



Universal Health™



NeuroCranial Restructuring (NCR)

Balances the head and entire body and helps to make you look younger, feel better and think clearer

What is NCR?

NeuroCranial Restructuring is a manipulation process used to unwind the body into its original shape and optimal design. It utilizes careful analysis of the body's proprioception (balance patterns) to determine the precise areas of the skull needing to be unlocked. This unlocking allows the connective tissues (including the meningeal system) to release their residual tensions and move the bony structures incrementally back towards the body's original design.

The body's structural priority is stability, keeping the person upright and balanced. If the head is even slightly distorted, then it won't balance as easily, and the spine needs to compensate for this, counterbalancing to create an alternate or makeshift stability. This leads to offset patterns in muscular tension and joint appropriation. It is possible to unlock the structures of the skull so that the brain has room to operate efficiently and the entire nervous system can be optimised.

What Causes Cranial Bones to Become Unbalanced?

The cranial bones have an asymmetrical structural alignment, which can cause various difficulties in the functioning of the brain and nervous system as well as the musculoskeletal structure. They are in this alignment pattern because of the body's reaction to the physical, biochemical and emotional traumas. The most common and usually first traumatic event that people will experience, is a normal birth. The intense squeezing of the head during the birthing process, known as cranial moulding, almost always leaves its mark on the adult skull. This can ultimately affect both skeletal growth patterns and nervous system function for the life of the individual unless this pressure is alleviated. Similarly, falls, physical abuse or trauma, varying degrees of sports injuries, motor vehicle accidents, surgeries, dental work and the like all have long-term and long-lasting impact on the nervous system and musculoskeletal system.

How Does It Work?

NCR moves the head and entire body, more and more towards its original design. The face becomes more symmetrical and the head rounder. The posture becomes more aligned and relaxed. NCR works by moving the sphenoid bone, the foundation for all other bones in the skull. When the sphenoid is wrongly positioned, it can lead to an over imbalance in structure. Once the sphenoid is corrected, everything else in the body can become more functional. This is achieved by allowing the brain to expand once the other cranial bones relax.

Results You Can Expect?

NCR may help with correcting postural patterns, improving facial symmetry and, paired with the evidence-based Neuro Emotional Technique (NET), may assist with anxiety, elevated stress, hormonal imbalances and digestive disturbances. NCR may also provide relief for migraines, headaches, TMJ discomfort and snoring.

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

