



SPINAL FLUID FLOW EXERCISES

Spinal fluid in the spinal canal is renewed or “changed over” like oil in a crank case about every 5 to 6 hours. Spinal fluid is a critical body component. It carries nutrients and medicinals to spinal canal tissues including the cauda equina and arachnoid membrane. Equally or more important is that it carries out all toxins, organisms, and metabolic waste that may accumulate in the spinal canal in order to keep the spinal fluid clean, nutritious, and capable of healing.

The micro-masses of AA impede spinal fluid flow. Enhancement or acceleration of spinal fluid flow to keep it flowing at a normal rate helps prevent any infection, contaminant, or metabolic waste from retarding the healing process.

CLINICAL COMPLICATIONS OF FLOW IMPEDANCE BY AA:

We have received numerous reports from persons with AA who have had these manifestations or complications that may be related to spinal fluid flow impedance.

Spinal fluid leaks	Nasal/eye watering	Fainting/falling	Tinnitus
Headaches	Vertigo	Increased cranial pressure	

MAJOR MESSAGE: Exercises to enhance or accelerate spinal fluid flow are simple and some should be done at least once or twice each day by persons with AA to promote healing, and to help prevent deterioration and the complications listed above

SPINAL FLUID FLOW EXERCISES

1. Rocking chair – 5 to 10 minutes
2. Walking or gentle bouncing on a trampoline – 3 to 5 minutes
3. Porch swing, 5 to 10 minutes
4. Deep breathing – hold one minute, repeat 5 to 10 times
5. Arm swings while walking or deep breathing