



Craniopathy

A comprehensive system of healing involving the relationship between the cranial structure and body mechanics.

Craniopathy is the art and science of osteopathy and chiropractic, and it deals with the relationship of the cranial structure, cerebrospinal fluid (CSF) and body mechanics.

It is a mobilizing therapy focusing on the bones of the skull and the spinal fluid, which moves in pulse-like waves in the skull and spinal column. If the bones of the skull are misaligned they interfere with the pulse like waves in the skull. Gentle mobilization realigns these bones allowing the brain to function optimally as master controller of the body, enabling the body to self heal.

How Does it Work?

Due to its importance, the brain is protected by the bones of the skull. These bones are movable, flexible and adjustable. Restrictions, immobility, in these bones cause disruption to the natural craniosacral rhythm, pulse like waves in the skull, and effect the normal functioning of the brain. Restoring normal craniosacral rhythm enables the body to function optimally. Restoring optimum body function alleviates a wide variety of painful and dysfunctional conditions within the body.

The Treatment

Your practitioner will ask you about your medical history, and to outline current medical problems, particularly the impact they are having on your lifestyle.

Your practitioner will then examine your head, looking for cranial dysfunction. You will usually be asked to lie down on your back. He will then cradle your head, and use gentle pressure on the bones of your skull to

realign them. This procedure is not painful and can be quite soothing. Craniopathy will often be used in conjunction with other complementary medicines.

Do You Suffer From?

Scoliosis, infantile disorders, chronic fatigue, motor coordination impairments, emotional difficulties, chronic neck and back pain, stress, headaches, learning disabilities, dyslexia, hyperactivity, poor posture, lack of muscle tone, eyes, ears, nose and throat problems, dysequilibrium, facial pain, tempero-mandibular joint problems, bruxism (tooth grinding), shoulder and neck pain.

The Benefits

Craniopathy, improves the body's health and resilience. Positive and dramatic benefits can occur in cases of headaches, learning disabilities, dyslexia, scoliosis, infantile disorders, chronic fatigue, motor coordination impairments, emotional difficulties, chronic neck and back pain and stress. Craniopathy, can also assist in TMJ problems and Dental imbalances.

Results You Can Expect

You may experience a profound sense of relaxation and peace. Sometimes clients fall asleep or go into an altered space at some point during the session. There may be a minor change in shape of your face, from slightly lopsided to symmetrical, as the bones of your skull are realigned, this will give you a more youthful appearance. Your headaches and other aches and pains will often disappear after a series of treatments. General feelings of well-being and calmness are common as cranial mobility is restored.

Temporal Mandibular Joint Syndrome

Temporal Mandibular Joint Syndrome or TMJ as it is more commonly called, is a condition of facial pain in the joints of the jaw caused by misalignment of the Jaw. TMJ can be a frustrating and sometimes debilitating problem. Since it is a problem of the jaw, it affects us in some of the most common activities of daily living such as eating and talking.

How Does It Work?

The Temporo-Mandibular Joint (TMJ), the joint where the mandible (the lower jaw) joins the temporal bone of the skull, immediately in front of the ear on each side of your head. A small disc of cartilage separates the bones, much like in the knee joint, so that the mandible may slide easily; each time you chew you move it. But you also move it every time you talk and each time you swallow. It is, therefore, one of the most frequently used of all joints of the body and one of the most complex. Pain associated with the TMJ is a result of displacement of the cartilage disc that causes pressure and stretching of the associated sensory nerves.

The Treatment

Your practitioner as you for a detailed history and give you a physical examination, including careful assessment of the teeth occlusion and function of your jaw joints and muscles. Your practitioner will then recommend a course of treatment which may include: improving the alignment of the upper and lower jaw, resting the muscles and joints by eating soft foods, avoiding clenching or tensing your jaw and not chewing gum.

Benefits

First, the severity and frequency of symptoms decline and finally symptoms disappear and then the movement of the jaw stabilises. You will notice you aren't bothered by constant nagging pain. Teeth

grinding will diminish, ringing in your ears will decrease. Some patients report that improvement begins when they no longer wake up with a migraine or headache.

Do You Suffer From?

Pain in the TM Joints associated with Jaw movements, Intermittent locking episodes, Limited range of vertical opening, Facial pain a sense of facial muscle fatigue, Noises in the TM Joints associated with Jaw movements (clicking, snapping, crunching, etc.), Grinding of teeth at night. Secondary symptoms associated with TMJ disorders include: Ear aches not associated with an infection, A sense of fullness in one or both ears, Frequent headaches, Ringing in the ears, Neck Shoulder pain, Vertigo, TMJ disorders affect about 20% of the population, and that 20% spans all age ?groups, babies, pre-teen, teens, young adults, the middle aged, and seniors.

Results You Can Expect

The treatment combination of the active relaxation and re-alignment of the jaw can bring almost immediate and dramatic relief. You may be amazed at the swift response. Most of the time, however, treatment progresses more slowly. You will typically typically begin feeling significant relief generally in the first couple of weeks. The trend is usually toward less severe symptoms or increasing amounts of time free of symptoms.

Vector Point 1)

A low force and non-invasive method of cranial adjustment.

The dura is a fibrous sheet that covers your brain and spinal cord. Its attachments begin inside your skull and then work their way down your spinal canal, finally anchoring at the lowest bone in your spine, the sacrum. The dura has many purposes, one of which is to allow for the free flowing of cerebral spinal fluid. This process, called the Cranial Sacral Respiratory Mechanism, is maintained in part by the subtle movements of the cranial bones. When the cranial bones are subluxated (misaligned) dural tension is created, causing the uppermost neck vertebrae and the jaw joints to react. These, in turn, cause an entire pattern of compensation and adaptation to take place within the body including in soft tissues like organs.

How Does It Work?

By applying sustained gentle pressure to the cranium on specific points your practitioner is able to gradually move the cranial bones back into their original position. Because this process also removes dural tension, the net effect is not only the correction of the cranial bones themselves, but also the correction of all other secondary distortions of the spine and other related conditions.

The Treatment

Your practitioner will ask you about your medical history and your current medical problems, noting particularly the impact they are having on your lifestyle. Your practitioner will then examine your head, looking for cranial dysfunction. You will usually be asked to lie down on your back, fully clothed. He will then cradle your head, and use gentle pressure on the bones of your skull usually on three or four points which must be contacted simultaneously in order to properly reposition the cranial bones. The procedure is enhanced by having you breath deeply while flexing your feet. Movement of the feet and toes upward as you inhale slightly stretches the dura, while moving the

feet and toes downward as you exhale relaxes it. This procedure is not painful and can be quite soothing. In fact you will be pleasantly surprised that such a subtle technique can have so profound an effect. Craniopathy will often be used in conjunction with other complementary homeopathic medicines.

The Benefits

By clearing blockages and correcting spinal and cranial subluxations Vector Point Cranial Therapy will help boost your general well being, reduce stress, improve the quality of your sleep, increase your energy, enhance the functioning of all the body's organs and specifically relieve nerve problems which have been causing arm and leg pains, headaches, and dizziness. Vector Point Cranial Therapy is however, not a specific treatment for a medical condition but a general method for improving the health and resilience of the human body.

Do You Suffer From?

Scoliosis, infantile disorders, chronic fatigue, motor coordination impairments, TMJ, visual disturbance, emotional difficulties, chronic neck and back pain, stress, headaches, learning disabilities, dyslexia, hyperactivity, poor posture, lack of muscle tone, eyes, ears, nose and throat problems, vertigo, facial pain, tempero-mandibular joint problems, bruxism (tooth grinding), shoulder and neck pain, migraine, chronic sinusitis, high blood pressure, digestive problems, urinary problems, toxicity, female reproductive dysfunction.

Vector Point 2)

A low force and non-invasive method of cranial adjustment.

Results You Can Expect

You may experience a profound sense of relaxation and peace. Sometimes clients fall asleep or go into an altered space at some point during the session. There may be a minor change in shape of your face; from slightly lopsided to symmetrical, as the bones of your skull are realigned, this will give you a more youthful appearance. Some minor health problems, such as tension headache, may be resolved in one session. More complex conditions usually require several weekly sessions. By normalizing organ function you can expect improvement in high blood pressure, digestive problems, urinary problems, toxicity, female reproductive dysfunction and head problems such as vertigo, TMJ, visual disturbance and ear infections. General feelings of well-being and calmness are common as cranial mobility is restored.

Sacro Occipital Technique - SOT

Balances

Corrects disorders of the spinal, pelvis or cranial bones (spinal subluxations) which interfere with the secretion, fluctuation and absorption of cerebrospinal fluid. SOT shares with Craniopathy an understanding of the relationship between the foundation of the spine at its tail bone (sacrum), and its top at the back of the head (occiput). SOT uses highly accurate and effective clinical procedures to normalize the relationship between these two bones, which encompass the area known as the dura. The dura covers the entire central nervous system.

How Does It Work

In addition to correcting spinal subluxations SOT applies visceral manipulation procedures to normalize the function of the cranial sacral respiratory mechanism. Normal functioning depends on a wavelike oscillation in the membranes encasing the brain and spinal chord so that they are constantly bathed in cerebrospinal fluid. This contains a rich mixture of proteins, electrolytes, amino acids and other essential nutrients. Health problems develop when blockages occur in this flow.

The Treatment

With craniosacral therapy you experience a gentle form of manipulation, a hands-on healing technique, using a touch so light that you may not even notice it. You will be clothed, or wearing a light gown. Your practitioner will lay hands on various body parts, your skull, your spine and your pelvis, palpating each area, sensing movement and looking for fluctuations in the cranial rhythmic impulse. Your practitioner then manipulates bones and soft tissue to clear blockages and correct the flow of cerebrospinal fluid. Where appropriate to your case, your practitioner will place blocks beneath your pelvis when you are lying face up. The goal is to normalize joint positions on both sides

of the spine simultaneously. In this position it is your own body weight which assists in making adjustments. The aim of SOT is to normalize organ function without the use of drugs or therapy.

The Benefits

By clearing blockages craniosacral therapy will help boost your general well being, reduce stress, improve the quality of your sleep, increase your energy, enhance the functioning of all the body's organs and specifically relieve nerve problems which have been causing arm and leg pains, headaches, and dizziness.

Do you suffer from?

Scoliosis, chronic fatigue, motor coordination, TMJ, visual disturbance, impairments, emotional difficulties, chronic neck and back pain, stress, headaches, learning disabilities, dyslexia, hyperactivity, poor posture, lack of muscle tone, eyes, ears, nose and throat problems, vertigo, facial pain, temporo-mandibular joint problems, bruxism (tooth grinding), shoulder and neck pain, migraine, chronic sinusitis, high blood pressure, digestive problems, urinary problems, toxicity, female reproductive dysfunction.

Results You Can Expect?

Some minor health problems, such as tension headache, may be resolved in one session. More complex conditions, such as migraine and chronic sinusitis, usually require several weekly sessions. By normalizing organ function you can expect improvement in high blood pressure, digestive problems, urinary problems, toxicity, female reproductive dysfunction and head problems such as vertigo, TMJ, visual disturbance and ear infections.