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Neck Our neck Neck is a sub area of the shoulder that is formed by the union of two bones called the scapula and the first thoracic vertebra. As these two bones attach to our shoulder and shoulder joint, they are the base of our motion for raising our arms and head. It is also called the Thoracic Region as the first thoracic vertebra is known as Th1. A healthy neck comprises of seven bones including: The two bones that make up our shoulder. The top of the first thoracic vertebra (Th1) called C1 The second cervical vertebra (Th2) The second and third thoracic vertebra (Th2, Th3) The base of the first rib (sternum) The base of the second rib (sternum) The base of the third rib (sternum) A healthy neck is designed to keep our head stable, straight and angled downward at about 45 degrees from the level of our eyes. When we look forward, our head tends to tilt downward and back at a slight angle, causing many issues with the back and neck such as headaches, pain in the back and neck, shoulder spasms, neck stiffness, and arthritis. When we look forward, our neck, head, and upper back are in a position called "positional flexion". To release tension and pain in the neck and shoulder area, it is suggested to hold a posture such as the "hang", "hang and squeeze", or "hang and squeeze and rotate" for a minimum of 30 seconds at a time. A healthy neck is also designed to stabilize the upper spine and trunk when we walk, bend, or move our head quickly from side to side. When we walk, it is designed to keep our spine, shoulders, head, and neck aligned. A healthy neck also maintains the normal mobility and health of the shoulder and the joints that support our shoulder such as the acromioclavicular joint, acromion process, and the coracoclavicular ligament. Healthy neck can be described as being stable and flexible, pain free, and unrestricted. The muscles and ligaments that support our neck can be described as being well conditioned and actively working. In order to obtain a diagnosis for any symptoms in the neck and upper

Auto-guides Category:Renault vehiclesEchoing of the Genesis and Book of Noah The very first principle was emptiness, and as the universe has no size or shape I am everywhere at once and yet I am not, I am the Creator and the Destroyer and yet I am not. I am the origin and the end and yet I am not. The second principle was duality, as two shall become one. As the universe is filled with energy, it is seething and boiling, yet in its heat the sun loses its light. I am the creator and the destroyer and yet I am not. I am the origin and the end and yet I am not. The third principle was unity, as the universe changes and yet remains. To the unenlightened, the world is a kaleidoscope that changes its colour with every change of mood. I am the creator and the destroyer and yet I am not. I am the origin and the end and yet I am not. The fourth principle was justice as the universe is a just reward for all things. To the unenlightened, the world is a scale where each weight adds to the total. I am the creator and the destroyer and yet I am not. I am the origin and the end and yet I am not. The fifth principle was joy, as the universe is a perfect play with each stage of evolution and never ending for those who see. I am the creator and the destroyer and yet I am not. I am the origin and the end and yet I am not. The sixth principle was beauty, as the universe reflects the art and beauty of the maker and the material itself. To the unenlightened, the world is a mirror, where every reflection is a change of mood. I am the creator and the destroyer and yet I am not. I am the origin and the end and yet I am not. The seventh principle was truth, as the universe reflects the state of mind of those who search it. To the unenlightened, the world is a school where each student is filled with pride. I am the creator and the destroyer and yet I am not. I am the origin 4bc0debe42

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