



Universal Health™



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, 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.

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.

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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Restore + Sustain + Advance

