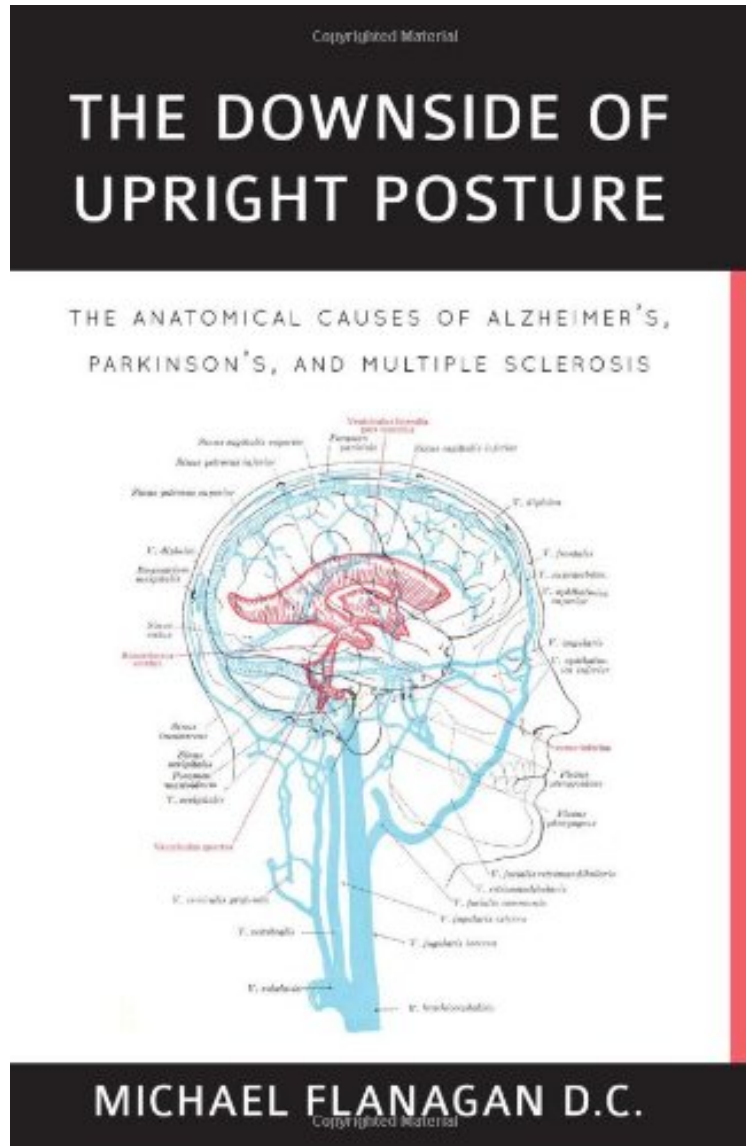


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# The Downside of Upright Posture - The Anatomical Causes of Alzheimer's, Parkinson's and Multiple Sclerosis

Michael Flanagan D.C.

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#3067345 in Books 2010-06-01 Original language: English PDF # 1 .50 x 6.90 x 9.90l, 1.20 #File Name: 1935097695228 pages | File size: 40.Mb

Michael Flanagan D.C. : The Downside of Upright Posture - The Anatomical Causes of Alzheimer's, Parkinson's and Multiple Sclerosis before purchasing it in order to gage whether or not it would be worth my time, and all praised The Downside of Upright Posture - The Anatomical Causes of Alzheimer's, Parkinson's and Multiple Sclerosis:

10 of 12 people found the following review helpful. Brilliant thesis with hope for many with neurodegenerative disease  
By Barbara  
An unusually inquisitive mind and many years studying skulls in the Natural Museum of History in New York have culminated in a book that may help to change the way we think about Multiple Sclerosis, Alzheimers and Parkinson's disease. Dr. Micheal Flanagan has laid out a logical and comprehensible thesis that demonstrates how inherited, acquired and degenerative disorders of the spine, especially the upper cervical spine and the base of the skull may predispose humans to blockage of the venous drainage system of the brain resulting in chronic edema, ischemia and normal pressure hydrocephaly (NPH). The thesis of the book is that inherited, acquired disorders and degenerative conditions of the spine, especially the upper cervical spine and base of the skull, predispose humans to blockage of the venous drainage system of the brain (VVP) resulting in chronic edema, ischemia and NPH. These conditions in turn initiate a cascade of neurodegenerative processes, such as the glutamate cascade and subsequent diseases such as Multiple Sclerosis, Alzheimers and Parkinson's. This is a life-changing book for anyone seeking answers to some neurodegenerative processes. I give it a full 5-star ratings for its contribution to a developing body of knowledge. If I were to offer a criticism, it would be that it needs an index in the next edition. It has been an enormous help to me.

The true story of more than twenty years of investigative research begins at the American Museum of Natural History in New York, where Dr. Michael Flanagan tells how a chance investigation started him on his journey. Dr. Flanagan's research into the fluid mechanics of the brain - including the unique design of the sutures and base of the human skull - led to the discovery of an unmistakable link between upright posture of Homo sapiens and neurodegenerative diseases seen in aging adults. This "link" is in the cervical spine which contains key circulatory routes for blood and cerebrospinal fluid flow entering and exiting the brain. In a style that is accessible to the lay reader, as well as the scientist, Flanagan explains why his discovery offers important new information and hope for the many millions of patients, family members, physicians, and scientists who are devoted to understanding the causes of - and finding cures for - neurodegenerative diseases of the brain and spinal cord.

About the Author  
Dr. Michael Flanagan graduated magna cum laude from Sherman College of Chiropractic in 1978, where he studied in depth a method of correction of the upper cervical spine, which includes the base of the skull. After graduation, he further studied two chiropractic disciplines called applied kinesiology and sacrooccipital technique, which include the study of the musculoskeletal system of the skull and cerebrospinal fluid flow in the brain and cord. After completion of a three year course, in 1999 Dr. Flanagan was awarded a diplomate certificate from the American College of Chiropractic Neurology. Dr. Flanagan also has a broad background in orthopedics, sports medicine and nutrition, and is certified in acupuncture and Chinese herbal medicines. He is also a former certified fitness trainer and has considerable expertise in eastern martial arts, yoga, and chi kung exercises used in health care.