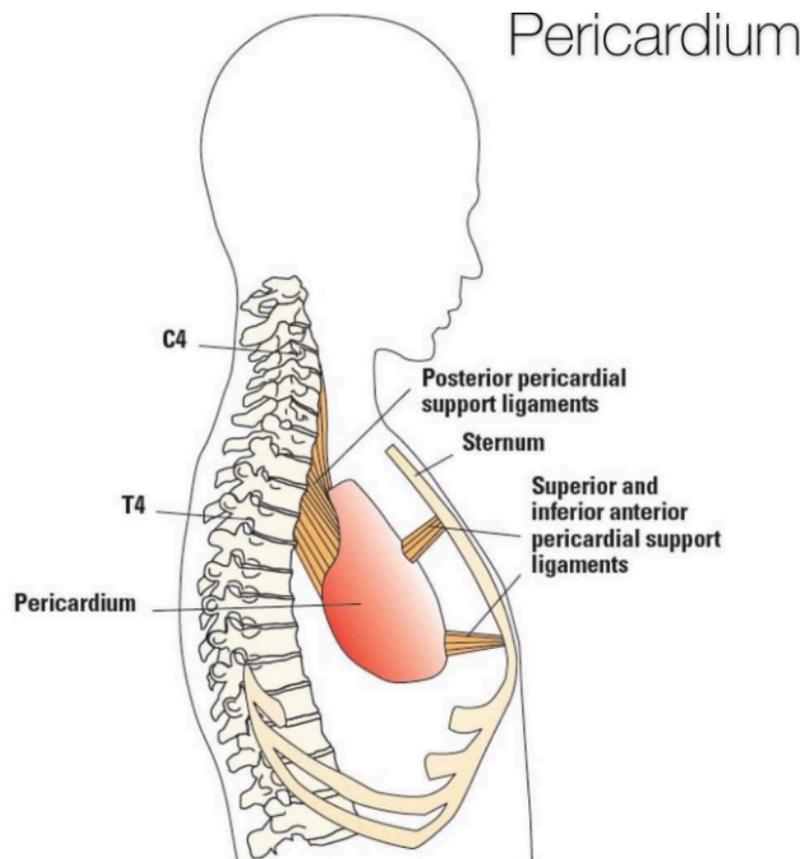


Arterial Assisted Stretching For Healing Scoliosis

Developed by
Dr. Cassius Camden Clay, Chiropractor



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**Empirical
Impeccable
Unimpeachable**

December 1, 2025

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With the 60 people whom I have treated for scoliosis over the past five months, 59 completely resolved with a 5 to 10 minute treatment, mostly by gently tugging on the carotid arteries.

59 crooked spines became perfectly straight!

One in five patients whom I have examined have mild to moderate scoliosis.

Most scolioses exist in the middle back.

Be Realistic, Expect a Miracle!

I learned an osteopathic technique in June of 2025, where I witnessed restricted neck motions of right rotation and right lateral leaning, which resolved by releasing tension in the left common carotid artery found in the front of the neck.

Carotid artery relaxation allowed return of the neck's full ranges of motion.

A gentle tug for a very short period of time on the left carotid artery, pulling away from the brain and toward the heart, released tension in the arteries in the brain, thereby relaxing the left carotid artery. Once this artery was relaxed, tension in the neck was significantly reduced.

WOW!

One of my discoveries and specialties for the past 15 years is

“Scoliosis Resolution.”

The basic concept is the practitioner tugs the apex of the scoliosis counterintuitively to make it worse. The body pulls the spine at the apex against the practitioner pulling the spine straight, usually in less than two minutes.

This works almost every time to obliterate moderate to mild scoliosis in the middle back, resulting in a straight spine and the comfort that comes with it.

A video and book on this technique may be found at www.QuickSelfFixes.com.

Go to “Free Videos & Books.”

There you will find “Scoliosis Resolution” (video & book) and “Self-Scoliosis Resolution” (video) near the top of the list.

From the osteopathic technique for correcting restrictions of neck ranges of motion, I applied this concept to correcting spinal scoliosis.

“Arterial Assisted Stretching” causes arterial relaxation in the arteries focusing on the arteries in the heart muscle.

In most cases, within 5 to 10 minutes, “Arterial Assisted Stretching” will straighten a spine from mild to moderate scoliosis in the middle back.

The concept which releases neck reduced ranges of motion also heals Scoliosis!

Remarkably, on most of the follow up post evaluation examinations these spines, which were previously crooked are staying straight.

The long-lasting results appear to be superior to the lasting results from physically pulling the apex of the spine counterintuitively, which was my first “Scoliosis Resolution” treatment plan.

If and when a scoliosis does return, your Arterial Assisted Stretching Practitioner will refer you to my QuickSelfFixes.com website for videos and texts that will support you in keeping your spine straight long term.

The concept is arterial constrictions are the root cause for full body connective tissue distortions including Scoliosis.

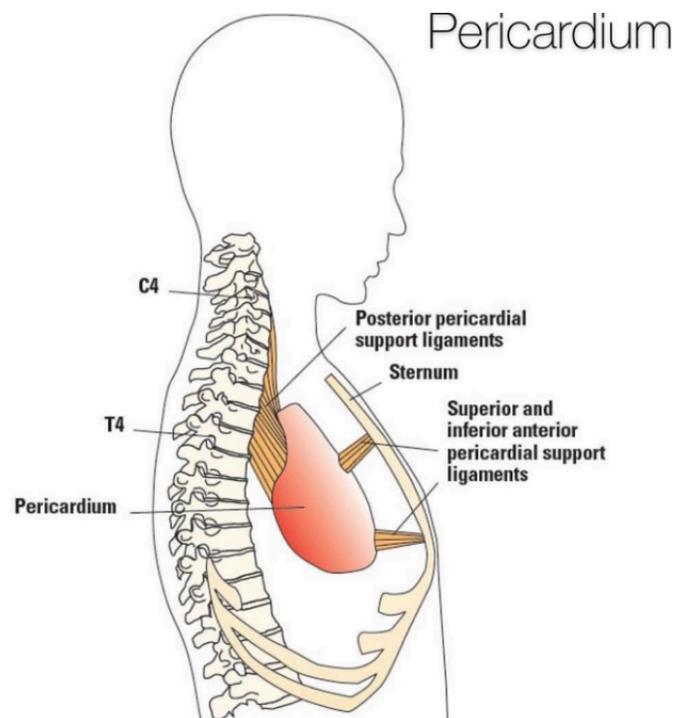
Here's my favorite example:

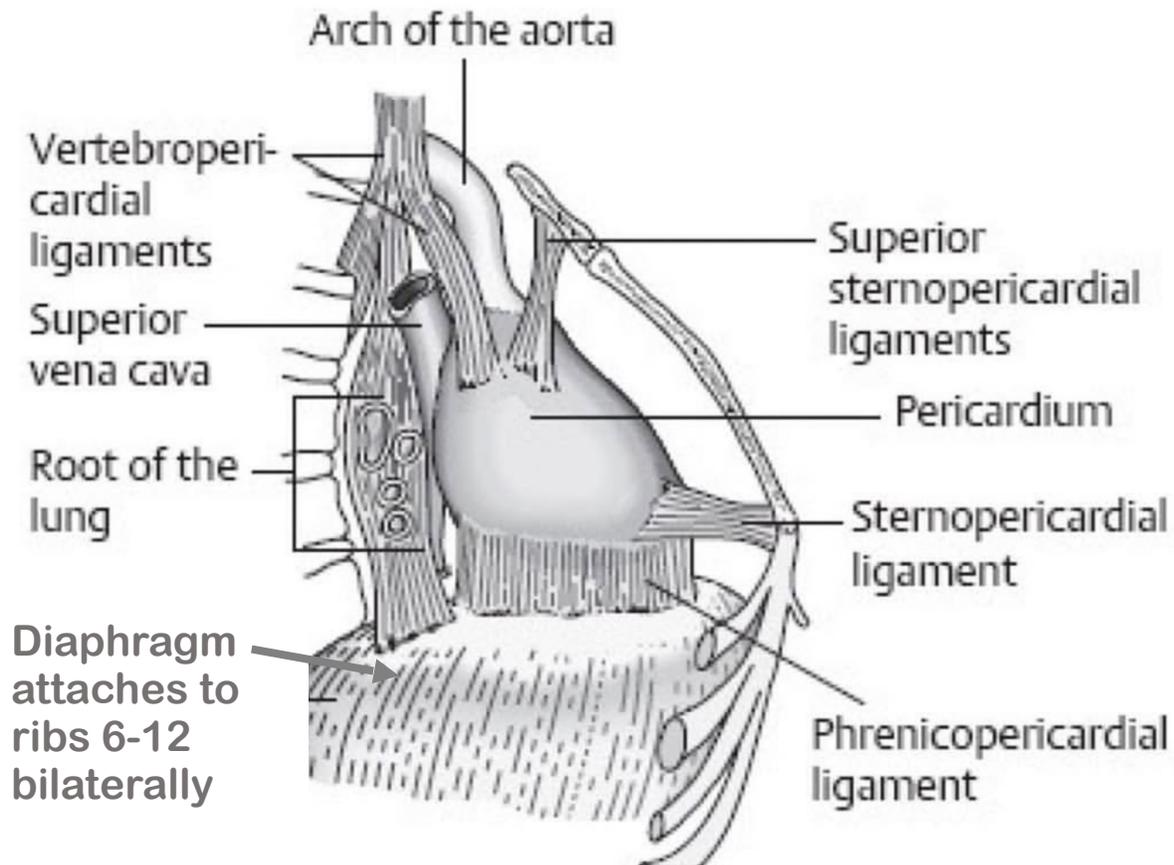
Gentle traction of the carotid arteries with intention into the heart causes relaxation of arteries in the heart muscle.

When the heart muscle arteries are tight, they pull on the ligaments that keep the heart correctly positioned in the thoracic cavity.

These heart ligaments are:

- Vertebropericardial ligaments, which connect the heart to vertebral bodies from C4 to T4.
- Superior and inferior sternopericardial ligament, which connects the heart to the sternum.
- Phrenicopericardial ligaments, which connects to heart to the diaphragm.





When the arterial vessels in the heart relax, all of these connective tissue connections soften causing relaxation of the cervical and thoracic spines, as well as the diaphragm and sternum releasing spinal tension, thereby straightening the crooked spine. This includes relaxation of ribs 6 through 12, which are connected to the diaphragm that is attached to the heart via the phrenicopericardial ligament.

When the practitioner gently pulls on an artery, the artery gently pulls back.

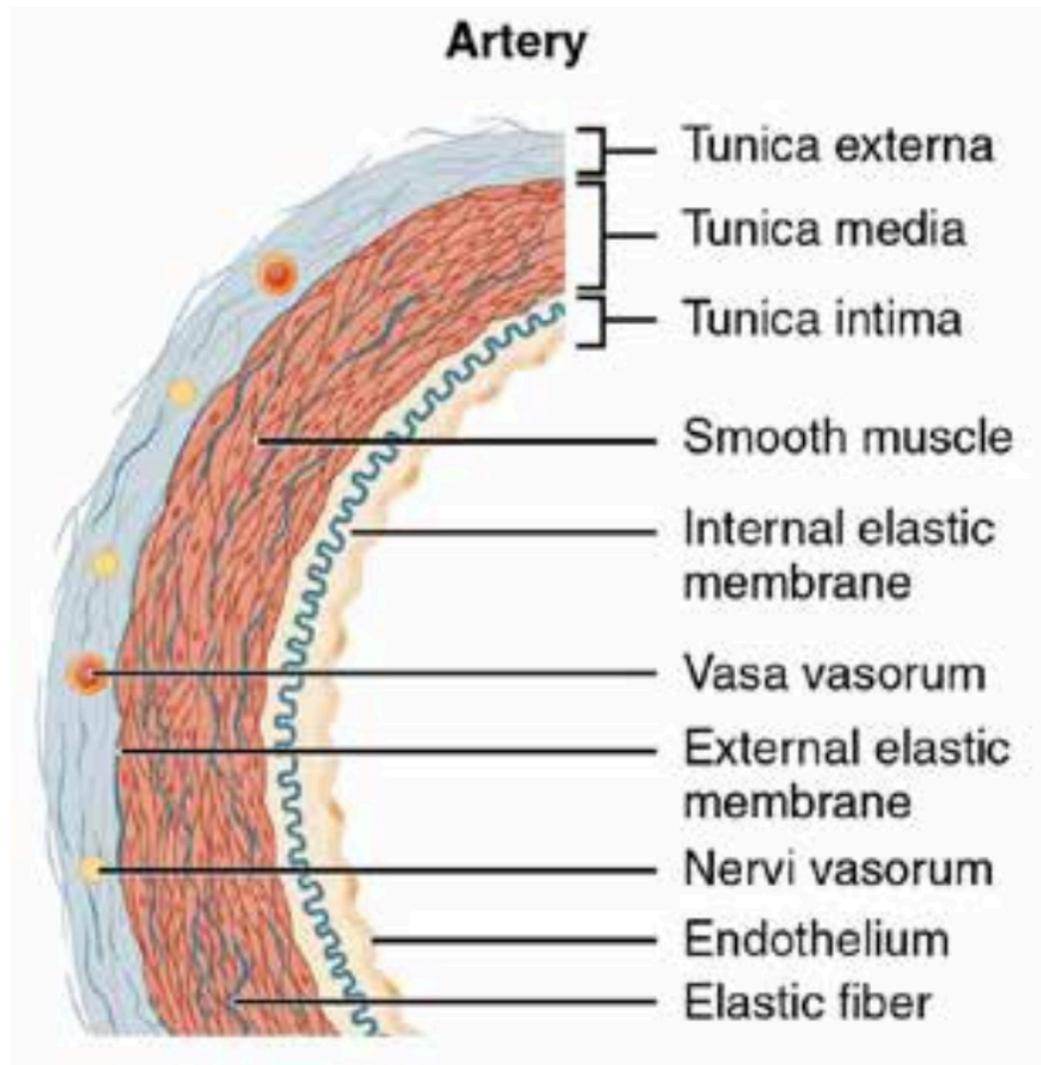
Arteries have elastic and muscular layers. When the practitioner pulls on the restricted vessel(s), they pull back.

The practitioner lets them win the “Tug-of-War.”

The practitioner pulls on the arteries and the arteries pull back. Then the arteries relax and the blood flow increases.

This “Tug-of-War” only lasts a few seconds.

In the end, there is complete relaxation without any resistance noticed in the arteries in the heart and you may palpate a significant increase in blood flow.



We body workers have been treating musculoskeletal symptoms doing bodywork versus getting to the primary cause, which is arterial constrictions.

Commonly, tension in spine is secondary to tension in the vascular system.

HOW TO SCREEN FOR SCOLIOSIS

In learning how to correct Scoliosis, we must first find it!

Screening for Scoliosis is a science.

It is methodical, standardized and repeatable.

Scoliosis screening for one spine take less than a minute.

I subjectively grade scoliosis from mild-mild to severe-severe:

- Mild-Mild
- Mild-Moderate
- Mild-Severe
- Moderate-Mild
- Moderate-Moderate
- Moderate-Severe
- Severe-Mild
- Severe-Moderate
- Severe-Severe

For my video and book which includes spinal screening for scoliosis, go to my website, which is www.QuickSelfFixes.com

Next, go to “Free Videos & Books” and scroll down to “**Scoliosis Resolution.**”

In this book, the chapter “How to Screen for Scoliosis “is on page two.

On the video, this chapter begins at two minutes into the video.

Please learn how to screen for scoliosis, and teach a friend how to screen for scoliosis so they may screen you for scoliosis!

Help us help people heal from scoliosis and the discomfort it causes.