

ATLAS ORTHOGONAL HEALTH



**A GENTLE, EFFECTIVE APPROACH TO RENEWED HEALTH
& RELIEF OF DISCOMFORT WITHOUT MANIPULATION**

www.AtlasOrthogonalHealth.com

**ATLAS CHIROPRACTIC CLINIC, LLC
Dr. Michael P. Szatalowicz, D.C.
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Dr. Michael P. Szatalowicz, D.C.

Dr. Szatalowicz has been practicing for 30 years in the Metro Milwaukee area, and he is well networked with some of the finest health care professionals in this region of the state.

Dr. Szatalowicz is a very talented diagnostician and highly skilled in differential diagnosis. He will always provide the most appropriate care to his patients.

But more importantly, if Dr. Szatalowicz does not think he can help you, he will tell you and make the appropriate referrals to a health care provider that can.

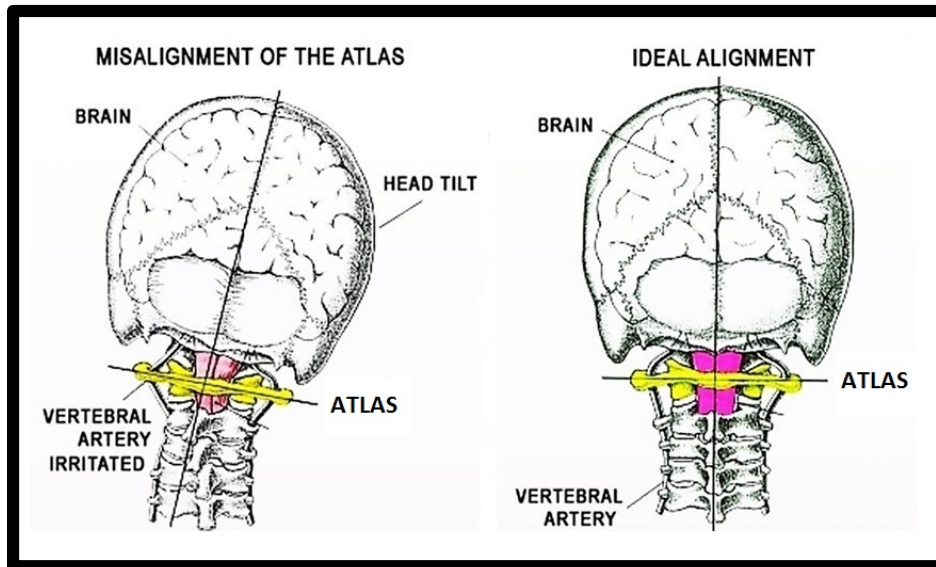
Contributing Authors:

Dr. Michael P. Szatalowicz, D.C., Whiplash Trauma Specialist, ACR – Auto Crash Reconstruction, LOSRIC – Low Speed Rear Impact Collisions, Owner of Atlas Chiropractic
Dr. Roy W. Sweat, D.C., B.C.A.O., Founder and Developer of The Atlas Orthogonal Program
Dr. Arthur C. Croft, Ph.D., D.C., M.S., M.P.H., F.A.C.O., Founder of the Spine Research Inst.

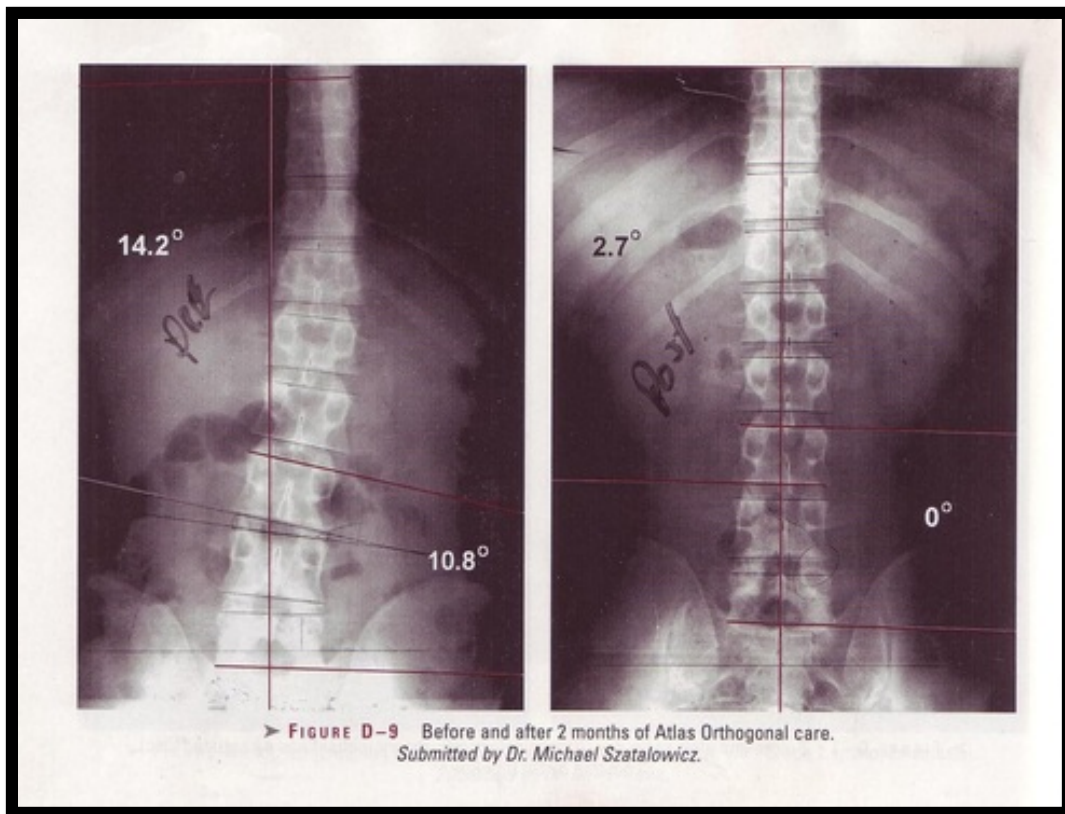
Additional Credit:

John Steigerwald for creativity & design of this booklet
Lauren Kiekhaefer for modeling in photos

BEFORE & AFTER THE ATLAS ORTHOGONAL ADJUSTMENT



THE ATLAS ORTHOGONAL ADJUSTMENT IS NOT JUST FOR THE NECK, BUT THE WHOLE SPINE.



HERE IS EVIDENCE OF ITS EFFECTIVENESS CORRECTING CURVATURE OF THE LUMBAR SPINE.

X-Ray Procedure



X-Rays verify the Doctor's findings and allow for precise measurements to locate the cause of your problem.

Scanning Palpation

Scanning Palpation is a method of examining the patient's neck and to determine if abnormal conditions are present in this key critical area of the spine.

It is one of the Doctor's most reliable examination methods that helps assess your progress, and assists him in making a determination if additional adjustments are necessary.



In the picture above, Dr. Szatalowicz checks the patient's atlas alignment before and after adjustment.

Scanning palpation of the cervical spine and the use of shoulder level instruments are utilized to show the patient their results instantly after the adjustment.



Dr. Szatalowicz makes the correct adjustment to properly align the atlas using the Atlas Orthogonal Instrument.



Dr. Szatalowicz performs the leg check to determine if proper balance is restored in the body.

WHAT SYMPTOMS AND HEALTH ISSUES ARE ABLE TO BE HELPED BY THE ATLAS ORTHOGONAL TREATMENT?

Headaches, Occipital Neuralgia, Migraines

Neck Pain

Shoulder Pain

Bell's Palsy Or Facial Paralysis

TMJ

Loss Of Motion In The Neck

Visual Disturbances

Numbness and Pain In The Arms And Hands

Upper and Mid Back Pain

Low Back Pain

Sciatic Neuralgia

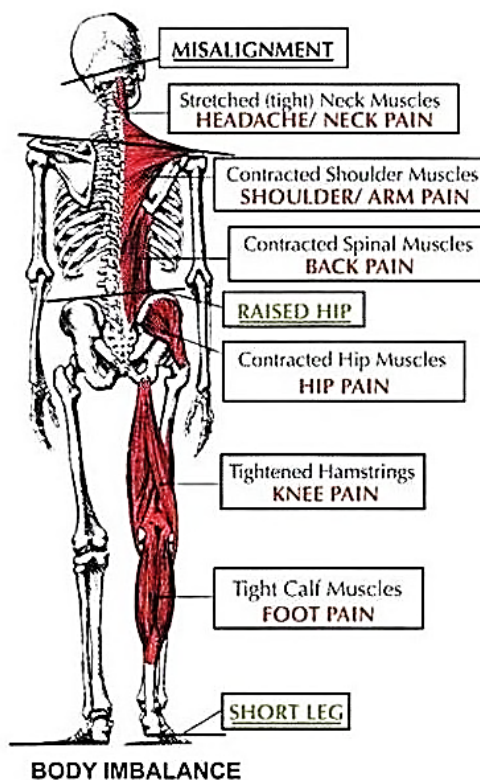
Vertigo

Loss of Balance

Digestive Disorders

Dizziness

Disc Pathologies Including Bulges and Herniations



The Importance of Good Posture

There are health advantages in maintaining good posture. Adopting proper posture is an essential part of maintaining a healthy skeletal structure. Good posture promotes a strong and stable spinal column; it can assist in preventing the deterioration of the vital muscles and ligaments that maintain your balance and flexibility. Furthermore, improper posture makes you appear slouched and less attentive.

Choosing to maintain good posture by straightening your back as you stand and walk can reverse many of the effects of poor posture.

One of the most common causes of spinal misalignment is a poor sleeping position. Sleeping on one's stomach is often a source of trouble. In this position, the cervical spine is placed in continual stress and can potentially cause shifting of vertebrae. Similarly, vertebrae can shift while sleeping on one's back if a pillow is too high or too low; it is important for the body to rest in a normal position. To receive a long-lasting benefit from chiropractic adjustments, it may be necessary to adopt new, more natural sleeping habits, such as sleeping on one's side or back using a pillow of the correct size and shape.

Once the atlas has been properly aligned, it must maintain its correct position for a period of time in order for the supportive ligaments to regain their integrity and their ability to stabilize this complex joint articulation. Incorrect postures can upset this important alignment of the atlas and hinder its ability to stabilize.

Postures which should be avoided if possible include:

- 1) Sleeping with a pillow that elevates the head too high while sleeping on one's back or side.
- 2) Sleeping on your stomach.
- 3) Sleeping on a recliner with your head bent and rotated.
- 4) Watching TV lying on your stomach with your head propped up.
- 5) Looking up for extended periods of time (extension of the neck) such as overhead painting.
- 6) Talking on a phone with it cradled between your ear and shoulder.
- 7) Working on a computer or a work station, slumped forward and neck extended.
- 8) One should always try to sit erect with a straight back to minimize spinal stress.

In addition, good posture allows for more efficient breathing, more energy, a persona of confidence and an attractive appearance.

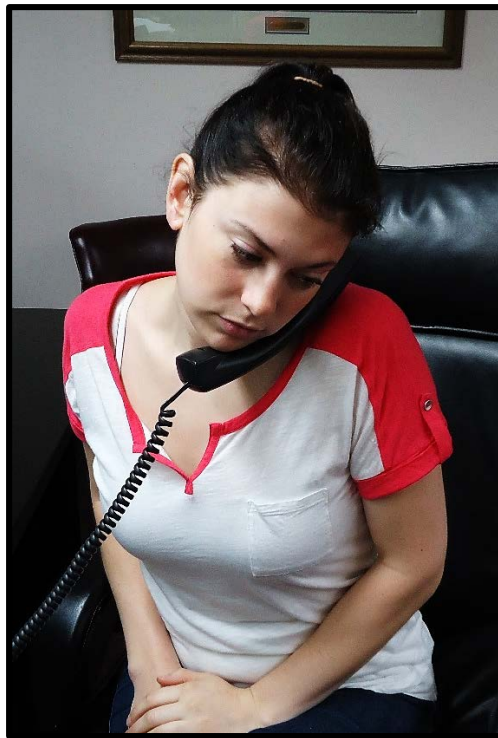
Proper Sleeping Postures



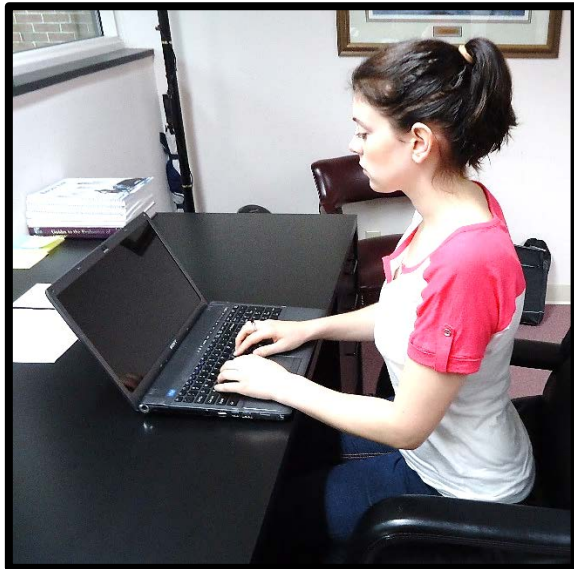
Improper Sleeping Postures



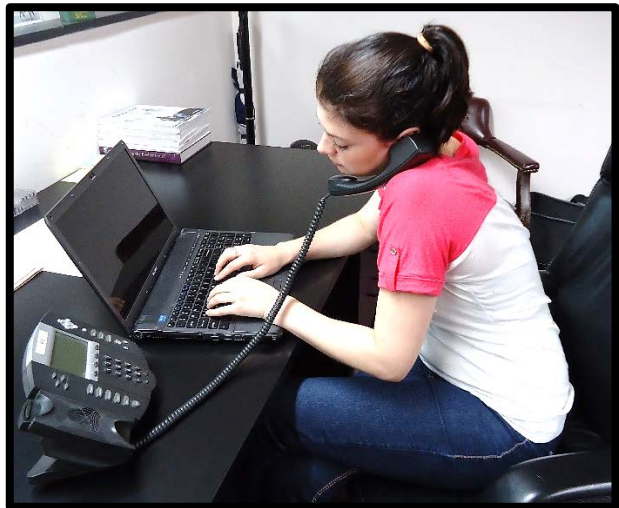
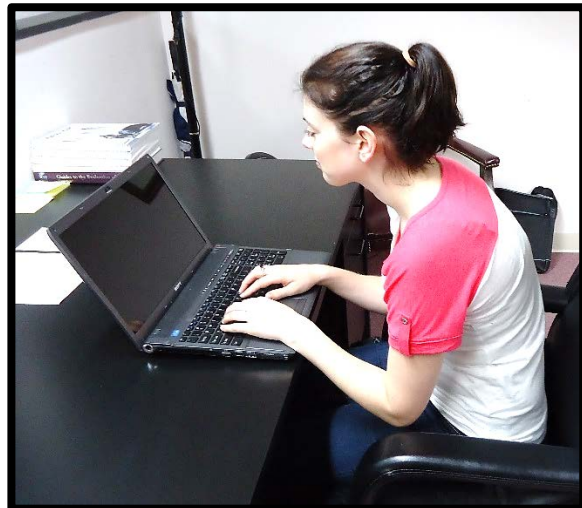
Improper Posture Examples



Proper Posture



Improper Posture



ANSWERS TO IMPORTANT QUESTIONS

WHAT EXACTLY IS AN ATLAS ORTHOGONIST?

The Atlas Orthogonist is a licensed Doctor of Chiropractic who has a significant amount of training in the cervical spine. He/She is uniquely skilled in correcting complex misalignments of this critical area of the spine (neck), with the use of a light force adjusting instrument.

WHAT IS THE DIFFERENCE BETWEEN AN ATLAS ORTHOGONAL CHIROPRACTOR AND OTHER FORMS OF CHIROPRACTIC TREATMENT?

Atlas Orthogonal Chiropractic is an advanced, scientific, instrument-treatment program that is used to adjust the atlas in a very specific manner. Not only does the Atlas Orthogonal doctor have specialized adjusting instruments, but he/she also has specialized, calibrated x-ray equipment to accurately blueprint the patient's spine for an optimal adjustment.

ARE X-RAYS NECESSARY?

Yes. It is very important that an accurate radiographic analysis be done on every patient. This not only assists the doctor in knowing how to adjust the misaligned vertebrae, but it is also critical to rule out other pathologies which could be affecting the individual's health.

***QUITE SIMPLY PUT, "TO SEE IS TO KNOW. NOT TO SEE IS TO GUESS."
THE ATLAS ORTHOGONIST HAS BEEN TRAINED TO NEVER GUESS.***

Health Success Testimonials

Attention Migraine Sufferers: I use to see a regular chiropractor years ago and he did only some good. I was then advised by an acquaintance who also suffered from migraines to see an Atlas chiropractor, Dr. Mike. What a big difference! Dr. Mike got to the root of the problem right away - no messing around. He adjusted the Atlas bone, which is at the top of the spine, and I felt pain relief right away - I kid you not! I was sold. No more messing around with a regular chiropractor for me. Dr. Mike has an additional training which is a requirement to do what he does. I have told others about him and they have received migraine relief as well. I was so tired of going to the regular chiropractor and still taking Imitrex (prescription medication for migraines). With Dr. Mike's help, I have not taken Imitrex for years! Also, when adjusting the top of the spine (Atlas), I get a tremendous amount of relief in my lumbar spine area. So you might say that I get a 2 for 1 deal!

Merri Herren

My son-in-law referred me to Dr. Mike for I was in so much pain I could hardly walk into his office. He took x-rays, he talked with me regarding my problems that I have had for over 40 years. Took me into his office and gave me an adjustment. He told me to get up from the table. I told him that I am in pain; he said that I should try to walk. I walked from his table to the reception area in no pain at all. I could not believe it. I have been a patient of Dr. Mike ever since and have referred a lot of people to Dr. Mike. Thank you for keeping my pain away for years...

Karen Wagner

I've known Dr. Szatalowicz for nearly 20 years. Our family's first professional encounter with him involved my wife's occipital headaches which were misdiagnosed as "TMJ." At \$2,500 worth of deductibles later, her condition was unimproved. That is when Dr. Szatalowicz took over her case, and, 6 weeks later, my wife achieved a full recovery. Since then, he has treated all the members of my family: my parents, my daughter, and me. I have referred numerous friends and co-workers who had failed to find relief from the pain until they were treated with the benefits of Atlas Orthogonal Chiropractic Adjustments.

Attorney Frank J. Liska

I received treatment from Dr. Szatalowicz after being in agony for five weeks following a motor vehicle collision, from which no other practitioner was willing or able to relieve my pain. Not only did Dr. Szatalowicz take away my pain, he also educated me on how to maintain and take care of myself. He is an exceptional practitioner and his staff excels beyond the standard of care. Knowing the care I will receive when necessary is a huge relief, especially when pain is the factor.

Denise Viramontes - Certified Clinical Dental Assistant

I have been a patient of Atlas Chiropractic for close to 28 years now and have found it to be the only totally effective chiropractic care I have ever received. I have driven over 2 hours one way to receive treatment, but the drive has always been well worth it. On occasion, I have tried other chiropractors in a pinch for convenience purposes and have always ended up going to Dr. Mike afterward to "get it right."

I lead an active lifestyle working manual labor for a living; I competed in bodybuilding when I was younger and still continue to weight train. I also am an avid fisherman and go fishing as often as I can. None of this would have been possible without the care I receive at Atlas Chiropractic.

When I was first treated by Dr. Mike, my back was a mess with sciatic nerve pain being the worst symptom. I was cured of the sciatica immediately and have not had any reoccurrences ever since. My wife and my 2 daughters also go to Atlas Chiropractic; I wouldn't consider taking my family anywhere else; the results are prompt and effective and there is never a long, drawn-out and costly treatment schedule. Dr. Michael Szatalowicz truly cares about his patients' health and well-being. I can't thank him enough for the care my family and I have received over the years.

Bill Bronk & Family

Dr. Mike was the first person in the medical field to actually "listen" to what I was saying, and I had a lot to say. Unlike a lot of other people, my neck did not hurt but my fingers were numb. My neck was so stiff I could hardly turn my head, my biceps were on fire and I would get what I would call a "mini migraine," or as I would come to find out, a "cervicogenic headache."

Dr. Mike was referred to me by my friend who said this is the only person he had ever been to that helped his back. I knew my friend had some serious back issues, and I felt I may need spinal surgery so I had nothing to lose.

When I met Dr. Mike it was like we were old friends; he is very open and understanding. We went through the initial tests, and he made the adjustment on me; he positioned the instrument and it clicked.

"All done," he said. I thought, "Done with what? You haven't done anything yet!" There wasn't any cracking or noise, and I started laughing until I sat up. Dr. Mike said, "Well..." After a minute or so, I realized I could turn my head farther than I had for over a year. The numbness in my fingers started to subside, I could breathe deeply; it was amazing! I'm not laughing any more. It has been about 3 years since I was only a week away from surgery. Without Atlas Chiropractic and Dr. Mike, I know I would have had to have surgery long ago.

I have referred many people to Dr. Mike and they all say the same thing, "WOW!"

Doug McFee

ATLAS CHIROPRACTIC OFFICE HOURS

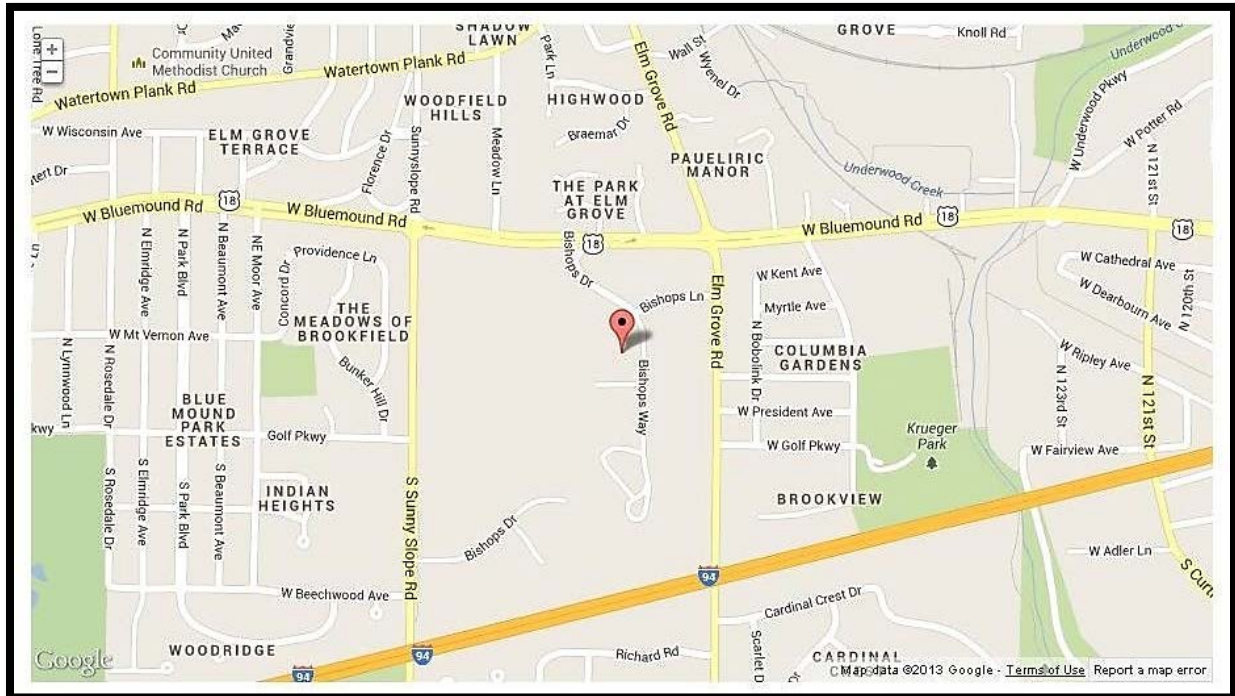
MONDAY 8:45 AM to 12:00 PM & from 1:45 PM to 5:00 PM

TUESDAY 8:45 AM to 12:00 PM & from 1:45 PM to 6:00 PM

WEDNESDAY 8:45 AM to 12:00 PM & from 1:45 PM to 5:00 PM

FRIDAY 8:45 AM to 12:00 PM & from 1:45 PM to 5:00 PM

GOOGLE MAPS OF THE OFFICE LOCATION



I hope that you found this booklet helpful in assisting you in understanding what this unique concept of treatment is all about. The atlas adjustment truly is a marvel unto itself. It has transformed millions of lives around the world. I sincerely hope that your experiences with The Atlas Orthogonal Adjustment are what they are intended to be, and is nothing short of exceptional.

I feel compelled to thank a number of people who have been so instrumental in my life's journey. First and foremost my parents, Dr. Marion T. Szatalowicz and my wonderful loving mother Helen Szatalowicz. Both of them were instrumental in instilling the ideology of work ethic, and the importance of being kind to all humanity, and having humility above all else.

Dr. Roy W. Sweat, who is the Founder and Developer of this magnificent work. Who can never be forgotten by those of us who knew him so well. He was a great mentor and teacher to me. His contributions to humanity worldwide are simply amazing.

Dr. Arthur C. Croft, Founder of the Spine Research Institute of San Diego, has taken the role of another key player in my life. Not only as a mentor and teacher, but as one of my dearest friends whose unending knowledge never ceases to amaze me.

Furthermore, I would also like to thank all of my patients who ultimately end up being much more to me. My patients have taught me so much over the years. I cannot begin to tell them how much I appreciate them sharing their lives' stories and their knowledge of health-related topics. I want to thank all of you for your referrals, your confidence in me, and the inspiration you bestow. It is the very fuel that drives me to continue this journey as natural health care provider.

Thank you all once again.

Yours in health,

A handwritten signature in dark ink, reading "Dr. Michael P. Szatalowicz". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Dr. Michael P. Szatalowicz, D.C.

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NOTES & QUESTIONS

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