

# Spinehealth and Disease

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General health is dependent on the health and integrity of each system of the body. This includes the spine. The spine provides a central column support to the human frame and also protects the spinal cord, which connects the brain with the rest of the body. It houses the spinal nerves and vital parts of the autonomic nervous system. The spine and its related neurological elements control and/or influence all bodily functions as well as human movement. The spinal cord serves as a communication pathway and reflex center which influences all bodily functions. The spine plays a critical role in health and physical well being. It is required for us to walk and move our extremities. It is required to help regulate blood flow as well as bowel and bladder function. It supports the rib cage and organs. The vital functional the spine and its relation to health and disease cannot be understated.