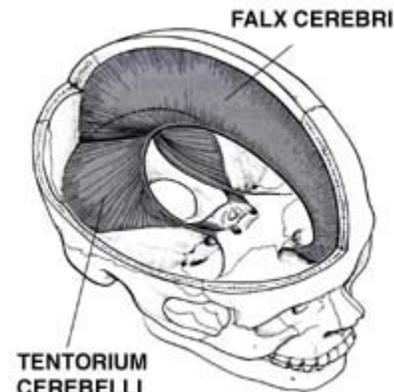


# *"It's all in your head"*

## The Surprising Relationship between your Head and your Health

In my never-ending quest to find the most powerful solutions for creating wellness, I have found a radical and advanced natural healing approach developed by an osteopathic physician from Ireland called the Bio Cranial System. Dr. Robert Boyd has developed a unique hands-on method for correcting many ills and imbalances in living people by restoring normal motion and shape to the cranial or skull bones. People travel to Ireland from around the globe for help with fibromyalgia, sciatica, knee pain, diabetes, migraines, allergies, TMJ (jaw) problems, ADD anxiety and other problems that seem to originate in some other body part, or in the mind. This trademarked and patented work that focuses on skull is distinct from Upledger's Craniosacral Technique and other cranial methods.



Wait a minute. The bones of the head don't move, do they? Actually the 22 cranial bones (not counting the lower jaw and the tiny bones of the inner ear) are designed to move throughout life. This rhythmic movement is minute, but vital. It has a lot to do with the pumping of cerebrospinal fluid, which bathes and nourishes the brain. William Garner Sutherland, D.O. reasoned back in 1905 that the individual bones of the skull stay separate throughout life because of this movement, which he dubbed, "the Primary Respiratory Mechanism." "Respiratory," as it is used here means "expanding and contracting" and does not refer to breathing.

According to Dr. Boyd, the shape and alignment of the skull bones are the biggest determining factors in our structural integrity. And structure, in turn, has a profound effect on function. When a trained Bio Cranial Practitioner performs the proper corrective procedure to the person's head, the spine realigns itself internally and spinally. As someone who graduated from Chiropractic College over 17 years ago, it is marvelous to watch a patient's scoliosis correct itself and watch the pelvis untorque before my eyes after they receive this treatment. Patients report relief from chronic conditions including both musculoskeletal pains such as hip pain and plantar fasciitis, and internal concerns ranging from menstrual problems to indigestion. It is gratifying to participate in helping people diminish their dependency on medications. The Bio Cranial System has also helped people with post-surgical pain.

A board certified orthopedic surgeon recently took the training in Bio Cranial after he received tremendous help with numerous personal health issues. He then invited the doctor who worked on him to treat 20 of his medical colleagues, and 50 patients that he labeled "medical and chiropractic failures." This surgeon routinely sent his patients to chiropractors prior to seeing them himself, hoping that they would respond to this more conservative and natural approach and avoid surgery. These patients did not respond. All, however, experienced significant improvement from the Bio Cranial work! Now this doctor and some of his enthusiastic colleagues are conducting research using the latest high tech approaches to document the exciting changes taking place in peoples' lives. His practice and life have changed remarkably.

Many people without serious physical limitations like to receive this work because it also helps with mental clarity, strength, energy, and flexibility. Many of my own patients have been dancers, yoga students, martial artists and athletes who have been looking for a performance edge. College students come in to see me before an important exam so that they will think and remember better. Brain injury patients have received great benefit, gaining back many functions, such as walking, improved speech, the use of arms (able to dress) etc..

Why does the human cranium typically need to be worked on? Obviously after a head injury, even a minor one, bones that typically move in the hundredths-of-an-inch range, may become jammed and stuck. After prolonged dental procedures or facial cosmetic surgery, it is also a good idea to "have one's head examined." Many cranial bone imbalances actually originate much earlier in life, when the head is

subjected to mechanical pressures during the birth process. These events are often traumatic to a baby's structure, and could be the subject of another whole article.

Is the Bio Cranial System safe for everyone? This 3 minute procedure is safe for almost anyone, unless they have a fresh fracture of the skull or neck. I have personally given Bio Cranial corrections to patients days old through the mid ninety's. Some of these patients have had bulging discs in the neck, multiple carotid artery surgeries, cardiac pacemakers, bone fusions, and brain injuries with metal plates in their heads. Even stroke patients benefit from Biocranial. While it would be unethical, illegal and potentially misleading to say that Bio Cranial cures specific diseases, Bio Cranial practitioners will typically work with patients who may incidentally have any type of physical illness or complaint. The procedure is designed to be safe for all, and the distinction that must be made here is that my goal with people is to balance nerve system function, so the body heals itself, not treat disease. The obligatory disclaimer would be to recommend that the reader consult his/her physician about any new or ongoing disease processes and not to construe this article to constitute medical advice.

The principles that I practice by are three:

1. The body is a self-healing organism.
2. The nerve system (the brain, spinal cord and spinal nerves) controls and coordinates all organ systems, tissues and cells in the body.
3. Interference to this nerve system brings about dysfunction within the body.

Therefore, my job is to find the interference, remove it, and allow the body to heal itself, just like it was designed.

The website for the [Bio Cranial Institute](#) is divided into 2 areas: one for patients and one for practitioners. My own website, <http://www.aheadtowellness.com> has some additional information about The Bio Cranial System and about my practice. Email me: [drjim@aheadtowellness.com](mailto:drjim@aheadtowellness.com) **Phone: 562-860-3404.**

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