



FINALLY FIND RELIEF FROM *Chronic Headaches*



Understanding How Spinal Blockages at the top of the spine can affect your energy and well-being.

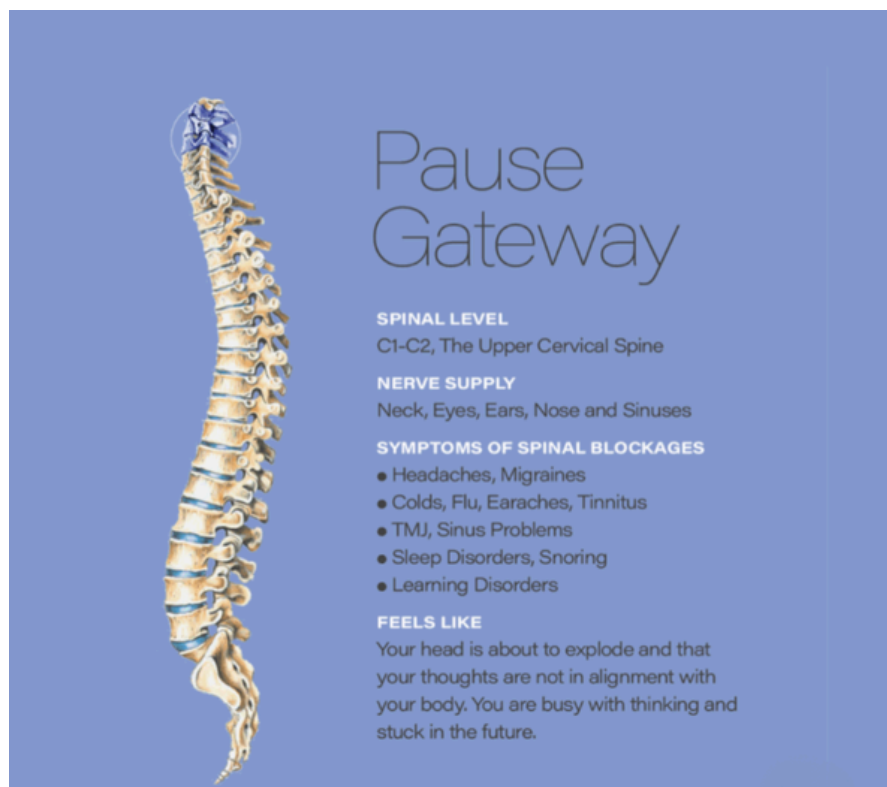
If you experience headaches or persistent tiredness that doesn't ease with rest, your body may be sending an important message.

We all have the ability to connect with our body's innate intelligence and understand what it's trying to communicate. When you learn to interpret those signals, you can begin to move toward balance and ease.

When common doesn't mean normal

Headaches are one of the most common symptoms people experience, but that doesn't mean they're normal. Often, recurring headaches are linked to a **spinal blockage** at the top of the spine—specifically around the C1 and C2 vertebrae, also known as the **Pause Gateway** in the Spinal Flow Technique™.

A blockage at this level can cause not only headaches but also ongoing fatigue that doesn't improve after rest. Since blockages in this region are so common, they're often a missing piece in understanding why so many people struggle to find relief.



The Pause Gateway explained

The Pause Gateway corresponds to the top of the spine, where the brain connects to the body. When this area is clear, communication flows easily between the brain and the rest of the body.

But when there's a spinal blockage, it's like having a kink in a hose. Messages can't travel efficiently, and instead of 100% flow, your body may be operating at half capacity. This restricts communication.

Mia's story: from tension to transformation

Mia experienced headaches and exhaustion for over twenty years. She began seeing a Spinal Flow practitioner and discovered that her posture reflected years of stored stress.

Her head sat forward, her chin jutted beyond its natural alignment, and one ear sat slightly higher than the other. When she gently rotated her head, she noticed more movement on one side—classic signs of a Pause Gateway blockage.

After working to release tension and restore flow through the upper cervical spine, Mia began to notice remarkable changes.

Within a week, her sleep improved, her energy returned, and her headaches eased.



How to check your own Pause Gateway

If you experience frequent headaches, try this simple self-assessment:

1. **Gently turn your head** from one side to the other.

- Do you feel full movement in both directions?
- Is one side stiffer or more painful?

2. **Check your posture.**

- Stand or sit naturally and observe your head position.
- If your head sits forward of your shoulders, this could be a blockage at the Pause Gateway.

The further your head is positioned away from your body, the longer your system may have been compensating for stress in this area.

How releasing blockages can help

When spinal blockages in the Pause Gateway are released, energy and information can once again flow freely between the brain and body. This improved communication helps reduce pain, restore energy, and support the body's natural ability to heal.

Moving toward wellness means working with your body, not against it, and clearing spinal blockages that interfere with the nervous system. By doing so, you can experience more vitality, improved sleep, and lasting relief from chronic headaches.

Your body is speaking to you. A Spinal Flow Practitioner can help you listen. Ready to Experience the Spinal Flow for Yourself?

Whether you're seeking support with physical symptoms, emotional pain, or simply want to reconnect to your body and self, Jo a certified Spinal Flow Practitioner is here to guide you. Book a session in with Jo at the Sundara Wellness Studio | 0403 274 576 and start your journey toward healing today.

Because healing doesn't begin with effort—it begins with flow.

