations and that enables genes to survive and develop further. These errors are not planned and intentional but spontaneous and unintentional.

In the first primitive multicellular organisms there was one nerve cell which controlled the function of all other cells. Due to an unintentional mutation error, two nerve cells were created, which proved to be very useful. As a result of this error primitive brains were created which led to the complex brain of Homo sapiens to be created. This is an example of just one of many errors which little by little led to ever more successful species.

Animals were initially unisexual and later they became bisexual. Females bear offspring and males serve for mutation errors. When after several generations it turns out that an error is good, that is when females adopt it and transfer to new generations. Males have led to ever better solutions and females have chosen. That principle of choice has survived for hundreds of millions of years and it is present in our species as well.

What you have read so far is a reminder of one of the best known theories of the origin and development of life. Everyone is

entitled to their own opinion on the past, but this is the most accurate sequence of events. There is no time machine which can take us back hundreds of thousands of years in the past so we can't be absolutely certain if this is how it happened. Future research of the past can somewhat change present knowledge, but the essence will remain similar.

Billions of events from the past have made it possible for us to exist. Conflicts, survival struggle, adapting, suffering, torture, coincidence, selection, experience, error, etc., everything that has happened is embedded in us and it has enabled us to enjoy life. When we aren't happy or satisfied we should remember the difficult path of development that our ancestors took, and being conscious of their sacrifices will make our life better.

Sometimes errors can be fatal for a species, because they can lead to the degradation or extinction of a species. Unfortunately, this has been happening to human species for tens of thousands of years.

Every single person has got a small anatomical error that can be easily felt between our ear lobes and our jaw.

That error is the misalignment of the first vertebra.

This has been the introduction into the story, and my findings are changing the existing knowledge of the development of human species.

THE PRESSURE

Gravity had existed before Isaac Newton but he was the first to understand and define it. Three hundred years later, Albert Einstein redefined the concept of gravity with his theory of relativity – celestial bodies with their mass curve space which becomes thickened as a result. One of the basic concepts is space, which is present everywhere in the universe. Most space exists where there is nothing, and least in the most massive celestial objects which we call black holes.

The more we know, the clearer it becomes how little we know, and now we don't know what most of the universe is made of. That which is unknown and invisible to modern instruments we call dark energy for now. Science develops rapidly and in the future it will discover what makes that energy, and after discovering it will name it properly. In my opinion, it is the pressure of the explosion that has lasted for thirteen billion seven hundred million years.

Connecting these findings I have discovered how the pressure of the universe influences our upright position and how due to this pressure we become ill.

The concept of gravity means that a larger object attracts a smaller one, but it is actually quite the opposite. Depending on the amount of matter that a body has, space becomes thick and that creates

vacuum in relation to the pressure in the cosmos. To us it seems that the Earth's gravity is pulling us from under, but it isn't so, because the universe is pressing us from above. Dark energy isn't far away somewhere. It is present everywhere in the universe and it spreads through us influencing our existence and health.

One million five hundred years ago somebody dared to rise and stand up to the pressure of the mightiest force in the universe.

We named that hero HOMO ERECTUS.

THE RISE

Homo erectus did not rise easily. The rise could happen because of the order and circumstance of the above mentioned events. Of course I haven't witnessed any of these events but I have made new discoveries which change the existing knowledge of how our species developed.

One hundred million years ago, tectonic activities started splitting the original continent into more continents, and for mammals it was important what happened to Africa because that was where they lived. Africa used to be situated further south, where the climate was moderate with lush vegetation and different animal species, and these favourable conditions made it possible for mammals to develop further and to create new species.

Monkeys lived on the ground, walking on four feet. Running away from predators they used to climb trees and in the treetops they found sweet fruit which gave them more energy for climbing trees and for jumping from one tree to another. While they climbed, jumped, hanged and picked fruit, they used to stretch their bodies and that corrected their joints in both front and hind limbs. That is how the upright body position was made possible, but at that time standing was painful.

Even though monkeys couldn't stand for a long time then, they could sit. There is a saying that labour created man, but I would rather say that laziness and resting created man. While sitting, the spine got used to a vertical position and more weight, and that position led to a different arrangement of internal organs.

No one can say for sure why Homo erectus straightened and walked on two feet. When due to climatic changes jungles moved further west, that is when certain species of monkeys stayed in bushes so they might have straightened to orient themselves better and because it was easier to walk through bushes and grass in that way. It is possible that they started walking upright because they were walking through swamps, and if it is so, then water helped again in our

development because it made their bodies lighter and joints suffered less pressure. My favourite theory is that mothers held children using upper limbs while breastfeeding and protected children from predators. That close relationship and love of offspring made it possible for them to rise.

Homo erectus was the first to stand and to oppose the pressure of the universe. Rising from a horizontal to vertical position probably happened fast, because it is very difficult to walk when bent. Over the course of time, several species of humanoids were created from *Homo erectus*.

Natural and climatic changes caused several humanoid species to become extinct and *Australopithecus* slowly developed into *Homo sapiens*. The upright body position gave us the possibility to rule the ground, but nothing is free so now we are paying for this success with our diseases.

Back then, it was easier to stand when leaning sideways than forwards, because their elongated chest was weighing them down. Over the course of time, our chest became thinner and that is why we are the only mammal species with a flattened chest.

The upright body position and thinner chest influenced a different arrangement of organs. Back then, organs were equally distributed according to their weight on the left and right side, and when *Homo sapiens* became omnivorous, that is when the cause of our present health problems was created. A diverse diet contributed to our survival, but because of it our liver became larger and heavier. Every change leads to improvement of something, but at the same time it leads to deterioration of something else. When the liver got larger, it upset the balance between the left and right side of the body.

One of the characteristics of *Homo sapiens* is curiosity, that is why they tried different types of food but that caused the liver to enlarge. In a way, this situation is portrayed in the Old Testament. The forbidden fruit from the tree of knowledge gives more energy for physical activities, but for thinking as well.

With their hands free, *Homo sapiens* explored their surroundings and started using tools, which led to the process of thinking and that made their brain and head larger. In order to spend energy more efficiently, the process of thinking helps perform tasks more easily and that can be called laziness. There has been a tendency to live more easily ever since *Homo sapiens* appeared. Back then, laziness made further development possible, and now we are becoming too lazy which triggers rapid deterioration.

The explosion of a supervolcano which happened seventy-two thousand years ago, could have led to the extinction of humankind. Fortunately, around two thousand of our ancestors survived so all people in the world are their descendants.

Since then, humans have spread around the world and dominated all the continents. Ice ages lowered the sea levels so humans moved to Australia, and during the last ice age they moved across the ice to America. When the ice age ended, people stayed isolated on the continents which led to different races, but despite the fact that they were isolated, people had already brought with them the greatest problem of humankind. All races and all people in the world have similar problems because their first vertebra is misaligned.

THE FALL

The fall, that is the degradation of Homo sapiens should not happen. However, it has been happening for tens of thousands of years, and in the preceding decades we have degraded faster due to the liver rapidly increasing in size.

Our predecessors lived shorter because their lifespan was inherited, but during their life they used to be healthier than we are now. Over the course of time, our lifespan increased because of how successful our species was and it could have been even longer had it not been shortened by infections from our surroundings. We were killed by microorganisms, but by larger predators as well. Organising into tribes helped Homo sapiens defend against predators, but they were still threatened by invisible viruses, bacteria and parasites. The immune system fought against external infections and it became stronger over time.

There was one more thing that shortened their lives and that was internal conflicts. When we got rid of predators, conflicts started which sometimes ended in death. At first they were individual, but because of conquering land they turned into collective ones and unfortunately, that is still the case today. Other animals also fight within their own species but these conflicts end in wounding their opponents. War is a fatal creation of Homo sapiens and that is why we are not as civilised as we might think.

I hope that we will finally become civilised soon, but there is still the problem of a conflict of interests which through deceptions favours a certain group. Here is an example that we are not aware of. During the twentieth century, our species grew ten centimetres taller and the reason for this rapid change was our diet. In agriculture and livestock breeding, a lot of hormones are used which make plants and animals grow faster; we feed on these plants and animals, so these hormones make us taller as well. Due to our height and the fact that the first vertebra is misaligned, our body and spine curve even faster and that is also one of the reasons why we are more ill.

The blame is not on the food industry alone; chemical substances from medications weaken our immunity which has developed for millions of years.

By realigning the first vertebra we are offered an amazing possibility to stop the degradation and fall of humankind.

CIVILISATIONS

Modern civilisation has inherited tens of civilisations that existed in the past.

The discovery of land and underwater architectural structures testifies to the success of civilisations which existed before and after the last ice age. The precision of cutting and transferring huge rock blocks is unattainable to modern technology. It is strange that these structures were built on different continents because there was no communication back then. That implies a possibility that aliens influenced the development of our species, which is impossible to know until maybe one day they themselves confirm it.

When the ice age ended, different civilisations appeared and they influenced each other. There were the centres of these civilisations and their outskirts. On the outskirts, different knowledge mixed and created new and better civilisations, but sometimes some knowledge would get lost and that is why certain civilisations disappeared. The existence of Atlantis was ancient past even for Homer, but he was the first one to write about it. The discovery and development of script made the transfer of knowledge between existing civilisations faster.

On the outskirts of these civilisations, the Greek civilisation was created and philosophers appeared. Socrates, Plato, Aristotle and other philosophers are the fathers of the present. There had been wise men before them and there have been since, but they made that crucial impact on the modern way of life. The Chinese civilisation is the oldest one but even modern China uses the achievements of the Greek civilisation.

Hippocrates is the father of medicine. The Roman civilisation inherited and improved the achievements of the Greek civilisation and the same thing happened to medicine. The Middle Ages slowed the development of humankind but the Renaissance accelerated it and it is still ongoing today.

Unfortunately, speed is sometimes fatal for our species. Wanting to live more easily and because of rapid development, we made too many mistakes in the twentieth century. Blinded by technology, we create an illusion that our life is better, but it is quite the opposite. That is the case with modern medicine which is constantly moving

further away from Hippocrates's ideas, and the biggest mistake is that centuries-old natural treatments were declared outdated.

Our comfortable life is turning us into a sitting-eating civilisation, so we sit even while we have fun and while we work. In the past two hundred thousand years, the human body has adjusted to the upright or lying position and that is why too much sitting is a huge mistake.

For millions of years, spontaneous errors occurred but they also produced better solutions. Unlike these spontaneous, natural errors, now individuals or groups make intentional errors which bring them a huge profit and because of the minority's profit, the majority has health problems. Natural immunity weakens, humankind degrades, and so generation after generation we are more ill. Because of different manipulations, modern civilisation suffers greatly but we are for the most part not aware of it.

Since its beginning, the living world has almost become extinct several times, but it has always managed to be reborn and to get better. Discovering the **HumanUP** method will allow our and future generations to become free of natural and intentional mistakes.

It has taken some of you twenty minutes and some of you half an hour to read the chapter on the past. During that time I have reminded you of different events that have lasted for millions of years and made it possible for us to exist. Our ancestors lived primitive lives, but unlike us they respected their ancestors and were thankful to their families.

In each of us, the consequences of the past are present and it is up to us to respect them more. Let us be very grateful to all our ancestors – in order to have a better life and to deal with the present easier.



THE PRESENT

Health problems occurred in the past because the first vertebra was misaligned. That error is inherited from our ancestors and we suffer consequences in the present.

Thousands of generations have tried to correct the error but so far there hasn't been a true solution to the problem.

The way to improve health of present and future generations has finally been found.

THE ATLAS

What is the atlas?

It is not easy to answer this question because this word is used for more than one concept. We learnt about it in history, geography and biology lessons. We learnt about it but we forgot, because the neural network in our brain has a limited capacity. We receive new information every day which pushes away old information that is no longer relevant, but when you read this book, you will realise that knowing about the atlas is one of the most valuable things in your life.

Depending on personal or professional interests, certain individuals know the difference between the concepts referring to the word atlas, but most people have a vague idea about it so I will explain these concepts.

Greek mythology tells us about a Titan whose name was Atlas. He was one of the brothers, the Titans, who fought against the Olympian Gods. When they lost their battle, Atlas was punished and his punishment was to hold the Earth on his shoulders forever. Every myth has a lot of truth in it, but because it is relevant to this book, I would add that Atlas holds the Earth on his nape and because of it his head is bent. In my opinion, Homo erectus is a greater hero than Atlas, because Homo erectus was the first one to stand against the pressure of the universe.

An atlas is a collection of geographical maps, and that is the name of a mountain range and a mountain in the west of Africa. An atlas is also a collection of anatomical maps of human or animal bodies.

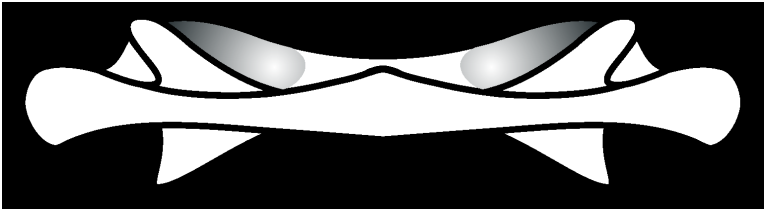
The main topic of this book is the first vertebra in humans, which is positioned under the head. Translated from old Greek 'atlas' means 'a supporter' and it was named thus by the Greeks because it supports the head.

Despite all scientific knowledge, up until this book there has been no real knowledge of the importance of the first vertebra, so it is going to be my honour if this book becomes the basis for a new science which could be called ATLASOLOGY. When you have read the book, you will understand that there is a great need for this science.

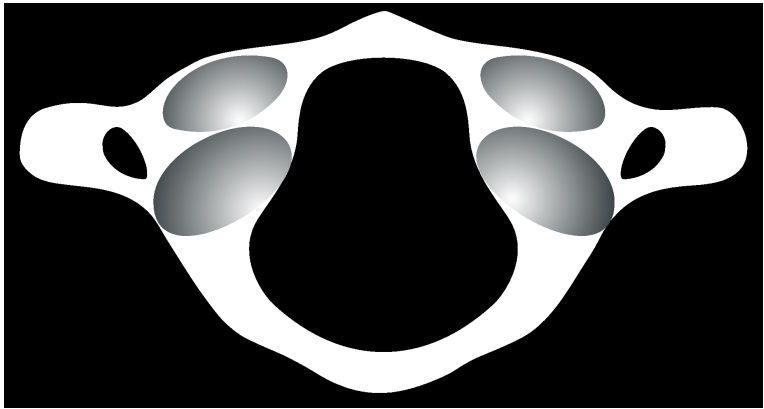
In every anatomical atlas of the human body you can find a drawing or photograph of the first vertebra.

THE FIRST VERTEBRA – THE ATLAS

back view



above view



The atlas bone does not only support the head but the entire body, which creates the effect of being hung from it. At the beginning of the twenty-first century, science proved that the universe has been pressing us down.

Thanks to these facts I have discovered why and how diseases occur.

THE PRESSURE OF THE UNIVERSE MISALIGNS THE ATLAS AND BECAUSE OF IT OUR SPINE AND BODY CURVE, AND NERVE SIGNALS AND MATTER FLOW DECREASE SO DISEASES OCCUR DUE TO BAD REGENERATION AND SLOWER BODY FUNCTIONS.

This discovery corrects the incorrect scientific knowledge and assumptions as to why diseases occur.

Here is another example of how, over the course of time, certain incorrect knowledge is corrected. Atlas has a different name – Atlantis. In the past people used to think that water encircling the world was an endless river which they called the Ocean and now we call that ocean the Atlantic.

The word atlas is used for different forms of transport – lorries, ships, cranes – as well as for tourist agencies or furniture factories. In Russian the first vertebra is called the atlant so there is no confusion. However, there is a science in Russia called Atlantology which studies the Atlantic Ocean so the science of the atlas will be called Atlatology in Russia as well.

For thousands of years, the original incorrect or incomplete medical knowledge was inherited and changed through copying, translating and adding new incorrect or correct information. The discovery of the microscope was a turning point and the beginning of modern medicine. Amazed by this discovery, doctors started looking for the causes of illnesses in microorganisms, which led to the situation where you can't see the forest for the trees. Rapid technological development has led modern medicine astray because seeing the details better has overshadowed the whole.

It is not possible to see the entire first vertebra under the microscope, but just a tiny part. However, even when you look at the entire atlas, it looks normal. The point is that the atlas is not the cause of illnesses but misalignment from its anatomical position is.

Due to paying too much attention to the details of micro and molecular level, something has been left out, something that everyone can feel between the base of the skull and jaw on the left and right side. What you can feel here, these are the lateral sides of the first vertebra. It is quite easy to feel the different positions of the atlas on the left and right side in relation to the base of the skull and lower jaw.

The atlas has the key position in the body, so it is incomprehensible that medical experts didn't pay any special attention to it. How is it possible that they didn't notice a small misalignment of the atlas in every human being? They noticed major misalignments in people who had suffered physical trauma and that injury was named 'whiplash injury' but there was no solution how to push the atlas back into a better position.

In the human body everything is a bit misaligned from its correct anatomical position and probably because of that they didn't pay any attention to the atlas. Everyone can see that the human body is asymmetric, and medicine notices it as well. It is unbelievable that experts didn't realise why the asymmetry exists, and what is even stranger is that they declared it normal just because most people have it.

In other mammals there is symmetry between the left and right side of their bodies because of the horizontal position. In our species the body is curved because of the upright position, but nobody realised where the curvature occurs.

The mythical Titan, Atlas, has his head bent so people can't see his painful facial expression from holding the Earth. That symbolic hiding of his head, nape and suffering explains how it is possible that the greatest problem of humanity has remained hidden for so long.

One more thing hid the problem and that is our fear for the nape. We all have an innate fear for the nape area, but the fear of those working in medicine is even greater. Their fear is acquired, because they know what is there in the atlas area so they are afraid for their own nape, and also for the nape of their patients. When somebody complains about their nape, they send them to different specialists but there is nothing these can do about it, so through different scanning processes they try to offer a diagnosis, which is usually incorrect.

The atlas is difficult to x-ray because it is under the skull. Atlas misalignment can be x-rayed through the open mouth and from above through the skull, but these positions don't allow us to see all types of misalignment. The fact is that radiologists are not taught how to x-ray the atlas or how to observe its position.

With the development of MRI it is possible to see different types of misalignment a bit better, but only at the beginning of the twenty-first century with the development of the 3D scan has it become possible to see atlas misalignment.

With the help of the so-called 5D scan we can film parts of a foetus in the uterus. It is possible to see if there is any misalignment of the atlas in a foetus but only towards the end of pregnancy.

In the atlas area no surgery has ever been performed because it is too sensitive, but also because surgery can't realign the atlas.

For thousands of years, gifted people have been aligning joints and the spine for others. 'Chiropractic' translated from old Greek means 'healing with hands', and during the twentieth century it became a part of modern medicine and it helped millions of people, but it didn't manage to solve their problems permanently. The misconception of chiropractors is that they try to realign the spine and pelvis, hoping that the rest of the body would become symmetric, but that doesn't happen because the pelvis and vertebrae become misaligned again because the atlas is misaligned.

When you mention the first vertebra, there is usually some confusion. It is usually thought that the first vertebra is located at the bottom of the spine, and that is what even some medically educated people think because they have forgotten its position in the body. It isn't difficult to forget because they learn about a thousand phenomena, and the atlas is neglected and not learnt enough about. Orthopaedic surgeons and physiatrists know where it is, but they do not pay enough attention to it. One of the misconceptions is that due to

gravity the body and spine curve from the feet up, and that's why it is thought that the atlas is located at the bottom of the spine.

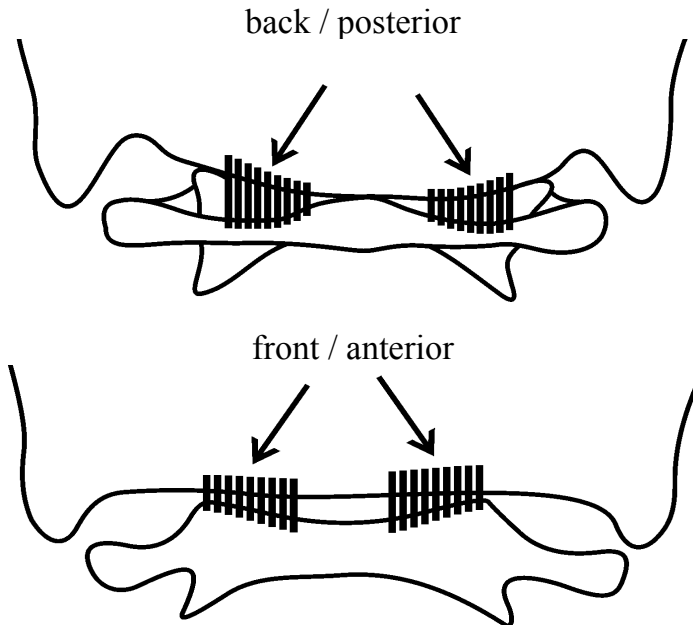
What is up and what is down? The answer was provided by Einstein and he proved that everything is relative depending on your position.

At the beginning of the twenty-first century, Russian doctors discovered that diseases occur in the cervical area and over the course of time they travel down the body, but they didn't realise where in the cervical area problems occurred. That research is correct because after realigning the atlas, diseases disappear from the neck downwards through the body. Fortunately, that process of healing is much faster than the process of becoming ill.

One more misconception is that the first vertebra is a part of the spine. The atlas is a vertebra, but it is not a part of the spine because strong short ligaments connected it to the skull and together they make a whole.

There are four ligaments that connect the atlas to the skull. Two are in the back and two in front.

LIGAMENTS CONNECTING THE SKULL AND THE ATLAS



The basic task of the first vertebra is to connect the head to the body. In other mammals, the atlas is larger in relation to the skull, and because of their horizontal body position the atlas holds the head in front of the body, so the connection between the skull and the atlas

is stronger. Due to the upright position of humans, our atlas is smaller and the connection between the skull and the atlas is weaker.

Compared to the body size, our species has a larger head than other mammals. It is good that our head and brain have got larger, but there is a bad side to it. Because of the speed at which our head enlarged, the atlas hasn't had time to adjust to this change and to become better fixed in its position. The connection between the atlas and the skull isn't strong enough, so due to a head or body blow, the atlas is even more misaligned.

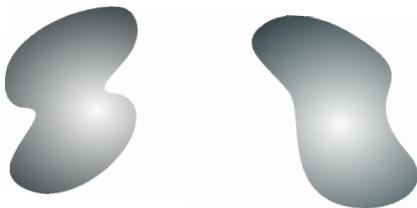
The latest research proves that our head has been getting smaller over the past twenty thousand years. Sometimes, in the course of development, there is an error which is later corrected, but for the generations before us and for our generation these changes are too late so we suffer from diseases.

Through the discovery of atlas realignment, humankind can permanently improve the health of all present and future generations for the first time.

When you know what triggers diseases, it is better to treat the cause than its consequences. In the book, I describe in detail the cause of diseases in order for you to understand easier how after treating the cause, diseases disappear.

The first thing the universe exerts pressure on is the head, which together with the base of the skull continually presses down on the atlas. At the bottom of the skull there is an opening through which the spinal cord runs, and next to the opening there are two bone growths covered with cartilage. These two growths rest on the atlas dents which are also covered with cartilage. The contact surface between the skull and the atlas on the left and right side should be the same, but it never is and that is why the greatest problem of humankind occurs here.

THE DIFFERENCE IN THE CONTACT SURFACE BETWEEN THE SKULL AND THE ATLAS



In the twentieth century, several scientific studies confirmed that the left and right contact surface between the skull and the atlas is asymmetric in everyone. If there is a place in the body where there

should be a complete symmetry, then this is it, because the entire body asymmetry starts here. Studies showed that in most people the contact surface is bigger on the right side. In every individual, the contact surface between the foot and ground is proportionate to the contact of the skull and the atlas. In most people the surface at the bottom of the skull is less rounded on the right side than on the left, but up until now we didn't know why this is so.

The greatest problem of humankind occurred tens of thousands of years ago when the liver increased but I will write about it in the following chapter.

Let us go back to the anatomical order of the bones in the path of the universe pressure. Under the skull there is the first vertebra, and under it the second one which is called the axis, which is Latin for 'axle'. Only the atlas and the axis have names due to their specific roles and shapes, the other vertebrae have letter-number markings.

The axis got its name after a growth which looks like an axle. When we turn our head, the first vertebra together with the skull turns around the growth on the axis. Right there the atlas is in contact with the second vertebra and that contact surface is small, but there are two other spots where the atlas is in contact with the second vertebra and these surfaces are larger because that is where the atlas rests on the axis. These surfaces are covered with smooth cartilage and are lubricated with a special fluid so that the head could turn more easily.

Around half way through their lives, most people can hear squeaking when they turn their head and this is because the cartilage on the atlas and the axis gets thinner due to the misalignment of the atlas. After atlas realignment, the squeaking decreases, because the cartilage is regenerated correctly for the first time.

The atlas and the axis are joined through the ligaments and short muscles which allow the head to turn.

Between the skull, atlas and axis there are no discs so the contact is made through cartilage. Discs exist between all the other vertebrae and their function is to connect the vertebrae.

Due to their elasticity, small movements between the vertebrae are possible so that the spine can easily bend and twist during moving. Because of the upright body position, discs in our species have one more additional role: to carry the body and relieve the pressure on the vertebrae.

Not much attention is paid to the joint of the skull and the first vertebra in medicine, because there is no disc there. Medicine treats the problem of the vertebrae, discs and disc herniations, and in the joint between the head and the body there are no discs so there is nothing to treat there. It is true that there is nothing to treat there, but that is where most diseases occur.

I don't wish to burden you with anatomical details, but you probably wish to know why you have a disease so I am only offering the basics, in order for you to understand the position in the body where diseases occur.

The joint of the head and the body is unique in its content because it consists of three parts – the skull, atlas and axis. This joint is the most burdened one because, on average, it moves around six hundred times in an hour.

The atlas is located in the middle of this joint and its task is to hold the head tightly to the axis, that is, the head to the body. The Greeks named it 'holder' but recent scientific discoveries have found that the atlas carries the body and that the universe pressures us from above, so the old name is no longer appropriate.

I don't wish to and I can't change the name of the first vertebra, but I can imply that it is necessary to change it so that people would become aware of its real role. It is true that due to the universe pressure, the atlas holds the smartest head in the known universe, but its main task is to connect the head to the body. I suggest calling the first vertebra the CONNECTOR. It would be good if this suggestion started discussions in scientific circles because a more accurate name would offer a clearer picture of its importance to human health.

Some people can be hung by their feet, but only for a while, because that position is not natural. In that case the atlas suffers the pressure of the entire body but even then its main task is to connect the head to the body. This example shows that the atlas doesn't have the appropriate name.

Let me go back to the name of the atlanto-occipital joint. This word consists of two words. The first one is from Greek and the second one is from Latin. This is a symbolic connection between Greek and Roman medicine. Even though this is a long word, it is not enough to describe the importance of this joint.

This joint connects two bones, the skull and the atlas, but it is only a part of a larger joint that connects three bones – the skull, atlas and axis, so we shouldn't emphasise just the connection between the skull and the atlas.

This is the most important joint in our body and it would be better if it got an appropriate name too. Due to the direction of the universe pressure (downwards), we should change the order of the words. If we change the name, then we should substitute the word 'atlant' with 'atlas' and finish it with 'axis'. My suggestion is to name this joint OCCIPITO-ATLASO-AXIAL JOINT. This name describes the real condition and role of the joint.

New and precise terminology is important because we are taking about new discoveries which are the key to health and life.

We live in a fast, digital era where everything is being shortened. Doctors have a lot of work to do and administration to handle, so they don't have enough time to write full names. Latin for the neck is cervix, so the cervix vertebrae bear the following markings: C3, C4, C5, C6 and C7. Sometimes they write C1 for the atlas and C2 for the axis. The skull consists of several bones, but when they write about the joint of the skull, atlas and axis, they mark the skull with C0 (zero). It is easier for me too to use this marking C0-C1-C2 for the most important joint.

C0-C1-C2 joint is unusual because it has three parts and other joints in the body have two parts. The atlas is inserted into this joint and it seems out of place there or as if it is surplus.

However, everything in our body comes down to the atlas and not only is not surplus, but its position is of vital importance to whether we live healthy or sick lives.

To the atlas itself, the misalignment isn't a problem even when it is huge, but any misalignment of the first vertebra causes maximal health issues because it is located at the most critical place in the body.

The atlas is located in the middle of C0-C1-C2 joint. However, because of the strong connection between the atlas and the skull it seems that this joint connects two parts just like other joints.

The atlas and the skull are tightly connected through short, strong ligaments. These ligaments are in a state of constant spasm from the moment they are formed in the uterus and throughout our lives. Their main function is to connect the atlas with the skull and they would do a good job if the atlas were in its anatomical position.

In normal circumstances, the connection between the skull and the atlas is strong but even due to the lightest blows to the head or body, the ligaments are not capable of holding the atlas because it is already misaligned. The cartilage on the atlas and the base of the skull is smooth; that's why it is so easy to misalign the atlas.

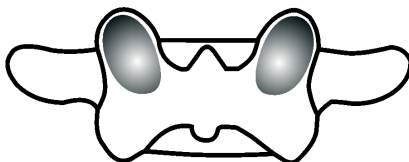
The atlas weighs only twenty-five grams and it holds the head which weighs around five to seven kilos. The difference in weight and size is considerable, so the ligaments can't hold the atlas in place at the moment of impact.

The atlas is the smallest vertebra and it is completely different from the other vertebrae, which are all alike.

THE ATLAS

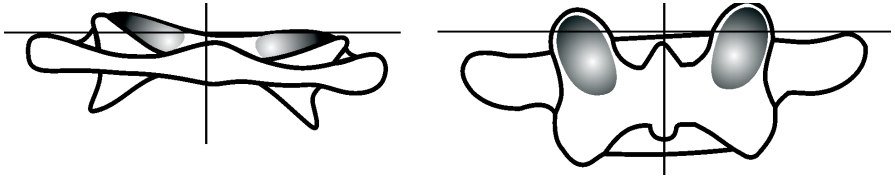


THE LAST VERTEBRA – L5



The first and the last vertebra are tilted in the opposite direction but they are rotated in the same direction. The last vertebra is like the mirror image of the atlas. The wrong position of the atlas is the cause and the wrong position of the last vertebra is the consequence.

THE OPPOSITE TILT OF THE ATLAS AND L5 VERTEBRA



In chiropractics and medicine the last vertebra is the most important one because it carries the upper half of the body and suffers the greatest pressure. The last vertebra is treated the most, but that is wrong because it can't be permanently realigned due to atlas misalignment; when the atlas is realigned, the last vertebra slips back into its position on its own.

Each person's atlas is misaligned because it is formed thus in the uterus. Before birth the atlas is only several tenths of a millimetre misaligned, and the angles of tilt and rotation are several degrees. These deviations are small but they are enough to cause a greater misalignment and many diseases in the course of one's life.

THE UTERUS

The foetus's body is formed irregularly inside the uterus but nobody understands why this happens and what the consequences are when a child is born.

It is not only the first vertebra that is formed in the wrong place, but the most important thing is that after the atlas is realigned everything in our body goes back into its natural position and that is an incredible possibility and real luck. It would be perfect if babies' first vertebra could be realigned before they start walking, or if children's atlas could be realigned before puberty in order for them to form properly, but it is not too late even for the oldest ones because they too will feel a significant health improvement.

There are several theories as to why errors occur during the process of formation but they can't be scientifically proved and are only speculations.

Inside the uterus the foetus is well protected, so it can't suffer blows not even when a mother suffers a strong blow to the stomach. That has made me realise that the atlas is not misaligned but it is formed in the wrong place.

Humankind health problems started when the liver increased and it upset the balance between the left and right side of the body. During pregnancy, the foetus mostly sleeps with its right side turned to the ground. Everyone has heard about a foetal position but no one pays attention to the fact that while sleeping, the foetus is mostly turned right to the ground. Due to the increased liver, the right side of the foetus is heavier and that is why it sleeps in that position. Decreased gravity influences the foetus, but it is enough for it to spontaneously turn to the right regardless of a pregnant woman's body position.

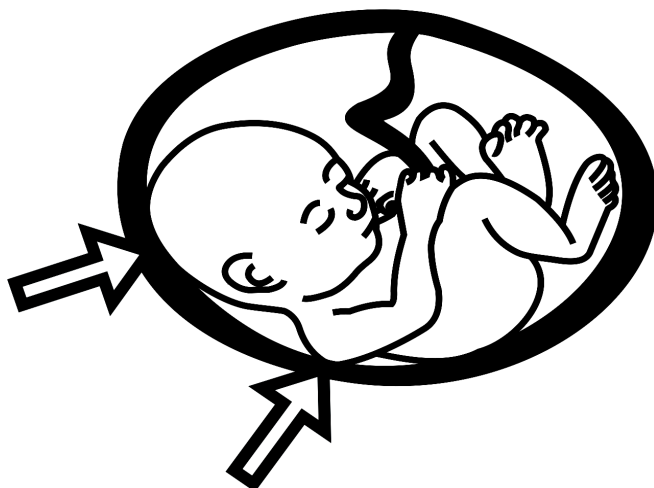
Life was created in water and water is the basic ingredient of every living being. Inside the uterus there is amniotic fluid and the foetus itself is more than ninety percent water. That is why gravity presses it less but it still does and it affects the position of the foetus when it sleeps, and its development as well. I concluded my long research in 2012.

PRENATAL FORMATION OF THE ATLAS IN THE WRONG PLACE:

The atlas is formed in wrong place because the human liver has increased, so the foetus mostly sleeps with its right side turned to the ground and that is why the uterus pushes its head into a bent and tilted position to the left side, and its right shoulder forwards.

This theory is easy to prove scientifically because there are already millions of photos of foetuses in the uterus. It is only necessary to pay attention to the position of foetuses in relation to the ground.

THE UTERUS EXERTING PRESSURE ON THE FOETUS



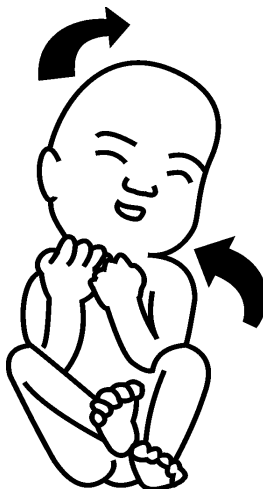
For mammals, the uterus offers the best possible conditions for the development of the foetus, and it is the same for humankind. The uterus itself is not the reason why the foetus forms incorrectly, the reason is a unique elongated shape of our body, which is elongated due to the upright position. Other mammals have front and back limbs and we have upper and lower. Their chest is elongated and ours is flattened, so we are the widest around the shoulder girdle. Their head is in front of their bodies, and ours is positioned up.

In the first months of the development, the foetus's head is larger than its body and by the end of pregnancy it makes up one third of the body. During pregnancy, the uterus pushes the foetus's head into a bent position and when the foetus turns its right side towards the ground the uterus tilts its head to the left. Due to these two pressures to the foetus's head, the atlas is formed into two misaligned positions – backwards and tilted (on the right side downwards and on the left upwards).

As if these two misaligned positions weren't enough, there is something which causes the third one. The uterus pushes the right shoulder forwards and there is no pressure on the left one, so that is why the rotation of our shoulders occurs (the right one – forwards, the left – backwards) and that is why the atlas is rotated in the opposite direction (the right side – backwards, the left – forwards).

The shoulder girdle is like a lever which is pushed by the uterus at one end and because of it a double body rotation occurs along the longitudinal axis. Looking from above, the head and the cervical area of the spine are rotated clockwise, and the rest of the spine and the body anti-clockwise.

OPPOSITE ROTATIONS OF THE FOETUS'S BODY



When there is more than one foetus in the uterus, their atlases form in different positions because they can't turn their right side towards the ground due to limited space in the uterus. That is why even identical twins' atlases are in different positions before birth.

It is necessary to conduct special research which will finally confirm my theory. In the uterus, in one out of ten thousand foetuses, an anomaly occurs where organs are arranged in a perfect mirror image of what is considered normal.

In Latin this is known as 'situs inversus'. In those cases even the heart can have a right-sided aortic arch and a reversed direction of beating. Then, the atlas is also formed reversed to the absolute majority of foetuses and that exception will confirm the rule and my theory.

Unfortunately, during the development of the foetus the atlas is formed in the wrong place. This initial misalignment is small, but in most people it exists throughout their lives and causes health problems.

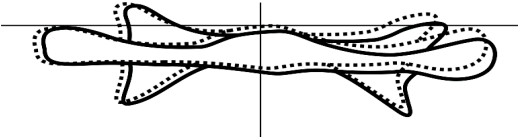
During the development period, the atlas is formed in the wrong place due to the position of the head relative to the body and due to the shoulder girdle rotation. That initial misalignment is minimal, but it has got maximal consequences for the health of humankind.

In the absolute majority of foetuses, the atlas has a combination of four misaligned positions:

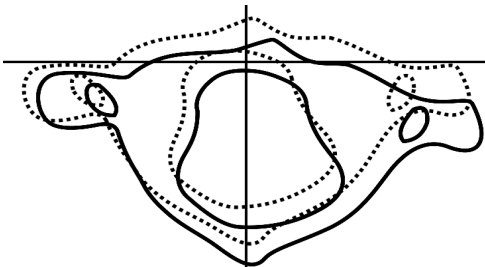
- TILTED to the right and downwards, to the left and upwards
- RIGHT
- ROTATED to the right and backwards, to the left and forwards
- BACKWARDS

anatomical site
wrong place _____

TILTED AND RIGHT



ROTATED AND BACKWARDS



In most people, this initial atlas misalignment is present throughout their lives and that is why they have similar illnesses and a similar pattern in which these occur. In some people, over the course of their lives the atlas is misaligned into a different position, due to a head or body blow, and that is why they suffer different diseases and deformities.

Everything I have said about the atlas forming in the wrong place is my own discovery, completely new to humankind. I haven't had any possibilities to conduct scientific research, but I have come to these conclusions through thinking.

Scientists will test these discoveries in the future and I am happy to see the results because they will confirm my findings, and all this serves for the benefit of humankind.

Sleeping positions are the main reason why the body of the foetus curves and why the atlas is formed in the wrong place and on the following pages I will mention some other events inside the uterus which can affect the development of the foetus and atlas formation in the wrong place.

I have already emphasised that among mammals we have the largest head in relation to the body. During their development in the uterus, other mammals' heads are also larger but in a human foetus that difference is more striking, so the size and weight of the head cause the atlas to be formed in the wrong place.

Incessant heart beating during the development of the foetus can affect its bones to misalign and the atlas as well. The heart is formed at the end of the first month, and in the following eight months it beats over forty million times. In foetuses the heart beats much faster than later, during life. These beats are weak but the foetus's organism is fragile so it is possible that the direction of these beats affects how the bones of the foetus develop. The beats are from the right to the left and in the process the apex of the heart pounds with kinetic energy against the left side of the chest. Due to the position of the foetus during sleep there are already body rotations in the opposite directions, and the beat of the heart against the chest happens exactly in the direction of the chest rotation and that is why in most foetuses the sternum is slightly displaced to the left.

The mammal heart beats around two billion times during life and the same goes for our species, and to understand what kind of force it is, do a little experiment. Sit on a chair, don't lean but sit straight. After ten seconds or so you will feel your body moving left-right. The same thing happens to the foetus, but the impact is even greater because the foetus is in amniotic fluid where there is relative weightlessness. The amount of amniotic fluid is different in each pregnancy which can affect the position and development of the foetus.

The foetus is attached to the uterus through the umbilical cord and the force that the umbilical cord exerts on the foetus is small, but depending on the foetus's position, it can affect its formation. One out of two babies has its umbilical cord wrapped around the neck at birth, but that is not a problem at birth, which doesn't last long, the problem is that during pregnancy the umbilical cord pulls the neck to one side and that is why the head and the body are facing opposite directions. It is possible that this causes the atlas to be formed in the wrong place, and that due to it health problems occur before and after birth.

Nerve impulses and blood flow decrease because the atlas is misaligned and the umbilical cord presses the neck. You can't call the foetus ill but if it has got the umbilical cord wrapped around its neck, then it can be ill.

Depending on how many times the cord is wrapped around the neck, the atlas is formed more or less misaligned. During pregnancy the cord is usually around the neck and later it is removed, but even when it is wrapped around the waist, leg or arm, it can still misalign the first vertebra. The children whose cord was wrapped more times are more ill.

Male foetuses are larger, so the uterus exerts more pressure on them and that is why the atlas of male foetuses forms in a worse position inside the uterus.

About ten days before labour, the foetus turns head down towards a pregnant woman's pelvis, and in most pregnant women the pelvis is in the wrong position (tilted – to the right upwards, to the left downwards, and rotated – to the right – backwards, to the left forwards). The pelvis is minimally misaligned but that is enough to deform the foetus's body even more and to misalign its atlas in the directions of an already existing misaligned position.

One of the theories about the atlas formation in the wrong place claims that this occurs genetically. It is hereditary, but it is not genetic and I will explain my opinion in the following paragraph.

The human genome was researched for several decades and finally discovered in 2000. Among other things, hox genes were discovered which are in charge of bone formation and correct direction of the foetus's body. Hox genes play their role well and they can't affect bone misalignments in the foetus's body. Bones form in good positions and the mechanical force of the uterus pressure changes them and therefore the foetus's skeleton is minimally deformed.

I have one more idea why, before birth, this double rotation occurs but it is difficult to prove it at this stage of scientific development. Everything in the universe rotates, atoms too. The foetus's body is made of atoms and it is possible that this affects it as well. The body of a foetus and an adult person contains energy rotation points

called chakras. From the feet up, there is a vortex through our body which changes direction and when it is above the head, it is directed opposite. It seems incredible, but the foetus's body is rotated in these exact directions.

Those who conduct scientific research of the atlas should also consider the above ideas about the possible reasons for its formation in the wrong place.

It is not important for me that my theory be proved, but it is important for humankind to know why the atlas is formed in the wrong place inside the uterus. When that is proved, maybe someone will find a way to influence the development of the foetus, because it is always better to remove the cause than to treat the consequence.

It is probably not possible to influence the development of the foetus at the present level of technological development, but it is possible to realign the atlas in girls. During puberty their pelvis will go back into its anatomical position, and when they are pregnant their foetuses won't develop in a misaligned pelvis.

During pregnancy, three atlas misaligned positions occur (backwards, rotated and tilted). These misalignment combinations are present throughout most people's lives, and over the course of time the atlas becomes even more misaligned.

The universe pressure deforms us in the uterus and that continues throughout our lives, so over decades we become more and more ill.

FACTS

A fact is something known to be true and while I am writing this book, I am very careful to tell the truth because I respect myself, you and this discovery that is absolutely true. Science can verify the discoveries I talk about. I want the research results to be published as soon as possible because that would hasten the process of atlas realignment.

The fact is that the atlas forms in the wrong place, and the fact is that throughout our lives it becomes additionally misaligned. The ligaments that connect the atlas to the skull are stretched and can't hold the atlas tightly, which becomes additionally misaligned at birth and during life. When the atlas is misaligned more, the ligaments stretch more and hold it loosely, so over the course of time it misaligns more easily and that is why more and more difficulties and diseases occur.

Unfortunately, the position of a pregnant woman during labour is not natural. They deliver babies half lying down, because it is easier

for midwives to accept the baby. For thousands of years, women delivered babies squatting or kneeling, because in these positions gravity helped them deliver more easily.

Labour is difficult for any woman giving birth, but it is even more difficult for the foetus. On one hand, the contractions of the uterus exert pressure on the foetus, and on the other the foetus is pressured by the pelvis. This affects the foetus's atlas and it becomes additionally misaligned during labour. When the head is out, at that moment the neck is in the tightest part of the pelvis and that is when a short break occurs while a midwife turns the baby's head so that the shoulders can come out, and most of the time midwives turn the head in the direction of atlas misalignment. The baby is widest around its shoulders and when the shoulders are out, the labour is basically over. Male foetuses are larger and that is why their atlases are more misaligned during labour.

During labour, the parietal bones of the foetus's skull overlap and the pelvic bones of a woman in labour widen. For tens of thousands of years, babies have died in labour because of the size of their head and because the pelvic inlet is smaller. The research has shown that in the past twenty thousand years our head has been getting smaller, and it is necessary to find out if the pelvis is getting bigger. Because of labour it would be better if the pelvis were getting bigger.

During the seventh month of pregnancy the atlas of the foetus is less misaligned than in the ninth, and the body is smaller as well. During labour in the seventh month the atlas is less misaligned, and the atlas is not misaligned at all in babies born via C-section.

Children born in the seventh month have health problems at the beginning of their life, but are healthier during life because their atlas is less misaligned.

It is best if labour is normal and natural. Unfortunately, sometimes a breech birth occurs and that is when the first vertebra is even more misaligned, and using forceps or vacuum affects the atlas even worse. It is well known that these children have serious health issues in life, but it is not known that it happens because of a greater atlas misalignment during labour. When the foetus is developed normally and then is born using vacuum, that child is often ill. Some of them suffer from cerebral palsy because the atlas was too misaligned during labour.

In some countries pregnant women can choose how to deliver their babies. They should always try with natural labour and squatting is the best position for a woman in labour.

The duration of pregnancy is different in different mammals, and the young are born more or less unfinished and because of breastfeeding they stay with their mothers for some time. We are born

less finished than other mammals due to the large head of the foetus and the narrow pelvis of the mother.

Most mammals' young can stand on their feet after a short while because it is easier to stand on four feet than on two. That is why babies crawl on all fours only after six months, and they walk when they are a year old. Some babies start walking on their own, but most babies start walking with their parents' help.

When they start walking, their parents are happy and they applaud them, and that joy of a thousand generations of humankind is a note of congratulation to the first *Homo erectus* who rose to the upright position.

Our species has the longest period of raising the young compared to any other animal species. In mammals it is usually a combination of instinct and imitation of the parents, in our species the learning process lasts until we reach the age of majority.

Parents help children grow up, and children help parents when they are old and in that way they return their love. That close connection between children and parents lasts all life, but new generations are worried and sad because their aged parents are affected by illnesses. It is not easy to raise children, but it is more difficult to take care of ill parents.

Parents give their children the best possible conditions to live and develop. There is nothing better than bringing their babies or children to have their atlas realigned. In that way, children will be in good health and have proper development, and parents will enjoy watching their children grow up. When these children grow up, their life will be better because they will live a healthy life and they won't worry about their ill parents, who will live healthier in old age because their atlas was realigned as well.

In most cases parents come first to have their atlas realigned and when they feel better, they bring their children. Some bring children first, because they want their children to be healthy.

Until the age of modern medicine, one out of three children used to die during the first year of their lives. Atlas misalignment used to weaken children's immunity so they died of infections. Medicine keeps such children alive with medications, but they are more ill than others throughout their lives. When these children grow up their genetic code is worse, but they have children of their own, so over the last one hundred years humanity has degraded rapidly from generation to generation.

During the past millennia, the average human lifespan was around forty. Life was shortened due to infections and wars, but there were people living to be eighty even then.

Nowadays, the average lifespan is around seventy-five. Lifespan has been prolonged with the help of modern medicine which

found antibiotics to fight infections. However, that prolonged life is burdened with disease in old age. Unfortunately, most people die not of old age but of illnesses.

Scientists, who estimate how long our lifespan could be, say that we could live to be one hundred and twenty and be healthy. However, scientists do not realise why this doesn't happen. The misalignment of the atlas is the cause of most diseases and a shorter life.

The undeniable fact is that when the atlas is misaligned more, more illnesses occur, and when it is less misaligned, fewer illnesses occur. Our body with realigned atlas has the possibility to last for one hundred and twenty years, but towards the end of life the effect of our biological clock is inevitable and it ticks faster and faster.

The fact is that treatment has existed for thousands of years and that there are always new types of treatment, but people are still ill and statistics show that we are becoming more ill. Statistics is the science which studies facts. Sometimes this science can be misused by certain groups, but this estimate that we are becoming more ill is completely true. Even without statistics, we can notice that in our surroundings.

Modern medicine is constantly developing, and people are constantly more ill. Something is wrong there and it can't be logically explained. Atlas misalignment triggers illnesses, and medicine and pharmaceuticals prolong life artificially but that life is a prolonged sick life. Medicine and pharmaceuticals are not the only ones to blame, but the modern way of life as well.

Our food and environment are ever more polluted, so in the course of one year we take around four kilos of poison into our body through air, water and food.

Many hope that their first vertebra is not misaligned. Unfortunately, the fact is that everyone's is because it is formed in the wrong place inside the uterus. Some are lucky to have a smaller misalignment, and some are unlucky to have a more pronounced one. Due to the misalignment of the atlas it seems like our lives are a lottery.

The fact is that there are people who live to be ninety and have never been ill. These people are very rare, and the only reason for their better health and longevity is that they have been lucky enough to have their atlases in a better position than other people. However, even their atlases are not in the anatomically correct position so they should have it realigned in order to live healthily.

The fact is that some people are more ill than others but the fact is that nobody knows why this is so. These people have a greater misalignment and therefore are more ill. Maybe not everyone wants longevity, but everyone wants to live healthily, they just don't know how to achieve it.

THE ELIXIR

For thousands of years, thousands of rulers used to send thousands of emissaries for thousands of kilometres to find the elixir of life. Everyone loves life, but rulers love power so much that it creates an illusion that they are more important than their subjects.

Modern rulers also search for the elixir of life, so they pay thousands of best scientists but their search is still unsuccessful. Scientists know that we could live to be one hundred and twenty but they can't figure out how. They have mostly sought for the elixir outside the body, but even those searching for it in the body can't seem to figure out where it is. The magic formula has not been found so far because it doesn't exist. However, the elixir of life exists but everyone has been searching for it in the wrong place. The elixir is not thousands of kilometres away, but in the body. Those in power are not more privileged than others because every human being, even before its birth, has in its body a perfect natural elixir, but the problem is that something prevents it from working as well as it could. Atlas misalignment is the brake that slows us down and stops life.

Everything is simple when you discover it. The unsuccessful scientific search has finished, we can finally live much healthier and longer lives. I have realised what the elixir of life is and I offer my knowledge to humanity.

THE ELIXIR OF LIFE IS THE REALIGNED ATLAS.

When the first vertebra is in its correct place, the flow of nerve signals and matter in the body is normal, and that enables us to regenerate better and to have a long healthy life.

The young with their atlases realigned can live healthily and long, and when older people have it realigned, they too feel reborn but they might not live to be very old because their body has been suffering from diseases for decades.

The essence of a quality life consists of giving and receiving love within your surroundings. The success of humankind depends on co-operation that dates back to tribal communities. Thanks to our numbers and faster communication, humankind has become one giant tribe that is only minimally different from the original tribe. We are all descendants of thousands of couples who survived the natural disaster seventy-two thousand years ago, and despite our differences we are all brothers and sisters, so there should be less hate and more love among humans.

However, when someone is ill, then they like neither themselves nor other people, so let us go back to the place in the body where diseases occur in order to understand why we become ill.

THE CAUSE

In most people in the world atlas misalignment is the cause of almost all health problems.

The atlas presses neural pathways, decreases matter flow and curves the body. Just one of these irregularities is enough to cause illnesses, but unfortunately, there is always a combination of all three.

How is it possible that one small bone can be the cause of almost all illnesses, enormous human suffering and a shortened life?

The answer to this question is simple. The atlas is situated in the most important place in the body and that is why any misalignment from the anatomical position decreases nerve impulses and blood flow, and over the course of time, it curves the spine and the body. A more important question is: how is it possible that medicine has never paid any special attention to the atlas when its position is so important, but there is simply no answer to that question.

Modern medicine researches DNA and tries to manipulate genes at the molecular level and to change our genetic code. Surgeries are conducted with micron precision, but medical experts don't see atlas misalignment which is, on average, nine centimetres wide.

Medicine cures illnesses, and the atlas is not ill because it can't get ill. Out of all the bones in the body only the first and second vertebrae don't lose their bone mass, so they keep the shape and density until the end of life. This is an extremely important place in the body and that is why the atlas and the axis regenerate correctly throughout life. The atlas itself doesn't get ill but its misalignment causes almost all diseases.

The complexity of organisms is extraordinary even in micro-organisms. However, the same principle applies as in the biggest animals – the tiniest part of the body is in the service of the entire body and the entire body is in the service of the tiniest part. When any part of the body malfunctions, that is when problems occur in other parts of the body. In our species, the key position is disturbed – the position of the atlas and that causes constant weakening of the body.

In mechanical clocks tens of wheel gears and hundreds of teeth set the hands of clocks in the position that shows the time. If one tooth is out of place, the whole clock breaks down and shows the wrong time.

Where in the human body do we find that broken tooth?

Unfortunately, it is in the worst possible place. The base of the skull has skipped the atlas and that is why the entire body breaks down and our lifespan is shortened. The average lifespan is seventy-five, which is one third less than what is possible.

At the age of twenty we realise how short two decades are, and we watch our grandparents suffer from illnesses from the age of fifty. When we are that young, we realise that in three decades old age begins and that is why we rush through life.

We hope that we will be healthy in old age and that we will enjoy the fruits of our labour, but usually that doesn't happen because of illnesses and because most of our pension is spent on futile healing attempts. Even those who live to be one hundred, feel that they have been denied several years of life and that they have neither received nor given everything they wanted to.

Atlas misalignment is the reason why our body curves, and that becomes the reason why nerve impulses decrease and blood vessels constrict.

THE CURVATURE OF THE BODY

Before atlas misalignment was discovered, it was believed that the spine and the body curve form the feet up.

Why does the body curve and how is it possible that the body actually curves from the head down?

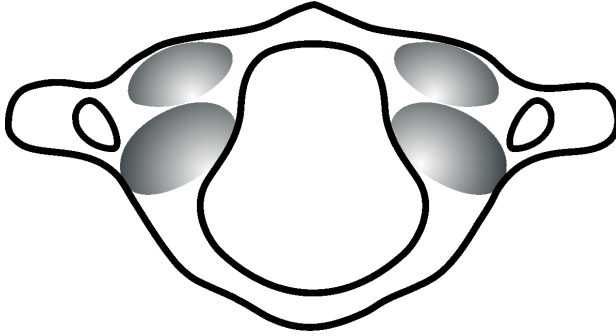
In babies the atlas is already misaligned and that is why their head is tilted and slightly rotated. When six months old, babies start to sit and their head is minimally tilted in relation to their body so that balance sensors are in a horizontal position. That becomes even more apparent when children start to walk and the body tilts so that the head can stay vertical. The centre of gravity allows us to stand upright without falling, and the price we pay for the upright body position is different diseases that occur due to the curvature of the body and the spine.

Babies and children feel that there is something bothering them in the nape area. When the atlas is too misaligned, that is when babies and children keep their head down or tilted. Children, whose atlas is more misaligned, sleep with their head in strange positions relative to the body because that eases the pain in the nape area. When children are nervous, they push or hit their head against a bed rest or wall and some children put their thumbs in the mouth, which is misunderstood as the need for breastfeeding. These children feel that there is something wrong in the nape area but they don't know what. Parents take them to the doctor, but doctors don't know what it is exactly so with incorrect diagnoses and treatments they worsen these children's health.

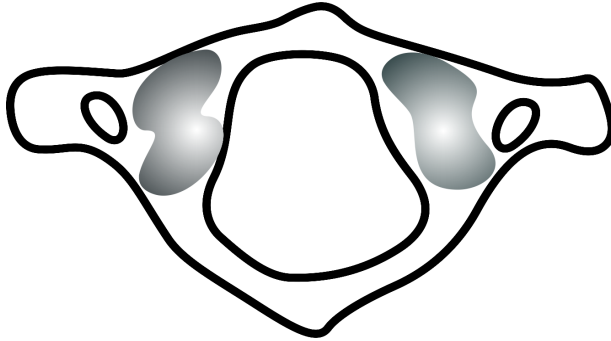
The skull and the atlas are in contact through the cartilage at the base of the skull and on the upper side of the atlas. On the skull and on the atlas on both left and right there are two contact surfaces and they should be completely symmetrical in both shape and size. It should be so, but it isn't because of atlas misalignment. In most people, the surfaces on the right side are joined due to the skull pressure.

THE CONTACT SURFACE BETWEEN THE SKULL AND THE ATLAS

symmetrical surfaces



asymmetrical surfaces



There are only few scientific papers dealing with the cartilage at the base of the skull and on the atlas. These studies have confirmed that the contact surface on the right is larger than on the left in most people. This has been merely observed, but no one has realised why such asymmetry exists.

Research has been published comparing the relation between the contact surface of the skull and the first vertebra when the weight is on the right and on the left foot. It has been proved that there is a ratio between these surfaces and foot pressure and in most people the pressure on the right side is bigger. The research has confirmed that immediately after the atlas is realigned, the pressure of the right and left foot is equalized due to better statics, and the spine and the body start to straighten.

THE CONTACT SURFACES OF THE FEET

before realignment



after realignment

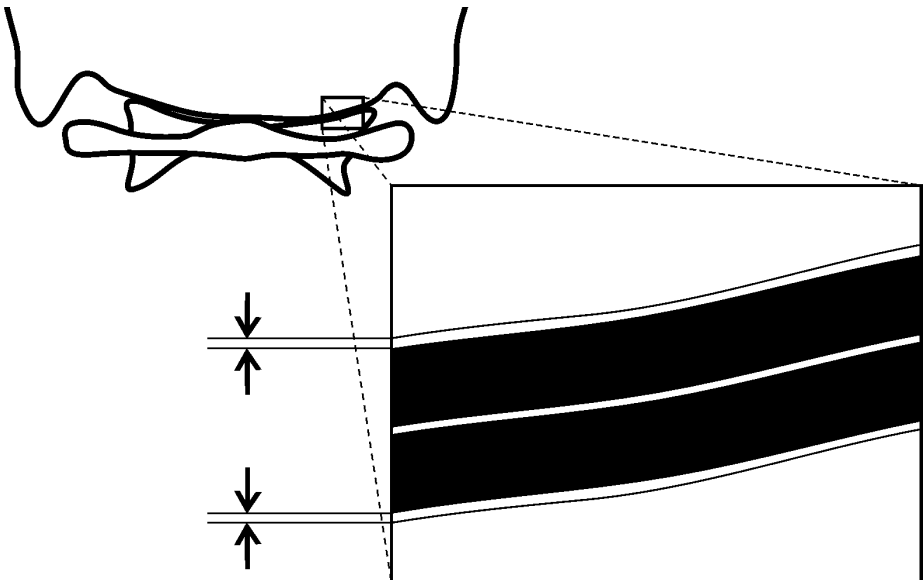


The thickness of the cartilage at the base of the skull and on the atlas should be the same throughout. Unfortunately, in most people it isn't so and the cartilage is thinner where the pressure is greater.

It is only a couple of tenths of a millimetre thinner, but that causes the greatest problem of humankind. This has stayed hidden and immeasurable for science. Only a few scientists have dealt with this but they failed to figure out why this happens.

UP UNTIL NOW THE GREATEST PROBLEM OF HUMANKIND
HAS BEEN HIDDEN IN THE MOST SECRET PLACE
– UNDER THE HEAD.

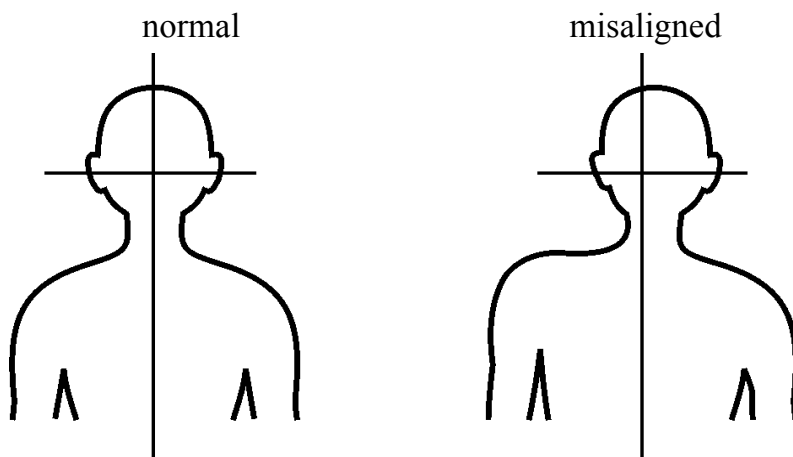
THE THINNESS OF THE CARTILAGE



For the sake of truth and understanding, it is important to emphasise that the atlas itself is not the cause and it is not responsible for human suffering. When the atlas is misaligned that is just the consequence, and the cause of all irregularities and problems is the head tilt and rotation relative to the body in almost every human. This claim seems unbelievable because it seems that everyone's head is normal.

It is true that in most people their head is upright in relation to the ground but its position is not normal in relation to the body. The foetus's head inside the uterus is positioned in the minimally wrong position in relation to the body, and its position worsens once babies start to sit or walk and unfortunately, it continues throughout life.

THE POSITION OF THE HEAD IN RELATION TO THE BODY



It is scientifically confirmed that Jeanne Louise Calment was the oldest person in the world; she lived to be 122 and towards the end of her life she sang and recorded records. Her photos can be found on the Internet and it is easy to see that her head is completely straight in relation to her body. She was among a dozen people in the world whose atlas was aligned throughout their lives.

The head straightens because the atlas is misaligned, thus making sure that balance sensors are in a horizontal position and that helps us not to fall, but because of it our body and spine curve.

The curvature of the body exerts pressure on the joints and that is why the cartilage on them is thinned. Our muscles try to straighten the body and they become fatigued, so the pain appears. Most people try to alleviate the pain using medications or massages. When they massage themselves, or when a family member or a professional does it, people waste money and time on insignificant improvements.

The upright body position has allowed us to be who we are, but atlas misalignment doesn't allow us to be healthy. We can't go back to walking on four feet, but we can't live with diseases either.

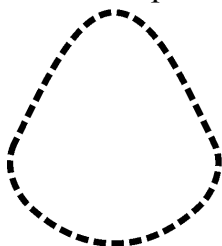
When the atlas is realigned, the pressure of the universe curves the body and therefore we get ill, and after realigning the atlas, that same pressure straightens the body and therefore we get better.

THE DECREASE OF NERVE SIGNALS

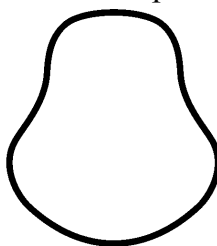
At the base of the skull there is an opening through which the spinal cord runs, but there is an opening in the middle of the atlas as well. Because the atlas is misaligned, these two openings don't match and depending on how and where it is misaligned, the atlas constantly exerts pressure on nerves.

THE MISMATCH OF THE SKULL AND THE ATLAS OPENINGS

the skull opening

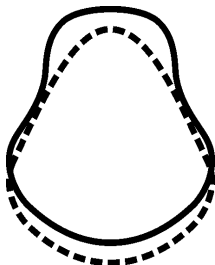


the atlas opening

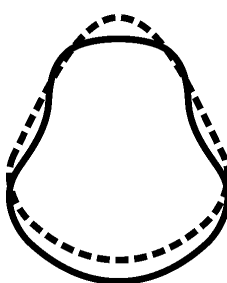


THE OPENING OF THE ATLAS

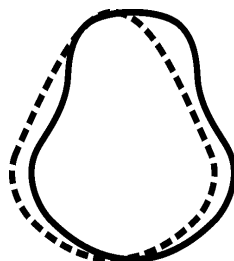
forwards



backwards



to the right



These types of individual misalignments are rare, and most people have a combination of these three types.

When something goes wrong, it only gets worse over the course of time. Unfortunately, this principle is present in humans from the formation of the atlas until they die.

The atlas presses the spinal cord in the worst possible place. The spinal cord begins in the atlas area and almost all nerve signals go through here. However, the worst thing is that this is the location of the oldest and smallest brain part, and the centres of vital functions are in it.

It is usually thought that the brain is a unit but it consists of more units which, independently, have specific functions.

Roman doctors noticed a mass at the beginning of the cord, and they named it 'medulla oblongata', not knowing that it is a part of the brain.

Here is one more example showing how the original names have stuck until today. The unwritten rule is, there are precise names which are different from scientific names and this is the case with the smallest brain. Different nations call it 'the centre of life', 'the knot of life', 'the tree of life', 'the trunk of life' and 'the crossroads of life'.

In medicine as well there are more names – vegetative, autonomous, automatic and primary brain. There is no other part of the brain with so many names and that tells us how important it is. Apart from being extremely important for the functioning of the body, this part of the brain still doesn't get enough attention, and it is not known that almost everyone's atlas exerts constant, lighter or stronger, pressure on it.

For this part of the brain I will use the name 'the first brain', because that describes its role most precisely. That is where the commands for heart beating, breathing, blood and lymph circulation, blood pressure, digestion and muscle activity come from.

Apart from these basic tasks, the first brain is also responsible for – regulating body temperature, salivation, sneezing, coughing, vomiting, as well as falling asleep or waking up.

The commands for staying awake and sleeping seem irrelevant, but it is not so because our body heals and regenerates during sleep. We fall asleep when the first brain equalizes the frequencies of the right and left side of the cerebrum, and we wake up when it separates them. Up until recently, it was thought that the body heals and regenerates around ninety percent during sleep, but the latest scientific findings suggest that the percentage is ninety-nine. It would be best if we woke up when the first brain decides and not by an alarm clock which interrupts the processes happening during sleep.

The first brain uses twelve cranial nerves to communicate with the environment and it receives information from the body, and reacts to all these signals.

The first brain doesn't only regulate our physical body but our psyche as well. The centres of motivation, feelings, concentration and orientation are located in the first brain. Psychiatrists and psychologists have neglected it, and they look for the causes of mental problems in the cerebrum.

Due to the horizontal position of the spine and body, other mammals' first brain is in front of the first vertebra. Due to the upright position of our body and the enlarged brain, the first brain of our species descended into the atlas area, so when the atlas is misaligned even minimally, it exerts constant pressure on the first brain.

Due to the mismatch between the opening of the skull and the atlas, the spinal cord is pressed, and wherever the pressure is exerted, it decreases nerve signals. However, the worst thing is when the first brain is pressed, because it can't function at full capacity. Depending on what is pressed in the first brain, there are heart or breathing problems, bad blood and lymph circulation, high or low blood pressure, indigestion and mental problems. If the pressure is stronger, more diseases occur.

I have mentioned that the first vertebra rotates around a growth on the axis. Around the growth, on three sides there is the atlas bone, and on the fourth side there is a strong ligament that is a part of the atlas. That ligament exerts constant pressure on the first brain, so when the atlas is even a fraction of a millimetre misaligned, that causes problems in the body. Every cloud has a silver lining and that ligament is not a bone part of the atlas, because in that case the pressure would be stronger and we would be even more ill.

Primitive organisms only had the first brain. As they developed over time, new parts of the brain and neural pathways were formed, which are an addition to the first neural pathway.

On the left and on the right side of the first vertebra there are left and right vagus nerves. In most people the atlas is tilted and rotated and that is why vagus nerves are pressed. Depending on where and how much these nerves are pressed, additional problems in the body occur. The left and the right part of the heart receive different signals from the left and right vagus nerves and that causes arrhythmia and heart problems. Something very similar happens to all other individual organs, and that is a problem for paired organs as well. When one vagus nerve is pressed, one kidney is healthy and the other one is ill or there is a stone in it.

Only humans sweat. Through urine and faeces we eliminate the products of metabolism and in humankind there is also elimination through the skin. Sweating also regulates body temperature when it is hot. There are people who sweat only a little and those who sweat a lot, and these irregularities occur because the atlas exerts pressure on the vagus nerves which give a signal for sweating. After realigning the atlas, sweating becomes regulated in most people.

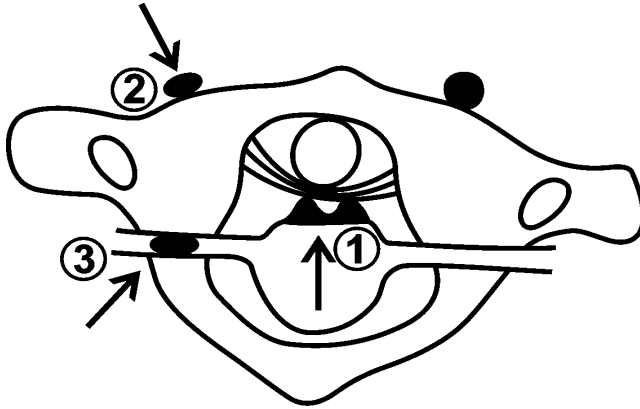
When the atlas is misaligned it presses the first brain and the vagus nerves, but it also presses one more neural pathway. On the left and right side between the skull and the atlas there are nerves that innervate the head. Depending on misalignment positions, there are

different types of pressure on these three neural pathways so there are different combinations of difficulties and diseases. People suffer from different diseases because the atlas is misaligned in different ways.

During life the atlas presses neural pathways more and more and that is why the overall condition of the body worsens and new diseases occur.

DIFFERENT COMBINATIONS OF THE PRESSURE ON THE NERVES

1. the first brain
2. the vagus nerves
3. the head nerve



The atlas constantly exerts pressure on neural pathways and decreases signals, and gradually other difficulties occur.

The spine curves because the atlas is misaligned and that is why the vertebrae are not in place. There are organ nerves exiting the spinal cord and spreading next to the vertebrae. Next to the atlas nerve signals are decreased and the pressure of other vertebrae additionally decreases these signals. When we get old, our spine rapidly curves and that is why we have more health problems.

When nerves leave the spine, they pass next to the ribs, and they are additionally decreased because we sleep in bad positions. That becomes a major health problem because our organs work the hardest at night.

THE NARROWING OF BLOOD VESSELS

In other mammals the first vertebra is of similar width to the other cervical vertebrae, in our species it is wider due to the upright position and enlarged head. Through and around the atlas there are blood pathways leading to the brain, and they are pressed because of the misalignment and width of the atlas.

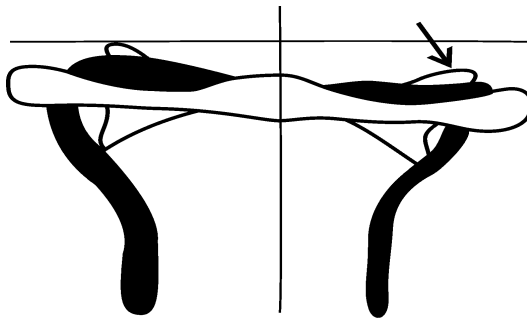
The atlas and the cervical vertebrae have got small holes on their sides through which the vertebral arteries run. Of course, all blood vessels in the body are important, but these arteries are the most important ones because they supply blood to the bottom parts of the brain, which are in charge of the bodily functions.

When the left and right vertebral arteries enter the skull, they join into the circle of Willis, which equalizes blood pressure before it enters the brain. Due to decreased blood flow on one side, a blood vortex is formed at the beginning of the circle of Willis and that is why nitrogen atoms are released. Nitrogen destroys our brain cells and that is one of the causes of Alzheimer's disease, which makes life difficult for old people.

When we are young, baldness is an aesthetic problem, and many older men lose their hair completely. Men suffer from baldness much more often than women, but it is not known why. Because the atlas is misaligned, men's heads are more bent than women's and they don't have enough blood under the skin of the head, and blood supplies the particles for hair growth. The last place to go bald is the nape, because there is enough blood in that area. When boys or young men have their atlases realigned, the possibility of them going bald is smaller.

Looking from behind, there are two bone growths on the first vertebra that the skull rests on. In most people the growth on the right is more tilted because that is where the skull presses the atlas the hardest. Next to that growth, the vertebral arteries run, and in most people the right one is thinner than the left one, and that is why it carries less blood to the right part of the cerebrum.

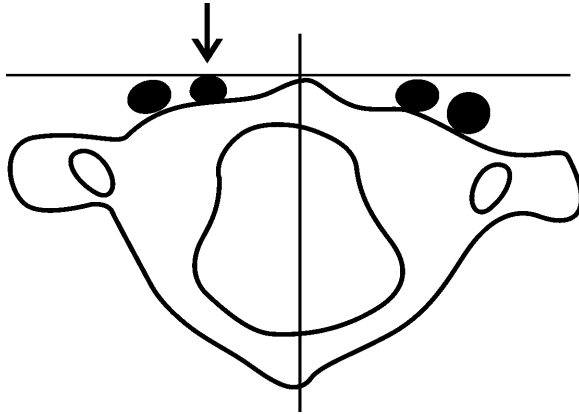
THE PRESSURE ON THE RIGHT VERTEBRAL ARTERY



The carotid arteries run through the neck and pass next to the first vertebra. These arteries supply blood to the upper part of the brain. In most people, the atlas is lifted and rotated forwards on the left side. That exerts constant pressure on the left carotid artery and it is the reason why most people don't have enough blood in the left

side of the cerebrum which controls rational thinking. The atlas is misaligned even before our birth and as a result 15 percent less blood flows through the left carotid artery than the right one from the beginning of our life.

THE PRESSURE ON THE LEFT CAROTID ARTERY



Due to similar misalignment positions of the atlas, in most people less blood flows into the right part of the lower brain and, at the same time, into the left upper part of the higher brain.

Unfortunately, it is very similar when blood flows from the brain. Veins are also pressed by the atlas, which leads to slower blood flow through the brain and that is why impurities deposit in blood vessels. The brain is the most protected organ, but impurities reach it through blood.

Neural signals are transferred through electrochemical reactions. When neural pathways are obstructed, the flow of neural signals is slower and the functioning of organs and systems in the body decreases. Iron from blood deposits in the brain and the molecules of iron create a short circuit and decrease neural signals.

Such decreased signals leave the brain and are additionally diminished because neural pathways next to the atlas and other vertebrae are pressed.

THE CONSEQUENCES

In nature there is usually one cause and one consequence, but when the atlas is misaligned it is one cause with many consequences.

Using computer language – in the lower part of the brain there are programs for the proper functioning of the body. When the first vertebra is misaligned, not all signals reach the entire body and that is

when the body doesn't function normally. It is similar with the flow of matter in the body, because for cells, organs and systems to function normally, sufficient matter is necessary at the right time.

Metabolism is the compatibility of different systems in the body, so normal matter flow is extremely important. In order to live, cells use chemical compounds from intercellular spaces, but when there aren't enough compounds or when there are too much, that is when cells can't function normally.

Cerebrospinal fluid is a fluid found around the brain and spinal cord, and its task is to protect them. When the atlas is misaligned it does not upset the fluid around the brain but it decreases its flow around the spinal cord and that is why it isn't protected enough.

Salivary glands don't function well when the atlas is misaligned. Not enough saliva or its bad composition can affect digestion. The modern way of life often makes us eat fast and that is why saliva is not used as much as it could be.

Lymph and the lymphatic system are our first line of defence against viruses, bacteria and other impurities. The lymphatic system exists in the entire body, but it is strongest in the upper third of the body because external causes of illnesses are usually introduced through breathing and food. When the atlas is misaligned it disturbs lymph pathways and decreases the body's natural protection from biological dangers.

There is a reason why blood is called 'the river of life', because its task is to supply nutrients and oxygen to every cell and to help purify the body. When the atlas exerts pressure on the centre of circulation, all body systems are endangered.

We get the energy necessary for normal functioning through the process of burning food nutrients, and from chemical compounds we get the material for cells which allows complete regeneration. Due to atlas misalignment, metabolism deteriorates and that is why the process of regeneration is slower.

When health is impaired by the basic cause of a disease, the body is weakened and that is when external factors can easily worsen our health. If there are any difficulties and diseases in the body, the body spends the energy of life on healing attempts, but it never heals completely because the atlas is misaligned. The attempts at healing spend our energy and weaken our immunity, so viruses, bacteria and parasites exhaust the body faster and more easily.

Disorders of the body functions lead to health difficulties, and some difficulties become diseases.

Health difficulties are the centres where diseases are slowly created. We are not aware of some of these centres and they can't be discovered in medical examinations, so they are often found when diseases have already occurred.

The difficulties can be aesthetic, mental or health. The aesthetic difficulties are: slouching, obesity, baldness, cellulite, squint, etc. The mental ones are: depression, lack of concentration, fatigue, stammer, etc. It is possible to live with both of these types of difficulties, but the quality of life is diminished. The health difficulties are the most numerous ones and they are: poor hearing and sight, sinusitis and ear infection, nose and gums bleeds, breathing difficulties, poor circulation, hernia, allergies, suppuration processes, muscle pain or weakness, disc herniations, hands or legs numbness, excessive or insufficient sweating, joint swelling, headaches, limited movements, flat feet, acne, constipation, etc.

These difficulties are usually not life-threatening, but they make life more complicated. When the atlas is additionally misaligned, new difficulties arise and lead to serious health impairment, and that is when our life is in danger.

For example, obesity is a difficulty which causes discs between the vertebrae to become thinner, so the flow of the spinal cord signals decreases. After that the organs become ill and sciatica and disc herniations get worse. Atlas misalignment curves the body, which is why the joints are not in their correct positions and obesity additionally makes the cartilage in the hips, knees and feet thinner.

It was thought that snoring was a difficulty, but now we know it is a disease. When we sleep, snoring stops our breathing and some other life functions several times. The quality of sleep is extremely important for health, and snoring interrupts sleeping and as a result disorders occur. After years of exhausting organs and systems the body becomes even weaker, and that leads to other diseases as well.

Obstructed and decreased flow of signals and matter makes the correct body regeneration impossible and degenerative changes become serious chronic diseases which are life-threatening. Tumours, cysts and arthritis weaken the immunity so the body is even more prone to infections and some people die of flu instead of cancer.

Difficulties and diseases shouldn't exist, and they exist only because the first vertebra is not in its correct position.

THE POSITION

By rising, Homo erectus gained a view, an advantage and dominance over those shorter than him and the position in space is of paramount importance for survival.

The body is a complex mechanism where everything should be correctly positioned in order to function properly, but in humankind it is not so. Displacements from anatomical positions occur inside the uterus and during life due to atlas misalignment bones and joints move from their correct positions even more.

Muscles and internal organs are attached to the skeleton, and because bones are not in their positions, neither is the soft tissue. Internal organs press each other inside the body and that makes their normal functioning harder, so that also causes health problems.

Our joints connect bones and allow us to move, but because the first vertebra is misaligned the joints slowly deform and their ability to move decreases.

The vertebrae are connected through discs which allow minimal movement, but these are not joints. The only joint in the spine is the joint of the atlas and the second vertebra which allows us to turn our head left and right. During life, due to atlas misalignment, the mobility of the head decreases and in old age it becomes a serious problem.

When due to a physical trauma a joint dislocation occurs, that joint needs to be repositioned. Dislocation is a state when a bone is completely out of its joint and using physical manipulation it is repositioned.

There is a difference between ‘dislocation’ and ‘misalignment’. Misalignment is a state of a partial incorrect position in a joint. Sometimes a minor misalignment occurs but the bone can go back into its correct position on its own.

Everyone’s first vertebra is more or less misaligned, but unfortunately, it can’t go back into its correct position on its own due to the ligaments that hold it in the wrong place and because the cartilage is thinned on the atlas and skull. The ligaments hold the atlas firmly towards the skull and that is why it can’t move from that position. However, when a more serious physical trauma occurs, these ligaments can’t hold the atlas and an even greater misalignment occurs, and that happens because the atlas has already been somewhat misaligned.

After car accidents, severe falls or strong head blows, greater misalignments of the atlas occur, and due to it quadriplegia or a coma can occur. When major pressure is exerted on blood vessels, a coma can occur and when the spinal cord is pressed quadriplegia occurs.

The first vertebra is dislocated when it is completely out of joint with the skull, and that can occur during major physical injuries. In a living person, the atlas is never dislocated because that would cause death due to the fatal pressure exerted on the spinal cord and blood vessels.

When one wheel of a car is not in its position, that is when the entire car starts shaking and breakdowns occur. In that case, the best thing to do is to get the wheels aligned. Atlas misalignment doesn’t shake the body, but it curves and damages it over the course of time. The best thing to do is to realign the atlas in babies or little children so that they develop properly and stay healthy throughout their lives.

When the atlas is misaligned, that is the most sensitive point in the body where almost all health problems come from. You have certainly realised that by now, and in order to be convinced you should take a look at yourself in a mirror. Of course you look at yourselves every day, but you haven't noticed what you really look like because you mostly look at your face, disregarding the rest of your body.

We look at our reflection every day and we get used to the way we look, so we don't notice anything unusual on the body. This is how you will truly see yourself for the first time.

Stand in front of a bigger mirror, where you can see your entire figure. Relax and take a look at which side your pelvis is tilted. In over eighty percent of people, the pelvis is tilted to the right. Then take a look at which shoulder is lower. In over eighty percent of cases, the right shoulder is lower. Now take a closer look at which shoulder is displaced forwards. In most people, the right shoulder is displaced forwards.

While you are looking at your body, you can actually see how your atlas is misaligned. Many people are unpleasantly surprised when they see what they look like.

You can't see the next position yourself and it is the most important one. Have someone look at you from the side and tell you if your head is displaced forwards. The head is forward in relation to the body in most people, because the atlas is misaligned backwards. When you look at your body sideways, your ear and hip are displaced forwards and your shoulder and heel backwards. While you are in your car waiting for the green light, take a look at the people at the pedestrian crossing and you will see that in most of them, the head is pushed forwards in relation to the body.

Take a look at your family members, and you will notice the same thing. In little children you can't notice the difference, but in older people it is easy to see.

One of the basic characteristics of life is movement and there aren't many occasions when a group of people stands still facing you so that you could compare their bodies. However, while you listen to a choir, it is easy to notice that most members' bodies are bent in a similar way. The usual bends and curves of the body have occurred before birth, and in a minor percentage of people we can notice different positions, because their atlas has been misaligned differently during life.

Stand in front of the mirror again and take a look at how many centimetres one shoulder is lower than the other one. In most people, the right one is about two centimetres lower and that is because the right side of the atlas is two millimetres lower than the left one.

Notice which shoulder is displaced forwards and which one backwards. If the atlas is more rotated, then the shoulders are more rotated as well. In most people, the right side of the atlas is pushed back-

wards and that is why the right shoulder is pushed forwards and the right side of the pelvis backwards.

The atlas can be tilted, rotated and misaligned backwards. The fourth type of misalignment is to the side and that type occurs in many people. It occurs due to side blows to the body or head. Take a look at your neck, and if it is tilted to the right, then your atlas is misaligned to the left, and if your neck is tilted to the left, then your atlas is misaligned to the right.

There is a fifth type of misalignment, which is very rare, and it occurs in those who had a breech birth, and forceps or a vacuum were used. Their skull is elongated and the base of the skull too. Over the course of time, the shape of the skull becomes more regular, but that is not enough and that is why the atlas is set low in relation to the skull. Because of that, the ligaments are more elongated and they can't hold the atlas firmly, so it becomes misaligned more easily and these people are more ill than others.

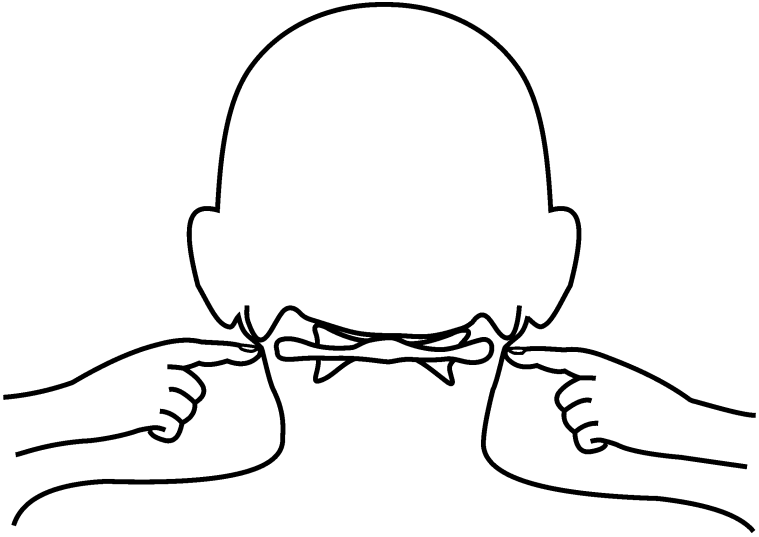
Unfortunately, only a small number of people have one or two types of misalignment. Most people have three types and these occurred during the development of the foetus.

Over the course of life we get used to the decreased head mobility and that is why most people don't feel that they turn their head less to one side. Have someone check which side it is for you. Turn your head maximally to one side and then to the other and the person watching will easily see which side it is. In most people, turning to the left is limited due to the similar atlas misalignment.

Almost everyone can feel on themselves or on others the greatest flaw of humankind – the wrong position of the atlas.

Tilt your head backwards and just behind the base of your ears feel the base of the skull with your forefingers. What you are touching feels like a solid bump, so move your fingers down and you will feel the sides of the atlas because it is only possible to feel them at that spot. Between the base of the skull and the sides of the atlas there are small dents. Compare the dents on the right and left side and you will feel the difference. In most people, there is more space on the right side between the base of the skull and the side of the first vertebra. If you can feel that, it means the atlas is tilted downwards on the right side.

FEELING ATLAS MISALIGNMENT



You can feel the rotation of the atlas when you compare the space between the sides of the atlas and the jaw. Most often the space on the right side is bigger. Due to the rotation of the first vertebra, the jaw is displaced to the right. On the left side the atlas pushes the lower part of the jaw joint forwards, and that is why our face is asymmetric. In women, the atlas is more rotated and therefore women's faces are more asymmetric.

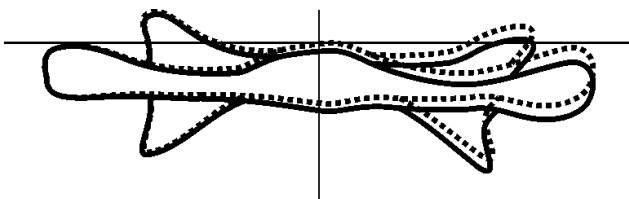
Painters, sculptors and morphologists have dealt with this asymmetry but they have never figured out how it occurs. Painters and sculptors, lacking an explanation, have tried to convince us that this asymmetry is interesting, but it is not a question of aesthetics but of health, because it causes irregular chewing of food and our teeth wear more on one side. The pain in the jaw disturbs chewing and unprepared food causes problems in the stomach.

In most people, the atlas is rotated downwards on the right side, and upwards on the left. When a person sustains a blow to the head from the left side or to the body from the right side the atlas tilts in the opposite direction (right upwards, left downwards). As a result the pelvis is displaced to the left and the left shoulder is lowered. Very rarely does it happen that such a blow is not too strong, and the atlas is set into a horizontal position, which is why these people don't have tilted shoulders and displaced pelvis so there is no scoliosis.

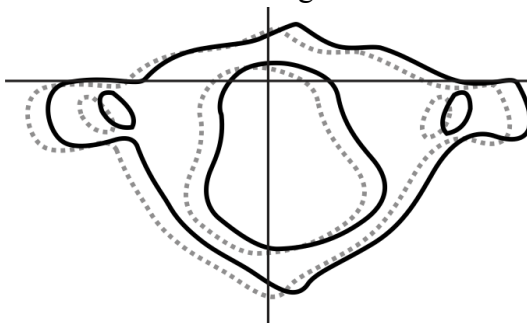
In our fifties, the atlas is about two millimetres misaligned from its anatomical position.

THE MOST COMMON TYPES OF ATLAS MISALIGNMENT

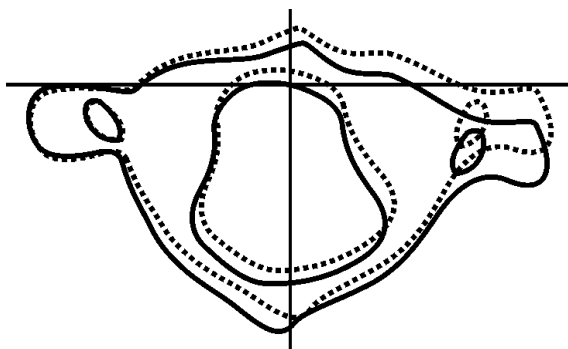
tilted



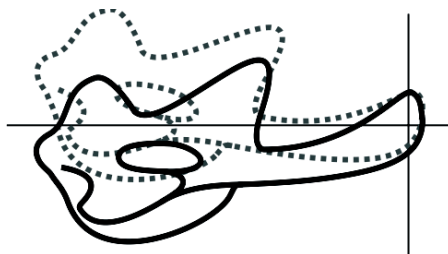
in the right



rotated



inclined



Unfortunately, in most people there are combinations of these three types of atlas misalignment.

It takes a few seconds to realign the atlas for babies and children and it takes a minute for adults. In that way, an error that occurred tens of thousands of years ago is corrected. When the atlas is realigned in babies, their bodies don't become deformed, and after the atlas is realigned in adults, deformities gradually disappear.

THE DEFORMITIES

A deformity is a state of being misshapen. When an object is deformed, that can be fixed, but when a body is deformed, that can be a serious health problem. The shape of the body and body parts depends only on the degree and direction of atlas misalignment.

Space is a basic phenomenon in the universe, without which nothing else could exist. The pressure of space is the strongest force in the universe which deforms everything else, but at the same time, space itself becomes deformed depending on the mass of the object and on the speed at which it moves.

The metre is the basic unit of length. Using it, we define the size of space, but space itself is flexible and that is why one metre is not of the same length everywhere in space. Depending on the state of space, a metre can be shorter or longer.

Mars is of similar size to the Earth but half the mass. If people had appeared on Mars, they would have been four metres tall, and due to their elongated body, they would seem ridiculous to us. There are no Martians now, but there will be in the future and these will be our descendants, and their descendants will be taller and taller because of weaker gravity.

For now, we are here and we are what we are. Forces existing anywhere in the universe influence us as well. We are what we are, but it would be so much better if it weren't for the flaw that deforms us. That little flaw is atlas misalignment, which makes the atlas itself deformed.

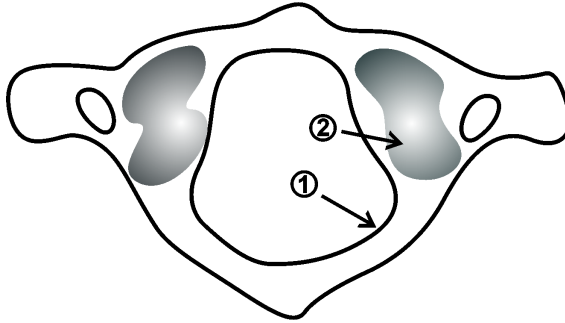
If any bone in the body should be perfectly shaped, it is the atlas, because due to its deformation other bones are deformed as well.

The atlas is deformed during the development of the foetus because of its sleeping positions. During sleep the uterus pushes the head of the foetus into two directions, forwards and left. The base of the skull exerts even more pressure on the right side of the atlas and deforms it while it is formed. In most people, the initial deformities are present throughout their lives, and in some people the atlas is deformed in other directions due to blows to the head or body.

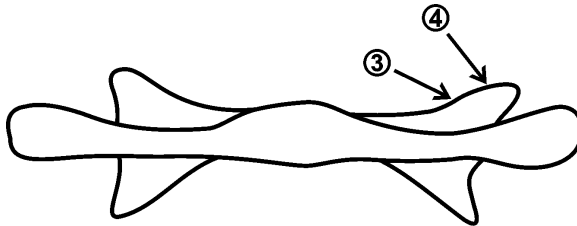
The left and right side of the atlas should be symmetrical, but unfortunately, they are not. There are more types of deformity, and in the pictures you can see four places on the atlas which cause deformities of the entire body.

DEFORMITIES ON THE ATLAS

1. The back arch of the atlas is stretched to the right,
2. The right surface of the cartilage is larger than the left,



3. The cartilage on the right side is thinned,
4. The right growth of the atlas is tilted.



These four types are the most common ones, and when the atlas is in a different position, different deformities occur.

In most people, body deformities are not easy to notice, and only some people have pronounced deformities so they suffer looking for the right clothes because clothes, generally, are made for the correct body shape. Those with pronounced body deformities make clothes that fit their body shape, and tailors never manage to compensate for the difference in arm and leg length.

The pelvis is one of the larger bones in the body, but it is minimally deformed because of the first vertebra, which belongs to the group of smaller bones. When sitting, most people put their right leg over the left one because in most people the pelvis is displaced to the right and elevated on the right side. When we put one leg like this, the pelvis is in a better position and it straightens the spine. As a re-

sult the transfer of signals is better and there is a sense of relief in the back and in the right leg.

Morphology is the study of the shape and structure of organisms and there is one phenomenon that not even the experts in the field are aware of.

When the pelvis is displaced to the right, in old age it starts to displace to the left and the process lasts around ten years, so not even those to whom this happens are aware of it. When the pelvis is too displaced to the left, pain occurs and people carry a walking stick in the right hand in order to ease the pain and to provide support. The process continues and after several years, the walking stick is not enough, so these people use a walker. After some time, a surgery is performed on the right hip and left. When the atlas is realigned, the pelvis goes back to the middle and stays horizontal, so these people don't have to carry a stick or have a hip surgery.

Body deformities usually mean there is a curve, but when our feet are flat, that is a deformity too. A small number of people have flatfeet because their atlas is tilted forwards. After realigning the first vertebra, normal arches appear on the feet. In children and the young this process lasts for several months, and in adults several years.

Very rarely, people's lower teeth are in front of the upper teeth. In these cases medical experts think that the lower jaw is deformed and they suggest shortening it. The jaw is not elongated, it is displaced forwards because the atlas is misaligned forwards and it pushes the jaw permanently.

When the atlas is realigned, existing deformities become smaller or they disappear and there are no new deformities.

Morphology believes that if the body of most people is similarly deformed, then this is normal. The question for this science is: How does the body slowly straighten after the atlas is realigned and how do these deformities decrease?

What is normal then and why is this change possible?

DIFFERENCES

There are differences in the entire universe and at the same time there are aspirations to reduce differences. These aspirations are the driving force which provides better solutions, therefore differences are useful. In other mammals, the atlas is in its correct position; only in people it is misaligned so that difference is of no use to us.

Differences are also desirable because being the same is monotonous. Identical twins have a detail that makes them different, and even when they are physically identical, their health is different. The reason is that their atlases are in different positions. This difference between the positions of the atlas occurs in the uterus, and over the

course of life due to different physical traumas there are additional differences between these positions.

When even twins' health is different, it's not surprising that there are people who are more ill than others.

Have you ever wondered why some people are healthy and some ill? The main reason is that the atlas of the ill is in a worse position.

The more the atlas is misaligned, the more illnesses occur.

The less the atlas is misaligned, the fewer illnesses occur.

These relations can be proved through statistical research.

Sometimes a person is healthy, but if they fall off their bike, they start getting ill within a year. When people fall, they sustain injuries that heal slowly so they forget about the fall, but that is when health problems start because the atlas is more misaligned.

No one, not even medicine, connects atlas misalignment with the onset of diseases, and the reason is that the deterioration of certain organs is gradual after the atlas is misaligned. Depending on what part of the first brain is pressed, certain organs don't receive all the signals required for normal functioning and slowly they start deteriorating. When the atlas is misaligned the spine starts to curve and to decrease signals additionally, and that is also one of the reasons why illnesses occur later.

Regardless of race, all people have a similar body shape, but it is impossible to find two identical people. Diversity exists in other animals as well but it is nothing compared to ours. When you look at a herd of animals, flock of birds or school of fish, you can notice similarities between their bodies. Why are there huge differences in humankind?

When the atlas is misaligned it affects almost all bones and that is why there are differences in their positions, length and shape. In most people one leg appears to be shorter.

The length of our legs is measured from the hip to the ground. The left leg is usually shorter when measured in a standing position, and when the same person is compared lying down, the right leg is shorter. How is this difference possible and why is the right leg in most people one centimetre shorter while lying down? The true state is that the legs are of almost the same length, but because the pelvis is tilted it seems that the right leg is shorter. The pelvis is tilted because the atlas is, so one leg is pulled up. In most people the atlas is lowered on the right side so the pelvis is elevated on the right side.

In the absolute majority of people there is a difference between the length and shape of the paired bones. That asymmetry occurs during the development of the foetus and continues throughout life.

The right clavicle is shorter than the left and it has got a more rounded shape, and the situation is similar with the chest bones. There is a minimal difference between the leg bones. Most people put more weight on the right side of the body because their atlas is mi-

saligned and that is why the bones of the right leg are minimally shorter, but that difference is not one centimetre but one millimetre.

Only the bones of the arms are similar in size, because we hold our arms alongside the body so the force which deforms the body does not affect them.

Except for the above mentioned difference between paired bones, individual bones on the right and left side are also asymmetrical.

The skull is similarly deformed in most people. The parietal bone is more protuberant on the left side than on the right, and the situation is opposite on the frontal bone. Nasal deviations are more or less present in everyone. In most people the nasal septum is displaced to the right, and the cartilage section stems from it so that is the reason why most people have difficulties breathing through the right nostril.

The opening on the base of the skull is minimally displaced to the right in most people. That displacement is minimal but it causes a maximal problem, because that is where health issues occur. The opening on the base of the skull is slightly displaced to the right and the atlas opening is displaced to the left, so that is why the spinal cord is constantly under pressure.

The middle of the sternum is minimally displaced to the left but that does not affect health or the function of the lungs and heart. The base of the sternum is very rarely bent inwards towards the solar plexus, and that causes these people to feel nervous and have bad digestion.

The vertebrae are among those bones whose number is odd. The difference between the left and right side of certain vertebrae affects health. Certain organs don't get enough signals from the brain and in time their function decreases because the nerves that run along the vertebrae are pressed. That is why there is a difference between the function of the left and right side in paired organs.

That is the case with the thyroid gland, lungs, kidneys, ovaries or testicles. Because our liver is genetically increased, the right kidney is lowered and the left one is in its anatomical position. Since the atlas is rotated, the left vagus nerve is pressed and that is why the left kidney receives fewer signals and doesn't function as well as the right one, so a kidney stone is usually formed in the left kidney.

When the difference between the function of the organs is smaller, the problems are reduced as well, but in humankind the differences are sometimes too big. In over eighty percent of cases, pain starts in the right knee and these people have got sciatica in their left leg.

After the age of forty, most people feel the difference between the left and right side of the body. They have more problems on the right and it is because the right side carries more weight which occurs because the atlas is tilted to the right.

We live in a world of right-handed people. It is present even in animals and birds but it is more conspicuous in humankind. Over ninety percent of people are right-handed and no one knows why. I have realised that it occurs during the development of the foetus as a result of atlas misalignment.

Because the atlas is tilted and rotated, the right shoulder is lower and tilted forwards so the right arm is minimally closer to what is being grabbed. From early on children grab objects with their right hand and they become right-handed. The brain decides every time what hand to use and it chooses the one that is closer to the object; this is repeated hundreds of times a day and it becomes a habit. Little boys are more active and their atlas is differently misaligned than in girls. That is why there are more left-handed men than women.

There is a huge difference between people when we try to raise our hands to the back. In most people the right hand can be raised less than the left. During life the difference becomes greater, and later both hands can be raised less because the body curves more and more in old age due to atlas misalignment.

When viewed from the side, there is no difference in the body shape between girls and boys, but the difference occurs in puberty when girls develop breasts. The difference in the silhouette doesn't occur due to their protuberance but because of their weight, which changes women's statics and body shape.

The human body is like a lever that is upright and its bottom is fixed to the ground. The average-sized breasts weigh one kilogram and that changes women's body statics and unbalances their bodies. Some girls, wanting to be more attractive, push their shoulders back, but more often this happens spontaneously so that their bodies wouldn't fall forwards. The head stays in its position but the chest is pushed backwards and the pelvis forwards, that is why women have a more pronounced curve forwards in the cervical area of the spine.

In women whose atlas is too misaligned backwards, there is conspicuous spondylosis in the cervical area of the spine. Most of these women have a bump in the shoulder part of the spine, but that bump is more of an aesthetic than a health problem. When the atlas is realigned, the bump gets smaller and after a year or two, it disappears. When the atlas is realigned, the centre of gravity of the head changes, and from then on gravity gives them back their normal body statics, so the spine obtains its correct shape and lordosis, spondylosis and the bump disappear.

Different thyroid diseases are five times more common in women than in men. Since the signals of the thyroid run past the vertebrae in the cervical area of the spine and lordosis in women is more serious, their nerves are under greater pressure. Usually the right side of the thyroid becomes ill first, and that difference occurs because in most women the atlas is similarly misaligned. Girls and women are

more placid than boys and men, so their atlas usually stays in the position it was in before birth. Due to the weight of their breasts and initial misalignment of the atlas, women have more serious cases of lordosis, spondylosis and rotation in the cervical area compared to men.

Unlike women, in men the bump appears in the middle of the spine and that is where the most vital organs are situated. These organs do not function normally because the nerves that run past the vertebrae are presses and that is one of the reasons why men have shorter lives compared to women.

There is a difference between the positions of the atlas in men and in women, so there is a difference in male and female health. During life men get more blows to their head and body, so their atlas is more misaligned and they are more ill than women.

Apart from the difference in its position, there is also a difference in the width of the atlas. In women the atlas is somewhat narrower than in men and that is one of the reasons why women live longer and healthier lives. A narrower atlas exerts less pressure on nerves and blood pathways which run past and through the atlas.

Have you ever wondered why some people live shorter and some longer lives? The main reason is that in those people who lived shorter, the atlas was more misaligned.

The more the atlas is misaligned, the shorter we live.

The less the atlas is misaligned, the longer we live.

These relations can be proved through statistical research too.

Because the atlas is misaligned, it seems that both health and lifespan are a matter of luck. The best proof of this theory are those people who live to be ninety. Their atlas is in a better position for most of their lives, so they live longer. However, even they need realignment in order to live even longer and healthier lives.

In children whose atlas is realigned before puberty, the body symmetry will readjust so there won't be a great difference between the left and right side, and what is more important is that they will live healthier lives.

In the past several thousand years, people have discovered many different methods of realigning the atlas, and in the past one hundred years even more competing methods have been discovered. The difference between these different ways is useful because we can finally choose the best solution.

When everyone in the world has their atlas realigned, the differences between their body shapes and the difference in the number of the ill and the healthy will decrease.

In the future, the past will be divided into two epochs – the time when humankind was ill and the time when humankind was healthy. That difference between the epochs is very desirable.

Differences create imbalance and due to differences there are constant aspirations towards balance.

IMBALANCE

Imbalance is present in the entire universe, but at the same time there are aspirations towards balance.

If there were no imbalance, everything would stop, because imbalance is a driving force. Imbalance is useful everywhere except in the human body.

Our enlarged liver is the cause of the imbalance between the right and left side of the body, and the consequence is that the atlas is formed in the wrong place inside the uterus, and that is why we are unbalanced and ill for most of our lives.

Due to the upright body position, there is a constant aspiration towards balance in humankind as well. In order not to fall, our muscles work non-stop while we stand or walk and they make our balance possible.

When an elongated object is upright, it has a single support point and that is why it can fall on any side. An object with two support points can fall on either side. Only with three support points there is a permanent state of balance.

Homo erectus made an epochal feat when he managed to stay upright with two support points. Mobility is a characteristic of life, so the feat of Homo erectus is even greater because he managed to maintain his balance on only one foot while walking.

It is easier to stand than to walk because when standing we are supported by two feet, and while walking by only one. While we move, we are mostly supported on one point of support and that is next to impossible. Out of several million species that existed or that exist, only humans can enjoy the benefits of the upright position.

The centre of gravity is located in the brainstem, which is located near the base of the brain. In order to maintain balance, the centre of gravity receives information from the entire body and reacts to it rapidly. There are three pieces of information that constantly reach the centre of gravity. In the middle ear there are paired organs whose basic function is to feel the effect of gravity. Vision, apart from its main function of visual perception, is also in charge of providing the centre of gravity with information on spatial orientation. The third piece of information is provided by the feet, which send data on the condition of the ground beneath our feet.

The paired organs in the middle ear were inherited from our ancestors who used to stand on four feet. Two feet in the front and two in the back gave them more forwards-backwards stability than sideways; therefore it is easier to maintain forwards-backwards than sideways balance while standing. These two sensors give us the possibility to maintain sideways balance more easily than forwards-backwards balance and that is why our feet are elongated. Because of our

up-right position, it would be better for humankind to have two more balance sensors, on the tip of the nose and on the nape.

Our head constitutes one tenth of our body weight. Due to its position at the top of the body and forces affecting the body, our head in fact constitutes one fourth of the body weight. Because of that difference, the centre of gravity receives most information from the head.

If the atlas were in its correct position, there wouldn't be any problems with balance, even though our head is actually heavier.

Balance sensors are located in the middle ear, and the centre of vision in the scalp area. Both balance sensors and the centre of vision are located near the cerebellum, whose basic task is to control muscles. This mutual closeness is necessary because of sudden instability, when information is supposed to be transferred rapidly so that the entire balance system reacts faster.

Medicine is developing rapidly, but it still can't find the cause of vertigo and instability, and even considers these two conditions one. It isn't easy to connect vertigo and instability, because balance sensors, the centre of vision, feet signals and blood flow through the brain all depend on one another.

Vertigo occurs due to a lack of blood in one part of the cerebellum and instability occurs due to a lack of signals from one foot. Due to atlas misalignment the cerebellum doesn't get enough blood and, at the same time, it doesn't get enough signals from one foot, so that is probably why medical experts can't figure out the connection between these two phenomena.

Homo erectus wasn't the first one to manage to stand and to walk on one support point, but it was the first one to manage the upright body position.

Many species of dinosaurs managed to stand and walk on two feet tens of millions of years before Homo erectus, but they didn't have the upright body position. Birds are a type of dinosaurs that survived an asteroid impact sixty-five million years ago. Standing on two feet is easy for birds because their bodies are light, but their priority is not walking but flying. Most birds manage to stand on one support point without falling sideways. Their long claws are set in different directions so that they create a large support surface.

Some people don't feel instability when standing, but lying down they feel unpleasant so a lot of people sleep in a reclining position. The same unpleasantness occurs when our eyes are opened and closed. This condition is not influenced by a lack of signals from the feet or from the centre of vision, but a lack of blood in the brain.

Blood vessels are pressed by the atlas which is misaligned and which is sometimes even more displaced when the head is placed on a pillow, and that decreases blood flow to the brain additionally. Vertigo also occurs when we throw our head back. Blood flows through the brain in three seconds, and when the atlas is misaligned there

isn't enough of it so when the head is thrown back or while we are lying down, vertigo occurs. Due to a lack of blood dizziness occurs, which causes fear and panic.

When there isn't enough blood in the cerebellum, its function decreases and it doesn't send all signals into the muscles, and that is why imbalance occurs even when we are lying down, which is very unpleasant.

In cases of instability, the head, brain or ears are examined, but the cause of instability is not there, it is under the skull or at the base of the spine. The nerve that transfers signals from one foot is pressed by the atlas, by one of the vertebrae at the base of the spine or by both. If there are signals from one foot and not from the other, then instability or a feeling of imbalance occurs.

In most people vertigo disappears immediately after the atlas is realigned, because the pressure on blood vessels is removed. Instability disappears immediately after the atlas is realigned in those cases where the foot signal was blocked by the atlas, but if a nerve in the lower part of the spine was pressed, instability disappears when the lumbar vertebrae are placed in a better position.

Mild passing instability might occur after the atlas is realigned, and that occurs because of improved body statics.

In order for an elongated object to stand upright, the centre of gravity should be along the longitudinal axis that is perpendicular to the ground. The support point is at the bottom of the object, and at the top there is a point which should be right above the support point, in order for the object to stay upright. In the upright position, we also have the point of support which is between our feet and we have the upper point which is on the scalp. Unfortunately, due to atlas misalignment our point on the scalp is not above the point of support.

From the time when we start to walk, our entire life we try to keep the upper point above the point of support, but because the atlas is misaligned we don't succeed. Constant attempts to maintain balance curve the body and spine, and the consequence is pain in muscles and joints.

Our body is not a solid object, but the same natural laws apply. Due to the elasticity of the body we can stand upright, but the body curves so as not to fall. The centre of gravity is in the middle of our stomach and we manage to stay upright because the position of the centre is constantly corrected. Unfortunately, in most people the atlas is misaligned for a longer period of time, the centre of gravity is displaced to the right in relation to the longitudinal axis and that is why these people experience body and spine curvatures.

In the twentieth century, science developed rapidly, but only towards the end of the century a robot was made that can walk on two feet. In order for it not to fall, the robot imitated human walk. It took

science one hundred years to achieve what Homo erectus had achieved one million five hundred thousand years before.

The robot doesn't have an atlas, and the levers in the robot are made of solid material so they can't bend. Homo erectus had its atlas in the correct position and its body was not curved, so it didn't have any internal causes of illnesses.

In most martial arts, a competitor tries to affect his opponent's centre of gravity by inflicting a head blow. Unlike violent martial arts, aikido is based on the wisdom that the winner is the person left standing and not necessarily the stronger one. In aikido, fighters use gravity to maintain their balance and at the same time they try to unbalance their opponents. In aikido, it is thought that the centre of gravity is not in the stomach, but in the atlas area. An aikido practitioner maintains his balance by keeping his head in line with the middle of his feet.

The centre of gravity of the head is displaced because the atlas is misaligned, and that displaces the centre of gravity of the body to the side where the head centre is and that is why there is imbalance when we stand.

Because the first vertebra is misaligned, everyone's body is, more or less, curved, so almost nothing is in its correct anatomical position. The only thing that is in its position in every human is the first thoracic vertebra, but several centimetres above it is the atlas which is misaligned and which gradually causes all irregularities.

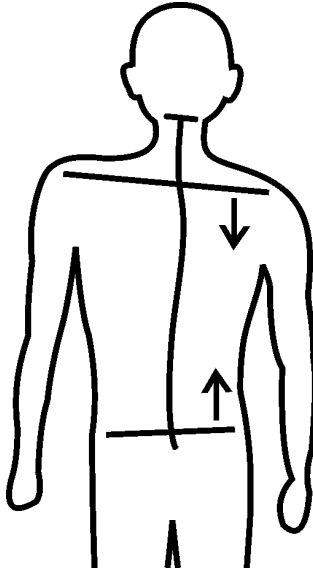
Humankind would be straighter and much healthier if only the atlas weren't displaced from its position.

In the past, the liver got heavier and it upset the balance of the body. In an adult, the difference in weight between the left and right side of the body is not great, and that is a minor problem compared to the fact that during the development of the foetus body rotation and atlas misalignment occur.

We are born with our head tilted to the left, and in order to keep our balance sensors in a horizontal position while starting to walk, the process of keeping the head perpendicular to the ground occurs. When starting to walk, most children move their head to the right in order for their centre of gravity to allow them the upright position.

If it is necessary to draw one side of the lever to the same side of the other parallel lever, then there must be a force to make that mutual attraction possible. In order to move our head to the right, the muscles from the base of the skull to the pelvis constantly contract and that is why the right side of the pelvis is raised and the right shoulder lowered.

THE OPPOSITE TILT OF THE SHOULDER AND THE PELVIS



The upright position is possible due to the right shoulder and right side of the pelvis coming together. The good side of this is that we stay upright, and the bad side is that our body curves and illnesses occur.

The human body is not a machine, but it is made of bones that are like levers in a mechanism, so Archimedes' principle applies to our body as well.

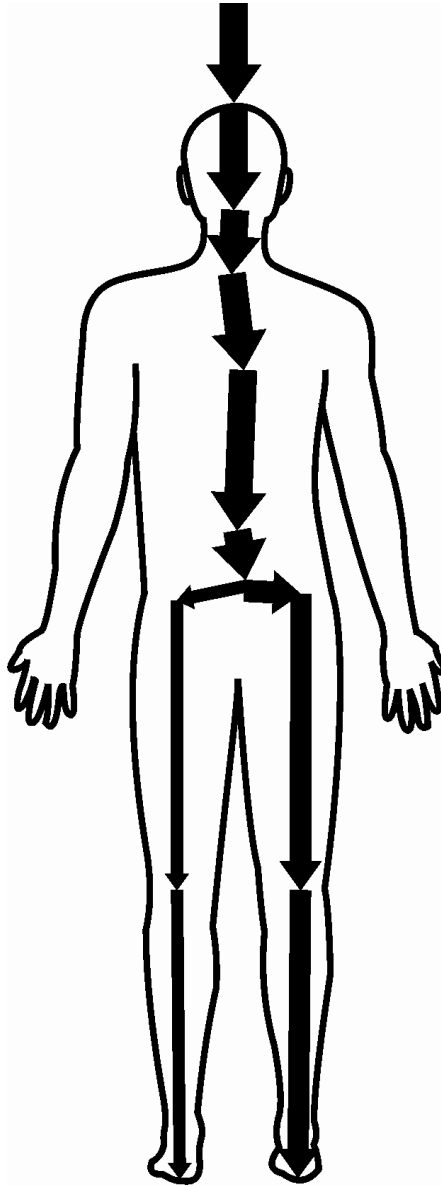
A mechanism for measuring weight is a lever in the state of balance. In order for it to be correct, the point of support should be in its position before measuring so that the lever is in balance. The weight of an object is measured by comparing the weight of a weight and the object. Salespeople who trick their customers move the point of support one fraction of a millimetre. When the atlas is displaced one millimetre or more, the body is damaged and the attempts at healing empty our wallets.

If the atlas is one millimetre misaligned, it misaligns the centre of the body by two centimetres. That is how the point on the skull and point between the feet stay one above the other, but in old age it is no longer possible and the body curves rapidly and the old are more ill.

It is difficult to carry the universe on the head because the atlas is misaligned, and after it is realigned a person resists this greatest force more easily and their body stays balanced.

The following image shows loading forces through the body that exist in most people.

THE DISTRIBUTION OF LOADING FORCES OF THE UNIVERSE



Different combinations of atlas misalignment curve the body and spine in different ways, but in most people the atlas retains its misaligned position which occurs during our development inside the uterus.

Because the atlas is similarly displaced, most people have similar tilts and rotations of the body. The head is positioned forwards and diagonally to the right and this is more pronounced in men than in women.

The human body is the only 'skyscraper' among other 'ground-level' animals. There are only several species of animals that try to straighten up. Kangaroos straighten up so that their young would not fall out of the pouch, and rabbits and mongooses in order to spot danger in time. Kangaroos and mongooses use their tails as the third point of support, and rabbits have a short tail so they lean on their shins in order to straighten up. Because they straighten up, these animals' atlas is different from the atlas of other mammals.

In our species the atlas is completely different than in other mammals, but our problem is not the size and shape of the atlas but its misalignment.

Our atlas is equally misaligned as it was fifty years ago but we are more ill now. In the past fifty years, humankind has become ten centimetres taller and because of height the body curves more easily and gets ill faster. Every additional centimetre unbalances the body more easily and creates health issues.

How is it possible that this has happened in only two generations? Agriculture profits by injecting growth hormone into plants. Indirectly, we become taller too, because we eat these plants and use dairy products and animal meat with too much growth hormone.

THE SKELETON

Because the atlas is misaligned, almost all bones of the skeleton are displaced from their correct positions.

The human body consists of several parts, but when it is analysed for statics, it seems that we only have two parts, the head and the trunk. The head is a small part of the body but it moves the body. A thought is a conscious initiator of the body, but there is a tilt that we are not aware of. Due to backwards atlas misalignment, the head pulls the body forwards because it is at the top of the body.

Small displacements of our bones from their correct positions occur during the development of the foetus, and during life atlas misalignment leads to even greater displacements. The atlas is located between the head and the trunk, so it is like a switch that decides about their mutual relation.

Thousands of scientists have dealt with the appearance, stance, shape, proportions and different positions of the human body, but they haven't discovered where in the body irregularities occur. For several years, I lectured on atlas realignment and I examined five thousand children and adults. Noticing the relation between atlas misalignment

and positions of skeletal misalignment, I reached some new conclusions and one of them is about the rotation of the shoulder girdle.

In most people, the right shoulder is displaced forwards and the left one backwards. It was easy for me to realise that the rotation of the shoulder occurs due to atlas rotation, but it was more difficult to realise this: in one third of people whose right shoulder is pushed forwards while standing, while sitting it moves backwards. How is it possible that there is such a difference in shoulder rotation between standing and sitting positions in the same person?

Since the floor and seats are horizontal, I realised that the difference occurs because the pelvis is misaligned.

After the atlas is realigned it becomes horizontal and because of this the pelvis becomes horizontal several months later. That process makes it possible for the spine to straighten and decreases scoliosis. However, the rotation and tilt of the shoulder girdle disappear only after several years. The reason for the slow repositioning of the shoulders is that the bones in the girdle have already formed according to the wrong body position, and bones regenerate the slowest. That is why it takes several years to realign the shoulders into a better position.

Most people don't notice that their or someone else's shoulders are tilted and rotated, so it isn't an aesthetic problem. When the shoulders are displaced it isn't a health problem either, because in that part of the spine everyone's last cervical vertebra and the first and second thoracic vertebrae are well positioned, so the nerves next to them are not pressed.

Modern civil engineering copies natural processes by building pillars and crossbeams first, and when these are strong enough, only then are exterior walls and partitions built. Muscles are like walls, and organs are like partitions, but the role of muscles is not to carry, the skeleton and bones do that. There is a misconception that our muscles hold the skeleton and that is why many people try to strengthen their muscles through exercise or sport. That is how you get somewhat better body posture, but when you stop practising, the body curves rapidly.

Internal organs hang on the skeleton, and muscles are attached to the bones. Because the atlas is misaligned, the skeleton and bones are not in their positions, so neither organs nor muscles are in their correct positions. When the atlas is realigned, the skeleton attains a better configuration, organs return to their anatomical positions and start to function more regularly. Neural pathways around the atlas and other vertebrae are free and that also improves the function of internal organs.

Older generations used to play dominoes; the young play video games and don't know what 'the domino effect' is because there is no gravity in virtual world. When dominoes are set horizontally and

when the first one is pushed, then all other dominoes fall one by one. In our body, the skull is like the first domino that tilts because the atlas is misaligned and that is why the skeleton slowly ‘falls’.

Nerve signals are pressed and organs deteriorate because we get shorter with age, and that causes premature death. After death, the deceased are placed in a horizontal position on their back and they stay like that for hundreds of years until their bones decompose. It would have been better if these people had slept on their backs during life, because they would have lived healthier and longer lives. During sleep, our bones regenerate, and sleeping on your back allows better regeneration. Unfortunately, those who can sleep on their backs are few.

A skeleton is a symbol of death. We are not going to talk about that because this book is about the rebirth of life.

One year after the atlas is realigned, people are one centimetre taller and that happens even to those who are over eighty. Of course, these people stopped growing sixty years ago, so they do not grow but their body is elongated because the first vertebra is placed in its correct position.

The skeleton carries itself and soft tissue, but apart from this main function, one more very important function is performed in bones. Red blood cells are produced in bone marrow. Up until the age of twenty, blood is produced in all bones and later only in the bones of the trunk and spine.

THE SPINE

The spine formed in order to protect the main neural pathway, and when larger organisms appeared, the spine got the role of connecting the entire body.

In animals, the spine is like a bridge between the front and back limbs where different organs hang. The spine has that same function in our species too, but due to the upright position it has an additional task – every vertebra carries the body part that is above it.

It is usually thought that the spine stretches from the skull to the pelvis, but it is more precise to say that the skull, spine, pelvis and caudal part of the spine represent one unit.

In that sequence the skull is like an engine, and other parts like carriages of different sizes and functions. When an engine derails, it pulls the carriages with it, and in human species everyone’s skull is displaced. The caudal part of the spine is the last one in that unit and no attention is paid to its shape, and its irregular shape causes haemorrhoids.

Unfortunately, in our species everyone’s head is, more or less, outside the longitudinal axis of the body and that is why the entire

body is asymmetrical. The head is displaced in one direction, the neck in the other. The atlas joins the head and the body and it is set so that its position can satisfy different directions of the head and neck.

During life, the atlas tries to balance the head with the body, but it doesn't succeed because it is misaligned as well.

Humans grow until the age of twenty and we grow while we sleep, when the body is in a horizontal position. However, there is also ingrowth during growth. You have never heard of this phenomenon, but that's reality for children in puberty whose atlas is too misaligned backwards. During the night children grow, and during the day they ingrow due to gravity. Immediately after puberty, ingrowth starts, and in old age it happens even faster because the atlas misaligns backwards on its own even more.

The lower parts of the brain control normal body functions, and in order for the brain to react to what occurs in the body, it needs signals to return unhindered. Because the atlas is misaligned, there isn't enough blood in the brain and it can't function properly, and that is why insufficient signals flow to the body. When the atlas is misaligned it additionally decreases signals at the beginning of the spinal cord, and signals are even more decreased due to the irregular shapes of the spine.

The openings through which the nerves from the spinal cord run are located between the vertebrae. The irregular shape of the spine narrows the openings and that is why the vertebrae permanently press the nerves. Signals are sent from the body to the brain, but they travel the same path that is pressed in several places, and the brain doesn't get every piece of information so it can't react to the need of the organs.

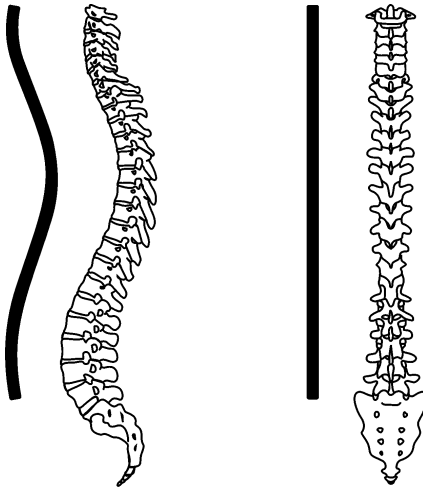
Between the vertebrae there are discs whose role is to join the vertebrae. Due to the upright position, discs in human species have an additional role: to relieve the pressure on the neighbouring vertebrae. During the day discs lose a bit of fluid and during the night they are filled. When discs are thinned, the openings through which nerves run decrease and that is one of the reasons why we are healthier and taller in the morning than in the evening. Youth is the morning of life and old age is the evening. In old age the process of filling and emptying of discs slows down so the thickness of discs and the flow of signals decrease, and organs become ill faster.

The correct shape of the spine can only be found in pictures in anatomical encyclopaedias.

THE CORRECT SHAPE OF THE SPINE

from the side

from the back



Why isn't there a person with all illnesses? Because there is at least one part of the spine which has the correct shape and signals flow unhindered. 'A wry neck is a sign of short life', says a Japanese proverb and it is true, but I would add that if the spine is curved, it is the cause of diseases and of premature death. In mammals, within one species the spine has a similar shape, but in our species there are different shapes. The reason for it is the displacement of the skull and upright position.

Everyone's atlas is misaligned and therefore it is almost impossible to find a man with a completely normal shape of the spine. In most people, the greater part of the spine has a normal shape, but in old age the spine curves more and that is why new diseases occur.

From the skull to the pelvis, the spine consists of twenty-four vertebrae, but this should be redefined because the atlas is not a part of the spine. The atlas is tightly connected to the skull from the moment of its formation till the end of life. Unfortunately, that connection is not strong enough to prevent displacements during blows, because the atlas is already misaligned. The cartilage on the atlas and skull is smooth and that is why the atlas can be displaced. When blows to the head or body are inflicted they additionally misalign the atlas and it stays like that until the next misalignment, and in the meantime the spine takes on incorrect shapes.

There are as many spine shapes as people in the world, and the reason is that during growth and life the atlas is misaligned into different positions more than once. The spine keeps its previous irregular shapes, and every time the atlas moves again, new irregularities

are added. According to the shape of the spine it is possible to tell at what age different displacements occurred.

Unfortunately, when the atlas is more misaligned in youth, more significant spine curvatures and more health problems occur, so the fear that parents have for their children's spines is justified.

If you look from the back, the spine should be completely straight, but it is almost impossible to find a person who has a completely straight spine. When the spine curves to the left or right that is scoliosis. Until atlas misalignment was discovered, we didn't know why scoliosis occurred, and the causes of scoliosis are the tilt of the atlas, misalignment of the atlas to the side, or both.

Because the atlas is tilted to the side, most people suffer from two types of scoliosis: in the thoracic spine to the right side, and in the lower part to the left.

In a small number of people, the atlas is tilted to the left. This tilt occurs due to a head blow from the left or a body blow from the right, so the left shoulder is lower than the right one, and the pelvis is displaced to the left. In these cases different directions of scoliosis occur and different diseases too, because some other organs don't get all signals from the brain.

THE MOST COMMON SCOLIOSIS



Men's first vertebra is displaced to the side more often than women's. From childhood, boys are more active, so due to lateral head blows the atlas gets displaced in the opposite direction from the direction the blow came from. The neck tilts to the opposite side from the direction of atlas misalignment, and in the middle part of the spine scoliosis occurs in the direction of atlas misalignment.

SCOLIOSIS IN THE MIDDLE OF THE SPINE



Scoliosis is a health problem, but the shapes of the spine that are noticeable from the side are a much more serious problem, so I will deal with these curvatures exclusively for the remainder of this chapter.

A healthy spine has got curves forwards in the cervical and lower spine area, and a backwards curve in the thoracic spine area.

The normal curve forwards is called normal lordosis, and the normal curve backwards is called normal kyphosis.

NORMAL LORDOSIS AND NORMAL KYPHOSIS



Unfortunately, the number of people whose three curves are normal is extremely small because their atlas is neither misaligned forwards nor backwards. In most people one part of the spine is abnormally shaped, but in old age all three curves become abnormal.

During the development of the foetus and up until the age of six months, the spine has a C shape. But when babies start to crawl lordosis occurs in the cervical part of the spine. When they start to walk it appears in the lumbar part as well. Even at this age the atlas affects the shape of the spine.

In childhood the vertebrae and discs between them are not solid enough and existing spinal shapes influence the formation of individual shapes. When the atlas is in a position opposite from the previous one, then the vertebrae and discs are formed according to that different spinal shape and it happens because of gravity that influences the entire body.

Kyphoscoliosis and lordoscoliosis occur in early childhood due to several opposite atlas misalignment positions. These extremely abnormal spinal curves occur in only a small number of people, because such great misalignment positions of the first vertebra occur rarely in early childhood.

Using special splints, orthopaedists try to straighten children's spines during puberty, but they don't succeed because this only slows down the process of curving or only slightly corrects its shape. It is not possible to solve this problem permanently using this method, so surgeons insert metal rods along the spine.

The discovery of atlas realignment allows a more humane approach to permanent straightening of the spine. The best thing to do is to realign the atlas in babies in order to prevent these situations. However, if there are already huge deformities, the best thing to do is to realign the atlas in children and to permanently correct the shape of the spine by stretching.

When someone feels pain in the body or has health problems, people usually say that these problems have come from the spine. That assumption is true, but no one realises why the spine is abnormally shaped. It is always better to find out where health problems occur, and that was a real mystery before the discovery of atlas misalignment.

Boxers suffer because their atlas is misaligned more often than in other people. I realigned the atlas for a few former boxers, who were over seventy at the time. Their atlas was in a better position than their peers' and that is why they were healthier. I thought that was strange, but I realised that they had been lucky to receive head blows from the front. These blows moved the base of the skull backwards, and that is why the atlas constantly returned forwards. In boxers who received strong blows to the head from the side or from the back, illnesses occurred and they died prematurely due to a greater misalignment. For some of them this sport is fatal, and for most of them it is a noble art.

Before birth the first vertebra is misaligned backwards, but during their second year some children experience forward misalignments, because children fall and sustain frontal blows to the head. In some children the atlas is misaligned forwards so their head and behind are displaced backwards. That is why the spine becomes too straightened, and the feet elongate and flatfeet occur. From the age of three children, when falling, land on their hands and that is when a forward head jerk displaces the atlas backwards.

In Africa mothers carry babies and little children in harnesses on their back. Because of this position children keep their head bent backwards and the atlas misaligns forwards so the spine becomes too straightened and the head and behind are displaced backwards. That is why most black people have got flatfeet.

CORRECTED LORDOSIS



Any deviation from the normal spinal shape is bad, but if you could choose, it is better to have a straightened spine. It is known that straight people are healthier than others, but there is a small number of those who maintain that spinal shape for the rest of their lives.

It is true that these people are healthier, but a spine that is too straight is not good, because the vertebrae don't lean normally and decrease the openings through which nerves run. These people have health problems with organs that don't receive all signals from the brain, but new diseases don't occur because the shape of their spine doesn't change. However, in older people discs between the vertebrae become thinner and organs get fewer signals, so existing conditions worsen.

When the spine is too straight, then lordosis at the bottom of the spine occurs and due to it, problems with the organs at the bottom of the stomach occur together with pain in the legs.

The worst shapes of the spine are kyphoscoliosis and lordoscoliosis, but there are shapes when kyphosis is where lordosis should be, or when lordosis occurred instead of kyphosis.

REVERSED POSITIONS OF LORDOSIS AND KYPHOSIS



This changing of places occurs if the atlas was pushed forwards in early childhood, and then was suddenly misaligned backwards. After realigning the atlas, these spinal shapes slowly become normal too.

In over ninety percent of children and adults, the first vertebra is misaligned backwards, and that causes more serious lordosis and kyphosis, followed by greater health problems.

There are a lot of reasons why the atlas is misaligned backwards in most people. During the development of the foetus the atlas is displaced backwards, which causes the base of the skull and atlas to develop according to that position. In childhood and youth our head is bent when we study, and when we get a job, our head is more or less bent. During life we grab objects that are lower than our head and so we bend, and while we eat or sleep our head is mostly bent. The eyes are in front so we don't see objects that hit us in the head from behind. Because of all these situations the atlas is misaligned backwards, and depending on how far backwards it is misaligned, less or more pronounced lordosis and kyphosis appear.

After the age of thirty, every decade we are a centimetre shorter, so at the age of eighty we are on average five centimetres shorter. Those whose atlas is misaligned forwards have a straight spinal shape and they don't experience ingrowth, but due to thinner discs they are a centimetre shorter in old age.

There are already too many abnormal spinal shapes because the atlas is tilted and misaligned backwards, but in most people the atlas is also rotated, and that is why the spine becomes twisted. In some people, the entire spine is equally twisted and that is why the verte-

brae don't press nerves, but in most people the spine is too twisted in the lower part, so the organs around the lower abdomen area and legs don't function as well as they should.

At the bottom of our back, the spine is affected by scoliosis and lordosis, and when on top of that it is twisted, that is when disc herniations occur. After the atlas is realigned disc herniations slowly disappear, and signals flow unhindered. That is why organs function better and pain and numbness in legs disappear.

The basic purpose of all existence is procreation. Everything is subordinated to that basic biological task, and it is the same for our species, but because of the nerves which are pressed at the bottom of the spine, our reproductive organs' function is decreased. There are more and more young men who experience problems of impotence.

During an erection, the penis is filled with blood, but when the centre that regulates circulation in the first brain is pressed, less blood flows to the penis. Problems with sperm production occur at the base of the spine, because the nerves leading to the testicles are pressed.

Greater lordosis at the base of the spine in women is the main reason for period problems and a premature amenorrhea. After the atlas is realigned, menstrual pain decreases and periods become regular. Realigning the atlas decreases pronounced lordosis, so signals can once again reach the ovaries and uterus. Decreased lordosis makes it possible for some women, who previously couldn't get pregnant or couldn't carry a pregnancy, to have a child.

The main role of women is to give birth and become mothers, so the absence of periods in their early forties leads to hormonal disorders and impairs health. After the atlas is realigned, periods start again in some women who are going through premature menopause.

Pregnancy is an altered state of the body and it influences health.

Most women become healthier, and some become more ill after labour, but hormones can't be responsible for this, because pregnancy is a normal, natural process. Those women whose health deteriorates are the ones whose atlas was misaligned during labour.

It is well-known that women who have multiple births are healthier, but it is not known why it is so. In the final months of pregnancy the foetus and the uterus become enlarged, so they push the spine from inside and that is why lordosis decreases, and signals run along the vertebrae more easily. During multiple pregnancies the shape of the spine becomes more normal and that is the main reason for better health. In some pregnant women their feet are elongated but not because of more weight, but because of different body statics.

There isn't a significant difference in the atlas position between women and men, but there is a difference in the shape of their spines.

Before puberty the atlas is similarly misaligned backwards in both girls and boys, and the difference between their spinal shapes occurs due to the weight of the breasts which change the statics of female bodies. Girls in puberty have more pronounced lordosis in the cervical and lower parts of the spine.

During the twentieth century, girls and women started wearing bras, and the lifting of breasts changed the statics of female bodies even more, which worsened health. Apart from this, bras press lymph nodes and pathways so women are much more ill than before. Because they wish to look pretty, the function of mammary glands' is decreased and babies don't get enough mothers' milk.

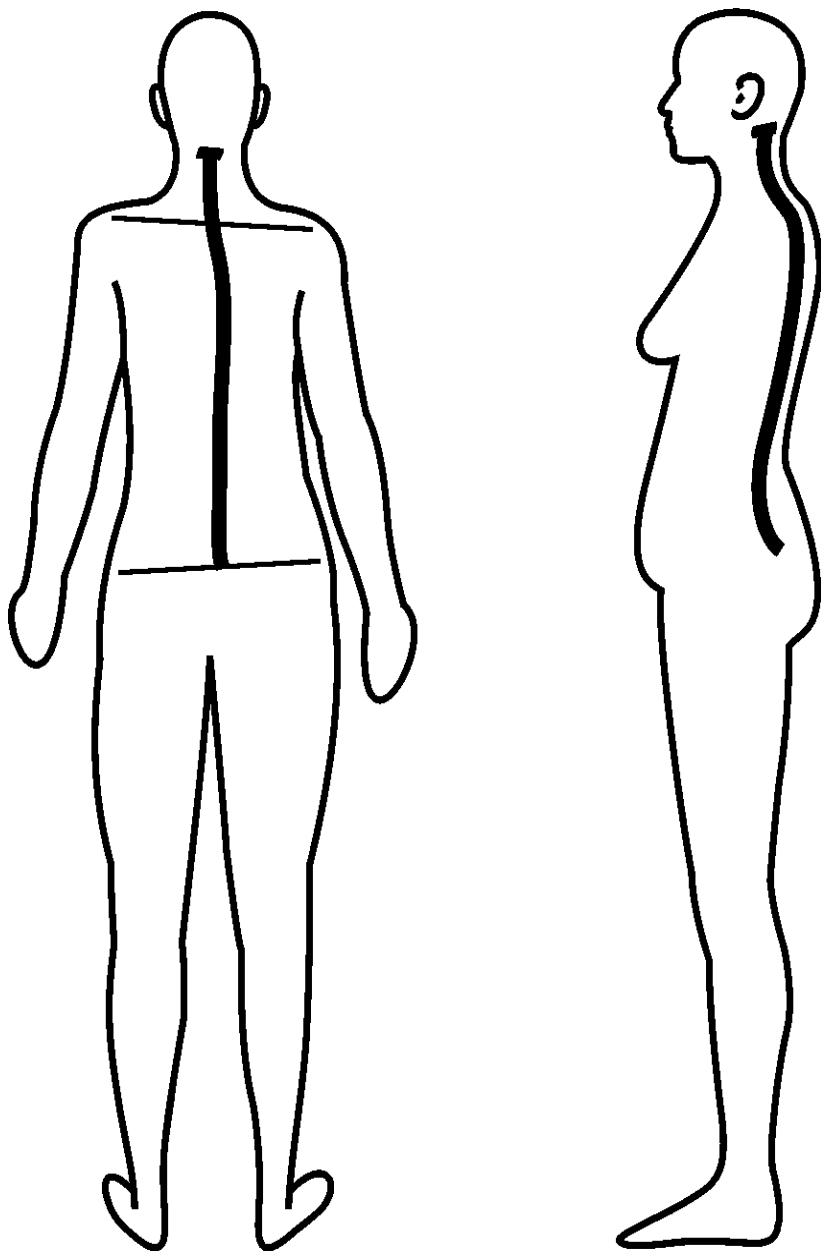
Men's heads are tilted forwards, and women's are straight in relation to the body, so due to the weight of the head lordosis increases in women. Cervical lordosis is especially increased and that is why women have problems with the thyroid gland in their thirties. In most women, problems first occur on the right side of the thyroid gland because the right side of the atlas is lowered and rotated backwards in most people. The consequence of this is lordosis and the cervical spine twist, which is why signals towards the right side of the thyroid are decreased.

Due to pronounced cervical lordosis, women suffer more from headaches, vertigo, thyroid disorders and pain in arms. In women, however, kyphosis in the thoracic spine and lordosis in the lower part have a more normal shape, and most organs in the female body receive enough signals so they are healthier than men.

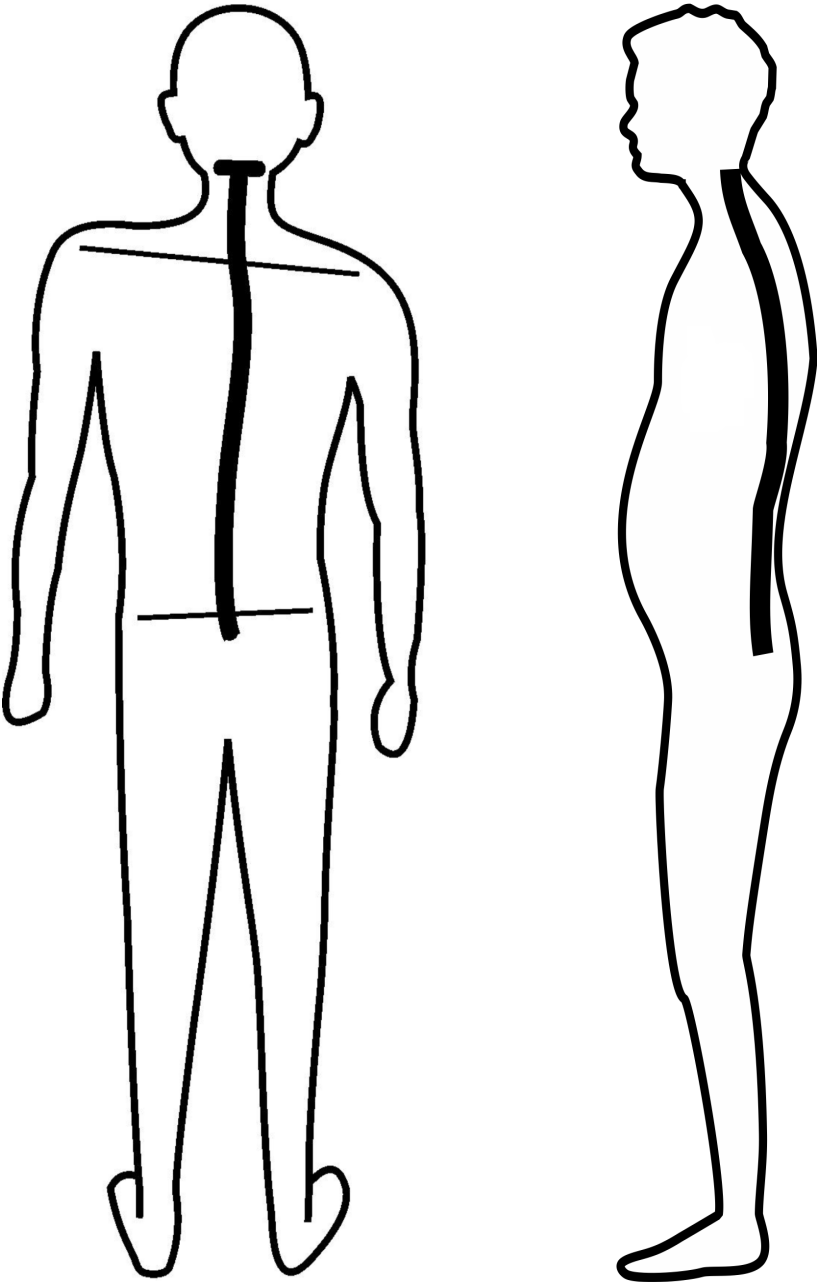
Men have kyphosis in the middle of the spine and it decreases signals towards the most important organs. That is one of the reasons why they have shorter lives.

After the atlas is realigned the tilt, rotation and left-right asymmetry slowly disappear, and the rate at which the shape of the spine improves depends on age and on how big the curvature was.

THE AVERAGE APPEARANCE OF THE FEMALE BODY
AND SPINE AT THE AGE OF FORTY



THE AVERAGE APPEARANCE OF THE MALE BODY
AND SPINE AT THE AGE OF FORTY



In most men the atlas is misaligned backwards and that is why the ear and hip are positioned forwards, and the shoulder and heel backwards.

It is not good when the head is tilted forwards in men, and straight in relation to the body in women, because both develop abnormal spinal shapes. After the first vertebra is realigned everyone's head is positioned correctly – in the middle of these two extremes.

Head displacement is the only reason for abnormal shapes of the body and spine. It isn't easy to hold the smartest head in the universe.

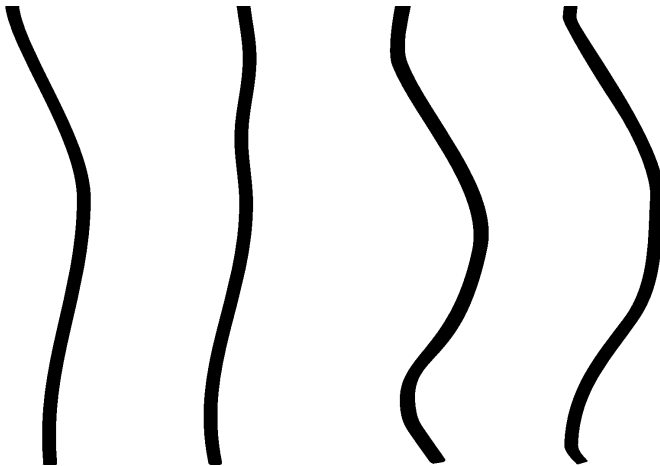
The brain sends and receives information constantly. Nervous signals flow through nervous pathways from the brain to the body and from body to the brain at the same time, and signals can flow unhindered only if nerves are not pressed.

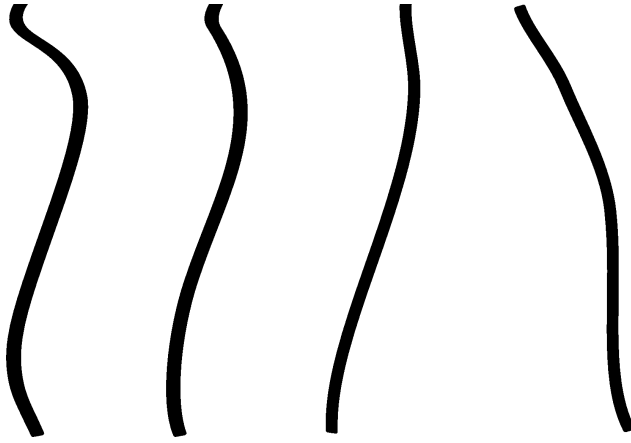
Due to poor blood flow, fewer signals are created and these are additionally decreased on their way to the organs by the atlas which exerts pressure on them. Abnormal spinal shapes worsen that state, by causing the third decrease of these signals.

When signals flow to the brain, the first obstacle is an abnormal spinal shape and when the atlas is misaligned, it decreases the flow of signals additionally. The brain doesn't receive all the necessary information and can't react properly, that is why organs slowly lose their function and become ill.

When the atlas changes its position several times in childhood in the forwards-backwards direction, strange spinal shapes occur which can be seen in the following images.

EXTREMELY ABNORMAL SPINAL SHAPES





Every person has a more or less abnormal shape of the spine, and the only solution is to realign the atlas.

You can bend a young tree, and as it gets older it becomes tougher. Unlike trees, the human spine curves faster with age due to a greater misalignment of the first vertebra. When the atlas is realigned in babies, the spine becomes normally shaped and stays like that during life.

The spine is the pillar of life, and when the spine is unstable, life collapses because health deteriorates.

HEALTH

There is no such thing as perfect health, but there are constant aspirations towards better health. This principle is present in all living beings and the same goes for humankind. We consider ourselves to be the most perfect beings, and we are in many segments of life, but our health is worse than in animals.

Good health means that organs and systems in the body are compatible and function well. Somebody needs to control all the processes so that everything functions harmoniously. We can compare the body to an orchestra. It is necessary for all instruments to be tuned and for musicians to play the same notes at the same time, but when there is a single instrument that doesn't play the right note or when a single musician doesn't play at the right time, that is when the orchestra doesn't produce good music. Musicians can't see each other, but they can hear others and join in their sections. However, man is a visual being so in order for everyone to be harmonized and in order for music to sound harmonized, there needs to be a conductor who conducts the orchestra.

In our body, the lower brain is the conductor that issues orders and monitors how organs and systems function throughout life. During sleep the lower brain is most active because that is when regeneration and self-healing take place.

The higher brain is in charge of consciousness and that is why we are the only species that can use thought processes to maintain or improve health. The higher brain takes care of health when it becomes aware of the problem, and the lower parts of the brain constantly maintain health.

If the musicians are not in sync, the conductor stops them and they start all over again, and through practice the orchestra comes together in harmony. The lower brain doesn't have that possibility, because it can't stop life and start again. When there are health problems, the lower brain keeps sustaining life and at the same time it tries to improve the state of those areas where anomalies have occurred.

The lower brain consists of several parts that work together constantly. That is a perfect natural process that has been developing for hundreds of thousands of years, and it is still perfecting. Neuroscience is trying to realise the magnificence of such a complex structure, but still can't figure out how the brain functions. For now it is known that the brain contains 90% of water.

Water is the basis of life, and the latest scientific papers prove that water has the ability to remember. For us, water is a common substance, but the more we research it the more we realise its exceptional abilities. The future development of computer generations is based on organic components where water is the basic constituent.

Using the language of computers, the lower parts of the brain have got the perfect programs for maintaining good health. Our higher brain is the most developed brain in the known universe, but even with the help of the most powerful computers we still can't understand how the brain functions. Neuroscience is developing rapidly and it might solve this greatest mystery.

Apart from its basic role of maintaining the function of organs and systems, the lower brain is in charge of defence from bio attackers. When viruses, bacteria and parasites get into the body from the outside, the lower brain activates the defence system and usually manages to fight for good health. In the past several thousand years, the cerebrum has tried to help, but sometimes it would be better if it didn't do what it isn't supposed to do. Modern medical science has especially damaged these natural processes.

When health is impaired, we want to get better as soon as possible, but using medication weakens our immunity which has been perfected for millions of years. Rapid healing leads to the deterioration of our health in the long run.

The consciousness of the cerebrum has come up with medical science so that the ill could be treated, but it has also developed a series of procedures to improve the state of the organism in advance and to secure future good health in that way. Consciousness relies on logic and it really is logical that by strengthening the body, we can preserve our health.

Every day for several hours tens of millions of people do sports, exercise, run, swim, do aerobics, drink teas, eat healthily and take either natural or chemical substances that delay the process of aging. To increase their muscle mass, body builders use steroids and these chemical substances are bad for health. All these activities are fashionable in the modern age and such attempts usually turn out to be futile. All in all, it's not good wasting your time and money on prevention because that is not the point of life.

Prevention is a short-term solution, but in the long run it impairs health. A person can start to run, but shouldn't, because running damages spinal discs and cartilage in the hips, knees and feet. Yoga is not a sport, but doing too much yoga can deform the shape of the spine.

Professional sportsmen are more ill than their peers, but regardless of this parents send their children to sports activities. Rhythmic gymnasts actually deform their spinal shape because they practise from childhood. The fact is that children are not physically active enough, but not all sports are useful. Too much sitting at school and at home can harm children, but it is better if they substitute sitting with games than with sports.

Everyone has inside them a perfect doctor, one who is more powerful than all medicine. This perfect doctor is the lower brain that has received its 'education' for hundreds of millions of years.

The lower brain could maintain health if it weren't prevented from functioning normally. There are 'programs' in the brain for normal body functions, but a misaligned atlas is an obstacle between the brain and the body. The lower brain can do anything, apart from realigning the atlas.

Realigning the atlas makes it possible for that perfect doctor to do its job unhindered. Each second the lower brain performs billions of activities that sustain life and maintain health; therefore we should feel grateful for everything that it does for us throughout life.

The word 'health' is always singular, but the word 'disease' has a plural form. Health is singular and because the atlas is misaligned many diseases occur.

ILLNESSES

How can we be ill when the lower brain is so powerful? The lower brain cannot influence the illnesses which occur due to atlas misalignment since it cannot straighten the body and improve the flow of signals and matter through the body.

The higher brain can help the lower brain and the body for the first time. Since it is conscious, it can decide to have the atlas realigned, but the absolute majority of humankind doesn't know that atlas misalignment is the cause of illnesses. Now there is a solution, and people still suffer needlessly. The problem is we lack information, but even those who have heard that it is possible to live healthier don't believe that the solution is so simple.

Believing is difficult because everyone promises miracles which don't usually happen. In these circumstances, everything new is compared to the existing. It sounds like a fairy tale: we don't treat, but people will be healed. It seems simple, but it is difficult to realise that it is better to eliminate the cause than to treat the consequence. When their atlas is realigned, people are convinced and realise that this is completely different from and more powerful than all types of treatments. In this way they become the best advertisement because they recommend us to others. That way of spreading information is the most effective one, but the slowest one too, and in the meantime the ill suffer.

When there is a disorder in the body, we think we are ill, but illnesses, difficulties and diseases are not the same thing so these concepts should be explained.

Illnesses are temporary, and difficulties and diseases are chronic, permanent states that get worse over time. Illnesses occur due to external factors: bacteria, viruses and parasites. Diseases occur due to an internal factor: a misaligned first vertebra. Through processes of self-healing and healing illnesses disappear, but difficulties and diseases can't disappear because the atlas is misaligned.

External factors cause illnesses in animals, because they can't influence the environment. The atlas in animals is in its position and that is why they don't have an internal cause of illnesses. In our species the atlas is misaligned, and due to it almost all difficulties and diseases occur in the body, and year after year they are getting worse.

Homo sapiens discovered how to protect the body from the conditions in his surroundings and lowered outside causes to a minimum. The modern man saw parasites and bacteria under the microscope, got scared of them and that fear led us to another extreme. We started a battle against them in both our surroundings and our body. They really look frightening but some of them live in us and help the process of metabolism.

Extremes and excessive interferences with natural states are not good. Chemical stabilizers pollute the environment and it doesn't help that our flats and houses are squeaky clean. Excessive hygiene weakens natural immunity that has been developing for millions of years, and that too makes us and our children more ill. Any excessive meddling with natural processes only harms us.

Bacteria represent eighty percent of life. There are many types of bacteria in nature, but however many there are, they can be classified into three groups that are trying to live in mutual balance. These three groups live harmoniously in our body as well, but depending on the food we eat or medications we use, we upset their balance, and we become ill because of it too.

It is generally thought that diseases are genetically inherited, but genetics is not to blame. The atlas is similarly misaligned in most people and that is why similar illnesses occur. Family members also have similar types of misalignment and so it is thought that diseases are hereditary. During life the atlas becomes more misaligned and that is why the order in which diseases occur is also similar.

When doctors don't know what causes diseases, they suppose that it is hereditary, and when you tell them that none of your ancestors had it, they think that a virus attacked you in childhood and left consequences. When they check your medical records and find out there were no viral diseases, they put it down to stress or an autoimmune disease. Those people whose atlas is in a better position compared to other family members are the best proof that these assumptions are wrong, because they are healthier.

However, there are hereditary diseases and causes of diseases that are the consequence of childhood viral infections, but that is not as nearly significant as the problems that occur due to a misaligned atlas.

Life has never been easy. Our ancient ancestors also suffered from stress while running away from predators, but the modern way of life and existential fears create more stress, which causes diseases. Our ancestors were afraid of predators but cars cause us stress, both as drivers and pedestrians. Our ancestors weren't often afraid of predators, but we experience stress every day.

It is known that stress affects health, but it is not known how. At a moment of danger we have to make decisions quickly and react, and in order for the cerebrum to make a good decision in a matter of seconds, it needs to have enough blood. The body sends blood to the brain and that is when adrenalin levels rise, preparing the body for a stressful situation. The atlas presses blood vessels and that is why insufficient amount of blood reaches the brain, and psychosomatic diseases occur. People whose atlas has been realigned still suffer from stress but blood reaches the brain unhindered.

The practice in realigning the atlas has given me the opportunity to see how diseases disappear after treatments, and when I understood these processes, I realised how diseases occurred.

The atlas is slowly spontaneously displaced and over decades people become more ill. Diseases occur slowly as organs get fewer and fewer signals and lose their function and that is why new centres of diseases develop. We are not aware of some of the problems until pain intensifies, and some of them can't be discovered through medical examinations. When a disorder occurs, the symptoms are exhaustion and sleepiness, and later pain.

Through exhaustion, sleepiness and pain the body warns us that something is not right, but we don't understand the signals and these problems slowly become diseases which waste our energy and weaken immunity. It is even easier for external factors to damage our health then.

This is how prostate diseases occur in men. When men are in their fifties, because of an outward misalignment of the atlas, the upper part of the body gradually bends forwards and that is why the lower part of the spine becomes too straight and decreases signals towards the prostate. In their sixties, corrected lordosis in some men becomes kyphosis and it all ends up with prostate surgery.

Women have five times more problems with the thyroid than men, because they have more pronounced lordosis in the cervical spine.

Due to gradual decrease of signals, prostate and thyroid diseases develop slowly and because the spine curves these diseases become more pronounced.

Functional disorders of other organs and systems in the body also develop slowly, due to decreased signals and matter flow. A slow metabolism upsets the balance between inflow and outflow of matter and that causes a stone to form in the kidneys, gallbladder or salivary glands. When the atlas is realigned, metabolism improves and the stone dissolves in a few months and does not form again.

If there is a disorder in the body, the body as a whole still functions even though a smaller part of it doesn't, but that small part makes the whole weaker.

During the twentieth century, medical science developed rapidly and it would be logical if we were healthier, but the fact is we are more ill. The main reasons for this paradox are chemical pollution of the environment and food processing.

Humanity sometimes has bad consequences. Soil in Africa is less polluted, but Africans started getting ill when they ate the flour coming from developed countries. Their digestive system is not equipped to process flour and that is why diseases which they had not had before occurred. Soon, 'humanitarian' medications arrived with

packets of flour, and that worsened their health. They started dying from these experimental medications.

All this happened within two decades and it is a short version of what happened in the developed world within two centuries. Sometimes it is better not to be humane and not influence natural processes.

Most diseases should not exist, but they exist only because the atlas is not in its position. If everyone in the world were to realign their atlas in the next two generations, most diseases would not exist, because their internal cause would be eliminated, and by using natural substances illnesses that occur due to external infection would be eliminated. In this way humankind would not have health problems in the future.

After realigning the atlas difficulties and diseases disappear and there are no new ones.

SELF-HEALING

Self-healing has existed since the beginning life.

More complex organisms were formed over time, so the process of self-healing has been perfected. Both plants and animals have that ability; the human body has an extraordinary ability to self-heal but atlas misalignment decreases that ability.

Apart from sustaining life functions, every organism constantly works on preserving health, and when an illness is eliminated, the organism activates the processes of self-healing.

The term 'heal' in Serbian originated from a word similar to the word 'whole' or more precisely 'remove from the whole' something that does not belong to the body and worsens health. In English 'heal' means 'to make something whole'. Animals remove waste products through urine and faeces, so they have much stronger antiseptics than humans in the mouth and the entire digestive system.

The human body has different ways of healing, but unlike animals, healing is mostly done through the upper third of our body. That is one of the advantages of humankind, because it is better to prevent infections than for the body to activate the processes of self-healing. Removing bio attackers from the upper part of the body prevents them from going through internal organs, and especially from getting into the small intestine, wherefrom blood would carry them to cells in the entire body. That is why the mouth is the dirtiest part of the digestive system in humans, and urine and faeces can be curative.

Bio attackers are trying to get into the body through the skin as well, but they can't, and that is why they usually get into the body through food, water and air. We have to breathe, drink water and eat,

so the first line of defence is in the upper part of the body. Saliva, apart from preparing food for digestion, has the role of destroying some bacteria and viruses using antiseptics. That is why it is important to chew food longer, so that hydrochloric acid in the stomach can destroy the rest of the bacteria and viruses more easily. People used to apply the first morning saliva on small sores and eczema, which healed faster because saliva contains the lymph which contains antibodies.

The sinuses are a part of the digestive system. When there is more secretion in the sinuses, it is a sign that there have been a lot of bio attackers in the food and that the body has returned them upwards in order to remove them through the nose. Some people sniff the secretion up and swallow it, but that is a mistake. The secretion coming from the sinuses and lungs should always be spit out.

Out of all mammals, we are the only ones who sweat. This seems irrelevant and sometimes even uncomfortable. We think that the role of sweating is to cool us down, but it is more than that.

In summer there are more viruses, bacteria and parasites around us but we are healthier in summer. That paradox is possible only because we sweat more in summer. Of course, the body cools down as well, but through sweating we remove impurities and the biological causes of diseases. That is much better than if bio attackers were to pass through our body and then we removed them through urine and faeces.

Man is working more and more against himself. Deodorants that prevent sweating harm our body.

When viruses attack, the best thing to do is to cut down on food, drink more water and sweat several times during the night. When we are ill, we lose our appetite, so that blood wouldn't flow towards the digestive system, but to be used for self-healing. During an illness, the energy for self-healing and life functions is created from fat tissue, so it is good to have a couple of extra kilos.

The process of sweating is carried out through the skin, but most profusely through our palms and feet. Homo sapiens walked barefoot and later we used animal skin to make shoes. The ground and leather used to absorb impurities that were removed from the body through sweating. Lately we have started using plastic instead of leather shoes, and that is bad for health.

It has become fashionable to shave under the armpits. That is a place where the body should remove impurities and not take them in. Chemical scents that are used under the armpits are toxic and that is why there is more breast cancer. The period when mothers breastfeed their babies is getting shorter and a mother's milk is necessary in order to improve their babies' immune system.

Out of nine orifices in the human body, seven are located on the head and that is why bio attackers mostly come in through the mouth, nostrils, ears and eyes. The eyes are cleaned every time we blink. On average we blink ten thousand times a day, and we are not aware of how much energy is spent on blinking in order to keep the eyes constantly clean.

Lacrimal fluid is created in the lacrimal glands and after cleaning, the residue is disposed of in the corners of the eyes. Tears contain antiseptics and that is why it is said that tears are curative.

At the base of the occipital bone on the left and right side there are mastoid elements which are porous. This is where ear wax is created and it contains antiseptics. During an ear infection, the secretion of ear wax is increased, and the secretion comes out of the ears.

The skin, our largest organ, is a barrier between the body and the surroundings and it prevents bio attackers from entering the body, but its function is also to remove impurities from the body. Sometimes there are small abscesses that we remove forcibly and in that way we damage the skin, and it would be better to understand what mistakes we make in our diet.

Preventing infections is extremely important because it is better to avoid treatment, but if an illness occurs, the process of self-healing is activated. Medicine is trying to help with the process, but sometimes it is more harmful than helpful.

If bio attackers penetrate the defence system, leukocytes destroy them. Apart from blood, one of the roles in the battle against infections belongs to the lymph which collects bio attackers and carries them to certain places where antibodies destroy them.

This strategy of collecting them into specific places means that bio attackers are surrounded and destroyed, which is more effective than conducting hundreds of different processes. There are many such areas in the body and the most important place are the tonsils which is why we shouldn't have them removed. For a certain period of time in some European countries it was mandatory to remove both the tonsils and appendix in babies. That is why their children started being ill more so the decision was reversed.

When bacteria penetrate the defence systems, they get into inter-cellular spaces, but they can't penetrate cells because they are larger than them. Bacteria harm our body by using the matter from inter-cellular spaces that cells need in order to live. Viruses are smaller than cells and that is why they can penetrate cells, and if that happens, the last line of self-healing defence is activated when cells themselves try to beat viruses.

Viruses and bacteria do not cooperate, but when they attack us at the same time, that is when the process of self-healing faces its greatest threat.

Our skin is soft and injuries occur. Cuts are the places where bio attackers can get into the body and that is why the process of healing is activated. Healing means making the body whole again and it needs to happen fast in order to stop bio attackers from penetrating the body. If an injury occurs, the consciousness from the cerebrum is activated and it helps with the process of healing. In these cases modern medicine is of great help.

Because the atlas is misaligned our body isn't a coherent whole. Everyone who has heard about the problems which occur when the atlas is misaligned comes to have it realigned sooner or later. The role of the conscious cerebrum is to activate the will for realignment and in making such a decision, the cerebrum helps the lower brain in the best way.

With the atlas is realigned our body becomes whole again, that everything in us returns to its proper position. Because of the cerebrum's decision to have the atlas realigned, the lower brain can perform its function fully for the first time.

People whose atlas is realigned notice that their cuts heal faster. Surgeons notice that surgeries are easier, that these people handle anaesthesia better and that the process of recovery is faster. The process of regeneration is much faster when signals from the lower brain can flow through the body unhindered and when blood flow is better.

It takes blood twenty-six seconds to go through the body and to collect impurities, contributing to self-healing. Blood flows fast through wider blood vessels, and in capillaries it flows slowly so that cells can get enough oxygen and nutrients. That slow flow is also necessary in order to collect impurities, which will be purified in the kidneys and liver and then removed from the body.

Blood is transferred through the system of capillaries by contractions of micron-sized tissue and these contractions are like having billions of little hearts. Attention is mostly paid to the heart and larger blood vessels, and less attention is paid to capillary circulation, which is extremely important for health. Blood pressure depends on it, among other things.

Blood is curative and therefore should flow around the entire body unimpeded. Arthritis occurs when there isn't enough blood in the arms or legs. There is just the right amount of blood in the body, and when a disease occurs, blood is directed towards the centre of the disease and that is why there isn't enough blood for peripheral circulation. In healthy people peripheral circulation improves after realigning the atlas and in ill people it takes a few months, when self-healing in the body has finished.

The cerebrum is the biggest energy consumer and it is referred to as 'luxury loving organ'. Blood brings a special type of sugar and oxygen to the brain, and their reaction creates energy for neural activity.

Self-healing happens constantly, but mostly during sleep. We spend one third of our lives sleeping, and while we sleep the processes of regeneration and self-healing take place. In order for these processes to occur more easily, the body needs to be in an idle state and in order for the cerebrum not to spend energy, the first brain 'shuts it down' and brings its activities to a minimum.

During sleep we are unconscious, but the senses of hearing and of touch are alert in case of danger. While we sleep our brain activity is infinitely greater than while we are awake. That is the activity of the lower brain. While the cerebrum is asleep, the lower brain is servicing six billion cells and conducting regeneration and self-healing.

The state of being unconscious is similar to sleep, because the process of self-healing occurs too. When we faint, the first brain puts the cerebrum to sleep quickly so that more blood can flow where it is needed, but also so that we don't panic and harm ourselves.

The first brain is the oldest and smallest brain, but it controls the younger, higher brain, which uses most of our blood and energy. Only when the first brain restores the vital functions, does it wake up the higher brain.

What I am writing about does not occur somewhere outside our body, it occurs in every one of us and it occurs every second, whether we are aware of it or not. Six billion is a huge number, and six trillion is three zeros more. Every one of us has around six trillion cells in the body, which function in harmony, for the benefit of the entire organism.

Through the process of self-healing the normal cell environment is restored. All these processes happen on their own, without us being conscious of them. Instead of being grateful for the processes that maintain our health, it seems like we are testing our limits and treating the body as if it weren't ours, and by using chemicals we pollute the environment and harm ourselves by consuming polluted food, water and air. We are also testing our limits through physical activities, which also harm our body.

The food and pharmaceutical industries pander to our needs in order to profit more, but these needs aren't realistic, they are imposed upon us by advertising. The need to do sports is also imposed upon us, because sporting goods manufacturers have to make a profit too.

We who realign your first vertebra make it possible for you to live healthier lives, but you have to maintain your body properly. After realigning the first vertebra, it is enough if you don't make mistakes and you will be in good health. The most common mistakes are: wrong diet, insufficient water intake and improper physical activity.

The search for the elixir of life has lasted for thousands of years and it continues, and that elixir is in each us. The elixir of life is the miraculous possibility of self-healing, and when the atlas is realigned, the elixir functions even better.

In order for our body to function normally everything needs to be in its place, and when the atlas is realigned, everything else returns to its position slowly. That is when the process of self-healing functions in its entirety and restores our good health.

The higher brain should do its clever job and not get involved with medical treatments. The ideal is not to treat but to nurture and maintain good health, and that is why the subtitle of this book is – ‘Good health without treatments’.

TREATMENTS

Treatments have existed for thousands of years, and that is how long our habit of being treated has existed. In the past, mothers used to treat their children in a natural way and some of them were successful, so they treated other family members and people around them. People didn’t use to pay for treatments and today being a doctor is among the best paid professions. Treatments are extremely expensive because they are a double loss. First we spend money on treatments, and second – while we are ill we can’t earn money.

The third loss is wasting time on illnesses, and that can’t be measured in money because life is of the greatest value.

There are already too many types of treatments and new types appear rapidly. We should be healthy with so many treatments available but we are getting more ill. The atlas is similarly misaligned as it was in the past, so that is not the reason why we are more ill. An inadequate lifestyle, a wrong diet and wrong treatments make us more ill.

Hippocrates established the main principle of medicine: do not aggravate a patient’s condition. Modern medicine has good intentions but it improves patients’ health in the short term, and worsens it in the long term. When a healthy man spends several days in hospital, he really becomes ill.

Diagnostics has improved, but it is painfully inaccurate. Statistical data show that diagnostics has an accuracy of only five percent but this information is withheld from the public. That actually means that only every twentieth patient is given a correct diagnosis and the other nineteen people slowly become more ill due to wrong treatments. Medical specialists look for an illness they specialised in and sometimes they find it, even though the patient doesn’t really have that illness.

These are most commonly diagnosed incorrectly: Parkinson’s disease, angina pectoris, multiple sclerosis and strokes. This is because their symptoms are similar to those that occur when neural pathways are pressed due to a misaligned atlas. Chest pain is incorrectly

interpreted as a heart problem, and the pain occurs because the body curves and exerts pressure on the chest.

Because of incorrect diagnoses, we are treated wrongly and our health worsens, and medications create a wrong picture of the state of our organism. Ill people already use too many medications, and as if that weren't enough, medications are prescribed as prevention to healthy people as well. The organ function decreases in both ill and healthy people, so everyone becomes more ill.

Sometimes there are problems, but medical findings show that everything is normal and it is not possible to give a diagnosis. In such cases atlas displacement is the cause of the symptoms, but medicine has no knowledge about much greater problems that are caused by this displacement.

Even when they guess what's wrong with us, often they can't heal us, but by giving us medications they keep our diseases under control. In spite of the treatment, new diseases occur, because the atlas becomes more misaligned over time.

Treatment is an attempt to remove the symptoms of a disease, but it is not enough to treat the consequences because when the atlas is misaligned it is a permanent cause.

It is much better to eliminate the cause than to treat the symptoms.

Wanting to profit more, modern medicine has declared some symptoms to be diseases in order to sell medications.

Most of the time, the place where there is a problem is treated and that is wrong, because that is where the problem shows but it actually originated from a different place and usually it is somewhere near the atlas.

Every profession manipulates in order to earn more. No one can be an expert in all professions and it is normal that there are phenomena which laypeople can't understand. Medicine uses Latin so that all doctors around the world could understand each other, but it seems that they are hiding something from their patients in that way.

In every profession it is necessary to explain to users how something can affect their life, and that is very important when we are treated. We need to know exactly what we are ingesting when we take medications. Medications are a double edged sword because they weaken our natural immunity.

Patients get their diagnoses, discharge summaries and prescriptions in written form and they read them, but they can't understand them and they are scared. Examinations and blood sampling cause fear and stress, and these can trigger new diseases.

Every organ in the body plays its significant part, but the brain is the most important one, and that is why it has several levels of protection. Chemistry has managed to penetrate these levels and that

is why we harm our brain as well with chemical substances from medications. Science had good intentions when trying to help, but even good intentions lead to fatal mistakes. Medications make us believe that there is no pain, and pain is a useful piece of information for the process of healing. Modern treatments postpone healing.

Medicine has not connected atlas misalignment with the onset of illnesses because illnesses don't begin immediately after the atlas is misaligned but after a few months or years. Diseases occur slowly, due to the gradual dysfunction of the body.

When a health disorder occurs, we go to the doctor who refers us to different specialists. If in examinations and analyses a disease is not discovered, it is sometimes assumed that these people are imaginary invalids so they are sent to a psychiatrist, who prescribes tranquilising medications.

Atlas misalignment has already decreased neural signals, and medications decrease them even more which causes the organism to decline even further. Patients don't feel any symptoms so the brain can't initiate the process of self-healing.

Even though medicine helps, most people die of illnesses and not of old age. By realigning the atlas, this changes. In the future people will live longer and die of old age, not of illnesses. The goal is for life to last longer and for a person to die healthy, and not to suffer from illnesses during life and die before their time.

Using antibiotics medicine has decreased infections, but it has upset the balance between the three groups of bacteria and weakened our natural immunity. Prescribing antibiotics in an irresponsible and excessive manner decreases the natural flora of the body, and when most bacteria in the body are destroyed, fungi start to dominate and make it possible for cancer to appear.

Bacteria and fungi exist everywhere in nature and in our body too. When they are present in the right amount, they are useful for the process of metabolism, but if a disorder occurs, that puts our life in danger.

No one knows for sure why and how tumours occur. So far we know that tumours form from the cells in our body which divide uncontrollably. Cells multiply through division, but that process is controlled by the brain which prevents excessive division taking place. When there is no communication with the brain, such tissue acts as if it isn't a part of the body.

It is still not known what blocks signals from the brain towards cells in that case. In my opinion, when there are too many fungi in the body, they block the communication with the brain and cells start dividing uncontrollably. The body tries to defend itself by isolating that tissue in a membrane, but that protection is sometimes not enough. Fungi decompose the tumour and create rot. The tumour

still grows, penetrates the membrane and poisons healthy tissues, and if that process continues, it endangers the entire body and life itself.

In order for the process of recovery to run smoothly after the atlas is realigned, the brain needs to communicate with the body. Realigning the atlas can't help with cancer because neural signals can't reach that tissue. With other severe and long-lasting diseases it also happens that there is no improvement because the tissue is already too degenerated.

We who realign the atlas are not omnipotent, so we refer the gravely ill to be treated with modern medicine. When the atlas is realigned, that is when these treatments are more successful.

The paradox that we don't treat and that illnesses disappear is possible because we eliminate the cause and thus create the conditions for the body to return to its functions and to the state of better health. Atlas realignment is perfect natural prevention and that is why it is best to have it realigned in babies and children, but it isn't too late even for the elderly.

Prevention should be the most important part of medicine, but doctors deal with illnesses and don't have time to educate people on how to maintain their health.

Russian medicine is the most successful because they have kept the experience of traditional treatments alongside modern medical discoveries and they also educate their population on the prevention of illnesses.

However, doctors are people too, so they are also more ill because their atlas is misaligned as well. Doctors can maintain their health better than other people, but doctors are more ill than their patients because they use more medications available to them. When doctors have their atlas realigned, they are delighted with the unexpected improvement. They finally realise that it is possible to live healthily with such a simple massage and they bring their children and their parents to us.

The need for better health is huge and that is why medicine has turned into a profitable business. It is similar with the pharmaceutical and dairy industries, which damage people's health to make a larger profit. Doctors and pharmacists know that when a single medication is used, improvement is possible, but when two or more drugs are used, their effectiveness decreases or becomes harmful.

However, doctors are persistent when they prescribe drugs, similarly to shop assistants who offer unwanted products. Absolute trust in medicine turns into resentment. In 1973, an English magazine published a text which said 'More people die of medications than of illnesses'.

Now, medicine has become the industry of illnesses, and in the future it needs to become the industry of health. Both good and bad changes are written in history.

HISTORY

We can follow certain human activities through history, and the topic of this book is the atlas, so in this chapter, I will explain how the discovery of atlas realignment was made. The natural law of cause and effect creates history. If the atlas hadn't been misaligned in the past, we wouldn't have looked for a way to realign it.

There is nothing new in the universe, and it is so with atlas realignment. It seems like something new, but it is actually one of the oldest human activities. For tens of thousands of years people have been trying to realign their own or other people's atlases. Today is just like in prehistoric times. Billions of children and adults tried, and still try today to reposition the atlas, but they are not aware that they are doing it.

Most people feel there is something wrong in the nape area, and they constantly push their nape with their fingers or tilt their neck in order to eliminate the problem, not knowing what it is that bothers them.

A few thousand years ago, that spontaneous pushing turned into conscious attempts of realigning the first vertebra. As the knowledge of the human body developed, in China and India people started looking for a way to reposition the atlas. That is when certain manual methods developed, which have survived until today with minor adjustments, and are still practised, but the atlas can't be repositioned using the hands and that is why these attempts have to be repeated.

Shaolin Monks and Yogis devoted more attention to the body than other people. They realised that there was an obstruction in the nape area and searched for methods to eliminate it. Using their fingers and hands they tried to eliminate the obstacle from each other's nape and they used the thumbs to push the base of the skull and hands to rotate the head.

Over time different methods developed. The cervical vertebrae were reset by stretching the neck and rotating the head with a sudden jolt, but that sometimes displaced the first vertebra to an even worse position. There is also a method where a person pushes with his head at the nape of the one who is having his atlas realigned, and another person slaps him in the face. In that way the base of the skull would slide backwards and the atlas would return slightly forwards. There have been other methods, but these are all violent and dangerous because the atlas is displaced uncontrollably.

Today we still use the spinal stretching that was developed several thousand years ago. Yogis have bands which they position under the nape and lower jaw, and they hang like that for some time. In that way, they corrected the shape of the spine and kept the atlas in a better position. The atlas can't be realigned like that, but it can be

kept in a better position and that is why Yogis are healthier and live longer than other people.

The secret of good health and long life was discovered a long time ago, but it was kept secret for many reasons. Shaolin Monks and Yogis were the elite of their society because they were the most enlightened ones. They kept their knowledge to themselves, and that is the case with their knowledge of the atlas. Even if they had wanted to, they couldn't have passed the knowledge on to the uninformed. In order to reposition bones and the atlas, you need special skills. They also kept it a secret because manipulations of the atlas are very risky.

After the Middle Ages knowledge developed rapidly, and the same thing happened to the knowledge of the human body. Some of the knowledge became medical science. Towards the end of the nineteenth century, there were people who didn't have any medical knowledge but they contributed to the development of medicine. One of them was Daniel Palmer.

Daniel Palmer was a talented chiropractor and he realised that all our bones were displaced just because the atlas was not in its position. That discovery was extraordinary, and even more important was his discovery that most problems and diseases occurred because the atlas was misaligned. For the rest of his life he was trying to find a way to reposition the atlas, but without success.

Chiropractic has existed since ancient Greece, and Palmer was the founder of modern chiropractic. Even though his results were amazing, he was condemned because his skill and knowledge weren't accepted by medicine at that time.

Daniel's son, Bartlett Palmer, was a doctor and he continued with his father's attempts to find a way to reposition the atlas and to improve chiropractic. He named it 'ALL IN ONE' because a single treatment would prevent the development of illnesses or provide better health without treatment, but he, like his father, failed in finding the right way of realigning the atlas. However, thanks to him, chiropractic became a part of official medicine in the middle of the twentieth century.

Chiropractic became a part of medicine, even though it advocates treatments without medications and surgeries.

Unfortunately, history itself makes mistakes due to lack of information or due to manipulation of historical facts.

Temporal distance is required in order for history to judge whether chiropractic is only useful. Just like other types of treatment, chiropractic has helped hundreds of millions of people in the short term, but in the long term it has mostly harmed them. At the end of the treatment, chiropractors rotate the head using sudden jolts and in that way reposition the cervical vertebrae, but many times they misalign the first vertebra. Chiropractic is mostly used in the United

States of America, and that is why the Americans are among the sickest nations despite having the best medical service.

It is well known that chiropractic is not an exact science as there are many chiropractors and types of chiropractic. However, thanks to chiropractic hundreds of self-taught chiropractors or those with medical education tried to find a way to realign the atlas during the past century. I will mention those who contributed the most.

Dr. Albert Arlen discovered a technique of realigning the atlas using the middle finger. He named the technique 'Atlasterapy'.

Dr. Peter Huggler discovered a possibility of realigning the atlas and named it 'Vitalogy'. It is a single palm blow to the nape area.

Dr. Roy Sweat developed a procedure called 'Orthogonal', using a device with a spring and inflicting a single blow, the atlas moves slightly. X-rays are made before and after the treatment. Several treatments are necessary and after each one, x-rays are made to see the position of the atlas.

Dr. Richard Bartlett found a method of realigning the first vertebra which he named 'Matrix Energetix' and which means that the atlas is realigned in a contactless way using energy.

Dr. Aslam Khan developed a complex technique of realigning which moves the first vertebra using gentle blows with the help of a device. The treatment lasts between six to nine months and many X-rays are needed.

Dr. William Blair discovered a method he named 'The Blair technique', but it is only a variation of 'Vitalogy'.

Those who discovered different methods of realigning the atlas took in apprentices and some of them educated tens, and some of them thousands of people. Some of the apprentices would discover their own methods, but these were just slightly changed original procedures. There are far more those who did not name their methods of realigning the atlas, because these were copied from the basic methods.

As if it weren't enough that falls, blows or sports influence atlas misalignment in children and adults, but there are a few thousand people who manipulate the first vertebra and usually misalign it. What is even more ironic is that people pay to become more ill.

In the past one hundred years, chiropractors moved the atlas of hundreds of millions of people, without telling most of them that they would be realigning their atlas. Not even manual therapists are aware of the fact that a sudden rotation of the head misaligns people's first vertebra uncontrollably.

Those therapists, who using different methods, move the atlas after studying X-rays, claim that such methods are scientific. Before and after the treatment they need three X-ray images to determine how much the atlas is moved, but the problem is that the head should

dn't be subjected to radiation that often. On an X-ray from the back, the atlas can't usually be seen, because it is covered by the base of the skull, and on an image from the side, you can't tell which side is left and which is right. Three months later new images are made, but the atlas is no longer in the place where it was moved, and that is why these methods are not reliable. People avoid them because the head is subjected to radiation several times in a short period of time.

When physical traumas occur, the first vertebra is sometimes positioned in a better place, and that happens in different methods of realignment. Because the atlas moves, some neural pathways become freed and certain problems disappear, but depending on what is pressed now, different health problems occur.

In most methods the atlas is repositioned into a better position relative to the second vertebra, but the mistake is that it is additionally misaligned in relation to the skull, and that is where the greatest problem of humankind is. After the treatment, some people feel better, but some feel worse. Several months after the treatment, most people feel worse, but they go and have the atlas realigned again because they have previously experienced a relief. In that way the atlas is misaligned even more and health becomes even worse.

For each new method of atlas realignment it is said that it is better than the previous one. It is normal that everyone praises their own method, but the effects are similar. In the past people used to hide their knowledge of atlas realignment, today those who create new methods hide from the public and competition how they perform their treatments. Because of this, medical science hasn't accepted any of these methods.

Chiropractors push the vertebrae and stretch the spine, so they tried treating the atlas in the same way.

Palmer announced his discovery of atlas misalignment in 1895, but only a hundred years later did a Swiss Rene Schumperli realise that the atlas could not be realigned by pushing, but by massaging the ligaments which hold it in the wrong place.

Rene Schumperli practised 'Vitalogy' and he had his atlas realigned dozens of times using this method. He tried some other methods but none of them helped. For several years he thought about where everyone made mistakes and realised that the first vertebra couldn't be realigned using physical manipulation, but by massaging ligaments using a device which produced fast short blows.

Schumperli was forced to find a better way because he was too ill. He patented 'Atlasprofilax' method and trained four hundred people all over the world. I had the honour to be one of them.

I practised this method for three months and realised that it wasn't the final solution. Schumperli developed his method supposing that the atlas was always displaced to the left, but I have noticed

that such cases are rare and that the atlas is mostly misaligned to the right. He didn't know if the atlas was misaligned backwards or forwards either. I started perfecting his method and I got better results.

In the following three years I lectured on atlas realignment and examined five thousand people. My discovery is that the atlas is misaligned backwards in most people and that is the main cause of diseases.

Three years I spent developing my method of atlas realignment and I finally succeeded. From Schumperli's method nothing remains except short blows of the device which realigns the atlas. That ended the search for the correct way of realigning the atlas, which lasted for thousands of years. I think this is the most important discovery of humankind, because it is connected to health and I believe that the future will confirm it.

The problem of human kind started thousands of years ago because of atlas misalignment and that is why by rubbing the nape people could ease the pain for themselves or for other people. That rubbing was later named 'massage'.

The only way to realign the atlas is by massaging the nape using a device. Treatments started as massages and later that became medical science. Modern medicine has been developing for thousands of years and today it is better than ever before, but people are more ill and we are going back to massages, and thus the circle closes. Everything new should be named. I realised that the name **HumanUP** is fitting, because people straighten and their health improves, and the full name is the **HumanUP atlas tune up**.

Of course, the discovery of atlas realignment is crucial, but how it is to be conducted is extremely important. When something is discovered, it needs to become known and accepted.

This discovery should become a part of medicine, because medicine should be the most humane science. However, since after realigning the atlas people become much healthier the medical industry has no interest in this discovery because it would decrease its profits. It is best to practise atlas realignment through associations of citizens, because these are non-profit organisations.

Economists and politicians convince us that our life is getting better, but most people notice that it is getting worse. A scientific paper dealing with the future predicts that those who have created problems won't be able to solve them, so citizens' associations or nongovernmental organisations will fix what professionals can't.

I have established the **HumanUP** Association of Citizens and started teaching other people. One of the most important advantages of this method is that it is easy to pass on.

I want as many people as possible to have their atlas realigned and that is why I teach others so that they can also help the ill.

I had no intention of protecting my discovery legally, but certain individuals took advantage of it, so I protected it at the Intellectual Property Office on 26th March, 2014, under the number 5.665. This is a job for people who are humane and not those who wish to profit, so I will sign contracts with everyone I teach.

The only way to realign the atlas is by using the **HumanUP** method. I expect time will confirm that this is the best solution and I believe that in the future most people in the world will have their atlas realigned using this method.

Just like the Greek civilisation was created on the outskirts of existing civilisations, that is how the discovery of atlas realignment was created on the outskirts of official science.

Palmer and Schumperli had no medical education but the confirmation of their discovery came from the top of medical science.

Dr. Rainer Seibel conducted a morphological study called 'Our Head is Twisted' from 2006 to 2010, and in the study he proved that everyone's atlas is more or less misaligned and that it can be realigned using massage.

Massage is not a medical procedure so no certificates are required.

The greatest discovery of humankind developed spontaneously over three centuries. Without the discoveries of Palmer and Schumperli, I would not have been able to find the way to realign the atlas completely, which is why I express my deepest respect and gratitude to them.

After the **HumanUP** method there probably won't be a better method of atlas realignment, but let the future confirm it or deny it.

The degradation of Homo sapiens started when we became omnivorous and when we started overeating. When the liver got bigger disorders occurred in the body and the atlas was misaligned, and the accelerated tempo of degradation started one hundred and fifty years ago due to chemical pollution of the environment and chemically polluted food. That is why human health deteriorated, so they started treating us using chemical products but now it is even worse. Atlas misalignment and chemistry are the two evils that not even our species can survive.

If we want to survive, we have to realign the atlas as soon as possible, and we will live healthily and it will be easier to survive the period until our planet is cleansed.

The discovery of atlas realignment will improve the future history of humankind. With more blood in the brain we will become cleverer and more aware of the need to be in harmony with nature. Narcissus, the flower, has another name in Serbian which implies a broken neck. This flower looks as if its neck is broken so it looks at its stalk and can't see others. Humans are conceited and only look at

themselves, so they created problems for themselves and for other inhabitants of this planet who are also the victims of chemical pollution.

Without this discovery there might not have been future historians to describe the downfall we have suffered for the past two centuries.

THE MISALIGNMENT

The misalignment started when the liver became enlarged and all parts of the body should be in their correct positions in order for the body to function well.

Depending on the amount of food, internal organs can change their shape and size because the middle part of the body is not limited by the skeleton. In other mammals the stomach hangs because of their horizontal position and that is why each organ has enough space. Due to the upright body position, in our species organs hang differently, and because the liver is enlarged there are disorders in the size, shape and position of our organs. Every change is both good and bad. Our enlarged liver did not bring anything good, but our organs function somehow because the stomach is not limited by the skeleton.

The brain is the most important organ and that is why it is well protected by the skull. Unlike internal organs, the brain is limited by the bones of the skull. When the brain got larger, the skull grew, but at the time everything functioned normally. The problem occurred when the first vertebra started to misalign and to press blood pathways.

When the atlas is misaligned it presses the vein and reduces the outflow of blood, so the pressure in the artery increases and that is why blood vessels in the brain rupture. Due to limited space, the brain can't expand, and the swelling exerts pressure on the parts of the brain which, due to lack of oxygen, start to die off. The second reason why brain cells die off is when the first vertebra presses the artery and there isn't enough blood in the brain.

During the development in the uterus, bones are formed in minimally wrong positions and that worsens during life because the atlas misaligns more.

Because the liver is enlarged bones are incorrectly arranged, and that is a problem because everything is hung on the skeleton. When our bones are displaced that displaces internal organs, and the incorrect direction of bones exerts pressure on the joints and that is why dislocations occur during physical traumas.

The term 'dislocated' means that a bone is forced from its normal position when a physical trauma occurs. When a dislocation occurs, it is not life-threatening, but unlike other dislocations – if the atlas is dislocated, a person is dead because the signals from the brain are interrupted as well as blood pathways.

The term 'misaligned' refers to a small displacement of a bone in its joint, and when that happens the bone can return into its position on its own. The first vertebra is misaligned more or less in all people and it can't return on its own due to the thinness of the cartilage on both the atlas and the base of the skull.

Atlas misalignment is possible in other mammals too, but it happens very rarely, during powerful blows to the head. In that case, because the spinal cord is pressed, that animal develops a disease depending on what is pressed, but there are no new diseases because there is nothing else interrupting signals in the spine. From the most powerful blow to the head the atlas becomes too misaligned and animals die fast because there isn't enough blood in the brain.

Due to the upright position and atlas misalignment everything in our species displaces more during life and that is why we become more ill. In old age it is an ever growing problem, but the problem occurred while we developed in the uterus.

The first vertebra is formed already somewhat misaligned and that is why we have to introduce the term 'additional misalignment', which starts during labour. It occurs even when labour is easy.

During labour the atlas is displaced in babies, but also in mothers. The head of a woman in labour is often pushed into a bent position, and straining causes the atlas to misalign, that is why after labour health problems start.

Most labours happen in hospitals, but atlas misalignment can happen in other medical facilities. The atlas can become additionally misaligned at a dentist's, when a tooth in the upper jaw is either fixed or pulled out, and it can also occur during endoscopy through the oesophagus or trachea.

All over the world the atlas is misaligned additionally all the time. Children who start to walk can't cushion their fall or soften the blow, and at that age the atlas is easily misaligned. As they grow up, children play and start taking care of their body but that is when blows are more powerful. The atlas is misaligned when they fall off a swing or if a swing hits them in the head. In order to develop properly, we do sports in youth, but due to falls or blows the atlas is misaligned, so irregularities occur in our development.

The first vertebra is misaligned when one hits a hard surface, but diving can also misalign it. Man can swim but he is not a fish. While we swim we throw our head sideways and that is how the atlas becomes misaligned. Swimming can straighten the body a bit, but

that is not enough because during walking it curves due to atlas misalignment.

Humankind is meant to walk, and everything would be fine if the atlas were in its position. We are not born with skis, skates, rollerblades and other toys on our feet which parents buy to their children so that they enjoy their childhood. That joy turns into sadness later on due to falls. Parents take care of their ill children but they don't know that their children are ill because of a misaligned atlas.

Man is not a bird and he cannot fly, but he can ride a bike. As children learn how to ride a bike they fall many times. In youth a motorcycle offers more joy, but it is a more serious problem because of falls.

While we are having a shower we close our eyes, and under us everything is slippery and there probably aren't many of us who haven't fallen. One man misaligned his atlas while he was massaging his neck with a towel, and if that happened to him, then there must be others too. When a person told me for the first time that they misaligned their atlas when sneezing, I thought it was impossible but when others told me, I realised it was possible.

Blows to any part of the body misalign the atlas additionally, but the worst situation is with blows to the head. Some people even forget they broke the windscreen with their head in an accident. Everyone wants to forget it, but the illnesses that occur after the atlas is misaligned are a reminder of that accident.

Balance sensors are located in the middle ear and they are well protected by the skull bones. Blows to the head displace the skull bones minimally and upset the position of sensors, and for them even micro displacements are huge. When the atlas is often misaligned, the centre of gravity functions worse, so people fall more often which causes the atlas to misalign even more which can cause more illnesses. The upright position has existed for a million five hundred thousand years, but people still fall.

One of the distinct features of humankind is laughter. We laugh when we see someone fall but also when we see it on TV. It is funny, but it is also regrettable, because that person will suffer due to their misaligned atlas.

Washing your hair at a hairdresser's seems harmless, but when the head is in that backwards position the atlas can become misaligned. It is much better to not go to the hairdresser several times, because we will save money for atlas realignment and we will maintain our health.

The atlas is misaligned during daily activities, but it misaligns when we sleep as well, when we think we are safe. Soft pillows also misalign the atlas. Most people sleep on their right side towards the ground, because they ease their neck pain in order to fall asleep.

While we sleep the pillow pushes the head to the left and misaligns the atlas further.

The most common causes of death are heart attacks and strokes which usually happen during sleep because the atlas is additionally misaligned. Depending on the force of the pressure on the first brain or vagus nerves, signals towards the heart decrease and disorders occur in the centre of circulation and of blood pressure, or both. These situations are even worse when the atlas presses blood vessels towards the brain.

After the atlas is realigned the possibility of a heart attack or stroke is reduced because nerves and blood pathways are freed from the pressure.

There are countless situations which cause the atlas to become misaligned, and as if it weren't enough, the atlas misaligns additionally when different methods of realignment are used.

Until the **HumanUP** method was discovered, Atlasprofilax was the best method, but this method misaligns the atlas to the right, and in most people the atlas is already misaligned to the right.

When we fall or suffer a blow it is possible that the atlas is moved into a better position, so health problems disappear inexplicably. There are people whose first vertebra is slightly misaligned, but they too should have it realigned so that it doesn't misalign more in case of a blow or jolt. The atlas should be realigned by our early fifties at the latest, because that is when it starts to slide gradually.

There are countless types of misalignment, but only a dozen methods of realignment, which are usually imprecise, so there must be only one correct method. The atlas can't realign on its own, so everyone in the world will have it realigned in the future.

REALIGNING THE ATLAS

It is the same today as it was in the ancient past. In youth most people feel pain on the right side of the nape and many try to alleviate the pain by rubbing the nape or tilting the head. They are actually trying to realign their atlas.

The atlas can finally be realigned, and it takes only a minute. In that way the mistake that occurred several thousand years ago is corrected.

In medicine there is a principle that the treatment shouldn't aggravate the state of the patient. Realigning the atlas is not a treatment, and since we don't treat we can't worsen health. After the atlas is realigned problems might seem to deteriorate in ill people, but that is not deterioration but a sign that healing is taking place and that an illness is in its final stages.

When a joint is dislocated, it needs to be repositioned whether it is a one-year old child or a hundred-year old man. When the atlas is too misaligned, it needs to be realigned as soon as possible, it doesn't matter if it is a baby or the oldest man in the world. In most people the atlas is slightly misaligned, but it is not urgent to realign it. Nevertheless, when people have their atlas realigned they feel sorry for not doing it earlier.

When the atlas is realigned, the realignment of everything else in the body starts. In time the skeleton becomes better shaped, and organs return to their anatomical positions. When everything is in its place, the body functions better, and because of that extraordinary possibility we might call the atlas THE MAGIC BONE.

Realigning the atlas is ephemeral magic which gives us better health. However, it is impossible only to gain and not to give anything in return. In this case what we give is minimal and the gain is immense, because health is the most valuable thing in life. What you give is a bit of patience until the pain is over, after that you get better day by day.

Those who use dairy products feel more pain in all muscles, including the nape. During the massage, the pain isn't intense, but everyone's tolerance to pain is different. Some say that it feels good and that they massaged themselves a lot harder and felt more pain. These minor pains are forgotten immediately, and because of them much more intense pains that lasted for months or years will stop.

Vertigo and heart arrhythmia disappear after the atlas is realigned and they won't occur again, and for these people the device we use is like a magic wand, because it removes the problems which lasted for years and couldn't be solved in any other way. For those who have different problems, it will take a few months until their health improves.

People whose first vertebra is too misaligned usually don't let anyone realign it. They suffer more pain in the nape and they don't want that place to be touched, but that is the biggest mistake because they need realignment the most.

The atlas is realigned by massaging the nape muscles and relaxing the ligaments that hold it connected to the skull. A person can't do it alone because the massage is done from behind and because we don't want to cause any pain to ourselves. Even if we knew how, we couldn't do it because when pain occurs, the hand is removed. Those who feel pain when we massage them can't love us then but they will love us more and more over the years, because we ended their suffering which lasted for years.

Professional sportspeople are very healthy and physiotherapists and doctors maintain their health. The centres of orientation, coordination, concentration and motivation are located in the first brain,

so when we realign the atlas for sportspeople, they become even better in their activities.

The job we do is humane because we help people with what is important to them. By realigning the atlas the physical condition of the body improves dramatically, but so does the mental condition, because the centre of mood is located in the first brain. After the atlas is realigned people feel better both physically and mentally.

Our character is impossible to change, but when illnesses are gone, a person's true character comes to life, the one that was repressed by illnesses before. It sounds unbelievable, but apart from improving people's mental state, we also improve people's souls, because the centres of emotion and compassion are located in the first brain. Atlas realignment relieves our soul and people become more humane.

The only thing you can't buy is health. During life a lot of money is spent on different treatments, but money can't buy a metre or kilogram of health.

Health is priceless and the only price you can put on it is life itself. Something is expensive for someone only if they are not aware of how much it is worth. By realigning the first vertebra we gain much better health and a better quality of life, and therefore it is priceless.

How much is it worth if pain, migraines, high blood pressure, vertigos, heart problems and other diseases disappear, and no new diseases occur during life? People whose health problems disappear after their atlas is realigned say that it is worth more than anything.

People who realign the atlas do humanitarian work, but it is natural that we charge membership in our association, because we have expenses and we constantly invest money so that even more people get to know about atlas realignment. Therefore, by paying you are making it possible for others to live healthier lives. The only thing you pay for is atlas realignment in the first part of the treatment, and lifelong maintenance of the atlas in its correct position is free.

When a painter was asked why a drawing it took him a minute to finish was so expensive, he said: 'For you it's a minute, but I have been drawing for ten years.' It takes us a minute to realign the atlas, but before that we examine you and after the massage we give you advice how to get healthy as soon as possible. Within a year we massage you three more times, we follow the process of healing and advise you how to stay healthy permanently. After that you come once every year to have a short massage, so that your atlas stays in its position and you don't have to pay for that.

Many people wonder how come it takes only a minute. It takes the atlas one second to misalign so it is possible to realign it in only a minute.

For aesthetic reasons even women in good health come to have their atlas realigned. Cellulite disappears in a matter of months and doesn't occur again because the lymphatic system functions better. Dark circles under the eyes are reduced and their skin becomes more radiant.

Metabolism improves and pimples reduce or disappear. The skin regenerates and looks better, and it tightens due to better body posture. The bump at the top of the back disappears over time because the head returns backwards, and the chest forwards. Women become more attractive because their breasts are more accentuated. A few months after the treatment women look more beautiful and men notice that, but their female friends notice it too.

There is never too much beauty. After the treatment women take care of their appearance, but they will have fewer cosmetic treatments and spend less money on their hair, skin, nails care, cellulite removal and other treatments.

Money is spent on beauty, but a lot of money is spent on medical treatments and medications. When you pay to have the atlas realigned, you actually save money in the future.

For most people atlas realignment is not that urgent, but it is very important. It is the most important thing in life, and that is why you should save money and have your atlas realigned.

All generations come to the treatment. Women, men, healthy people, ill people, sportspeople, more or less educated people come equally, but people with medical education, priests and monks come as well.

Some people realise why the atlas should be realigned but don't want to change anything, because they think it is natural. However, when they become ill or when they are in pain they come to have the atlas realigned.

There are no contraindications of atlas realignment. If the skin is damaged at the place which we massage, we wait until the skin heals and that is when we realign the atlas. Any indication is a reason to have the atlas realigned. People have health problems because their atlas is misaligned, so they shouldn't think twice before they have it realigned.

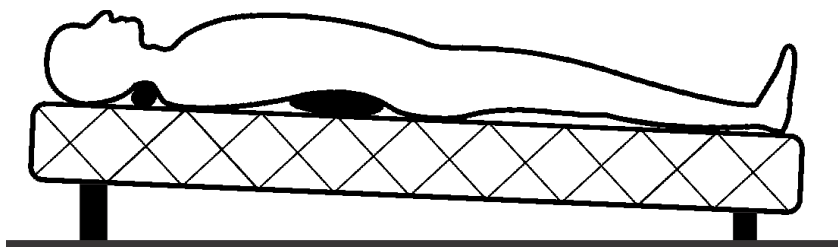
Everyone who has had strokes, heart attacks or surgeries should have the atlas realigned in order to recover faster. People with brain aneurysms or those who have had stents, artificial hips, bypasses, pacemakers or something else implanted, can have the atlas realigned. In these cases, and when someone is under the influence of medications or has low blood pressure, the massage is performed slowly.

Pregnancy isn't a contraindication for atlas realignment either. If a pregnant woman who has already given birth has her atlas realigned, her current pregnancy will be much easier. The nutrition and de-

velopment of the foetus is much better when a pregnant woman's metabolism improves. However, there is always the risk of miscarriage during pregnancy, and if it happens, it is not because of atlas realignment. There are still no scientific studies on the influence of atlas realignment on pregnancies, but when these are published, they will show that realigning the atlas decreases the risk of miscarriage.

When there is kyphosis in the cervical or lumbar part of the spine IT IS NECESSARY, for several months after the atlas is realigned, to lie on your back with a rolled up towel or blanket under the lumbar spine for ten minutes before going to bed. That is how the spine will become normally shaped in those places again, and without this it would curve backwards even more and serious problems would occur, because the neighbouring organs would receive fewer signals.

REDUCING CERVICAL AND LUMBAR KYPHOSIS



There is only one case when we should approach atlas realignment with special care and a precise explanation: when a disc herniation is towards the spinal cord. So far the only solution has been to operate, and when the atlas is realigned there is a possibility of improvement but also of deterioration, so it is necessary to monitor the condition in cooperation with a doctor. If surgery is needed, the patient will tolerate the operation and anaesthesia better, and will recover faster due to better regeneration.

We are all subject to the force of gravity and the law of the lever. If someone doesn't believe in atlas realignment, that person actually doesn't believe in the existence of gravity and Archimedes' principle. It is normal that some people don't believe in it, because we have spent thousands of years searching for the method of realignment, and now when it is finally discovered, it takes time for humankind to accept it.

In the future realigning and maintaining the atlas in its correct position will become a part of life and health culture.

It was difficult to discover how to realign the atlas, because three discoveries were necessary. The first two discoveries came from René Schumperli: the atlas should not be pushed but the ligaments are massaged and it is performed with a device. I have made the third discovery: the angles from which the atlas is realigned, how many times the pressure should be exerted and how strong it should be depending on the type of misalignment.

The atlas can't be realigned using the fingers because it isn't possible to produce a sufficient number of blows per second and our fingers don't have enough strength. On the top of the device there is a finger shaped rubber and this is what touches the nape. Without the device the atlas can't be realigned, but our hand is more important because we need to know how much strength to exert and where.

There are hundreds types of massage devices and millions of them are used in massage studios or at home. Tens of millions of people massage their own bodies or nape every day. Some devices are cheap, some are extremely expensive, but none of them can realign the atlas.

Vibrating devices were discovered around the same time when Palmer discovered the misalignment of the atlas and it was a hundred years later that Schumperli discovered that the atlas could be realigned using vibrations.

Four ligaments join the atlas to the base of the skull. Two ligaments are in the nape, and two are in the front, next to the throat. All four ligaments hold the first vertebra connected to the skull with the same force. Massaging one side of the nape, one ligament relaxes and the other three return the atlas to a better position, then the other side of the nape is massaged and when the ligament on that side relaxes, it allows the atlas to return to its anatomical position, where it wasn't positioned even during its formation in the uterus.

In our species, the skull is not in its position and that is why everything else misaligns. The rapid development of science during the twentieth century created an illusion that we know a lot, and we did not know that our head was not positioned well. Dr Rainer Seibel proved that our skull was misaligned at the beginning of the twenty-first century.

In order for you to understand more easily how it is possible to realign the skull, imagine a pebble and on it a stone the size of the head. When you vibrate the larger stone, nothing moves, but when you vibrate the pebble, the pebble moves even though it is pressed by the larger stone. The atlas is like the pebble, and the head is like the larger stone, that is why it is possible to massage the skull into its anatomical position.

It is amazing that you don't have to push either the skull or the atlas, and that everything returns to its place. The massage relaxes the

ligaments and muscles in the nape, so through a natural process the atlas returns into its anatomical place.

The atlas is realigned directly by massaging the ligaments, and the skull is realigned indirectly through realigning the first vertebra. When something is discovered, it seems simple, and thousands of people spent thousands of years searching for methods of realigning the atlas. It was Rene Schumperli who realised how to realign the atlas, and his ingenuity will make it possible for humankind to live without health problems and diseases in the future.

The atlas is not pushed during the massage but the ligaments are so the concern of those who don't want anyone to touch their spine is unfounded. When the atlas is realigned, we don't touch either the spine or the atlas, and the atlas is not a part of the spine. We realign the skull as well, but we don't push it either, but by massaging the ligaments we return it where it is supposed to be.

Finally, a new method of realigning the atlas will be adopted, and it will replace all the other methods. I claim that the **HumanUP** method is the only correct method of atlas realignment, and I base my claims on the fact that people come to us to have their atlas finally realigned after having experienced other methods.

HumanUP

We count days, months, years and decades of life since our birth, but life starts at conception. During the first nine months of life we are well protected in the uterus, but at that time a tiny, almost immeasurable disorder occurs, which will damage our health throughout life.

Today there are procedures that are performed during labour, and for hundreds of thousands of years women gave birth without procedures. In those times, the law of nature applied, which seems harsh today. However, life formed and survived in nature, and because of comfort and an artificial way of life our health is becoming more and more sensitive. It seems impossible that our species will disappear one day, but because of the modern way of life that process is under way. Due to human activities and chemical pollution different plant and animal species disappear every day. If we go on like this, our species might disappear as well.

Despite all difficulties, life has developed for billions of years, and the result of this is Homo sapiens, who should be better than every other species, but we are the ones who pose the greatest threat to both ourselves and others.

The difference between the word 'appearance' and the word 'disappearance' is only in three letters. The term **HumanUP** implies survival, and what is even more important, a return to the law of na-

ture – so that the future generations are better than the previous ones. That law enables our species to develop, but we have been deteriorating for several generations now. A reversal is finally possible and it is high time for the **HumanUP**.

Every labour is a reminder of our ancestors who left the oceans and started a new life on land and in air. Before birth, the uterus pushes the foetus towards the birth canal using contractions and in that way it massages the foetus gently so that it releases the water from its lungs.

For thousands of years people have known that the moment of birth is of critical importance and they named it ‘the stamp of destiny’, not knowing why it is so. The first vertebra is additionally misaligned during labour, and our life and health depend on it.

Male foetuses are larger, so their atlas misaligns more than in female foetuses during labour. That is one of the reasons why men are more ill and that is why their life is shortened from day one. Even though, statistically, more boys are born, there are around two percent more women than men. The reason is that during life men’s atlas misaligns even more.

Generations of humankind have been searching for a way to realign the atlas. The destiny of humankind showed us the right way.

My discovery of how to realign the atlas is the final stage of the discoveries made by Palmer and Schumperli, and the solutions I have found are original and are implemented for the first time.

In other methods of atlas realignment, it is usually hidden from the public what their treatments look like. Unlike others, I will gladly describe the **HumanUP** atlas tune up. I can’t describe the very procedure of atlas realignment, and it is of no relevance to those having it realigned, because even people with a medical education cannot learn how to realign the atlas by reading about it. This knowledge is transferred to others with great care, because it is an epochal discovery about human health.

It is best if the rebirth of humankind starts from the moment we enter this world. The term **HumanUP** refers to a fresh start, but it is important to keep what is good from the past. Modern methods of delivery have introduced some improvements, but they didn’t consider any previous experience.

In the past, as soon as babies were born, they would be grabbed by the feet and lifted in order to hang upside down, and in a single jolt downwards would get rid of the rest of amniotic fluid. It seems violent, but people noticed that children were healthier. However, they did not realise why. The jolt straightens the body, and the atlas is forced into a better position. Today if babies don’t start breathing, obstetricians lift them up holding their feet and slap them on the back

in order to eject amniotic fluid, but that does not force the atlas into a better position.

Jolting a new-born seems cruel, and slapping it on its back can misalign the atlas even more and make the child ill. The baby's body is fragile, and our modern way of life pampers us and facilitates everything from birth, and makes us ill. Jolting the baby's body should be introduced into the procedure of labour, alongside other improvements. The atlas can't be positioned with the greatest precision in that way, that is why it is necessary to realign it before babies start to walk.

It is easier for obstetricians to deliver babies when pregnant women are half lying down, but in that position the babies' atlas can misalign even more and that is why it is necessary to bring back the natural squatting position, which existed for hundreds of thousands of years.

During labour a pregnant woman's head is pushed forwards in order to protect the thyroid from contractions, and that is completely wrong. After giving birth, women have problems with the thyroid because their head was pushed forwards during labour, so their atlas gets misaligned backwards and that is why they have more pronounced lordosis in the cervical spine. This pushing should be forbidden because in order to raise the baby, the mother needs to be healthy, not ill.

It is best if babies have their atlas realigned when they are ten months old, because when they start to walk and fall their atlas gets more misaligned. If a baby is ill before it reaches ten months, it is because its atlas is too misaligned, so it should be realigned in order for the baby to recover. The atlas can be realigned just hours after birth. In babies and children the atlas is realigned by a single gentle push on the left and right side of the nape.

The massage is thoroughly explained to parents before the treatment and we suggest that they have the atlas realigned first and bring their children later. When they feel better after the treatment and when they realise how simple it is, that is when they bring their children. The massage is performed in a comfortable atmosphere, and that is especially important when children have their atlas realigned.

In order for children to get used to the device, their parents massage them gently first and that is why children are relaxed during atlas realignment. Some children laugh, because the device tickles them, and some children become tense and feel a bit of pain, but immediately after the massage they forget about it. Children have suffered more pain due to falls or blows, and during these their atlas has misaligned even more. Parents shouldn't have any doubts whether to bring their children to the massage, because after the atlas is realigned they will live healthily.

When growing up children are lively, and it is possible that the atlas moves a bit even though it is realigned. Children should be brought twice a year, so that their atlas stays in place. If a child suffers a powerful blow to the head in the meantime, the atlas should be realigned again.

In order to understand how it is possible to live healthily without treatment, it is necessary to have some prior knowledge about atlas realignment. When we are healthy we don't think about treatment, and that is the right time to realign the atlas so we would never become ill. In this case, it is about a different approach to a healthier life and that is why we need the right information.

Few people have heard about atlas realignment, but they are not very well informed. There are a lot of misconceptions and there is a lot of prejudice, so it is best if you come to us for more information.

We can't see the shape of your body and spine on the phone, and you can't see the device which we use, so the best thing to do is to come to us. We will assess how misaligned your atlas is, we will talk about your health problems and we will show you how the massage is performed.

The treatment is public and you can hear people who have already had their atlas realigned talking about their improvements.

Apart from this book, you can also get other printed editions: 'Prenatal Atlas Misalignment', 'Rebirth' and 'Book of Testimonials'.

You can find more information on our site **www.humanup.pro** and people living in different countries where we still don't have any activities can find detailed information on how to contact us.

Even so, most people come through recommendation after their family or friends have already experienced surprising health improvements when their atlas is realigned.

Many have tried everything before coming to us, and if they had realigned the atlas first, their health problems would have disappeared by now.

You should come to the treatment out of your own volition, knowing that this is the most important event in your life. When you decide to have your atlas realigned, we will give you a questionnaire about your basic information and health. Some people can't remember all their difficulties or health problems, and they only mention what bothers them most because they don't expect that after the treatment their hair loss, age spots, snoring, flatfeet, bunions, pain and other problems will be reduced.

At the bottom of the questionnaire you commit yourself to three more sessions within a year, because only then will the process be over – due to the natural process of regeneration of the cartilage on the atlas and the base of the skull. The text also mentions your will to have your atlas realigned, adding that the massage is not a form of treatment, but that the body itself improves its condition, and that this

process depends on your age and on the type and duration of your disease.

We don't have to know what your health condition is, because we know that after realigning the atlas your condition will either improve or your diseases will disappear. However, it is better to write down everything you can think of, in order for us to tell you about possible reactions and to explain the processes which start after the atlas is realigned. We have a lot of practice and we know how problems disappear and we give you advice on how to heal faster.

After the interview, we observe your body while you stand, because the curving took place over the years or decades during standing or walking. When we look at you from the front and from the side, and when we feel the shape of your spine, we usually know in what direction and how badly the atlas is misaligned. Then we look how far you can raise your hands to the back, and when you sit down you will turn your head to the left and right so that we can see how limited your rotation is. In most people, the rotation to the left is more limited because the atlas is misaligned in such a way and it limits rotation.

While we feel for atlas misalignment, you can feel the difference yourself between the right and left side in relation to the skull and jaw. When we feel it, we can be completely sure how the atlas is misaligned, because the atlas could have been additionally misaligned in previous months, and the body and spine are curved differently due to previous misalignment positions.

Before we start the massage, we will demonstrate on both our and your palm how the device works and we will tell you how many times we intend to press the right and the left side. The massage is performed in a sitting position, and during the treatment you should be relaxed like during an ordinary massage. The massage will be pleasant if you don't contract your neck muscles.

When we realign the atlas, we will feel the gap between the atlas and the base of the skull again, as well as the gap towards the jaw. You will feel for yourself that the first vertebra is in its place. Then you will turn your head to the left and right, and you will notice that you can rotate your head more. Over time, the head will return backwards, and the chest forwards, so the cervical vertebrae will reset and you will be able to turn your head more.

During the massage different improvements occur and continue immediately after the atlas is realigned. Some people feel a short flow through a body part, and that is a sign that neural signals are fully functioning and that blood flow is improving.

Some people's palms sweat, because the nerve through which sweating signals run is freed. After the massage, it is mostly women who register improved vision, because there is more blood in the

centre of sight. Improved vision occurs in other massages as well, but it doesn't last. After realigning the first vertebra, your sight is permanently improved and some people experience an improvement of their dioptre.

In most people different improvements start immediately. Many people feel as if a burden has been lifted from their back. The pain eases and tension is gone in the neck, shoulders, legs, arms and back. Sit-ting down and standing up is easier, and those who couldn't squat and stand up, can do it immediately after the massage.

Breathing is better and some people breathe through the nose for the first time. Soon after the massage, most people sleep better, and you can notice the relaxation of the body and a better mood.

These improvements occur in most people, because their atlas was misaligned in a similar way, and in other people the order of improvements depends on misaligned positions and the body curvature.

Those over the age of twenty come three more times within a year. The best thing to do is to come after a month, four months and a year. Most changes in the body occur within first couple of months. When we continue the procedure, we will talk about the reactions and I will explain different changes in the body. Later on you feel the reactions less, but the process of self-healing continues and contributes to better health.

The atlas is fully realigned within a year, and that much time is needed due to the natural process of regeneration of the cartilage on the atlas and the base of the skull. After that it becomes nearly impossible to misalign the atlas. There is a small possibility that during the most powerful blows to the head the atlas moves minimally, and if that happens, you can come and have an additional massage. In order to keep it in its place, it is best if you have a short massage once a year.

After atlas realignment, those who are ill need support and we will offer advice which will eliminate all their health problems. After that there are no more new diseases during life, and it is up to you to maintain good health through a moderate diet, activities and rest. If you follow our advice, we can guarantee a prolonged life.

As years and decades go by, your health will be better, and you will become more convinced that atlas realignment was the best decision in your life.

The advantages of the **HumanUP** atlas tune up are extraordinary, and the most important one is that this is the only way to return the atlas into its anatomical position. The massage realigns the atlas safely because the atlas is moved by the ligaments, and that is a natural process.

Atlas realignment is performed with the head bent down and that is why the **HumanUP** method is the gentlest and shortest method of realignment. In that position the ligaments can be reached so small force of pressure is enough to realign the atlas accurately.

You don't need a medical diagnosis before the treatment, and the simplicity is one more advantage of this method.

Our activities are public, because our goal is to inform as many people as possible that there is a solution to health problems.

You can read as much as you like about the **HumanUP** method, but only when you have the first vertebra realigned, will you feel it is more than what you have read or heard.

Your mothers give birth to you, and we offer you a rebirth.

THE REACTIONS

It is known that for every action there are reactions. When the first vertebra returns to its position, everything else in our body returns to its proper place and that is why reactions occur – in the opposite order of the appearance of pain and diseases.

It took years and decades for difficulties and diseases to be created, but the process of their disappearance after the atlas is realigned is much shorter. Everyone's reactions are different and their duration is individual. A few months later, you no longer feel the reactions even though they are still ongoing, and the body constantly improves its condition.

After the atlas is realigned healthy people feel relieved and pleasant, and ill people feel relieved too during those first couple of days, but later certain unpleasantness occurs which is a sign of the changes in the body. The lower brain receives all signals from the body for the first time and starts improving things, even though some unpleasantness is possible at the time. The higher brain is not comfortable with what is happening, but when you understand these processes, you can deal with the reactions more easily.

After their atlas is realigned most people sleep better and they need less sleep, and during the day they have more energy. Ill people sleep more following the massage, but later they will need less sleep as well. During sleep the body performs self-healing and at first you should pay more attention to its needs. If you feel the need for more water and food, then drink and eat more, but sleeping is the most important thing. It would be best if the very ill could stay at home after the massage so that they could pay attention to themselves and support the process of self-healing which is underway.

The strongest reactions occur during the first month in very ill people. The disappearance of diseases is a complicated process and

sometimes even those with medical education can't understand them, so either call us or visit us so that we could explain your reactions, because they are different in everyone and we can't guess what will happen in the body. After a month, we continue the massage and we talk about the reactions which started and we give advice to help you in the process. Depending on how they start, we can tell you what reactions to expect.

Very rarely does it happen that people have such violent reactions which make them think that they are ill due to atlas realignment. They get that impression because the signals of illnesses didn't use to reach the brain, so it only seemed that there weren't any. Realigning the atlas cannot cause your health to deteriorate, but only to improve, though it takes time for it to happen.

In ill people after the atlas is realigned more energy is released, which is to be spent on self-healing, and not on strenuous activities, and you should wait until the process of self-healing is finished. Some people feel pain in places where there was no pain before, and that happens because the body straightens. For the body to straighten the opposite groups of muscles start to tighten and it is painful because these muscles were less active before. However, this is less painful and lasts shorter than before. Because of this pain people are sometimes under the impression that realigning the atlas hasn't helped and that money is wasted. Other therapies and treatments ease the pain, but that isn't long-lasting and they don't eliminate pain permanently. Unlike other treatments, after the atlas is realigned your pain eases and disappears month after month.

Immediately after the atlas is realigned, due to better body statics, neural pathways are freed and some people feel instant relief. In most people the process of straightening takes several months and that is why the process of pain elimination is slower. During life our body curves, and the pain moves from the neck to the lower back. After the atlas is realigned, the pain first disappears from the lower back, then from the middle of the back and neck.

Headaches stop within three months of atlas realignment, but it is necessary to cut down on painkillers so that this process does not last longer.

Sometimes you might feel pain in one of the internal organs, because they are being repositioned. The intensity and duration of the pain depend on how curved the body was, but in most people they last less than a month.

Some people feel pain in the sternum and they get scared, because they think their heart doesn't function well, but that is not because of the heart but because the chest is moving forwards.

Within a month digestion improves and the reactions you can have are burping, flatulence or less consistent faeces. Stomach and duo-

denal ulcers disappear within two months after the atlas is realigned. You don't feel any reactions but some people might have sanies in their faeces.

It happens very rarely that people don't feel any changes a month or two after the atlas is realigned, but when the shape of the spine starts to improve, the vertebrae are placed into better relative positions and free neural signals and that is when reactions start. The lower part of the brain receives certain information for the first time and it starts to heal even though reactions can be unpleasant sometimes.

In the first months after the treatment, both men and women notice better skin and hair quality, but women notice it more because they pay more attention to their body and appearances. Dandruff and greasy hair are reduced.

Sinusitis disappears, and the reaction is more secretion from the sinuses. That process is faster if you cut out all dairy products.

The swelling of joints on the arms and legs sometimes increases. That means that the lymphatic system functions better and that it is cleansing the body, and when that process is over, there will be no more swelling. In order to purify your body faster, it is necessary to cut out dairy products from your diet, and that is the most effective way to reduce allergies and eczema.

Old surgery scars can become red and ticklish, but that too is a reaction which means that your tissue is regenerating better. If you ever received a strong blow to any part of the body, that place can become mildly itchy after the treatment, and that means it is recovering.

Within the first year after having the atlas realigned, the reactions occur throughout the body all the way to your bunions, which can swell or become red, but due to better body statics that will decrease gradually.

Those with flatfeet can feel short pain which is a sign that the feet are becoming curved. In children flatfeet disappear within six months and in adults within two years after the atlas is realigned.

It is impossible always to gain and not to give. In this case dealing with different reactions is what you give, but that is nothing compared to what you gain. You gain health that will constantly improve. The reactions last for years, but are not felt because these are only fine tunings of everything in the body.

I have mentioned the most common reactions, and they can be different, depending on the type of misalignment and the damage it caused.

It is best if the body itself improves its condition, but sometimes it needs support in the process. In most people everything happens spontaneously, and those who are very ill should follow the advice we give you during the first part of the treatment and later, when we continue it.

THE ADVICE

After the atlas is realigned we will give you advice on how to recover as soon as possible and to maintain your health. That support is very important, especially in chronic patients. Following the advice is not difficult, because it is quite simple and we know it works.

Health problems last for years or decades, and with medications we maintained our health. Healing couldn't take place because of atlas misalignment and medication. In the first couple of months after the treatment, the body functions again and permanent healing takes place. In that period chronic patients continue using their medication, but depending on their improvements they should cut down on the dosage after consulting their doctor. When after a few months your health improves, it is best to stop taking medication because it is no longer needed and it can upset the natural flora of the body.

After realigning the atlas there is an easy way to help yourself and speed up the disappearance of diabetes, high blood pressure, thyroid diseases, headaches, pain or mental problems.

When there is a disorder in the body, we feel pain which warns us that something isn't functioning well, and a sequence occurs: pain, illness and hospital. When the atlas is realigned, there are no illnesses and hospitals, and your pain disappears gradually. In order to speed the process up, you should cut out all dairy products of animal origin. The pain in muscles is more intense because of lactic matter which is deposited in soft tissues and which reduces blood flow, and because of it the pain is more intense and lasts longer.

After we have stopped taking dairy products it takes several months for the body to eliminate toxins from soft tissues through the skin. It will take several more months to eliminate them from cartilage and the area affected by arthritis.

It is best to press these painful places, the ones you can reach, with your fingers for about ten seconds several times a day, in order to hasten the elimination of toxins, and have someone else press the places you can't reach. You can ease the pain by drinking tea for relaxation or by applying woollen cloth on the painful place.

High blood pressure is one of the biggest health problems, and it occurs because the centre of pressure in the first brain is pressed. Over the past decades people have been drinking less and less water and using too much salt, and that too causes problems with blood pressure, and salt damages the kidneys. In two slices of bread there is already enough salt to satisfy your body's daily needs. After the atlas is realigned the centre of pressure is freed and better circulation helps purify blood vessel. During the first month people still use their medications, and after that you should reduce the amount of medications so that your blood pressure doesn't get too low. When after a

few months your blood pressure becomes normal, you should stop taking medications.

Depending on your daily activities, it is normal that your blood pressure oscillates, and when your pressure is rising, it is enough to put your elbows under cold water. Your pressure will be lower after two apples, and it is best if you take two sips of apple cider vinegar fifteen minutes before breakfast. Healthy people should take this vinegar as well because it cleans blood vessels and regulates metabolism.

Several months after atlas realignment diabetes disappears, and you can stop taking medications then, and those using insulin can lower their dosage depending on how much lower their blood sugar is. In order to improve your blood sugar level, you shouldn't eat cooked vegetables because it increases your blood sugar level. Instead you should eat fresh vegetables because they lower blood sugar levels. It is best to eat a raw carrot with a bit of cinnamon every day, and that will lower the level of blood sugar.

After the atlas is realigned, the thyroid functions again and it is necessary to check its function through medical examinations. These will become better over time, so your doctor will reduce the dosage of your medications, and when the thyroid becomes fully functional, you won't need medications any more.

Cooperating with their doctors, people who have mental problems should gradually decrease the dosage of medications. In order for the body to detox, it is best to take medical clay, dissolve it in water and have a few sips every day.

One of the greatest inventions of human kind is – an inclined bed. This bed is fifteen centimetres higher where the head is. The ancient Egyptians were aware of this several thousand years ago and in Byzantine hospitals patients used to sleep in inclined beds. Not so long ago, babies used to sleep in inclined cradles.

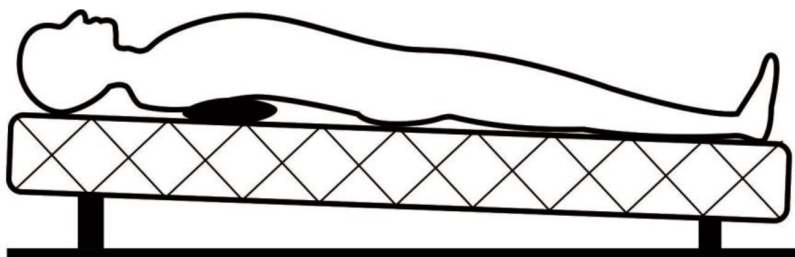
Unfortunately, this knowledge was lost or it was in someone's interest to make us sleep in horizontal beds. For serious patients in hospitals beds are either partially or completely inclined. Medicine is aware of the beneficial effects of sleeping in an inclined bed, but people are not informed about it in order to be more ill so that the medical industry could earn more money.

Sleeping in this position helps normalise blood pressure and those who are overweight, can lose weight. It can also help with: diabetes, varicose veins, swollen legs, dark circles under your eyes, cellulite... Your organs, bones and muscles regenerate better. The liver, kidneys, lymph and the digestive system all function better. The effect of sleeping in such a position is better than doing exercises and sport.

Everyone's body is different and so is the process of healing, so we will advise you every time you come to us or when you phone.

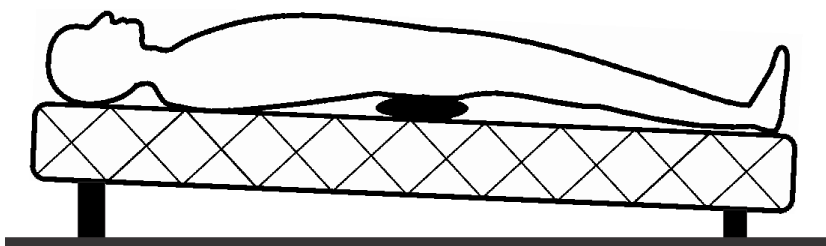
If the thoracic spine is displaced backwards too much, these people should put a pillow under that part for about ten minutes before going to bed. In the meantime there is no pillow under the head and in that way kyphosis of the thoracic and lordosis of the cervical spine will gradually decrease.

DECREASING KYPHOSIS AND LORDOSIS



If there is a pronounced lordosis at the base of the spine, every night before going to bed people should put a blanket under their behind, so the pelvis will straighten faster and decrease lordosis.

DECREASING LUMBAR LORDOSIS

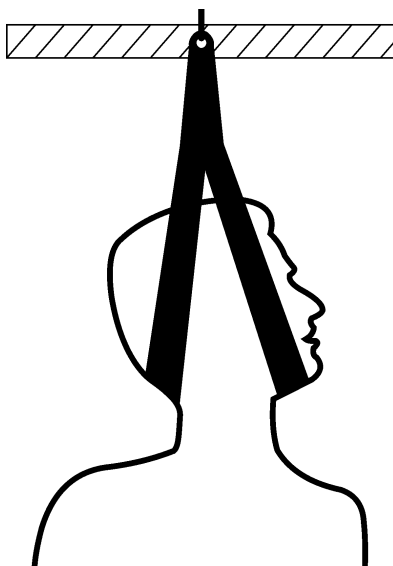


Stretching the body and spine exists as a form of treatment in medical institutions, but improvements are temporary, because a misaligned atlas pushes the spine back into its previous position. When the atlas is realigned, it is finally possible for the spine to become normally shaped. During standing or walking gravity will improve the shape of the spine, but if the curvature is big, that person needs to stretch his spine every day to hasten its straightening.

People who have more pronounced scoliosis, lordosis and kyphosis should stretch their spine for three minutes before going to bed in order to hasten the improvement of its shape. It is important to do this before sleeping, because the spine shrinks during the day due to gravity. That hastens the improvement of the spinal shape, and the vertebrae and discs regenerate better.

Anyone can make a stretching device for the spine using two strips of fabric. Pin the strips on a nail that is attached to the pediment of your door, throw your head back and put one strip under your jaw and the other one under your nape and pull the strips. Bend your knees and hang like that relaxing every night for three minutes. Stand on your feet at all times and you won't stretch your spine with all your weight. You can ease the pain in your nape and neck in this way, and your headaches will become less painful.

A STRETCHING DEVICE



While the shape of your spine improves, it will be uncomfortable at first, but later it feels pleasant. That process lasts for several months or even a year, depending on your age and how abnormal the shape of your spine was. The most important thing is to be persistent, because that is the only solution, and the reward is a more normal spinal shape.

Atlas realignment will improve your health, and it is up to you not to make mistakes in maintaining your body, and you will be permanently healthy.

MAINTENANCE

Everyone needs to take care of their body, and if they don't, then someone else will treat it. It is best to maintain your body correctly because no one, not even doctors, can know precisely what the needs of someone else's organism are.

Not many people can feel the needs of their body, and those who feel them don't know how to deal with their bodies. We pay more attention to devices than to our body. We know how to maintain devices, but we don't know how to maintain our body and we wonder when it starts becoming ill. Despite the knowledge we have and the abundance of information, we know less today about how to maintain our body than before, and due to our modern way of life we don't have enough time to pay attention to it. In order to finish all our obligations, our car has become more important than our own body. We invest more time and money in maintaining the car than on maintaining our health.

When a device breaks down, we fix it or replace a part. You don't have a spare body, so it is best to maintain it properly so it doesn't get ill. No one else is responsible for your condition, because you have worsened it and only you can improve it. Looking after your body is your responsibility, and the body will respond with better health. Dedicate yourself to yourself, because no one else can dedicate themselves as much as you can.

The body should be maintained properly whether the atlas is realigned or not, but if the atlas is in its position, it is easier to maintain one's body and health.

In order to function normally the body needs enough sleep, water, a proper diet and moderate physical activities. This seems simple and you are sure you are doing everything right, but in the following chapters you will see that you are wrong.

SLEEP

The biggest mistake is not sleeping properly, because during sleep our body self-heals and regenerates.

We spend one third of our life sleeping, and it seems like a waste of time, but it isn't. We think that the day begins when we wake up, but the day begins while we sleep, when our body prepares for daily activities. During the night the body regenerates and gathers energy for the following day, and these processes can only take place when the body is still.

The human body is a perfection of nature, but not even our body can have enough energy to regenerate and perform physical activities at the same time, and in our species mental activities spend a lot of energy as well. It seems like nothing happens while we sleep, but while we sleep the internal activities of the body are much more intense than during the day.

Only blood can access cells, because it brings them what they need and takes away the products of cell metabolism. There is enough blood in the body for both day and night activities, but these activities can't be performed at the same time. The cerebrum and muscles are the biggest spenders of oxygen, so the first brain puts us down to sleep so that blood could service cells. The role of blood changes – for night metabolism and for daily activities.

Sleep is curative and that is why we sleep more during an illness. When we are ill, we lose our appetite, so that blood wouldn't flow towards the digestive system, and the energy for vital functions and self-healing is created from fat tissue. By sleeping ill people reduce the possibility of spending their energy on mental and physical activities.

There are too many people who don't sleep enough, even though that is one of the causes of illnesses. When you sleep less, your body is not ready enough for its daily activities, and when that lasts for months or years, the body becomes exhausted. Electricity is extremely useful to humankind, but nothing in the world is just useful. Artificial light has disturbed the natural cycle of day and night, so we are sleepy, tired and ill more often.

The health of people working night shifts is worse, and it is especially damaged when they change shifts.

We are what *Homo sapiens* has been in the past two hundred thousand years, and when changes occur within only a few generations, that is not good. People used to sleep at night, but at noon as well, in order to gather strength for their afternoon activities.

During the industrial revolution people used to work for twelve hours, and when they came home they fell asleep immediately due to exhaustion. After midnight they would wake up to do housework, and before dawn they would sleep some more in order to be able to do their jobs. Due to that unnatural way of life they got ill and lived shorter.

At the beginning of the twentieth century, working time was decreased, but that couldn't satisfy our natural need for a nap in the afternoon either. At the end of the nineteenth century Japan introduced changes following the example of Great Britain, but they managed to keep the traditional way of life. One of the reasons why

Japan's economy is successful and why they are the healthiest nation is that they can have a nap during working time after lunch.

After a meal we are less able to concentrate because more blood goes into the stomach. When people have a break in the afternoon, there are fewer injuries, and the Japanese are productive in the afternoon as well.

Babies sleep a lot because they are growing. Children sleep less but are physically active, so they sleep once in the afternoon in order to gather strength for their afternoon activities. It would be good if we could all have a nap in the afternoon because our health would be better and we would have more energy for afternoon and evening activities, but the modern way of life doesn't allow that.

If you can't have a nap, then lie on your back, raise your legs and close your eyes, because the system of vision and memory spends a lot of energy. When you are at work, you don't have a bed, so relax, sit and close your eyes for ten minutes during a break. In that way your body will recover a bit, and when you come back home lie for ten or so minutes before you continue with your activities.

It is best to have a nap at noon, but you should sleep whenever you feel sleepy, because your body needs it.

When children come back from school and parents from work, they are all tired then, but it is still too early to sleep, and they are grumpy because they are tired and that is why family relations are disturbed. Watching fun TV shows they try to be cheerful and to stay awake till going to bed in the evening, but in order to finish what they have started watching, they don't use that time when the first brain feels sleepy. Later when they go to bed, they can't fall asleep immediately, because they are no longer sleepy. It is best to be ready for sleeping from ten o'clock at night and use the moment when you feel the need for sleep.

It would be good to get rid of television, even though it seems impossible today. You should spend time with people and not with some two-dimensional characters on screen.

When single cell organisms merged and became multicellular, the development of life was possible, and plant and animal species live in communities in order to survive.

The Japanese spend time with friends, colleagues and neighbours, so they are more satisfied with their lives than other nations. Man is a social being, but due to the modern way of life there are more and more depressed and lonely people. The lack of human interaction creates more illnesses. We are living among millions of people, and yet we are lonelier than ever before.

In order to have a break from our daily activities, in the evening we sit and watch TV. It just seems like you are resting, but while we

sit the venous system is under similar pressure like when we stand, and while we watch TV our centre of vision spends a lot of energy. Man is a visual being, but sometimes it is better to close your eyes.

Do a little experiment for a better life. Put a mirror over your TV, and take a look at yourself and your family members. You will see that you exist and that you can be a screenwriter, director and play the main role in your life. Your children will love it, and if you can do it one evening, you can do it all the time.

Man is destined to be in a horizontal position during sleep and in an upright position during his daily activities. We are under the impression that we rest when we sit, but in that position the venous system is under pressure.

People who spend several hours lying down and watching TV, wry their neck and that is why they have health problems. It is better to hang your TV from the ceiling and to put a pillow under your back. In that way your spine won't curve, and if it is curved, that position will help it straighten faster.

In the past people used to sit for a while to rest their bodies, but in the present we sit too much in kindergartens, schools, and universities, cars, at work and in front of our TV. Modern TVs are flat, so I suggest hanging it from the ceiling and watching it while lying down on your back, because that position is better than sitting.

During the Roman and Ottoman Empires people used to lie down even when they ate, and if they had had TVs, they would have sat too. It seems that different devices and comfortable armchairs are there to improve our life but they don't improve it.

As if there weren't too many TV screens, now there are computer monitors too. Today we study, do work and have fun while we look at a monitor, and sitting in comfortable chairs we curve our body even more. If you can't change that, then lift the monitor so that you look up at it, and you will curve your spine less. In order to rest your brain and work more easily close your eyes for a minute every fifteen minutes.

Limit the time you spend in front of various monitors and that self-control will bring you back from the virtual world and into reality.

The position of your body during sleep is extremely important for the recovery of your organism. In order for the body to perform its functions normally, it is best to sleep on the back, but we sleep least in that position because we start snoring and that interrupts the process of recovery. The position on the back is necessary in order for the skeleton, spine and joints to be in their anatomical position in which they regenerate better. You should use an appropriate pillow in order to avoid snoring.

During sleep we unconsciously turn so that our organs can work better, but we usually sleep on the right side and we have a thicker pillow under the head than we should. We sleep in that position in order to ease the pain on the right side of the nape, but that is the worst position because the atlas is even more misaligned. Statistics have shown that heart attacks and strokes occur more often during sleeping, and the reason is that the atlas exerts even more pressure on neural and blood pathways then. The position on the right side is bad because other organs press the liver, and it can't function normally.

Children often sleep on their stomachs, and in order to be able to breathe, they turn their heads to the right side. At the base of the skull on both sides there are bone growths that the atlas pushes in order for the head to turn. In some people the direction of the left growth becomes deformed and their head turns more to the right.

All species of mammals usually sleep on their stomachs. We sleep least in that position, because we need to turn our head to the side in order to be able to breathe, but that is when the pain in the nape occurs and the atlas is even more misaligned.

The position on your stomach is also good, but we couldn't sleep like that all night, so that position should be used for a nap in the afternoon. I suggest that a mattress be made with a comfortable hole for the face and an opening for the air. The body turns during sleeping because of metabolism and the hole can be used when we sleep on the left or right side. Our widest part is the shoulder girdle and we can put one shoulder into that hole, and the head will be in line with the body and you won't need a pillow.

Due to the importance of the processes that occur in the body during sleeping, we need appropriate conditions. Science has proved that the ideal temperature for sleeping is 26 degrees Celsius. Most people can't afford this, so it is best to sleep on a woollen mattress and cover with a woollen blanket.

Wool is the best natural insulator. Synthetic materials are cheaper and cosier, but also more harmful for the processes that take place in the body while we sleep. Rheumatic pain increased during the twentieth century, and that is because of artificial materials. Due to cold and wet climate, rheumatic pain should be much more intense in Great Britain, but the British sleep on woollen mattresses so they don't suffer from rheumatism.

After atlas realignment almost everyone sleeps better, because of less pain, but also because the atlas doesn't press the first brain as much, and the first brain decides when we fall asleep and when we wake up.

WATER

When you wake up in the morning, the first mistake is not drinking a glass of water. We get oxygen from air, but our organs and cells get molecular oxygen from water. You should drink water in the morning in order to prepare organs for food intake.

Only water enables the processes in the body and cleans the body from the inside. We live on land, but we are aquatic creatures because our body is mostly made of water. We can't live in water but without water in the body there is no life. There is water in our cells, and cells are surrounded by a liquid that is of similar composition to the ocean where life first appeared.

Books on health start by emphasising the importance of water for the body and its healing properties. When we have got a cold or flu we should drink a lot of water in order to eliminate viruses and bacteria from our body more easily. When someone faints, people immediately splash some water on their face and nape, and when they come to the first thing they do is drink water. Some people drink water only when they take medications, and in that combination water actually has healing properties.

Obesity is an aesthetic problem, but a health problem as well. One of the most effective ways of losing weight is a water diet, which reduces weight but also improves health.

Most people think they drink enough water, but the research has shown that 99 percent of children and adults don't drink enough water, and the consequences of such disregard are high blood pressure, arthritis, bad blood flow, slow metabolism, vertigo, headache, obesity and other health problems. The state health insurance service is too burdened, and people pay a lot of money for treatments. It would be much better and cheaper if we drank more water, because our illnesses would become less frequent.

People don't only gain weight from eating too much food, but from not drinking enough water as well. Fat is mostly composed of water, and that is why those who drink less water have more fat, because the body stores it. Due to obesity, people try out different diets, but the body becomes heavier and more prone to diseases.

Science is still studying the nature of water and each new discovery proves the extraordinary powers of this seemingly common substance with unique qualities.

It is devastating that in the twenty-first century we don't have the right relationship with water and that we can't use it properly. Water used to be sacred and people took care not to pollute it, and now we pollute it more and more and there is a possibility that we won't have enough drinking water. In order to provide enough food

we are spending water reserves on growing plants and animals. The paradox is that we live on the planet of water but due to our activities we are reducing the amount of usable water, thus endangering our own survival.

Only water can clean us from inside and outside. We use too much water while having a shower and we don't drink enough of it. It doesn't help if we have a shower every day if our body is dirty on the inside. The immunity of our skin has been developing for hundreds of thousands of years, and we remove it in a matter of minutes when we have a shower. The Japanese shower shorter, and sit longer in clean water and in that way they remove chemical additives from toiletries and chlorine from water. Our body is meant to be cleaned through the skin pores and not polluted by chemicals.

In order for the body to be cleaned from the inside, it is best to drink sufficient water, and for outside cleansing it is enough to rub your skin once a week with a wet towel, and then have a shower. Have a shower with hot and cold water alternately, in order to improve blood flow and to clean the skin from impurities, and finish with cold water. If this is unpleasant, then only put your hands under hot and then cold water. Headaches and neck pain ease when you splash some cold water on your nape.

We drink water, but we don't know how often, how much and what kind of water we drink. Some people don't drink water at all and then wonder why they are ill and why they have headaches. Water from vegetables, fruits and food is not enough and it can't replace pure water. Most people drink a lot of juices, teas, coffees, alcohol drinks, but that isn't water either. These are all impure fluids where the structure of water has been altered.

Water has no taste, and manufacturers make tasty juices from artificial chemical aromas and that is why children drink sweet juices. It would be better for children if their parents got them used to water instead of taking them to a doctor.

Everything is polluted today including water. It is very important what kind of water we drink because with food we take waste materials into our body, and water is the only cleaner of the body.

At water supply systems chlorine is put into water in order to remove bacteria, and bottled water is treated with antibiotics. The content of chlorine and antibiotics is small, but it is enough to kill bacteria. Chlorine and antibiotics are poisons, but they are quite diluted in water. We don't die from that water, but chlorine slowly damages our body and antibiotics weaken our immunity. The influence of chlorine is even more damaging when water is boiled and that is why mothers make a big mistake when they give their babies boiled water.

It is up to us to improve the quality of water we drink and in which we cook food. We don't have a spring of perfect water, but we can influence the water which is available to us. It is enough to buy an appliance for water purification. The money you give for a filter, distiller or ozoniser will improve your health and it is cheaper than buying bottled water.

Scientists recommend drinking distilled water because fruits and vegetables contain water which has all the necessary minerals. If you don't have enough money or time to prepare water, then pour water into glass containers and use it the following day.

In micron blood vessels there is too much calcium which slows blood flow and that is one of the reasons why we are more ill. Drinking distilled water serves two purposes. In that way we do not ingest calcium through water and we get rid of calcium surplus which comes from food.

You should drink water before you feel thirsty. Each day you have to drink at least two litres, three at the most. Less than that can be hurtful, and more than three litres can harm the kidneys which tend to overwork in that case. When it is hot, you can drink more water because the excess is removed through the skin.

Water should be drunk half an hour before eating, so that organs can prepare for digesting food. It is wrong to drink water during a meal and an hour after it, because gastric juices become diluted. However, after the meal your mouth is best cleaned with a sip of water.

At seven in the evening you should stop taking water and food so that you can urinate before going to bed, but it is good to drink a glass of water just before going to bed because our metabolism is more active during the night, and water helps all these processes. During sleep we eliminate water when we exhale so don't forget to drink before going to bed.

At dawn we are awoken by the mistaken impression that we need to urinate, but we are actually thirsty so we should have a glass of water next to the bed. Drink some water and continue sleeping because it is not a good idea to disrupt the processes happening in the body.

Our brain doesn't differentiate between hunger and thirst, so that is also one of the reasons why we eat too much. Before you decide to eat something, have a glass of water, because you are probably not hungry, but thirsty.

Those who drink enough water, eat less.

FOOD

The greatest health problem of humankind occurred in prehistory due to overeating – the increased liver causes the atlas to form in the wrong place in the foetus. Our ancestors didn't have food every day so they had to overeat when they found it. Now we have a lot of food and we don't have to eat too much, but we make that mistake because we enjoy eating. The law of balance has no mercy, so the happiness of feeling full turns into the misery of feeling ill.

In the mid twentieth century the global food reserves were enough for the following six days, and today for only one. We produce more food than ever before, but we eat more now and that is one of the reasons why we have food reserves for only one day.

We used to eat in order to survive, and now we live in order to eat. Health used to come through the mouth, but now it is illnesses that come through the mouth. Modern illnesses occur due to overeating of chemically polluted food. A research has shown that we eat 40 percent more when we watch TV. While we eat, our stomach needs a lot of blood, so we should eat in quiet surroundings. The brain needs a lot of blood to see and process the information, which is why we should switch the television set off before we have a meal.

We spend too much time sitting and it would be good if we stood while we ate. It is difficult to eat standing up, but the stomach would receive food more easily.

We have become a sitting-eating civilisation and that is why we are more ill than the previous generations. At the beginning of the twenty-first century information is all around us, we think we know a lot, but we don't even know how to drink water let alone what to eat today. Magazines, TV and the Internet advise us what food to eat, but too much information can confuse us. That's why we read books on how to eat properly and we listen to nutritionists and doctors, and we become more confused and don't know when, how much and what to eat. Food trends change as rapidly as fashion trends. What was good becomes wrong, and our clothes become too tight. That is when we start dieting, which helps temporarily, but we are getting fatter in the long run.

Cavemen had no one to advise them on food, but they ate what they could find around them and in accordance to their body's needs and the choice of food depended only on their sense of smell and taste. We used to be herbivores originally and we know that by the shape of the jaw and teeth, but over time we have become omnivores. While populating the planet, humankind adjusted to the food from different areas, so the digestive system changed as well.

We are omnivores, but our stomach can't digest different foods at the same time. There didn't use to be so much food and we ate one

food per meal. Properly combined food has become fashionable, and cavemen used to eat in such a way because they would find one grocery at a time. The modern man has different foods at his disposal, but we should eat like cavemen used to eat. Our stomach can't digest proteins and carbohydrates within a meal, and fruit should be eaten separately and we shouldn't mix different fruits. If this is too complicated, then simplify your menu and eat one food. Maybe it won't feel good, but it will feel good in your stomach.

The modern man is different from the caveman, but his digestive system has remained the same. If you want to be healthy and slender, then adjust your diet to your blood type. This type of diet can seem complicated, but that too is simple.

The basic food of a human being is fresh fruit and vegetables, and everything else is just an addition to your diet. Meat is an addition to blood type O, and cereals are an addition to blood type A. People with B and AB blood types can eat all food, but they shouldn't eat meat and cereals in the same meal. Blood cells collect nutrients and carry them to cells in the body, and when we eat food that doesn't suit our blood type, then nutrients don't get attached to blood cells properly, so they stay in the intestines and colon where they rot and feed parasites and bacteria. That is why overweight people are more ill and more miserable than others. Most people eat food that suits them according to their blood type and that is why they are slender, and minority got used to eating food which doesn't suit them in their childhood or during life and that is why they are overweight.

After the atlas is realigned everyone's metabolism improves because signals for digesting food are freed, but we still need to adjust our diet to our blood type and to combine food properly. The basic rule is not to eat meat and bread in the same meal. When the atlas is realigned, you can finally eat more and lose weight.

Some people like overweight people, but obesity is not a question of aesthetics but a question of health. The last vertebra carries two thirds of the body, and it carries the burden we hold in our hands. This is not the only vertebra that carries load, the vertebrae above carry load too, which is why the flow of neural signal towards the legs and neighbouring organs decreases even before disc herniations occur.

With too much food we actually feed bacteria and parasites. There should be about half a kilo of these in a healthy person's body. Now an average person carries more than a kilo of bacteria and parasites, but we also carry food for them. You should wonder who the host is and who the guest is in your body.

Vegetarian and vegan diet are becoming fashionable, and our ancestors used to eat like that for tens of thousands of years. Some ate plants only, some plants and meat, and some only meat. They

didn't know about different diets, but they ate depending on what they found in different areas. Due to different types of food, different blood types were created. Depending on what kind of food predominates, the connection between a blood cell and a nutrient is different.

Vegetarians can't stand people who eat meat, and those who eat meat say that vegetarians are weaklings. This conflict gets even more complicated with a type of vegan diet, which recommends we should eat all food, but in its raw state. These conflicts are ridiculous because everyone is right. Our digestive system is extremely flexible, which is why we have been able to settle the entire planet.

Vegans claim that our ancestor ate only raw food, but it isn't so. In order to understand this, let us go back to the time when mammals were small and dinosaurs big. At that time dinosaurs ruled the planet and they fed on mammals too. Different species of dinosaurs inhabited the earth back then. Big dinosaurs posed no threat to mammals, because they were herbivores. Smaller dinosaurs hunted and ate meat, so they ate smaller mammals too. Mammals found refuge in treetops and ate fruit, which gave them a lot of energy to climb trees.

When dinosaurs disappeared, mammals got bigger, because they started eating different food, but fruit was still the basis of their diet. When the threat of dinosaurs disappeared, some species of mammals returned to land, and some stayed in treetops.

Tens of millions of years went by and those mammals who stayed in treetops became monkeys, whose main source of food was fruit. Over time monkeys too got larger, so they came down from trees, because their size frightened smaller predators.

Fire was used before *Homo sapiens*, who perfected its use. Among other things, *Homo sapiens* used fire to cook food. They did not only bake and cook food, but they softened the roots of different plants. Processed food is easier to chew and you spend less energy on chewing it, and it is easier to digest such food. Vegans are not right when they claim that only raw food was eaten in ancient times. Ever since people appeared, food has been prepared using heat.

Finding and preparing food was the basic human activity at that time, which developed thinking and the brain, so it could be said that our relation to food made the modern man.

Gathering and preparing food led to the division of labour between men and women, but it also led to the relationship of one woman with one man. Women used to gather fruits and roots, and men used to hunt and gather honey. In that way they had different types of food for themselves and their children, and eating together developed family relations.

Individuals teamed up in order to gather food and hunt together, and a hunter-gatherer community was formed, which made food reserves for the seasons when there wasn't any food in nature.

Thinking processes led to the start of agriculture as well. More food meant more free time. That led to new activities which made life easier, but also led to creativity, which later led to art.

Banging on a hollow trunk and drawing on the walls of caves did not help our survival, but we can't live without music, painting and other forms of art today. Now, apart from enjoying food, we need to enjoy body movements during dancing. In that way the surplus of food turns into energy and not into fat. In the past people used to dance every night, and today we sit in front of our TVs, eat snacks and watch graceful dancers.

At the beginning of the twentieth century there were two billion people living on our planet, and at the beginning of the twenty-first century there are seven billion people. This rapid increase in population was made possible by pesticides, which we get from oil.

In order to satisfy an ever growing need for food, we cultivate almost all fertile land. Natural resources are insufficient, and the number of people is still growing. Because of that technologists invent different types of artificial food, and for now we don't know how that will affect the future generations' digestive system.

People used to live simple lives, but best intentions have complicated it. The development of thought enabled us to gather and store food, and in order to protect it from bacteria and pests, food is stored and chemically treated today, even though such food hurts us too.

Another problem is processed food, heating and cooling it. Freezing slows rotting, but because of low temperatures food loses its nutritional value. Frying and boiling decrease the nutritional value even more and in order to make up for it we need more food.

One of the reasons why the Japanese are so healthy is because they use a lot of fresh fish. They are lucky to be surrounded by the world's largest ocean, which isn't polluted yet. The Japanese don't prepare much food at home, but they eat in nearby restaurants and socialise with their neighbours.

Due to economic growth people in the western world don't have time to socialise. There are more and more lonely and depressed people, and man is a social animal. Due to the modern way of life it is only Sunday lunch that brings a family together, and families have always gathered at meal times several times a day. They live fast in Japan too, but the Japanese eat in restaurants with their family and friends once a day, so in that way they develop a family spirit and human relations. Depressed people eat too much while they socialise with TV comedians.

Our urge for food is stronger than all other urges. Some eat because they are bored or to feel better, but most of the time we eat to satisfy our sense of taste. It would be better to reduce our need for food and increase our sex drive. In that way people would be in a better mood, and it is well known that sex is good for burning more calories.

Cookery has become more than science. Cooking food has become art. In kitchens there are tons of food which looks good, but its nutritional value is small and therefore we have to eat more. Food is becoming tastier but also more dangerous. The food industry can copy natural tastes with the help of chemistry, and they produce artificial tastes which are better than the natural ones.

Our body is a perfect natural engine which creates a lot of energy with little fuel. Science still doesn't know how energy is created in cells, but we know that most of the energy we get from food is spent on digesting that food.

The main source of energy is the soil Sun. Plants get energy from the Sun and water. The energy plants gather inside them is the beginning of the food chain. We are at the end of the food chain but we also get a lot of energy from the Sun and water. However, we need to eat in order to regenerate. For the development of new cells we need the substances we get from food.

Among seven billion people there are just a few who can live without food and water. Scientists are studying how that is possible, but this research is done for future missions to space and not to show everyone else that we are eating too much.

We get most energy for physical and mental activities from fruit and it is best to eat fruit in the morning. Birds eat fruit because they need a lot of energy to fly. Overweight people shouldn't eat fruit in the morning in order to spend the energy from excess fat, but they can eat it in the evening in order to improve their metabolism.

The First and Second World War brought suffering to humankind, but the worst thing is that women's natural way of life was changed. While men fought, women produced arms, and when the wars ended, women continued working. Since then women have been working in two shifts, at work and at home. They exercised their right to work, but they have harmed themselves and their families. While they are at work, someone else raises and feeds their children, so women have been robbed of their basic purpose of existence – taking care of their offspring.

During the wars prisoners were starved, but they stayed alive. When they were freed, some of them died due to overeating and that shows us that food can be dangerous.

Women keep their husbands with sex and tasty food. At the beginning of their married life people are more sexually active, and du-

ring the marriage they become less and less sexually active, because women's sexual desire decreases, and husbands' appetite for food increases. Wives want to please their husbands so they make different food, but in that way they only harm themselves and their loved ones. Preparing food which has different tastes is a waste of time and life. Statistics have shown that the husbands of professional cooks live shorter.

It would be better for everyone if simple food were prepared, but women wrongly think that their husbands would find it monotonous. It is actually women who find it monotonous to cook similar dishes and in that way they complicate everyone's life.

Fruits and vegetables are the most important foods. In traditional Chinese cuisine they use a lot of vegetables. They are cooked for only a while, just enough to remove bacteria and parasites and to keep their nutritional value. China is experiencing rapid economic growth and the Western diet is arriving together with new technologies, so those who eat such food become ill. It is a misconception that the Chinese eat everything. The Chinese don't eat wheat products and they don't use dairy products, which is why they are healthy.

Statistics have shown that people today are several times more ill than half a century ago, but the reason is not atlas misalignment, because misalignment is the same as it was fifty years ago. People are more ill because they use more and more milk and dairy products of animal origin. The increase of diseases coincides with the increase of milk usage.

Regardless of types of food and diet, no one should use milk and dairy products of animal origin. We are mammals, but we are the only species that uses milk after the period of breastfeeding. Plus, we are the only ones who use other animals' milk. Not all cats drink milk, only those that are used to it and that is why they become ill.

The digestive system of babies can't digest animal milk, and after the age of three it loses its ability to digest mother's milk. Only mother's milk can give us immunity and start the development of the brain, bones and muscles. When mothers drink milk, their babies have stomach cramps and that is why some babies stop sucking. That is why there is no milk in breasts, so babies have to drink artificial milk, but nothing can replace mother's milk. The nutritional value of mother's milk is small, but it is enough for the baby's body. From the age of one, mother's milk is not enough and that is why babies start eating other foods.

The nutritional value of animal milk is also low, so adults would need several litres of milk or several kilos of dairy products instead of several hundred grams of other food. There is no milk in

dairy products because bacteria have already used it for their metabolism.

The content of dairy products is mostly made of the remains of dead bacteria, a smaller part is live bacteria, and the rest is faeces from both dead and alive bacteria. Smelly cheeses are a delicacy which costs a lot, but in our stomach it takes much more time to digest it than meat. By buying dairy products people pay to become ill. Yogurt, curd milk, sour cream, cheeses and other products only harm our body.

In medical schools students learn about the harmful effects of milk on human health, but the marketing of the dairy industry is more powerful than scientific knowledge.

Milk and dairy products are very dangerous food. Our immunity is deteriorating due to the surplus of bacteria from milk. Our organism identifies proteins from milk as viruses and bacteria, and it reacts by producing more antibodies. Our natural defence mechanism is weakened in that way, so we are often ill. These antibodies are also directed towards healthy tissue. The pancreas can be permanently damaged in five years and that is why insulin needs to be used for the rest of one's life.

Milk and dairy products cause diabetes, osteoporosis, arthritis, bad teeth, enlarged thyroid, obesity, heart conditions, breast, uterus, colon and prostate cancer. Milk causes diarrhoea and dairy products cause constipation. Micron particles of calcium decrease blood flow through the capillaries and that is why blood pressure is increased. Due to deposits artery tissue expands, and when the tissue becomes fragile, it breaks and people die of heart attacks or cerebral haemorrhages. The liver and kidneys are under more pressure, but they can't purify the waste from dairy products, so they become ill slowly. The levels of proteins from milk are dangerously high in our body and cause cataract in our eyes. Today even children have cataracts which didn't use to happen before.

Elevated levels of triglycerides and cholesterol are caused by dairy products. These products cause allergies, sinusitis, asthma, bronchitis and infertility in both sexes.

Milk is the ideal carrier for bacteria, parasites and viruses. Using dairy products we increase pain, headaches and exhaustion, and the acidity of the body rises.

During milking, milking machines draw some blood from the udder and damage the skin of the udder so milk becomes reddish in colour. Such milk is treated with chlorine in order to whiten it, and that is only one of several dangerous substances used in technological processing of dairy products.

The solution for most health problems is to cut out all dairy products from our diet. We can only use butter because there is no calcium in it and because butterfat is useful.

A misaligned atlas twists and curves the body, so the flow of nutrients is decreased, and it is additionally decreased due to the deposition of milk impurities, which is why we are more ill than our ancestors. The flow of food among organs is disturbed and there is no proper matter exchange in our organs. The atlas exerts different pressure on the centre which controls blood flow and neural pathways so we digest certain foods differently, and because the tissues for nutrient exchange are pressed in different places, everyone reacts to dairy products differently. Depending on how the centre of circulation is pressed, some people experience ossification and some osteoporosis.

When there is a disorder, the body tries to balance it and that is why the function of certain organs decreases or increases, and by using milk we speed up these processes. Depending on the type of disorder, some people experience osteoporosis, some osteopathy, and the function of the thyroid increases or decreases, depending on how our metabolism is disturbed when the atlas is misaligned.

Information on using dairy products is confusing. It is recommended and then all of a sudden it isn't. Women are often confused, so they make mistakes out of fear. They give their children milk, which is why they are ill, and due to dairy products their mental capacity decreases and they become bad students. Women break bones more often because they use dairy products more than men.

It is a huge misconception that the calcium found in milk is merely useful. One fourth is used, and most of it wastes energy while it is removed from the body. Muscle pain is more intense and lasts longer because calcium slows down blood flow.

The calcium from dairy products is unnecessary in our body because we already ingest it with food and water. Children and old people should eat a lot of fresh vegetables, but also dry figs and sesame seeds, because these contain calcium which is good for building bone mass.

Our digestive system can't eliminate the products created from digesting dairy products and that is why they are mostly eliminated through the skin. In puberty and adolescence pimples are a huge aesthetic problem, and sometimes a health problem. Beauticians try to solve the problem but they can't. When people stop using dairy products, it takes several more months before dairy products are eliminated through the skin. The same amount of time is needed for muscle pain to ease, and even more time is needed for calcium to be eliminated from cartilage and tissues affected by arthritis.

Gastritis and bloating are difficulties that occur mostly due to dairy products. These difficulties can be a problem, but a smaller pro-

blem than leukaemia or multiple sclerosis which worsen when dairy products are used.

It seems that the dairy industry exists so that the medical industry would have more work to do, and people pay for both dairy products and treatments. Science has confirmed that milk is extremely harmful, but no one is doing anything to abolish the dairy industry. In the imagination of those who create commercials 'milk is healthy', and in reality it causes illnesses.

Health insurance funds are too burdened in both poor and rich countries and the only solution is to abolish the dairy industry. Financial experts can prove that the state would gain more than it would lose, and better health of its citizens can't be measured in money. Abolishing the dairy industry won't affect cattle breeders because they should breed cattle for meat. However, they need to be closely monitored and prevented from giving hormones to their cattle, because such meat can harm both children and adults.

Cows can normally produce three to five litres of milk a day, the amount a calf needs, but now cows are injected with a synthetic hormone which makes them produce more than forty litres of milk. Hormones exhaust them and they become ill, so they are treated with antibiotics and we drink milk from ill animals and with it bacteria, hormones and antibiotics which worsen our health.

There are no clean pastures because of the polluted atmosphere, so milk isn't what it used to be. Pasteurized milk has more bacteria and parasites than when it is freshly milked. A calf drinking pasteurized milk dies within a few months, and we don't die because we eat other food as well, but such milk makes us ill. Dairy producers don't use milk because they know what they feed to their cows.

If people knew how industrial food is produced, they would rather go hungry. The workers that produce that food don't eat it and don't give it to their children.

Our habit of using animal milk can be substituted with different types of vegetable milk. You can buy this milk, but it is safer if you make it. You can find recipes on the Internet and it is simple and easy to make.

Vegetable milk improves health and saves money because it is cheaper than animal milk. This milk is made of oats, buckwheat, millet, sesame seeds, almonds, walnuts, hazelnuts, barley, rye, hemp, rice, coconut, sunflower and pumpkin seeds. These foods are useful, because they contain elements that our body needs, and they are still not chemically polluted. Vegetable milk is made in the process of cold pressing in order to preserve its natural value. It contains vitamin B17.

Vegetable milk is tastier than animal milk, and in order for it to taste better you should add honey, cinnamon and some fruit and mix

it all up. Children will love all these different natural tastes and they will avoid the artificial taste of the dairy industry.

You shouldn't drink vegetable milk made of wheat or soya. Wheat is chemically treated and soil is chemically prepared. While it is in silos, wheat is treated with pesticides to protect it from parasites and that is why we shouldn't use wheat milk or eat wheat bread. You can't find natural soya now, therefore you should avoid soya milk and soya products.

Every single kitchen should have a blender in order to prepare vegetable milk and chop vegetables. In order to ingest enough vegetables during lunch and dinner, it would take twenty minutes of chewing and people today don't have time to do it. Keep a mouthful of vegetables in your mouth so that saliva starts the process of digestion.

Using pesticides leads to genocide against many plant and animal species. The biosphere is one system so pesticides get into our organism too. In that way we carry out genocide against our own species.

For thousands of years we modified plants and animals for our benefit through the process of selection and then we modified them in just a few decades using genetic engineering. Insects don't eat such plants, so crop yields have risen, but this kind of food harms our body. Modified plants have small nutritional value and we have to eat more to satisfy the needs of our body.

Modifying changes the molecular structure of plants, but their shape is also altered because of industrial processing. It suits industrial machines, but it doesn't suit our digestive system. Straight carrots are easy to peel but difficult to digest.

Margarine is made of vegetable fat and it seems to be less harmful than dairy products, but margarine is even more harmful because it clogs tissue.

Food can be the cause of many illnesses, but it can be curative if we eat it properly. The acidity or alkalinity of our organism depends on what kind of food we eat and how we prepare it. Our organism should be slightly alkaline because if it is too acidic, illnesses occur. The acidity of the body suits bacteria that live in acidic surroundings, so they multiply and damage our body.

Intercellular spaces are neither acidic nor alkaline, and there are useful bacteria living in us which find that suitable. Our organism is successful in maintaining the amount of bacteria but there is a problem when the spaces between cells become too acidic, because that is when we are prone to harmful bacteria which live in acidic surroundings and that is why we become ill, and if the body can't defend itself, death occurs.

The life cycle of bacteria is short and they mutate fast, so the antibiotics which used to be effective several decades ago, no longer

are. Pharmacists constantly make stronger antibiotics, but our natural immunity weakens. That way of fighting against bacteria can lead us into an abyss with no return. Humankind is standing at the edge of an abyss, and if we continue like this, we can fall into it.

Modern industrial production and food processing make our food too acidic and such food combined with dairy products is lethal. No one dies quickly, but they suffer from diseases for years and decades, and in the meantime the food, milk and pharmaceutical industry make a lot of money, so it seems that they cooperate well.

Such food actually feeds bacteria, and antibiotics weaken our immunity. Food, milk and medications are destroying us, and if we want to live, we have to leave this enchanted triangle as soon as possible.

Humankind is digging its own grave. People sentenced to death used to be forced to dig their own graves, we aren't forced but we are doing it. It is enough to cut out dairy products from our diet and we will be healthier. Chocolate and sweets contain milk so we can only eat dark chocolate. It is easy to cut out dairy products, but we have to eat something, and it is difficult to make a choice, because everything is polluted.

It is safest if we grow our own food, but we don't know how, and the law prohibits growing fruit and vegetables in our gardens. In China these western laws don't apply and the Chinese know how to grow crops, which is why they are healthier than Westerners. The Chinese are the most numerous people on the planet, but they don't have enough fertile soil and that is why they have spent centuries perfecting their gardens, which give them up to three different harvests a year.

Growing plants is very useful for both health and life. The contact with soil, air and sunlight is healing, the contact with plants relaxing, and the quality of food better, which is why such food suits our organism.

In order to understand how, how much and what we should eat, we don't need a time machine to take us back several thousands of years into the past, it is enough to travel several thousands of kilometres to different tribes where people still eat properly. Their crops too are polluted by the air from our dirty industry, but they don't eat nicely packed chemically polluted food and that is why they are healthier than we are.

We are what we eat. Now we eat food that is too acidic, but we can't avoid that kind of food so we have to cut down on our portions, and neutralise acidity with alkaline food. If that is too complicated, then drink lemonade every day. Lemon is sour, but it becomes alkaline in the stomach and it reduces the acidity of the organism.

The process of digestion makes food acid in the stomach, and when we drink lemonade, apple cider vinegar or sodium bicarbonate diluted in water, we make food alkaline.

For the benefit of intercellular spaces we need to balance the intake of salty, sweet, sour and bitter foods. We eat too much of salty and sweet, and not enough of sour and bitter food, so the chemistry of intercellular spaces is disturbed. Sour and bitter do not suit our sense of taste, but we have to eat them. Each morning before breakfast we should drink two sips of natural apple cider vinegar diluted in water.

Our body needs magnesium for better metabolism, and there isn't enough magnesium in food. Tissues cannot retain magnesium found in tablets or water, which is why we should have two sips of magnesium chloride diluted in water around six o'clock in the afternoon. You might not like its bitter taste, but it will improve the process of regeneration.

We eat too much sugar, but there is some sugar in salty food as well which we cannot taste and it is added by manufacturers in order to cause addiction. Children are more active than adults, which is why they like sweets and juices that give them energy, but they spend that energy fast, and when they spend it they become nervous and addicted to sugar. Both parents and children should eat a tablespoon of honey in the morning without water. The sugar in honey is released slowly during the day and provides energy for brain and muscle functions, so children have enough energy for their activities and they won't be nervous and ask for sweets. Archaeologists have found pots of edible honey several thousand years old.

Cinnamon is a perfect natural antibiotic which doesn't weaken our immunity, and destroys bio attackers. The climate of India is favourable for bacteria, viruses and parasites, but the Indians are healthy because they use cinnamon.

In order for you not to go to pharmacies, make syrup using one litre of apple cider vinegar, a kilo of honey, six tablespoons of cinnamon and two tablespoons of grated ginger and every day before breakfast take two sips. With this syrup and your atlas realigned you will be per-manently healthy because this combination is a perfect natural elixir.

Cut down on the amount of food you eat and adjust your diet according to your blood type, and you will be even healthier and fitter, and apple cider vinegar will help overweight people lose excess fat. Don't forget to take the syrup before breakfast, and at lunch remember that depression increases when your weight increases.

Lunch should be the largest meal, but it takes twenty minutes for the signal of satiety to travel from the stomach to the brain, so eat slower. Food used to bring a family together, and now everyone is in

a rush and they don't have time to eat together. Use the time you have during lunch to improve your family relations.

Adjust your food intake with sunrise and sunset. For thousands of years our digestive system has been adjusted to it and it can't be changed in a matter of a few generations. Before and after midday eat a little, and at noon eat a lot. Three meals are enough and between them drink only water. That is necessary in order for your organs to rest and gather all the necessary ingredients for the digestion of your next meal. Overweight people should have one meal a day until they lose weight, and for dinner they should have some fruit.

Our metabolism is attuned to the cycle of day and night. The body is not a machine, but it too has its time for charging, using and emptying. Machines don't depend on the time of day, but the body does. The modern way of life has moved the day cycle of our metabolism and our organism doesn't function properly, and it hasn't been functioning properly for a long time because the atlas is misaligned.

When the first vertebra is realigned, it is necessary to stabilize the cycle of day and night modelled on our ancestors. During the day we work and eat, and during the night we sleep. It is simple but seems complicated due to the modern way of life. There are more and more children and adults who are awake at night and sleep in the morning, and that is also one of the reasons why we are more ill.

At noon you should eat your biggest meal with the most calories, so that food has enough time to reach the small intestine, which is around ten in the evening. That is when you should go to bed, because during the night substances for the regeneration of the body are extracted from the small intestine.

Everyone is telling us how we should eat, but little is said about the importance of bowel movements, maybe because people are uncomfortable talking about it but that too is a part of our metabolism. If we take more food than we eliminate, then that becomes an obstacle for our metabolism. Through urine we eliminate less water than we ingest, because some water is eliminated through sweating and exhaling, but the excess of solid waste cannot be eliminated through the skin and nose.

A lot of waste substances can fit into the colon, but it is better if it is empty. The right time for bowel movements is in the morning. Those who empty their bowels several times during the day, live healthier and longer. Birds empty their bowels often so they don't have to carry extra weight, and if we could do that, we would live healthier. Eat more fruit and that will enable you to empty the bowels every day.

Constipation is a serious problem of the modern man, because we are in a hurry in the morning and we don't have time to empty the

colon, and at school or at work we don't want to, and so the time for emptying passes. The next day is the same, so we wait for Saturday, but it is already too late. Thus several years or decades go by, and that is one of the causes of colon cancer.

Physiological position for emptying is squatting, but we are a sitting civilisation, so we have to sit then too. When we sit the end of the colon bends and stops excretion. In Japan they don't have toilet seats, they squat and that is why they suffer less from colon cancer and haemorrhoids less. While we squat our thighs press the lower abdomen and excrement is removed more easily.

It is not enough if some organs of the digestive system function well, it is necessary to harmonize the whole system from the first brain. Digestion is improved after the atlas is realigned, because the centre of digestion is freed as well as the signals through vagus nerves. The atlas should be realigned because of good health but also to tolerate polluted food better.

Our ancestors survived for two hundred thousand years with little food, and they ate simple food. If they managed it in severe conditions, then we can too in much better conditions. However, more people die nowadays because of too much food than not enough food.

Food created us, but too much food can destroy us. If we continue eating too much, food will eat us. There is a saying in China: 'The cause of your illness lies at the bottom of your plate.'

When the Western Roman Empire dissolved, The Eastern Empire continued to exist for another thousand years. One of the reasons for the dissolution of the Western Empire was too much enjoyment of life and overeating. Byzantium was a powerful state where the richest people of that age lived, but they lived modest lives just like their subjects and they didn't overeat.

People analysing the future predict that the Third World War could start because of the lack of food and water, but this war would not be fought between states. It would be mutual extinction and that is why some people store food and buy guns in order to keep their food reserves.

Air and water are still available to most people, but whoever controls food will rule the world. In order to prevent us from growing our own food, plants are modified so that a new generation cannot sprout, and now experiments are done on animals and if they are successful, we might be modified too.

There are thousands of books on diet, but people are still making mistakes. Women know that their diet should be harmonised with their activities, and men know that the fuel input should be harmonised with the consumption in engines. Men know how to maintain machines, but neither women nor men know how to harmonise the amount of food they eat with their activities.

ACTIVITIES

The word ‘activity’ usually refers to physical activities, but in our species mental activities spend a lot of energy too.

The upright position of the body during walking enables us to spend less energy than walking on four feet. While walking we bend forwards unconsciously and that urges us to move. The upright position saves energy, and the surplus of energy is used for mental activities in our species.

The upright position and brain set us apart from other animals and for the brain to work a lot of glucose is necessary. Our ancestors lived in such climate conditions which offered them fruit all year round and that fruit gave them energy for physical activities, but also for mental processes. Just like in the past, we still choose fruit over vegetables and eat it first because it is sweet, and when we have eaten enough, our body also asks for vegetables in order to regenerate.

They say that work created man, but it is opposite – laziness created man. Individuals were lazy and they thought about how to do something more easily, and those thinking processes developed our brain. The modern man is too lazy and that is why inventors and scientist invent devices and technologies to please our laziness, but now we are too lazy, and that is also one of the reasons for the rapid degradation of humankind.

Our laziness is not the only reason why we are being replaced by machines at work. Manpower is expensive, and the wish for a greater profit is huge. We used to work six days a week, and now we work five. Industrialists didn’t come up with this because they are humane, but because they want us to spend money on weekends and to buy different products.

Working time is getting shorter, and there are even some suggestions that we should work three days a week. Machines make our lives easier, but they also disrupt our lives. Now machines substitute manpower and we are less active because of it. Inactivity has become a significant health risk factor. Research has shown that over the last century our physical activity decreased by 99 percent.

Because of machines and robots we are less and less active and our muscles atrophy, and because of too much food we become fat. Our leg muscles cannot carry a heavy body, which is why we sit a lot and become ill. It is a trap that a lot of children and adults have fallen into.

Laziness created us, and too much laziness degrades us. In the past species disappeared due to natural disasters, and we could disappear due to being too lazy. At this moment it seems impossible, but you can never tell what the future might bring. If people disappear, some other species will take the opportunity to replace us.

Technological advances are too fast, and because of that speed many mistakes are made which could jeopardise the survival of humankind. Futurology is a science that responsible scientists deal with. They predict that we could live to be one hundred years old in the future, provided that we survive in the next one hundred years.

We can't live if we don't work. The sole purpose of work is not only to make money, but to keep our body active as well. In order to be in good health we should be active until the end of our lives and do what gives us pleasure. Some people's illnesses disappeared because, despite pains, they did hard physical labour. In the future with their atlas realigned people will be able to work throughout their lives. Physical labour is curative and it is better to have a hobby that moves your body and not only your mind.

When men retire they become inactive, and that is also one of the reasons they live shorter than women. They mostly sit and watch TV, and due to being inactive they become ill and lie, and because they lie, down they become even more ill. Different treatments prolong their lives for a few more years, and then they die. Unlike men, women are active when they retire.

While they play video games, children need a lot of energy for mental activities, and a little for physical activities. Children don't eat fruit so that they don't make their keyboards dirty, but sweets are on hand. It is harder to turn refined sugar into glucose, and it is easy to store it in fat tissues, which makes children fatter and fatter. There are far more bacteria on a keyboard than on a toilet seat and that is why children are ill more often.

Today's children don't know any of the games their parents used to play in their childhood. Anything is possible in video games except for children to have normal physical development. During sitting only their fingers move along the keyboard and the only active muscles are their forearm muscles. Leg muscles enable us to walk, and now in children they atrophy. When they grow up, they find jobs and work while sitting down, and that is why more and more people are retiring as the disabled.

Physical activity is more important today than ever before because we eat and sit a lot. Parents send their children to do sports but that is a mistake.

Muscles and joints need physical activity, but too much activity damages them. In youth most sports weaken the body and in old age professional sportsmen are more ill than their peers. Because they jump, players of basketball, handball and other sports have thinned discs in the lower part of the spine and thinned cartilage in the hip, knee and foot joints.

The strongest young men used to be prepared to become warriors through exercises, and now they become sportsmen. Those who

own clubs use sportsmen but medals and money can't make up for the damage they do to their bodies. When they fall or are hit, their atlas gets misaligned more than in other people, and too much physical activity exhausts the body.

Many people exercise recreationally to straighten their body, but they can't because their atlas is misaligned. It is better to have your atlas realigned in one minute than to exercise your whole life.

During running and exercise acid crystals gather in muscles and because of calcium deposits from dairy products it is more difficult to eliminate them, so pains become more intense and last longer. Man is not supposed to run. Too much running is bad for health. Our ancestors would sometimes run away from danger or run after their prey, but they didn't use to run every day for several kilometres.

In old age people can't run and some people go for long walks, but that's a waste of time and cartilage. The ideal sport for both young and old people is speed walking. It is enough to walk a kilometre every day. It will be useful for muscles, and through sweat you will eliminate waste products.

You don't have to take the time for speed walking; you can do it on your way to the supermarket. Your neighbours might find it strange, but your health will be better than theirs.

Some people take their dog for a walk and activate their muscles, but that is not enough. The dog wants to run, but can't because its human is walking slowly. It would be better for both dogs and their owners if people were to realise the importance of speed walking.

The human brain thinks constantly, and in women it is several more times more pronounced than in men. That bothers women and they are always active in order to think less. Physical and mental activities exhaust women, which is why they have headaches and vertigo than men. Women mostly stand while they work, but they don't rest. Men do harder jobs and that is why they rest. For the sake of better health women should rest several times a day. While sitting the body relaxes, but it is better to lie on your back in order to balance your blood and lymph flow.

Man is a big child, but when we grow up, we stop playing. During children's games the body and spirit activate naturally, which enables normal psychophysical development in children. When we grow up, the body still needs movements, and physical activities in work place aren't enough for the body to function properly.

In the past there was no television, and people used to enjoy going dancing which activated their body and developed social connections. For thousands of years people celebrated life through dancing and folklore, and because of our static way of life we need that now more than ever.

There is less and less time and desire to have sex, and sex is both physically and mentally curative. Due to the deficiency of physical activities, there is a diet called 'The sex diet'. A lot of money and time is spent on different diets, exercise equipment and psychologists, but the best diet is your loved one. Men prefer morning sex, and women night sex. The best solution is to have sex in the morning and at night, so you will be in a good mood all day. Happiness hormones are released, muscles are activated and excess fat is burnt.

Women rely on reason more, and men on natural needs. The female principle continues our species, and men support them. Science has confirmed that men are right about morning sex, because both sexes have a stronger sexual desire in the morning. Couples that start their mornings with sex are happier and live longer. People are one species divided into two genders and we make a whole only when we are joined. Of course, a strong spiritual connection is very important, but so is a physical one. Couples that have sex in the morning feel more connected and happier.

After realigning the atlas everyone's sexual desire increases, and men's potency improves because of better blood flow and because neural pathways towards the penis are not pressed.

Only dolphins and people have sex for pleasure. Dolphins live naturally and don't rush to work, so they have sex a lot and are happy. We are leading an artificial life, we are trying to be happy but we are constantly unhappier.

It is like our head is in a clamp due to the tension of the nape and the cramp of muscles in the lower jaw. During activities all the tension from our body gathers in the nape, and jaw muscles are tensed, because when we are upright, only our lower jaw hangs. That creates nervousness, but we are not aware of it. When the atlas is realigned, this tension eases, and in order to ease it even more, we should press hard under the skull with our thumbs.

The most famous painting in the world is the portrait of Mona Lisa. Leonardo de Vinci painted a faint smile on Mona Lisa and left an ultimate message to humankind. Several times during the day raise the corners of your mouth and you will be in a better mood. The nape massage and a smile are small physical activities that will make your day.

Devices and machines make our life easier, but it is impossible to build a robot that can realign the atlas. The treatments are similar, but each realignment treatment is different because each body is different. Robots can't communicate and give advice on how to eliminate illnesses rapidly.

Robots don't have human qualities, which is why only people using a device can realign the atlas in other people. That connection of mechanical and human activities will enable individuals to live healthier, happier lives.

MODERATION

It is necessary to find the right balance in everything so that health and life could be of better quality. We are all the same species, but we are also different, so everyone should find their own limits. Moderation in sleep, water, food and activities corrects mistakes, and that improves health.

Too little or too much sleep affects the body in a bad way. If you wake up tired, that is a sign that the processes which take place in your body every night haven't finished, so you should sleep some more. When you don't sleep for three days, your health is seriously jeopardised.

Even water should be drunk in moderation. Too little or too much water is a mistake that affects your health.

Moderation in all things is necessary, but moderation in food is of utmost importance for good health. The balance between the amount of calories you consume and the amount of calories you burn is most important. It is ridiculous to eat a lot and then spend these extra calories through exercise. Because of too much food we have turned our enjoyment of eating into strenuous exercises, and we pay for both our food and exercise equipment.

Activity is necessary for muscles and joints, but neither too much nor too little activity is good for the body.

Hedonists and ascetics torture their bodies to the limit of endurance, but they harm their bodies in that way. In order to find the limit of moderation we should find out what suits our body. We should enjoy life too, so we can sometimes sleep less or eat more, but in the following days we have to be moderate in order for our body to recover. Life won't make sense if it turns into discipline alone so we should be moderate in moderation as well.

For most people the limit of life is three minutes without air, three days without water and three weeks without food. We mostly live in cities, where air, water and food are polluted but the countryside is also polluted. We used to live in nature in harsh conditions. Modern conditions seem better, but they are even harsher due to universal pollution. Obesity has become a huge problem because of polluted food, so it is best to be hungry one day a week. That is a way to realise that it is possible to eat less and that moderation in eating can help us lose weight.

Some people find others repulsive, and there are those who don't like their own body, and if we don't like it, our body will reciprocate. Bad thoughts weaken our immunity and trigger illnesses. We should love our body, especially places where the problem is.

The body needs to be protected, especially those parts which are sensitive, because it is better to protect the body than cure illnesses.

During the day the body is protected with clothes, and during the night with a cover. Our head is warmed by our hair, but the nape is unprotected during both the day and night. Most people think that the stomach is the most sensitive body part, but it actually the nape. It is especially inconvenient for men, their head is bent because their atlas is misaligned backwards, and they usually don't have any hair over the nape. Some people heat their neck with collars, but that is not a way to really protect your nape.

The nape should always be well protected, because exposing it to the sun, cold, wind or rain can lead to the inflammation of the meninx and that is when the lower brain is pressed. That type of inflammation is rare, but if we don't protect the nape, even the healthiest can become ill and damage their health permanently.

Neither heat nor cold suit our body. Moderation in dressing our body and covering it is regulated based on the season, but the nape is usually exposed to atmospheric conditions. Women's nape is protected with long hair, but they still wear a scarf or shawl around their neck. Both women and men used to have long hair, and today men suffer more pains in the neck because of fashion. It used to be fashionable for men to wear shawls to, but that too has changed. In order to protect their nape during winter, men should have longer hair or they shouldn't leave their home without a hood.

Our species is extremely adaptable and that has made it possible for all of us to live in extreme weather conditions. If Eskimos and African people were to change their habitats, they would quickly adapt to the new conditions, but if they did it too often, they would become ill. During winter we go in and out of warm rooms and in a second the difference in temperatures is tens of degrees. Nowadays we have air-conditioners to cool us during the summer, but that makes us more ill than our ancestors used to be. Man is adaptable, but we can't take any extremes which is why we should all adjust our living conditions to our surroundings.

The golden mean is the best, but moderation is as difficult to find as gold. Moderation is more valuable than gold and because of better health we have to find it.

Most people pay more attention to material assets than their bodies. Unnecessarily we spend a lot of money on huge houses or flats and things that make us happy temporarily. These only bother us later. There aren't many people who invest time and money in maintaining their health. People wait until they become ill and then try to restore their health with a lot of money, but it is too late then. It is better to lead a moderate life according to your real needs and balance one's desires with one's possibilities.

Due to our fast-paced life we don't have enough time to listen to what our body needs. We should balance the speed of life with the needs in order to reach the end of life healthier.

Moderation is the key to better health and a happier life. After realigning the first vertebra it is easier to deal with extremes, but we should still be moderate.

COMFORT

Since the beginning of humankind, we have always yearned for comfort. We live too comfortably nowadays which is why our organism has become oversensitive, and we have become more ill than our ancestors.

It feels good to work and live in comfortable artificial conditions, but we are actually harming our body. Air fresheners can't help us when we live surrounded by concrete and plastic. We can't change that, but we can spend Sundays in nature and our body will recover. It is better to spend fifty days a year in nature than twenty days in an urban tourist resort.

The Cubans and Japanese are the healthiest and longest-living nations. In Cuba and Japan people live modest lives despite their economic differences. The Cubans are forced to live in small houses, and the Japanese aren't, but they too lead modest lives. The climate of Cuba is warm and that is one more reason for their good health, but the climate of Japan is harsh. These two nations show us that health and longevity don't depend on money and climate, so all other nations should look up to them, regardless of their living conditions.

Lying down suits us best, but we can't lie down all the time. When we stand our venous system is under pressure and that's why we sit, but when we sit less blood from veins returns than when we lie down. It is healthier to lie down several times a day than to sit for a long time.

Given the choice between an apple and a banana most people choose a banana, because it is easier to chew, and given the choice between fruit and sweets most people choose sweets because they are tastier. Everyone has the right to choose, but because we choose to please our sense of taste, we harm our body. The food industry bases its production on the human need for comfort, and in that way our shortlived pleasure turns into a permanent problem.

Our ancestors used to live in warm climatic conditions, which is why they could sleep on the ground. When they moved to colder areas, they started sleeping on wooden surfaces, which provided insulation against the cold. Wood and ground are hard, so they used to put soft rugs on them. Nowadays we sleep on mattresses which are too soft, and that is bad for health.

In Japan people traditionally sleep on hard surfaces. In the West people sleep on soft mattresses, and they substitute them for even softer ones, but their health is getting worse and worse so finally they

put a wooden panel over their expensive mattress and then their health starts to improve.

Hot or cold surroundings are not pleasant, but it is curative because the body becomes more resilient. During winter our clothes protect us from cold, but we shouldn't wear too much clothes because we don't want to overheat our body.

When it is very hot, we cool facilities with air-conditioners and this damages our health. The modern man weakens his own immunity by overly indulging himself and becomes more ill.

People have always used drugs, but it has become a serious problem. Drugs reduce the perception of reality and occasionally they can create an impression that our health is good. Using drugs is a form of indulgence, but that state doesn't last long, so people tend to repeat it. In most people after atlas realignment, drug addiction decreases, because health improves and happiness hormones are normally secreted.

In some countries pain is legally treated with medical marijuana. People also ease the pain with soft armchairs and comfortable beds, but because of such comfort the body curves even more and pains intensify. Pains curve our body towards a hole called the grave. If that curving lasted for a short period of time, that would be good, but most of us live curved for several decades suffering pain and diseases.

They say that we have to die of an illness, but that is not true. People who have had their atlas realigned won't die of illnesses, but of old age. Of course, life has the beginning and end, but the most important thing is that we don't suffer from illnesses while we are alive and that they don't shorten our lives.

Our lives are limited because regeneration has an expiration date, and life ends when the body stops regenerating.

REGENERATION

The division of cells starts from the moment of conception, and that process continues and lasts throughout life. Cells have their lifespan which depends on the type of tissue they belong to. When the life cycle of cells ends, the division of living cells creates new cells, and that is called regeneration.

The process of regeneration starts while the foetus develops in the uterus and last until the end of our life. The organism is renewed through regeneration and that enables longevity. If the process of regeneration were to run smoothly, our lifespan could be one hundred and twenty years, but due to atlas misalignment the connection of the brain to the body is not complete, so the possibility of regeneration is

decreased and degenerative changes occur. That is the basic reason why we can't live to be 120.

Tens of thousands of cells die in us each second, but at the same time new cells are created. The process of regeneration has its end, which is why life has its expiration date.

Cells divide uncontrollably and that is why the brain controls the process of regeneration. At the end of puberty we stop growing and at that time there are on average six trillion cells in the body. From the age of twenty the number of cells decreases and that is when aging begins, and regeneration decreases through decades.

Only the atlas regenerates completely throughout life, because that is the most important place in the body and that is why it can be realigned even in the elderly. Due to the importance of the joint between the brain and first vertebra, that is the last place where complete ossification occurs.

After the atlas is realigned the brain communicates with the whole body better and blood flow improves. Neural signals from the brain flow unimpeded and blood brings substances for new cells. Better communication and flow enable better regeneration, so the body recovers and otherwise impossible healing takes place.

Better regeneration improves the quality of the skin, hair and nails. These improvements can be seen, and in the body people feel things changing for the better.

When the atlas is realigned, the organism regenerates properly, which is why most scheduled surgeries are cancelled. However, if realignment has come too late, then a damaged organ cannot regenerate and has to be operated on. It is easier to handle surgeries, tissues heal faster and the time of recovery is shorter.

Organ transplant prolongs life, and some organs can be replaced by devices, but a better solution is the scientific discovery of stem cells because it is best if the organism recovers on its own. At the beginning of life we have a certain amount of stem cells which are, when the time comes, activated at a place where regeneration is necessary. During life the number of stem cells decreases, which is why we lose the ability to regenerate in old age.

A part of stem cells is harvested in babies, and these are kept in order to be used one day for the regeneration of damaged organs. Thanks to atlas realignment and stem cells people will be able to live to be 200 years old in the future.

The regeneration of neural and bone cells takes a lot of time and that is why the nervous system and bones regenerate the slowest.

All organs regenerate, but maintain their size. Only the liver can be enlarged, and that depends on how much the body needs to be cleaned of waste substances.

THE LIVER

I started the chapter on the present with the atlas, but it is because of our enlarged liver that the greatest problem of humankind occurred in the past. Our enlarged liver is the cause, and the consequence is atlas misalignment. That one consequence has become the cause of too many health consequences. Illnesses plagued our ancestors, and still torture billions of people.

All organs are important in the body, but the liver is extremely important. There is a saying: 'How much your life is worth living depends on the liver.' The liver in English and German got its name after life. LIVE –LIVER, LEBEN – LEBER.

The liver enlarged when Homo sapiens became an omnivore. Everything new has its bad sides. A wider choice of food gave humans greater chances of survival, but health got worse and was additionally worsened due to overeating, which was justified in the past because there wasn't enough food around. That was in the past, but nowadays there is enough food, so overeating has become unnecessary and worsens health even more.

The liver used to be smaller in the past, but over the past few decades our liver has doubled in size due to chemical additives in food. In the past the liver didn't have the task of purifying such chemistry, so with its new enlarged size it has been trying to oppose the poison. Not even the double-sized liver can succeed in purifying the body, and waste materials deposit in our body, which is why we are becoming more and more overweight.

Due to the enlarged liver, the distribution of internal organs was disturbed in the past, and in the preceding decades it has got worse. The right kidney is positioned even lower, and the heart and the right lung are positioned even higher. Despite the efforts of medicine, the number of heart conditions and heart attacks is growing, but the number of other diseases is growing as well, because the liver presses other organs too, and at the same they press the liver back, so it can't function normally.

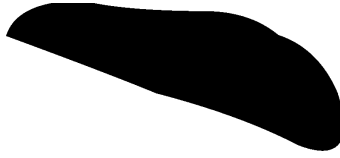
In order to be healthier, it would be best if we ate organic food and suppressed our desire to eat, striving for moderation.

The Japanese instruction for eating says: 'Never full, never hungry.'

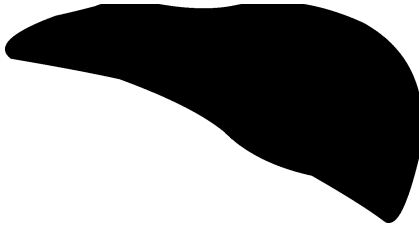
The governments of different countries would find it more profitable if they were to force the food industry to grow organic food, instead of spending so much money on treating their citizens.

The liver cannot handle the chemicals we ingest through food and it doesn't have time to clean the body because we eat too much. Waste materials deposit in the body and wait for the liver to clean them, but it doesn't happen because we still eat too much bad food.

THE LIVER IN PREHISTORY



THE LIVER TODAY



In order for cells to survive, they need clean intercellular spaces. Blood brings nutrients to cells, but it also removes the products of cell metabolism. Also, white blood cells clear the remains of dead cells and bio attackers.

Blood is the cleaner of the body, and the liver purifies blood.

We should thank the kidneys and pancreas, because they regulate our metabolism according to a daily schedule, and we should thank the liver seven times more, because it cleans the body according to a weekly schedule.

Nerves that go to the liver are located between the fourth and eighth vertebra of the thoracic spine and go past the ribs. The liver is on the right side, and most people sleep on that side so the pressure of ribs decreases neural signals. The liver is most active during the night, but can't perform its function normally because signals are pressed.

Degenerative changes in the body occur due to the accumulation of toxins. The changes can be seen on the hands and arms and on the body as well. There are spots on the skin which we call liver spots, but some people don't have them even when they are very old and some people have them at the age of thirty. That happens because the atlas is misaligned differently and because our diets are different.

After realigning the first vertebra the spine becomes more normally shaped and transmits signals towards the liver. The liver can regenerate better and it is easier for the liver to clean the body, so age spots either fade or disappear. Spots on the face also fade or disappear.

High concentrations of toxins damage the liver, which is why the liver has to work properly and it can regenerate fast. Depending on the type and amount of food, the liver can become larger or smaller. If the liver of one man can become smaller, than it is possible for the liver of humankind to become genetically smaller, and in that way we would remove the original cause of health problems. The liver could become smaller in two generations, and it would become smaller in foetuses too and the atlas wouldn't be so badly misaligned.

In Serbia people say: 'As stupid as a goose'. Geese are overfed in order to gain more weight, so their liver enlarges and becomes dangerously fat. Geese would become ill because of it, but that doesn't happen because we eat them. We are not fed in order to be sold and eaten, but there are more and more overweight people. Our desire to eat and our sense of taste are the greatest enemies of life and they are in us and not on some battlefield.

We are the only ones to blame for the condition of humankind, and the food industry has only exploited human weaknesses. Its profit is based on indulging our need to overeat and enjoy food. The best solution is to return to the proper diet and that is – one type of food per one meal. In the past people used to feed like that because they found one type of food at a time, but today we enjoy abundance of food of different tastes and we can't restrain ourselves. Animals are healthier than we are, because their atlas is not misaligned and because they eat one food at a time.

It is impossible to repress our sense of taste and desire to eat, so the only solution is to realign the atlas in modern generations as soon as possible. It is an enormous task, but it will be easier to realign the atlas in seven billion people than to return to the proper diet. After atlas realignment our digestion improves, so the liver starts to function better and to clean our polluted body.

Individuals used to enjoy food and alcohol in the past as well, but today it has become universal. People get drunk in order to ease the tension of the modern way of life and in that way they damage their liver. After atlas realignment it is easier to handle being drunk, and you aren't hung-over.

The **HumanUP** method enables everyone to have better health, not only the present but also all the future generations.

The problem of humankind occurred in the ancient past, and we are suffering because of it now. The discovery of atlas realignment can finally balance the past and present for a better future.



THE FUTURE

Because of the mistakes we have made, we have changed for the worse. From now on we will change for the better due to atlas realignment.

We are the only among millions of species which can consciously influence its development, but if we make a mistake now, we and our offspring will suffer because of it.

Our awareness of atlas realignment can and has to improve humankind in the future.

IMAGINATION

Imagination moves people, but it isn't enough to fantasise alone, you need to realise what you imagine. The discovery of atlas realignment can finally make better health become a reality for all people, but unfortunately, that isn't in the interest of different industries, so it will be difficult to realise it.

No one has been to the future; therefore we don't know how we will live one day. Most people fantasise about their own better future, some fantasise about a better future for humankind, and there are those who don't fantasise but plan how others will live. The problem is that the creators plan in their own interest, and not for the benefit of others. In the past individuals created the present, and now their descendants enjoy privileges and plan to do the same for their children.

It seems it is difficult to fantasise about a world in which everyone benefits, and, what is more important, no one loses. At the moment, the food industry is winning, and people are becoming more ill because of the chemical treatment of food. The medical industry deals with treatments, but it is not in its interest to heal the majority of people. In the pharmaceutical industry there is a saying: 'A cured patient is a lost consumer.'

It is difficult to live in the world where those who should be taking care of human health take care of their interests, but for now it seems impossible to live in a more humane world. Any attempts at creating a better social system have been prevented by different industries. These attempts have been deemed utopian, but a utopia existed in the original community, and if it existed once, it can exist again.

We don't want to and we don't have to live in the original community, but when we realign the atlas we can live healthier and longer. With better health and with more blood in the brain we will become more aware, so we won't depend on different industries.

Can you imagine a life without pains, illnesses, suffering, treatments, surgeries, bad teeth, glasses, baldness, a semi-colon without wrinkles and other health and aesthetic problems? Imagine a world where people will live healthily and happily for 120 years.

You may wonder what to do and why live so long, but if you give rein to your imagination, you will want to live up to be two hundred years old. In the first one hundred years people could fulfil most of their wishes, and later they could live and enjoy other places of this beautiful planet. In that way they could live several lives.

The creators of the future shouldn't worry, because healthy people will be more productive and they won't ask for sick leaves. Some will wish to work until the end of their lives, and people will work for both money and pleasure.

In the future there will be enough time for both personal and family life, but also for entertainment and hobbies. You don't need a time machine to realise that life without diseases offers pleasure, happiness and enjoyment.

ASTROLOGY

This book is based on facts and some of you might wonder what astrology has to do with the topic of this book. Every atom in the organism is from the Solar system, which is why everything can affect our life. The Sun has the biggest influence, and if there weren't for the Moon, life couldn't exist in this shape. We are tiny, but the Sun, the Moon and other planets influence us through the planet we live on.

In the entire universe everything influences everything else at the same time. We are small, but the development of thought has led to the point where we can change the path of asteroids, and in the future we will be able to change the paths of planets as well. Our descendants will bring Mars closer to the Sun and humankind will have another home.

The word astrology is made of two words – 'astra' and 'logos', which means the science of stars. Today most people think that philosophy is the science out of which all other sciences developed, but astrology was the first science and philosophy originated from it.

Early men used to look at stars and in that way developed thinking which started philosophy. Astrology is developing nowadays too, but it is still not recognised as science.

Time changes everything, including our relation to science. Depending on someone's interests, some sciences are suppressed, and some are developed. Mistakes are made in both cases because of different interests, but over time mistakes are corrected. It will be the same with astrology, but for now it is studied at universities in some countries.

Astrology bothered many religions, and most religions developed from astrology. Different sciences had issues with it too, and they also developed from astrology. Today astronomy is recognised as the scientific study of the universe, but this science too developed from astrology. It is neither the first nor the last time we have been ungrateful to these original philosophers, but if it hadn't been for them, their successors who took us to the Moon wouldn't have existed, and in the future they will take us to other planets.

Religions have an issue with astrology because astrology predicts the future. Women would like to know what will happen in the future, but men are more realistic. In most religions priests are men, so astrology and religion are conflicted because of different male and female interests.

Astrology explains phenomena, events, natural cycles, possibilities and predetermination. Because of this astrology shouldn't be used for predictions, but for understanding why certain things happen. The Mayan civilisation dealt with astrology and they knew their end would come, but they didn't know why. Hundreds of Spanish soldiers couldn't possibly kill tens of millions of natives, but viruses and bacteria they brought with them did.

For thousands of years the Chinese and Indians knew which diseases belonged to a certain astrological sign, and modern science has confirmed it. People born in the sign of Scorpio are ill most often, but they recover easily because they have an amazing power of regeneration. It is no coincidence that most people working in the medical profession are Scorpios.

Eras of certain signs last for two thousand years. The era of Pisces is ending, and for the following two thousand years we will live in the Age of Aquarius. Towards the end of the Pisces era two world wars were fought, and what is even worse is the pollution that occurred in the twentieth century. Transitions from one era to another are dramatic and last for 140 years, and we are living at that time.

There are no better or worse signs, so there are no good or bad eras, but every one of them has its advantages and disadvantages. The Age of Pisces enabled manipulation, which is why the majority was used by the minority. The natural laws of the universe strive towards balance and that is why there will be more equality in the Aquarius era.

The element of Aquarius is in the stratosphere. It's no coincidence that people started flying into space at the beginning of the Age of Aquarius. When the first vertebra is realigned gravity doesn't curve people's bodies and therefore we can start towards other planets straightened and healthy.

Astrology gives hints about possibilities, which humankind can change. A misaligned atlas hinders blood flow to the brain, and it is the same with those who decide how others should live.

Everyone in the world should have their atlas realigned, but it would be best if politicians and those who create our reality did it first, they will have more blood in the brain and make better decisions. By the will of those who decide and with the help of the Age of Aquarius, humankind will finally be liberated from health problems and exploitation.

In the universe there are similar periods but nothing is ever the same. People have dealt with the atlas for thousands of years and finally the planets and stars are in such a position that will enable humankind to have a better future.

The time has come when the oldest science, astrology, and other sciences, are joined by the youngest science – atlasology.

ATLASOLOGY

The atlas is the smallest of all the vertebrae and it belongs to smaller bones. There are 206 bones in the human body, and 24 are in the spine. It seems unbelievable to create a science about a single bone, out of so many in the body, but because of its significance for life and human health, there is an extraordinary need to create a science about the atlas.

I suggest we create ATLASOLOGY. This book and the prenatal theory of atlas misalignment are the beginnings of that science. There are already a lot of sciences, and new ones are rapidly created. Some are more and some are less important, but due to its importance for life, atlasology will become one of the most important sciences.

The morphological study done by Dr Rainer Seibel is the basis for atlasology, but it is necessary for other medical experts to write similar papers and clinical studies about illnesses before and after atlas realignment. These papers would contribute to the faster implementation of the **HumanUP** method so that humankind can start living healthily.

For thousands of years people tried to realign their first vertebra. They usually massaged their own nape, not knowing that that they were trying to realign the atlas, and individuals searched for a method to realign other people's atlas. In the past there was no name for that kind of work, even though it is one of the oldest human activities. During the twentieth century several names appeared, but none of them stuck.

The atlas can be realigned only by using the **HumanUP** method, so that profession should be given a name, in order to differentiate it from those who move the atlas uncontrollably.

The appropriate name is ATLASOLOGIST, and you become one after finishing your training. To become an atlasologist is a great honour, but a great responsibility as well. Atlasologist is not a well-known occupation for now, but it will soon become the most respected and most humane of professions, because we help people with what they value the most. There are medically educated atlasologists, but we don't deal with treatments, so we are neither doctors nor quacks. However, both come to us to have their atlas realigned.

People have less trust in institutions and systems which are supposed to offer a better life to individuals and society. We still believe in science and that is one reason more to establish atlasology.

In that way the public will understand why health problems occur, and what's more, find out that there is a solution for difficulties and diseases.

In order for atlasology to develop, medical experts need to publish scientific studies, which will make some of them famous. Atlasology will improve human health and medical science, and over time it will become the most important area of medicine, because atlas realignment is the best prevention. Furthermore, atlasology should correct the mistakes of anatomy, the science of the human body.

When this occurs, I will be grateful to all those who have helped atlasology become science, and I am happy to have already started the process.

THE PROCESSES

What seemed impossible in the past, it is possible now, and what seems impossible now, will come true in the future. In order for something to come true, we need processes which will enable it. For example, two hundred years ago we couldn't fly, and today several millions of people travel by plane every day. It seems impossible to live without illnesses now, but in two hundred years there will be no illnesses.

Future generations will live healthily and won't realise what kind of illnesses we used to have. Good health of humankind in the future will be possible due to atlas realignment, natural treatments, organic food production, stem cells and further development of medical science.

The main cause of diseases is removed when the atlas is realigned, and that is the fastest way for people to finally become healthy. Everything takes time, but in this case it is especially important that a better future starts as soon as possible.

Many discoveries were accepted neither easily nor fast. The need for better health is stronger now than ever before, which is why the discovery of atlas realignment has to be realised rapidly, and for that to take place several parallel processes are necessary.

First of all, people have to know about it, and when the good news spreads, not having enough atlasologists will be a problem. This knowledge can be passed on quickly, but it takes some time to train new atlasologists.

There are dozens of methods of realigning the atlas. In order to come up with the best method, competition is needed in this case too.

The atlas can only be realigned using the **HumanUP** method, but it will take time for medicine to prove it. Only an atlasologist can realign the atlas, so it is very important that the process of proving this doesn't take a long time, because other methods misalign the first vertebra and people become more ill.

Today tens of millions of people work in the medical and pharmaceutical industries. Tens of millions more produce devices and supplies for these industries, and people working in all these industries raise tens of millions of children with their pay checks. With the atlas realigned, there will be fewer ill people so these industries won't have much work to do in the future. It takes time for today's generations of medical workers to find a different job, and that is one more reason why atlas realignment in everyone in the world will last for decades.

This seems impossible now, but it is necessary, in order to live without illnesses in the future. Those who wish to study medicine probably won't have much to do, so it is better to start thinking about a different profession, and it is best to train to become an atlasologist, because in that way they can really help people live healthily.

Professors of medicine create an illusion for their students to think they are 'little gods' because they hold other people's lives in their hands. When you instil something like that into young people's brains, it is not good for them. Doctors tend to feel like supermen throughout their lives and they can't connect with their patients.

It seems unbelievable that up to 97 percent of all surgeries are unnecessary and damage human health, but that is a fact revealed by medical experts who left their jobs. Millions of surgeons studied hard and they do what they were taught to do, but that is no excuse for performing unnecessary surgeries which aggravate patients' health. There is a saying: 'They saved a person's life and worsened his health'.

When most people have their atlas realigned, we will live healthily and there will be fewer injuries because of better concentration and orientation. However, medicine will still be needed, but less than today. Surgeons will still operate on soft tissue injuries, and orthopaedists will cure broken bones.

Because of different diseases nowadays medicine deals with treatments, and in the future it will deal with maintaining health. Even people with their atlas realigned are prone to viruses, bacteria and parasites, so we will still need medicine to prevent and cure infections. The condition of the body will be checked through laboratory findings, and research will be carried out at institutes so that medicine develops further. Prevention is neglected nowadays, and in the future medical workers will teach people how to live healthily.

While all these processes take place, billions of people will suffer pains and diseases. Now there is a solution for these, so the necessary processes can't take too long.

People working in the medical industry shouldn't worry for their future, because the process of realigning the atlas for everyone in the world will take a few decades. During that time most of them will have retired, and new generations of those wanting to work in medicine will work in other industries.

When their atlas is realigned people are healthier, so they have more needs than those who are ill. Different markets will be created with millions of jobs for new technologies and organic food production. Due to better health people will want to travel and have hobbies, so more people will be employed in the entertainment and tourist industries.

Because of increased productivity the global economy will grow, and because of better health people will love to work. Some people will want to work longer so pension funds will not be burdened, and because of fewer sick leaves health insurance funds will become less burdened. Because of a better economy and better health, countries will give less money for social and health insurance funds.

For something to become fashionable a process is needed, but a fashion trend has its expiration date, and then something else becomes fashionable. Fashion is transient, but the **HumanUP** method won't become unfashionable until we have all had our atlas realigned.

After atlas realignment people want to get better soon, but in those who are more seriously ill the process of healing is slower, and they should be patient. It takes several years or decades for an illness to occur, and after atlas realignment the process of disappearance is much shorter and lasts for a few months in most cases.

Time is necessary in order for any process to finish.

TIME

It isn't possible to turn back time and correct the mistake which occurred in the past due to a misaligned atlas, but now we can finally correct it because we want a better future.

We live at an age when people are obsessed with technological development and new scientific discoveries, but in the future people will realise that some Nobel prizes were wrong and that certain discoveries harmed us. Time is the best judge, so it will become known that the greatest damage was done by some discoveries in the field of chemistry.

It happened in the past that certain discoveries weren't understood in time, and that happened to Daniel Palmer and his discovery

of atlas misalignment. The same happened to the discovery that the atlas can be realigned by massaging the nape which Rene Schumperli came up with. These discoveries are of the key importance for humankind, so the Nobel Prize would be too small an award for these two geniuses. This prize should be the most significant one, but due to different interests it occasionally ended up in the wrong hands.

Palmer and Schumperli did not belong to official science, but they made the greatest discoveries. In order to correct the injustice done to them, I suggest establishing the PALMER-SCHUMPERLI Award, and it would be given those scientists whose discoveries really contribute to humankind.

The Mayan civilisation didn't deal with science, but they measured time with great precision. Their discovery is that there are epochs which last twenty-six thousand years. The wrong interpretation of the Maya calendar announced the end of the world in 2012, which, of course, didn't happen, but it was the end of one and the beginning of another epoch.

I was lucky and honoured to be among 400 people on the planet who were taught by Rene Schumperli, but I soon realised that his method wasn't the final one. During 2012, I longed to improve Schumperli's method, and in June of 2013, I finally discovered the proper way to realign the atlas. It is quite possible that this discovery will represent a turning point for humankind, the one which the Mayas predicted, and if this happens, we will be able to measure time according to their calendar.

In the next epoch people will live without diseases and time will surely tell that the **HumanUP** method is an epochal discovery.

The degradation of our species has been taking place over several previous decades. The discovery of atlas realignment is happening in a nick of time, but it is still not too late. When our atlas will be realigned depends on many factors and one of them is time.

Only natural treatments used to exist in the past, and the development of science created modern medicine. Due to certain interests traditional medicine was declared alternative and obsolete, and it is actually modern medicine which is the alternative to traditional medicine. Treatments used to be free, but that doesn't suit modern medicine, which has become one of the biggest businesses.

Scientific medicine makes mistakes, and its greatest mistake is not using the experience of treatments which have existed for thousands of years. When the atlas is realigned, health improves but we are still prone to infections. However, because the atlas is realigned our immunity is improved and the body heals easily, and with the help of medicine it will heal even faster. If in the future natural and scientific medicine merge, treatments will be much more successful.

At the beginning of the twenty-first century natural treatments are fashionable again, but that doesn't happen by chance. Due to economic interests, modern medicine starts that process but doesn't control it tightly.

Atlas realignment is not a medical treatment, so it can't belong to either official or alternative medicine. Still, this discovery needs to be comprehended because there is no other way for humankind to get rid of most diseases. Atlas realignment doesn't substitute either natural or modern medicine, but it gives much better results – because it eliminates the cause of diseases.

Our modern way of life does not leave us enough time to care for our body or to have hobbies. When the atlas is realigned, health improves, so we sleep less and in that way we have more time for our personal needs or for socialising.

Everyone's atlas is misaligned, which is why everyone has the same problem regardless of their race. Atlas realignment is the most important project for everyone in the world, and for this to come to pass humankind needs to unite, regardless of religious or political beliefs.

If this doesn't happen, people will become more ill and our lifespan will become shorter despite the fact that medicine is developing faster and faster. Even though it isn't important how long we live, but to be healthy all the time, it would be best if everyone's biological clock could work for 120 years.

Time lasts equally for everyone, but everyone's biological clock is different. Everyone has a time bomb in their nape, which ticks faster or slower depending on how much the atlas is misaligned.

In one out of ten thousand people the atlas is in its place, and that coincides with the lifespan of one of those ten thousand people who live to be over 100.

It would be better if modern humankind were to realign their atlas as soon as possible, and one of the reasons why more time is needed is – fear.

FEAR

The two strongest emotions are fear and love. Fear for one's life and care for one's offspring exist in animals as well, but these are most prominent in humankind.

Love for ourselves and others separates us from animals, but self-love and love serve the purpose of procreation. Oestrogen secretion starts when girls are two years old, and oestrogen develops their need to care for others, and when they become mothers to care for

their offspring. In boys testosterone is secreted more which increases their aggression and sexual desire. Procreation is a basic need, and in humankind it develops from childhood.

Care for one's offspring, sexuality and aggression are all in the function of procreation and protection of one's family. Being in love exists only in our species, and the main purpose of that pleasant state is to procreate.

Our ancestors' love for their offspring was stronger than ours now. It used to be unimaginable for someone else to bring up and raise their children, and today it is normal. Family relations have worsened, and because they lack love children are unhappy and prone to illnesses. Only love can't be bought, and parents pay someone else to take care of their children. When children grow up, they pay someone to take care of their parents and to look after their health.

It takes the village to raise a child. Today we mostly live in cities, but during growth children's communication with the surroundings is limited, even though they are surrounded by many people. Children rarely see their grandparents, so even intergenerational communication is limited.

Love is useful as long as it is moderate, because too little or too much love would be harmful to others. Because of the self-love of modern generations natural resources are being spent as if we were the last people in the world and as if future generations won't need air, water, soil and oil.

In the past a fear of hunger created the greatest problem for our species, and that fear still exists today, so we tend to overeat even though there is plenty of food. Animals live instinctively and don't eat more than they need. There are instincts in our species as well, but they are combined with what we were taught by our parents. A fear of hunger is instinctive, and a bit of hunger is actually curative, so mothers should teach their children to eat less. We should fear overeating, and not hunger. Those who eat less are healthier, and people who eat food low in calories live the longest.

A fear of illnesses is greater than a fear of death. People have no fear of death, because they realise that being born and dying are natural processes. In old age a fear of illnesses is justified because our offspring should be taking care of their children and not of their ill parents.

Optimism and pessimism are human characteristics. Optimism is a component of youth, and pessimism is more pronounced in old age. Young generations are greater pessimists, despite living in better conditions than their predecessors. When we are middle-aged we see older people struggling with diseases and that is why optimists become pessimists. In our fifties our health takes a turn for the worse. In

the future people will live healthily throughout their lives because of atlas realignment, so they will be optimist in old age.

Our ancestors were neither pessimists nor optimists, but they lived simple lives in accordance with nature. They too feared for their lives because they were exposed to harsh conditions, but they weren't worried about their survival. Today we live in even harsher conditions and we have a reason to be more worried. We have polluted the environment and we have to clean it so that future generations have a place to live.

Until the twentieth century there were fewer cases of cancer, and at the beginning of the twenty-first every third person dies of cancer. It is thought that in ten years one out of two people will die of cancer. This is happening due to polluted environment and food, but fear is an even greater trigger of cancer. People used to fear natural disasters, predators or violence, but these happened once in a while and people lived in communities so they would protect each other.

Now we are afraid every day and there is much more to be afraid of, and people live in bigger communities but they are lonely and have no protection from their families. As we grow up we are afraid of our kindergarten teachers, teachers at school, professors at universities, and when we find a job we are afraid of our bosses and directors. Drivers are afraid of hurting pedestrians, and pedestrians are afraid of cars. When people whose atlas has been realigned find themselves in a stressful situation more blood reaches the brain and they are less afraid, so they are less likely to have cancer.

A fear of the new and unknown is justified, which is why it is best to get to know what we are afraid of so we could judge if the danger is real. The point of this book is to familiarize you with the **HumanUP** method, but it would be best to visit an atlasologist and verify that there are no reasons to fear atlas realignment.

The nape area is sensitive, which is why everyone has an inborn or acquired fear for that part of the body. Medical practitioners have an even greater fear which they acquired while they studied what is located in that place. Doctors are afraid for their own and their patients' nape, so they send them to do scans and to different specialists, but these don't know what to do either and have no courage to do anything.

At medical school they teach students about the atlas, but only the basic information from anatomy. Roentgenologists are not usually taught how to x-ray the first vertebra. Some of them can make x-rays from three positions and misalignments can be seen, but neither roentgenologists nor other doctors can see in relation to what the atlas is displaced and how that affects health.

Doctors sometimes ask for x-rays of the atlas if a patient is in a coma. That is when they only observe it and the neck is immobilised,

but they don't touch the atlas. The state of coma occurs when the atlas is too misaligned and that decreases neural signals and blood flow through the brain. That is why these people should have their atlas realigned as soon as possible. Some of them would wake up.

A fear of atlas realignment using the **HumanUP** method is unnecessary, because there isn't even the slightest risk. People shouldn't be afraid of realignment, they should be afraid that their atlas is misaligned. It is impossible that anything bad could happen to anyone and after atlas is realigned a better life finally starts.

The nape is located under the base of the skull and it is a small area between the head and neck. The most dangerous place in the body is located in the middle of the nape. Only skin and tendons protect the first brain, and that is why everyone should protect their nape from sharp objects which could puncture the skin. Due to the delicacy of the nape, hairdressers are taught to be careful with scissors so they wouldn't harm anyone.

Atlas realignment using the **HumanUP** method is completely harmless and safe. The massage is performed using a special device which has a fingertip shaped rubber, and the contact on the nape is made through the rubber. For thousands of years people tried to realign their own or other people's atlas, but couldn't because it was impossible to achieve such a large number of tiny blows using our fingers.

The nape is massaged on both the right and left side, because that's where the ligaments are. The massage is not performed in the most dangerous place only because there are no ligaments there, not because it is dangerous. Not even if we were to massage that place, there is no possibility of injury, because the tip of the rubber is rounded and can't penetrate the skin at all.

Because it is misaligned, the atlas presses the spinal cord and other neural pathways. Using the **HumanUP** method, the atlas is slowly realigned and stops pressing nerves and the spinal cord. Atlasologists are the only people who separate the atlas from the spinal cord and vagus nerves. The massage is performed in the nape area where there are no neural pathways, so that is one reason more why it isn't dangerous to realign the atlas.

During the massage we don't exert pressure on the atlas, but even if we were to press it, there is no possibility of hurting it, because the atlas bone is hard.

The vertebral artery which brings blood to the lower brain is located at the place we massage, but it is not pressed in the process. During the massage we press the skin, short muscles and ligaments, but the vertebral artery is not pressed so blood can flow unhindered.

Lies and deceptions are a part of human nature. Cunning and deception exist in animals as well, but our species has perfected them.

Deceptions have always existed, but now they are greater than ever because entire nations are being manipulated through the media.

The **HumanUP** method is a rare phenomenon which is not a deception. Immediately after the session almost everyone feels that their first vertebra is in a good position in relation to the skull and jaw. Apart from that, they can turn their head sideways more, and the most important thing is that most people feel immediately relieved in different ways. Difficulties and diseases gradually disappear, which makes people healthier year after year and more certain that they haven't been deceived and that atlas realignment is the most important event in their life.

Fear can be useful, but harmful as well – in those cases when we are scared because of misinformation. We are confused about who to trust when even those who should know something about the atlas don't have the right information. Because of our acquired fear and anxiety about the first vertebra, many doctors, mostly out of ignorance, scare their patients and discourage them from realigning the atlas. They usually warn them that there are 24 nerves next to the atlas and that it can be very dangerous. We know that the most important neural pathways go past the atlas, but it is unbelievable that doctors don't know people are actually ill because their misaligned atlas decreases neural signals.

For thousands of years people have been realigning bones, joints and the spine in order to ease the pain and eliminate different difficulties. This has helped most people, but caused more problems for some of them. People are also a bit scared because they compare atlas realignment to spinal realignments, but these are not similar. There are no jolts during the nape massage, or any sudden head movements, and the atlas bone is not pushed.

There are different ways to realign different body parts, and they depend on the talent and feeling of those performing them. Chiropractic has become a part of medicine, but realignment still depends on the skills and experience of a chiropractor, so there are no standard procedures. There is a saying: there are as many types of chiropractic as there are chiropractors in the world.

It is similar with those who realign the atlas. There are dozens of methods, and depending on the skills of a person performing atlas realignment, there are thousands of uncontrolled treatments, so it happens that some people faint or vomit. These can pass, but your health will worsen because the atlas is even more misaligned, so you should be scared of different types of atlas realignment.

Realigning the atlas using the **HumanUP** method is controlled and doesn't depend on the direction or degree of a particular misalignment, so my advice is to have your atlas realigned only by an atlasologist. Of course, this looks like an advertisement, but the fact

is that after trying other methods it is only the atlasologist who places the atlas in its anatomical position.

A phobia is a state of fear which becomes a state of panic when the atlas additionally decreases blood flow to the brain. Atlas misalignment is the cause of most phobias and the only solution is to realign it.

Fears and states of panic mostly occur due to atlas movements when it is already misaligned. That can happen in bed when the head is placed on a pillow awkwardly, because that is when the atlas additionally decreases blood flow through the brain and neural signals. That is why people seek medical attention, but doctors don't know what causes these states.

There are hundreds types of fears, and a fear of illnesses is the greatest. The medical business is based on this great fear. The need for better health is ever increasing and the medical industry has used it well. Doctors often give incorrect diagnoses, so our fear of illnesses and incorrect treatments make us even more ill.

Intimidation and manipulation are more successful when an individual is concerned instead of a group of people. A medical secret is kept on the pretext that diseases are personal issues of the patient.

Most people have similar diseases and difficulties, so atlas realignment is performed in front of a group of people and everything is public. A friendly and relaxed atmosphere makes the massage a pleasant experience.

Atlas realignment is not a medical treatment, and no special conditions are needed for the massage, which is why the process of realignment is public. People are less scared when they are in a group but if someone wants to be alone, we can cater to this request.

Older women look down when they walk, because they are afraid of falling and breaking their hip, but they burden the lower spine more and feel more pain. You should go through life upright, and look straight ahead, because you will fall less. When the atlas is realigned, the body straightens and people fall less because the centres of orientation and concentration in the first brain are freed.

Commands are issued to muscles from the first brain and from the cerebellum, and when the atlas is realigned that communication is better so people fall less and there are fewer injuries. For the first time we can go through life bravely.

Most people live in cities and depend on suppliers for everything they need to be able to live. Living in a city seems easier than living in a village, but in cities a huge problem is our dependence on different systems, which creates the feeling of impotence and fear. In order to have enough money for groceries and other needs, we have to be permanently employed, which is why a fear of losing one's job is present.

The driving force of the modern man is oil. It is very important for agriculture, because pesticides are made from it. Our fear of oil disappearing completely is justified, because without pesticides we wouldn't be able to produce enough food.

Resourcefulness and courage are the characteristics of our species. A fear creates the need to remove the cause of the fear and to find a solution. Humankind has been trying to remove the cause of diseases for thousands of years and finally a permanent solution has been found.

In the past predictions of the end of the world used to cause mass panic, but the world still exists. Now there is a possibility that our way of life will disappear with the disappearance of oil, but that won't be the end of the world. Individuals are preparing, but some richer countries as well. Underground cities have been built with water and food reserves, but the problem is that not all citizens can fit here so lists of people for survival are being made.

These are temporary solutions, so it is better to organise in a different, more natural way. Hundreds of thousands of people still live in accordance with nature, so they do not depend on food producers. It is high time we looked up to them.

People living in cities could buy a small piece of land near the city, and grow their own food on Saturdays and Sundays. In that way they would get food which is not polluted and wouldn't fear for the future. People survived in nature therefore it wouldn't be so bad if we had to live like that again.

Humankind should have a better life from one generation to another, but modern generations are living worse and worse because they are becoming more detached from nature. We are under the impression that we live better than our ancestors, but that is just our impression, and reality is completely different – it can't be better if we are becoming more ill. More cancer cases occur due to chemical pollution, but also due to different fears. Sharks are the only animals which don't feel fear and therefore don't get cancer.

Fear causes and worsens illnesses, and positive thoughts are curative. Believing in something better is useful, but when it comes to atlas realignment we don't have to believe because everything happens on its own – believe it or not. Gravity straightens us and we become healthier, whether we want it or not.

THE SYSTEMS

Human species developed thanks to living together in tribal communities. The first rules of organisation were created in order to balance the needs of individuals with the needs of the community. The goal of systematic organisation is the well-being of both individuals and societies, but that has turned into the benefit of those who make decisions.

Over time these simple original rules have turned into laws which limit human desires, willpower and freedom more and more, and too many rules created complicated laws which have become their own opposite. A legal system should enable most of us to live better, but in reality it protects the interests of different groups and systems.

In the past century professional associations became powerful systems – electric power, traffic, water supply, economic, banking, political system, etc. These systems have become powerful and it seems to us that it is impossible to live without them.

Systems create monopolies which make people become addicted and lose their freedom. Those who create our world and run it have the greatest benefit from the systems, so they won't let these systems be abolished despite being harmful for the majority of people.

Every system is specific, medicine too. Because it deals with health, medicine should be the most humane system but, unfortunately, it is increasingly becoming a business. Our trust in the health system turns into indignation, which is why people are returning to traditional medicine.

However, both traditional and modern medicine deal with treatments, therefore it is best to prevent the occurrence of diseases so we don't have to be treated. It is in human nature to wish to eliminate an existing bad condition and not to let oneself go to faith and systems. For thousands of years people tried to eliminate the cause of diseases, but they weren't aware they were doing it.

We have finally found the cause of most difficulties and diseases, and what is even more important is that we have found a way to eliminate it effectively. Humankind has been waiting for thousands of years for the discovery of atlas realignment, and it is here finally. Now there is a solution for everyone to live healthily and that has to happen sooner or later, even though it will decrease our need for the medical system.

There shouldn't be a conflict with medicine; we need to co-operate in order for people to recover faster.

Realigning the atlas is not a medical treatment, so it cannot be in conflict with the interests of the medical system.

THE INTERESTS

There are personal and state interests. Individuals want to satisfy their own interests, and state institutions protect state interests, which is why a conflict of interests occurs.

The constitution and laws should enable the best living conditions, but in reality it is not possible because the circumstances of life change, which is why the existing laws are changed or new ones are passed. Depending on the circumstances, every state has its own way of improving the life and health of its citizens.

There is a Law on Obesity in Japan, the only state with such a law. Scientific studies have confirmed that obese people are more ill and it is necessary for a state to spend a lot of money on their treatments. Natural resources have been spent in Japan, so the Japanese government needs to be careful with the state money. The Law on Obesity is one of the reasons why the Japanese are the healthiest nation, and regardless of the interests of the medical industry, Japan is one of the richest states. It is interesting that none of the human rights organisations stood up against this law.

The American government represents human rights and their citizens are among the most obese and most ill nations, despite having the best medical industry. Americans go to Cuba more and more to be treated, because treatments are cheap there, and additionally Cuban medicine is more successful than American medicine.

When Cuba lost international aid, the Cuban government was forced to manage, and the same was with medicine. The Cubans returned to natural treatments, and they made a combination of traditional and scientific medicine, and that produced great results. Cuba is still among the poorest states, but what is bad can sometimes be good for something else. People in Cuba don't have much money, so they are not overweight.

Each age brings change, and individuals react to them as well as governments. Individuals react to new discoveries faster than state institutions, and that is the case with atlas realignment. Governments have power, but they are limited by the existing constitution and systems, so they are slow to react. Changes affect people first, and state institutions accept them later. If health is the most important thing, then the most important state interest is for everyone to have their atlas realigned. Immediately.

Whenever changes occur, someone wins and someone loses. Because of improved health, atlas realignment is a rare phenomenon where everyone wins. Over time there will be less need for treatments, and the number of those employed in the medical industry will decrease, so governments should estimate what they gain and

what they lose. People employed in medicine pay their taxes, but the amount of money governments get from this tax is less than what they spend on treating their citizens.

Today vaccination is regulated by laws, and it would be good if they were to introduce a legal obligation to realign the atlas in babies and children. Health funds would become less burdened, and that extra money could be used for education.

Selfishness is a part of human nature and that is normal, but in modern society selfishness has become too pronounced. Everyone lives as if their interests are the most important ones. After atlas realignment people become healthier and more humane, so they tell others about this discovery. Those who doubt it slowly begin to believe that it is not a scam, but that you can really become healthy through this simple treatment. Even doctors have healthier lives after atlas realignment, but due to personal interests they don't always inform their patients that there is a solution for their diseases.

The existence of the living world has been endangered several times since its creation, and because of cataclysms certain species became extinct. Human species is the greatest disaster for plants and animals. The interests of our species can't be above the interests of some other species, but we act as if the planet were ours alone.

Everything is interdependent in nature. By destroying other species we also diminish the possibility of our own survival. The speed at which species disappear is incredible. Each day several species disappear. Insects, plants and animals support each other. Bees have existed for hundreds of millions of years, and now they are endangered because of pesticides. Bees are the key beings for survival and if they disappeared, fruit would disappear soon, which is the most important food for birds and mammals, and people too.

Industrial plants yield more crops because pesticides destroy insects, but soil is being polluted in that way, and through food toxins get into our body. The quality of soil is deteriorating, but there is no solution to this problem for now.

Two centuries ago there were one billion people on the planet, and today there are seven. The rapid increase of population was possible because of the abundance of food, which is the interest and profit of the food industry. Because of these rapid changes mistakes occur. Fertilisers and mechanisation enabled us to get a lot of food from small investments, but now soil is polluted and people are more ill.

Those who plan our future think that the only solution for soil to recover is to decrease the number of people to half a billion, so the planet would be cleaned over the next two centuries. The faster solution for cleaning soil is planting hemp, which is able to neutralise chemical pollution in three years' time. So every three years ten per-

cent of arable land could be cleaned and the entire planet could be cleaned in thirty years.

Twenty billion people can live on our planet, if food is produced organically and if people grow it themselves. That is a better plan, but it is not in the interest of the food industry.

Those who create this world based on their own interests impose upon us products that we don't need. Different needs exist because of different life circumstances or because of different areas.

Some people don't need a coat, car, theatre, shoes, coffee or something else, but because of better health everyone needs to have their atlas realigned.

The need to have the atlas realigned is unique because the atlas is misaligned in all seven billion people. For each individual and for the entire human race the most important thing is to have their atlas realigned as soon as possible.

Who rules the world? This question seems complicated, but the answer is simple – INTERESTS. Many have no interest in people living healthily so they will try to resist atlas realignment.

THE RESISTANCE

Throughout history people have accepted better solutions than existing ones and that enabled humankind to develop. Curiosity and caution are the characteristics which contribute to the development of humankind, but because we are afraid of changes sometimes we resist new phenomena.

Modern generations share these same characteristics, but people today are even more cautious because they live at a time when there are too many deceptions. That is why there are more of those who wish to maintain the present state, and less of those who want to try something new. It only seems that we are open for changes, but in reality we are not because we are afraid. There is personal resistance to new phenomena, and there is resistance due to the influence of our surroundings. When we believe that the present state is good, people have personal resistance towards everything new, but some resistance is created because we are influenced by those who don't have enough knowledge.

Like with other new phenomena, the same happens with the **HumanUP** atlas tune up, but because of numerous positive consequences that will change soon. One of the reasons for disbelief is the fact that surprising healing, bordering on the miraculous, takes place and people don't believe in miracles.

Before the atlas is realigned many people have had different treatments which are complicated and costly, but they haven't felt any improvement.

After the atlas is realigned diseases disappear and the massage is short and simple. All this seems impossible, but when we realise that it is better to eliminate the cause of illnesses than to undergo medical treatments miracles become possible.

The resistance towards atlas realignment occurs due to existing incorrect knowledge. There are a lot of people who believe in medical science, but this is incomplete and mostly incorrect knowledge.

Scepticism is a useful characteristic – if it isn't too pronounced and if it is not based on misinformation.

Unfortunately, it isn't in the interest of the medical industry for people to live healthily, and it is possible they will resist and prevent people from having their atlas realigned. Spontaneous changes exist everywhere in nature, so the same happens with human knowledge. Trying to maintain outdated dogmas artificially can only slow down the process which will improve everyone's health.

Medicine can slow down the well-being of humankind, but can't stop it. It would be better if the medical industry didn't try to oppose this well-being, because it has already caused too much damage.

Future humankind will understand how current science lacked knowledge about the atlas and people will forgive the fatal mistakes which occurred because of wrong treatments. If medicine were to stop the discovery of atlas realignment, it would commit an unpardonable sin.

THE VISION

There have always been visionaries who changed lives of other people and influenced the development of humankind. Some of them have made the lives of their contemporaries worse for profit, and some have improved the living conditions of future generations.

When Europeans discovered America they had a vision of how to create a new world, but because of profit they worsened the life of natives who up until then had been living in accordance with nature. In the twentieth century they tried to impose their interests on the entire world, but they only partially succeeded. The creation of the new world can't happen when some are losing and others are winning. A better world can be created only if we balance the interests of all nations.

During the nineteenth century Great Britain possessed one fourth of the world's mainland. In the meantime Japan, which is also an island, was lagging behind in development even though they had exi-

sted for several thousands of years. So the Japanese went to Britain to be educated, and they started imitating the British, but kept their traditional way of life.

During the twentieth century the Japanese tried to gain one fourth of the world, but they failed. In the meantime Britain lost its dominance in the colonies, and now the British and Japanese live well and without exploiting other nations. Japan has rapid economic growth, and the Japanese are healthy and long-living, so the British could look up to the Japanese way of life now.

Due to the plans of visionaries from the nineteenth century too many people died in the twentieth century. Visions and plans are harmful to the majority, and people live badly until they realise they are being used. Today we are the victims of those who have planned to use us in order for them and their offspring to live well.

When scientist discovered television, they didn't know that those who plan our future would use it to manipulate people. As if this weren't enough, now they use the internet to convince us even more easily that what harms us is actually good for us. Using television they impose other people's visions upon us, so it is better to switch your TV off and improve your life with your own vision.

Because of the interests of those who decide the future of the world, people are more ill and a better life is not possible until the minority profits on the misfortune of the majority. Slavery was abolished, but the essence has remained the same. Machines and robots make manual work easier, and people control them and in that way they become a part of mechanisation. Unfortunately, we are not aware that slavery has turned into a robotic way of life.

Parents have to earn money in order to raise their children, but because of the fast way of life they don't have time to dedicate themselves to their families. Visionaries have promised people a better life, but there is ever more resistance, concern, fear and lack of love and happiness. Of course, those who plan and decide for us wanted a better life for themselves, but they aren't happy either, because money can't buy what is truly important – love.

There are still tribes where everyone is content regardless of the modest living conditions, because it is enough for people to socialise and get along well in order to be happy. There are many people living in cities, but people are lonely and lethargic, and in the country people live better because of the contact with other people and nature.

When food is grown organically, the human body and the environment are less polluted, and the addiction to industrial food is reduced. With good food, water and air, twenty billion healthy, long-living and happy people can live on our planet, and when the atlas is realigned we can work our entire lives without pains and illnesses.

This is the best vision, easy to imagine but several decades are needed for it to be realised. The atlas can't be realigned fast in everyone in the world, and it is going to be even harder for the food industry to give up its profit.

Even the best plans can become a misconception if they are not based on facts. One of the facts is that, when a father and mother have had their atlas realigned, their children can be born with the atlas in the correct position. After several thousand generations, it is finally possible for the atlas to be formed in its anatomical position.

Pregnant women have a better metabolism when the atlas is realigned, but still women should eat unpolluted food during their pregnancies. In this way the foetus will get quality food, so its liver won't be enlarged and it won't sleep on its right side towards the ground. These are the conditions which allow the atlas to be formed in the correct position.

There is a possibility that the atlas can be misaligned in babies during labour, so immediately after it is born, a baby should be taken by its feet and with a single jolt its body should be straightened and the atlas realigned. This will make babies healthy, and when they start to walk they will do it faster and fall less. While their atlas is in a good position, children are healthy and if they start getting ill, that is a sign that they have misaligned their atlas. Parents don't see every fall or blow, so as soon as they notice that children are more ill, they should bring them to have the atlas realigned.

This book with its vision belongs to the future, and people can always choose to live better in the present as well. It is best not to influence the choice, but only prompt it with the correct information. I expect that the **HumanUP** method will be the right choice because it improves the life of present and future generations.

In nature changes happen all the time, sometimes for the better and sometimes for the worse. Humankind is also susceptible to this natural law, but apart from that there are changes for the worse which we encourage with wrong choices.

Each moment in time and each spot in space can offer various possibilities for our life to develop. We are the only species which can choose how to live. I will mention only two out of many different possibilities. The first one is – the wrong direction, which is happening right now, and the second one is – a better road which is still not too late to take.

Our brain grows most during the development of the foetus and over the first year, so skull bones fuse at the beginning of age two. Over the past few decades mothers have been breastfeeding for a shorter period of time, and artificial baby food contains too much calcium so that is why skull bones fuse earlier. There isn't enough

space for the brain to grow, which is one of the reasons why we are degrading rapidly.

Our organism is almost perfect, but it is possible to improve it. The higher brain can become enlarged over the next several thousands of years, if the skull becomes elongated. There isn't enough blood in the brain because the atlas is misaligned, so it seems unlikely that our brain will become enlarged just yet. Even if this were possible, our elongated skull would move the centre of the head upwards, and people would be even more ill in the future because the atlas is misaligned.

Modern generations are not interested in knowing how humankind will continue to develop, but the first *Homo erectus* didn't rise because of humankind but because of itself. Making the decision to have your atlas realigned, you will improve your health and life, and when most people have it realigned, it will make possible for our species to survive and develop further. It is finally possible to make the right choice.

Gravity is the greatest force in the universe, and life is the only phenomenon that resists it by growing up. Elongated skulls, found on various locations, are from different periods. Scientists are confused, but it is possible this is pointing to the next stage of our development.

Now more than ever before we can influence the development of our species, but we can also jeopardise our survival. By implanting technological inventions into the human body we will create a new species of *Homo techno sapiens*, which would make the man we know disappear. That would be the first time that a species has destroyed itself since the beginning of life.

It is better to realign the atlas in everyone, so there wouldn't be any need to substitute our body parts with artificial ones.

It is known that there were nine species of hominids one hundred thousand years ago. Today there is only *Homo sapiens*, and we have exterminated some of them. These other species we named after the locations where their remains were found, and we named ourselves SAPIENS – which means REASONING. The brain of our species grew faster than in other species, but due to our devastating influence on other plant and animal species, the name REASONING is inadequate.

In the present we have become dangerous for ourselves as well. From the moment of conception, till the end of life, we are the victims of different industrial groups. The food and medical industries have led us to a situation where every other man will die of cancer in the future.

Medicine manipulates individuals more easily, so it has led to the destruction of the family way of life, and the state acts as if our

children are their property. The laws protecting children from their parents are unnatural and inhumane.

In the future a healthy Homo sapiens could improve himself in a natural way. There are people today who don't eat food and don't drink water, and there have been people like this before. These people are called breatharians, because they get the energy for life from air and the surroundings. If certain individuals can live like that, then everyone else probably could. We would be free from food and plants and animals wouldn't be our slaves.

In the past fifty thousand years we have continually exterminated plant and animal species for our own benefit, and today this process has accelerated. Any man who is deeply aware of it, is ashamed of belonging to the species of Homo sapiens. We are at the top of the food chain, and if we were to free ourselves from the need to eat, even in a distant and better future, we would stop being worse than animals.

Homo erectus made it possible for Homo sapiens to appear, and first people who stop using food will make it possible for us to rise to a new species which we can call 'homo humanups'.

People have a vision, more or less, of how to live better, but don't know how everyone else can live better too. I have a vision of how to live better, but I also know how everyone can live healthily and happily. I have made my discovery of atlas realignment thanks to the discoveries made by Palmer and Schumperli, so I am aware that the greatest discovery of humankind is not mine alone. It is even more important that I realise that this discovery belongs to the entire human race and I will start educating people on how to realign the atlas and that will enable everyone to live healthily.

EDUCATION

Because of an extraordinary need for better health, the most important thing is to educate as many new atlasologists as possible.

There have always been healers or doctors who could treat successfully, but couldn't pass their knowledge on easily, so the number of people they have treated was limited.

Everyone should have their atlas realigned, which is why we need to train several tens of thousands of atlasologists. Fortunately, the knowledge of the **HumanUP** method can be passed on easily and quickly. I can train only so many people, and that is why I will train a certain number of people at first, and they will later train new students so in ten years' time we will have ten thousand atlasologists.

The knowledge of atlas realignment is of the utmost importance for humankind, which is the reason why we will choose carefully

who we train. Anyone who believes they can be good atlasologists can apply, whether they have a medical education or not. The procedure of realigning the atlas can be learned easily and quickly, but it is also necessary to have some basic knowledge about the human body and diseases.

You don't need special skills to realign the atlas so almost anyone can learn. The most important thing is that the candidates have a wish to help people and to possess humane characteristics, and not to be motivated by profits.

Doctors have different approaches to the treatment of the same illnesses, regardless of their similar medical education, and when atlasologists finish their training, they all do it equally so it is irrelevant which atlasologist performs the massage.

This book is a textbook for new atlasologists, but you can't learn how to do it from the book. If books were enough, there wouldn't be any teachers and professors. Some people try to understand how to realign the first vertebra by watching a video or during the treatment, but it is not possible to learn like that, we have to show it directly during the training. That is one more way of protecting this discovery from being misused.

There are people who wish to steal this knowledge because of profit and they will succeed partially, but they won't know how to realign the atlas. It is easy to forge a diploma today, so we will issue the Certificate of Completed Training in order for people to know who real atlasologists are.

Apart from that, the treatment will only be performed on the premises of our Association where it says **HumanUP**, and you can find our addresses in different advertising materials.

Educating new atlasologists is extremely important, but it is even more important to show the general public the advantages of atlas realignment. We live in a time of deception, and goals are achieved through different commercials. Atlas realignment is not a deception and that is why we don't advertise much, but we use educational campaigns to promote the **HumanUP** method and introduce it to people.

The entire process of atlas realignment lasts one year, and you visit us four times during that time. When it is finally in its position, the atlas can't be misaligned any more, but it has a tendency to move slightly backwards. It is possible to move it slightly with a strong head blow, and that is why it is necessary to keep it in place with a single push on the left and right side of the nape. In order for the atlas to stay in place, it is necessary to push it in this way once a year.

In the future atlasologist will teach millions of people how to keep each other's atlas in place, and they will do it using the massage device at a price affordable to most people.

‘Humane’ and ‘humanitarian’ are not the same. Humanitarian organisations help people for free, and there are humane professions. Atlasologists are humane, but they are not humanitarians. They do the most humane job, but they charge for their services because they live from it and cover the expenses of the associations they belong to.

Atlas realignment is priceless, and for most people the price is affordable. Health has no price, but during life we spend a lot of money on treatments and maintaining health. When the atlas is realigned, health improves, so there is no need to pay for treatments and medications, and the money you save can be spent on nicer things.

The need for new atlasologists is great, so I am inviting everyone who wishes to do this noble job to come to free trainings, but I will also teach those who perform different types of atlas realignment how to do it. While reading the book they have realised their mistakes but not learned how to correct these mistakes.

If the book has made you want to realign your first vertebra, that it has done its task, and I am filled with joy because of your future healthier life.

Only by realigning the atlas can humankind eliminate pain, diseases and suffering permanently.

I am aware that this discovery belongs to the entire human race, and I will do everything for people to find out how they can live healthily and enjoy life.

I WISH YOU A LOT OF SUCCESS
AND JOY IN YOUR REBORN LIFE

AFTERWORD

This book diagnoses the state of humankind and suggests a suitable therapy – realigning the atlas.

I have tried to keep it short so that the size of the book wouldn't deter you from reading it, and at the same time from wanting to realign the atlas. I hope that those of you who have read it, have been presented with new knowledge.

Some parts seem too bold for the present, but without boldness there is no progress. I have presented the new discoveries which will improve the future of humankind, and it is up to you to decide to have the atlas realigned and improve your own future in that way.

Nikola Tesla lived at a time when the industries which make our life better, and in some cases worse, were created. To his contemporaries it seemed that he had come from the future, so they didn't understand his message that we shouldn't be treated by chemistry but by physics. The atlas is realigned by vibrations, and that is simple physics which allows people to live much healthier lives.

At the beginning of the twenty-first century the infertility of humankind is thirty percent, and this percentage is growing. This horrific piece of news is being withheld from the public, but people do notice that more couples can't have children. Sterility treatments cost a lot of money, and the results are negligible. The cause of growing infertility lies in our polluted bodies. When an egg cell is fertilised, and when an embryo is on its way towards the uterus, it dies in the oviduct because the oviduct is chemically polluted. Even if the embryo reaches the uterus, miscarriages are more common because amniotic fluid is also full of harmful substances. When a pregnant woman has her atlas realigned, her body can fight toxins much more easily, and her pregnancy will be easier as well.

Nowadays we spend most money on food and medical treatments, and this will change in the future. After realigning the atlas, people eat less because their bodies don't need additional energy to maintain illnesses, and the expenses of treatments are minimal because we live far more healthily.

In order to live a healthy life, realigning and keeping the atlas in its anatomical position should become a part of our health practice. Atlasologists will realign the first vertebra and tens of millions of people will keep everyone else's atlas in its correct position. We will

need to do this for several more thousands of years, and no one can tell if the connection between the skull and the atlas will improve.

In the future medical experts will defend their PhD theses and do scientific research based on my discoveries, so they will probably feel the kind of gratitude I am feeling now for all those who have contributed to my new discoveries which are precious for humankind.

Some of you realised at the beginning of the book that you have to have your atlas realigned, and there might be those who haven't felt that need until the end. I am not trying to talk anyone into having the treatment, because everyone should decide on their own, and it is better to do it before pains and illnesses progress.

Over the past two years I have enjoyed writing this book and I will miss it, but I could hardly wait to finish it in order to start the projects which will make your lives easier and contribute to better health and train new atlasologists. The members of the **HumanUP** association will realise the projects which might seem strange at first, but if you think about it, you will understand that there is a natural need to realise them.

Over the following decades we will realise these projects: Stop to chemistry, Stop to pollution, Stop to television, Stop to loneliness, Stop to sitting, Stop to cooking, Stop to overeating, Stop to sports, Stop to medicine, Stop to kindergarten. Taking part in these projects you will improve the health and happiness of your life and the life of you offspring.

These projects are necessary so that we get in touch with nature again. However, the most important thing is for everyone to have their atlas realigned, because more blood in the brain will make people more reasonable and healthier. That is the only way to change for the better.

By realising this vision it is finally possible to improve the life of not only humankind, but of other beings on the planet we share.

The rebirth of life is possible only in this way.

Recommendations

A precursor to general healing

Predrag Djordjevic is, judging by this book and the job he does, a noble visionary, a brave and unrelenting enthusiast, one who opens an iron door and slowly but surely enters a whole new dimension. His originality and his knowledge of the subject matter are astonishing. He teaches us that by realigning the first vertebra, the energy of healing, vitality and positive vibrations is released and this is the way to avoid pills and scalpels.

Dr. Biljana Jevtic

Let's support a great idea

Who does the author of this unusual book address?

He addresses the common man – offering health in an accessible and affordable way. He addresses medical specialists from different areas of expertise – to give, through medical methodology and research, scientific verification to this method of bringing bodies into natural harmony, and that is HEALTH.

The efficiency and effectiveness of Predrag Djordjevic's method is confirmed daily, but that alone is not enough for this method to gain mass popularity and at the same time to protect it from being misused by charlatans and imitators who would ruin it.

Unfortunately, many great ideas have failed in this country, to the detriment of our people. Do not let that happen in this case, so let us support this man and his idea.

Dr. Dusko Ristivojevic

Contribution to *joie de vivre*

Life is a miracle, for everything that is important to man is invisible, inaudible and incomprehensible. **HumanUP** atlas tune up broadens our understanding, contributes to our health and gives us back harmony and *joie de vivre*.

Therefore, TO YOUR HEALTH with the, **HumanUP** atlas tune up, dear ones!

Dr. Chaslav Miladinovic

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Edition

Atlasology

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