



~ Bilateral Nasal Specific/Endonasal Balloon Therapy~

Nasal Specific/Bilateral Nasal Specific (BNS) uses finger cots, affixed/tied to a blood pressure bulb (a sphygmomanometer) to deliver an even and effective controlled force of pressure. The finger cot portion of this device is lubricated. The patient breathes out through their nose, and the finger cot is inserted into one of the six nasal passages, being three on each side. These nasal passages are stair stacked on top of each other. The finger cot/balloon is first inserted into the lower nasal passageways one on each side of the nose. This is done to keep facial, pressure, and symmetrical balance and optimize the benefits of this technique. It is then repeated in the middle passageway's, then the top passageway, then this process is repeated in the lower nasal passageway to help complete the full effect of nasal enhancement and no doubt do to the fact that the nasal passageways are stair stacked and widening the upper two nasal pathways indeed may compress the lower nasal passageway somewhat. Therefore, the lower nasal passageways are repeated to completely stimulate and give the full effect. Personally I can attest to this effect. The last couple of times that I have received treatment, when the lower nasal passageways are repeated enough pressure is used to further open up the ear canal. My hearing has enhanced dramatically, to the point I can hear the clock ticking across the room and can here people's conversations even when they whisper.

When the finger cot/balloon is slid into the nasal passageway the patient is asked to breath out through their nose, this allows access and proper placement of the balloon into the passageway. The balloon is gently tucked in around the outer edges of the nostril with a flat tooth pick to insure that no outward bulging of the balloon occurs when it is inflated. The nose is lightly compressed around the valve of the pressure bulb, so that no air can escape. The patient then takes a deep breath in and holds it. By taking the breath in it expands the joints/membranes of the cranial plates. While the patient is holding their breath the practitioner quickly and gently inflates the finger cot/balloon with two to four quick hand pumps/squeezes of the pressure bulb. Squeezing the pressure bulb applies air into the finger cot/balloon. As this air pressure becomes greater it pushes on the walls of the nasal passageways, eventually it squeezes its way through to the back of the throat. The practitioner then quickly releases this pressure via the valve on the stem of the pressure bulb. This process takes one to three seconds.

When the pressure bulb is pumped it causes the finger cot/balloon to expand inside the nasal passageway. This expansion pushes against the compressed walls clearing out accumulated mucus and pushes its way through the nasal passageway into the upper back portion of the throat, where the balloon taps against the tissue that is directly in front of the sphenoid bone. By taping on this area it also taps the sphenoid causing it to shift ever so slightly. This shifting causes the other cranial plates to shift/realign and at that moment it releases built up pressure that is housed in the joints/membranes, inside of the skull. It releases pressure that has put adverse impact on the brain, and also allows the pinched cerebrospinal fluid tubes, the blood vessels, and the inner cranial sinus pressure/tension to be released so that optimum function is restored. It also restores proper respiratory breathing patterns, restores normal sinus draining, stimulates the Pituitary Gland, stimulates and unlocks or unstick's the vomer bone so that it can articulate properly. The amount of pressure that is exerted from this technique varies

from patient to patient, depending on how locked their cranial plates are and how narrow their nasal passageways are. It has been stated that up to one to two pounds of controlled applied force is used in delivering this technique, however, this is a rough estimate and antidotal at best, but it does give us an idea of what and how much force is being used.

When asked does this process/procedure hurt, the answer is it depends on who you really talk to, you will either get a yes or a no, this author personally does not think that the process hurts, however, it also depends on ones definition of pain. It has been referred to as getting water up the nose, at times unpleasant but not painful by any means. The best way I can describe this technique is take your fingers and plug your nose, now try to breathe out. You will feel a build up of pressure inside your head. Nasal specific does the same thing, there is a build up of pressure but more importantly it breaks through this pressure. Therefore, when you plug your nose and try to breath out through it there is built up pressure, just imagine being able to break through this build up. This is what the finger cot/balloon does, and by doing so it relives pinned up tension in the cranium plates and relives the stress that is placed upon the body. It is not uncommon to hear cracking or popping sounds resonating from different parts of the head, most notably along the occipital and in the ear canal. This is nothing to fear, it used to be that people thought that the skull was cracking when this was done, this is not the case. Rather the cracking and popping sounds are the release of tension along the cranial faults, the joints/membranes and cranial plates of the skull.

This process is indeed an intense procedure but it is also quite effective. In many cases where tension has been built up and diagnosed as untreatable the individual is told they need to live with it. This is just not true. Instead of just treating the problem nasal specific treats the source of the problem and works towards releasing the pinned up tension and thereby works to correct it. The effects are long lasting and permanent until outside force is once again applied, such as falling down or being hit on the head The whole process on average takes about five to ten minuets, if one gets a regular adjustment the impact and shock of the treatment lessens each time. This is cause and effect it all depends on how tense and tight the person may be. It is also directly related to the amount of subluxation placed upon the neck and cranial plates. With each treatment the body is able to unlock even further, this can truly be said for such individuals who have had strokes and children with cerebral palsy.

It is well to point out that results vary from person to person and depending on the state an individual is in more sessions and treatments may be needed. However, with one treatment there is enhancement and with four there is considerable enhancement/improvement. With individuals with disabilities this process will effectively help stimulate there nervous system, however it all depends on the level of disability, wheather or not it is neurological related. The key and purpose here is to let you know that there is hope for improvement and I would encourage everyone to at least try nasal specific at least one time. So how does this process work, let us quickly recap and give an overview of the benefits of this process.

A small balloon fixed to an air pressure bulb is inserted into the nasal cavities. There are three nasal cavities on each side of the nose. The balloon is quickly inflated and deflated. By doing so

it puts pressure on the nasal walls, but more importantly it adjusts the skulls cranial plates. There are 22 bones that inter lock and make up the human head, in-between these cranial plates there is a fine layer of membrane or joint, much like one's knee or elbow joints. In life there are times when we get a bump on the head, trip and fall, or have excess pressure from the birth process resulting as a traumatic brain injury. This causes the cranial plates to shift out of place and in most cases causes them to lock. When they lock the nervous system can no longer function properly and dysfunction even paralysis, speech difficulties, hearing problems, and vision impairments, hipper tension, and many more dysfunctions can start to take shape. Un-treated the conditions worsen and progress until the individual can no longer function. The finger cot/balloon inflated into the sinus cavities put direct controlled pressure on the vomer and sphenoid bones directly located behind the nose. This tapping pressure causes the sphenoid bone to shift, in accord the rest of the cranial bones/plates shift, unlocking and returning back to their original location/shape. As well the Pituitary Gland, which is the master gland, sits right on the inside of the sphenoid bone. Proper respiratory motion of the sphenoid bone is necessary for the cranial meningeal system to pump cerebrospinal fluid throughout the brain and spinal cord. The lack of this fluid results in the body shutting down. The majority of the nervous system is inter wound throughout the brain and follows the spinal column down through the pelvis and into the lower extremities. If the back bones are fused together it will lessen mobility and greatly impact the nervous system in a negative fashion, and the hopes of an individual, a child with a disability of ever improving are taken away. [4, 5, 6, 14, 22]

Forget Nasal Specific! Still One Of Hollywood's Biggest Secrets, Neurocranial Restructuring® (NCR®) Will Change Your Life By Changing Your Face!

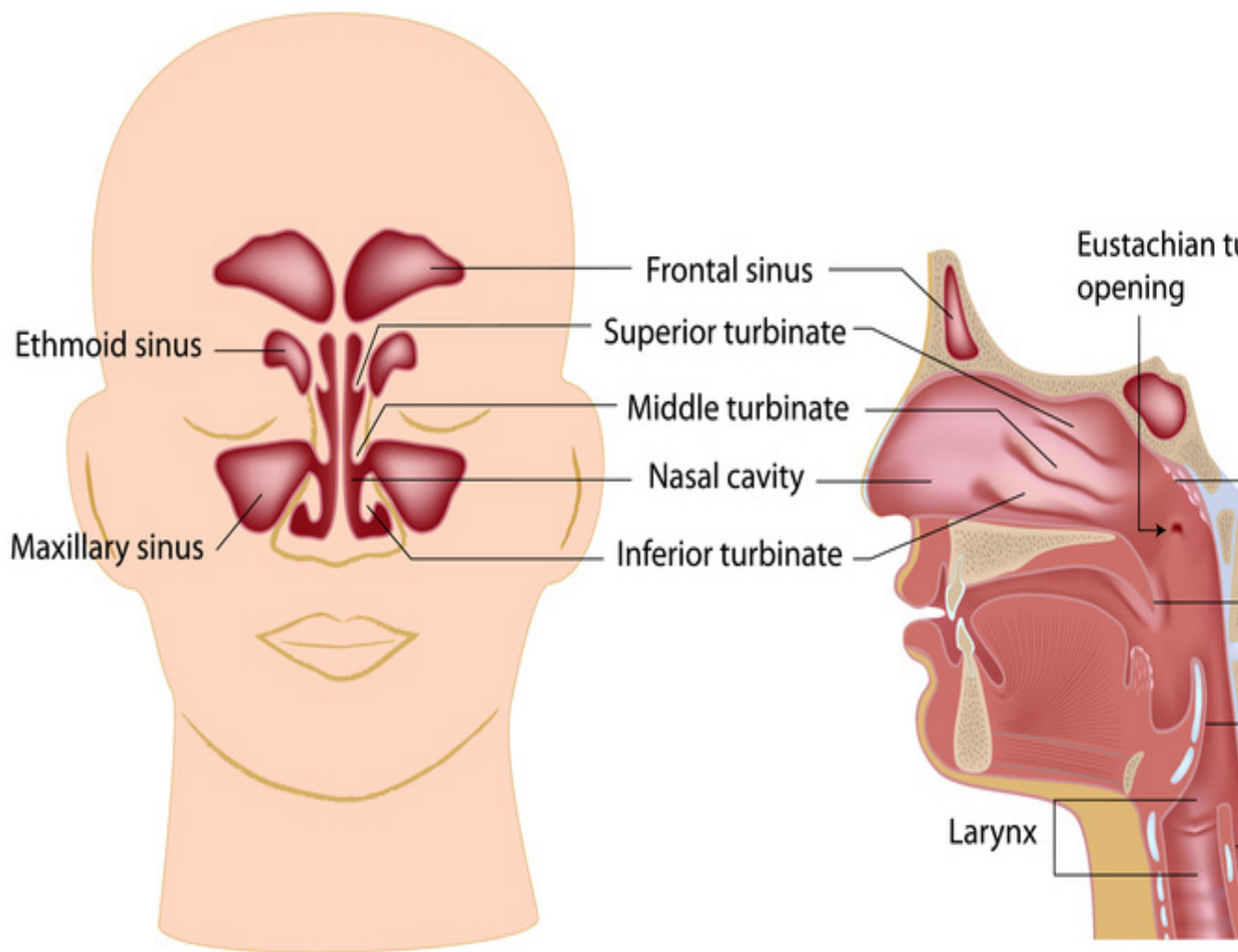
**Because In New York City, Your Face Is Your
Fortune...**

- Increase your height by as much as 2 inches over time!
- Enlarge cheekbones and reduce wrinkles without surgery!

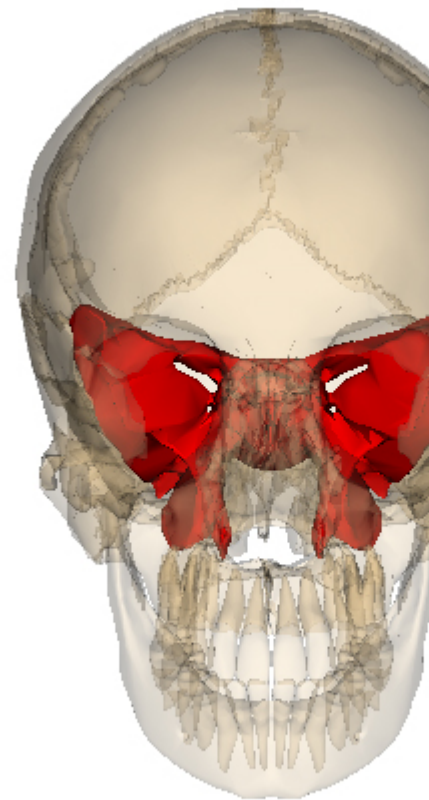
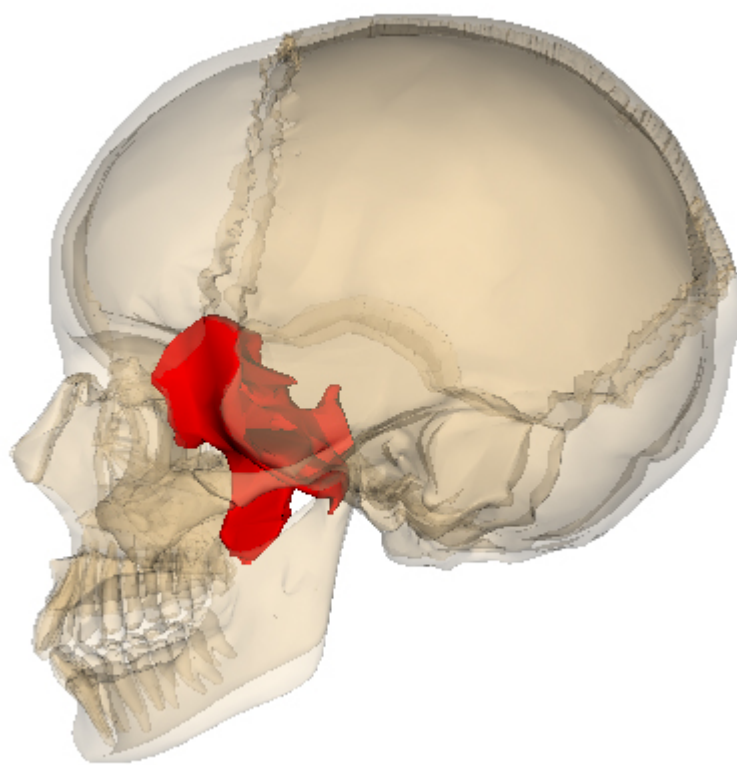
- Your best complement to meditation, pilates and yoga!
- Align your spine - relieve kyphosis, lordosis and scoliosis!
- Reduce or eliminate headaches, migraines and vertigo!
- Relieve chronic sinus congestion and sinusitis!

What is Neurocranial Restructuring®?

NCR® is a series of cranial adjustments applied over four consecutive days, with each adjustment taking approximately 45 minutes. Each 45 minute cranial adjustment begins with gentle bodywork to assess and unwind postural and structural asymmetries, while coaxing the body into a parasympathetic state of being. Then, extensive proprioceptive testing is conducted to determine your personal path of least resistance - to the most dramatic postural and structural shifts possible. Next, the trained NCR® doctor inserts a small balloon into one of your two nasal passages, and continues on into one of your six turbinates (all determined by prior proprioceptive testing).



Finally, the balloon is briefly inflated and exerts a brief pressure against your sphenoid bone (see shaded section of bone in computer-generated cranial rendering below).



This brief pressure (often described as similar to the feeling of getting water up your nose) causes the centrally located sphenoid bone to momentarily release its hold on the rest of the skull bones (similar to the way a spring releases a “jack-in-the-box”) and the bones permanently shift along the sutures into a more stable and symmetrical position than they found themselves in prior to your NCR® adjustment.

Your new, more optimized skull facilitates lasting changes in your spine, nervous system, face, and nasal passages - and often quickly corrects a litany of health complaints that had at their foundation nothing other than suboptimal structure caused by the body's natural protective reactions to the physical, biochemical and emotional traumas that it had been subjected to over the course of your lifetime. The most obvious, common traumatic event that most people have experienced is what is called a “normal” vaginal birth. The intense squeezing of the head during birth - known as cranial molding, almost always leaves its mark on the adult skull. This affects both skeletal growth patterns and nervous system function for the life of the individual unless it is removed from the system via NCR®.

Similarly... falls, beatings, sports injuries, motor vehicle accidents, surgeries, and biologically insensitive dental work all have a long-lasting impact on the nervous and musculoskeletal system.

But I always thought that my skull was one solid piece of bone?

The notion that the bones of the skull fuse together in early childhood originated out of a paper written in 1873, referred to as the “Munro-Kellie Doctrine” or the Kellie Munro hypothesis. Then, in 1929 Dr. William Sutherland’s studies and observation of the structure of the skull lead him to the theory that the bones of the skull moved slightly, which was a different take on the previously theorized and accepted idea that the cranial plates are fused together.

It wasn’t until the mid-1970’s that John Upleger and his research team at Michigan State University employed the latest in technology using radio waves, electron microscopes, and cinematographic on recently deceased cadavers that they could prove that the bones of the cranium actually do move!

Upleger was able to prove empirically that the cranial plates have a natural rhythm and move 1/100 of an inch. He also demonstrated that they contain blood vessels, nerve fibers, and connective tissues. Out of his studies, Upleger was able to develop what is now known as “Cranial Sacral Therapy.”

Is NCR® really more effective than cosmetic surgery?

NCR® is more effective than cosmetic surgery because NCR® can correct the asymmetries that are found in most faces whereas cosmetic surgery cannot. Eyes that appear to be different shapes, crooked mouths, uneven cheekbones, ears that don't line up... all of these asymmetries are always improved with NCR®.

NCR® treatments also produce a totally natural facelift because they allow your cheekbones to rise and widen. These new, more prominent cheekbones smooth out wrinkles and erase the fine lines around your eyes due to the tightening of the skin over this new and expanded framework of facial bones. Take a look at these before-and-after pictures from ONE 4-day series of inflations:

Finally, cosmetic surgery fails to improve “function and feeling” in a patient. Cosmetic surgery may make you look better, but it cannot make you feel better on a somatic level.

It is for the above reasons that many famous Hollywood actors and actresses have anonymously turned to NCR® over the years to counteract the effects of aging while simultaneously making their faces more attractive to their audiences - by re-shaping them to resonate with the specific mathematical ratios and proportions that are scientifically proven to be the very definitions of beauty.

How can Neurocranial Restructuring® resolve so many physical complaints?

What people need to understand is that the #1 priority of your biological organism isn’t survival – its stability, and the most important aspect of your physical being that requires stabilization is your head.

Remember, your head is basically a 12 lb. bowling ball teetering atop your cervical vertebrae!

When your skull is subjected to trauma it changes shape, and the body consequently needs to change its shape in order to keep itself balanced so that you can remain upright. This is one of the main underlying causes of spinal distortions such as kyphosis, lordosis, and scoliosis. Even if a chiropractor can reduce such curvatures, they can never fully work them out until the shape of the skull is corrected. What often happens in reality is that after a chiropractor sets the spine into a new position, the body will return back to the old position because that distorted position was actually the best position in order to maintain stability. Stability is more important to your organism than if you are in pain or have unattractive posture!

In the case of headaches, migraines, tinnitus, vertigo, TMJ, depression, anxiety, OCD, chronic sinus congestion and sinusitis... once again we have a situation where a distorted skull can create all sorts of pressures in the head that are not supposed to be there – pressures that not only cause pain in the form of headaches and migraines or create an annoying ringing in the ears or give you the feeling that your nasal passages are permanently blocked, but pressures that exert themselves against areas of the brain which trigger compulsive behaviors or throw you into a low energy state.

It is because of these dynamics, that an NCR® series can resolve so many physical complaints.

How can NCR® complement my meditation, pilates and yoga practice?

Buddhists believe that the body follows the mind just as they believe that energy follows thought. They go on to say that the mind is not found in the brain, but instead the brain acts as an interface to what is referred to as “your mind.”

It can be theorized that the source of asymmetries universally found in all human faces and skulls is actually the human being resisting awareness to such a degree that the skull actually distorts itself in order to block access to the information spilling into awareness across the corpus callosum from the right side of the brain along with the mammalian and reptilian brainstem below.

When one practices yoga and meditation to the degree that the kundalini awakens, it is common to suffer terribly as the energy attempts to push through these repressions made manifest in the skull and correct them. Many people become incapacitated for years as this biological process unfolds within them.

Regular NCR sessions not only make sure that the path is clear for the kundalini energy to easily transform your being, but they also have the added advantage of giving one the opportunity to process psychic material that got buried at a comfortable pace, as the inflations remove the obstructions in the skull that held this material back for so many years. The more that can be processed in this manner, the less traumatic a kundalini awakening will be.