

It is All in Our Heads

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Most stress, headaches, and pains are referred from intracranial pressure above C1. Having helped thousands of patients with stress and chronic pain problems since 1991, I've yet to experience such a simple, yet powerfully effective technique as the "stress relief in 1 minute" or the "stress breaker" as done by Mike Menkes. This is a game changer!" Dr. Wade Baskin, PT, DPT, Dip. Osteoporotic, Cert. SMT, Cert. DN "Mike just held the back of my head for 2 minutes while I was sitting in a chair and my back pain is gone." Bank America officer "It works!" Clifton Thomas, MD – Nacogdoches Texas "My headache is gone. I can see better." B A Budd. Cranial treatment for neck and shoulder pain by holding the back of Martika's head at the convergence origins of occipito-frontalis muscles, origins of the greater occipital nerves, bilateral Gall Bladder 19, while I resist her neck extension for one minute, then she is told to get up and to walk to reinstate neuro-muscular re-education.

Cranial sacral therapy appears to have been practiced and taught first by Nephi Cottam, DC, in the late 1920's. In spite of reports of Dr Cottam and his trained chiropractors of hundreds of successful non-medical interventions, the same American medical community that banned Australian Sister Kenney from teaching that children with polio placed in a swimming pool kicking their legs daily did not require the leg irons

imposed by American medical doctors, continues to disregard the actual clinical results of cranial therapy as quackery.

Cranial sacral therapy, as taught by the Up ladder Institute, is based upon moving cranial bones. The treatment requires the patient to lie supine for up to 1 1/2 hours. I have studied human anatomy and cranial bones are fused and do not move. My techniques only require the patient to sit for one minute anywhere. No treatment table required. I describe my protocol as "reverse acupressure." the patient is active and the therapist is passive, contrary to almost all forms of physical management. By relieving pressure ABOVE the top of your spinal column, your brain-body connection will readily de-stress and go to parasympathetic status. Safe and effective as a stand-alone therapy and as the first treatment prior to: chiropractic, massage, physical therapy, acupuncture, counselling, Reiki, reflexology, TENS, Guided Imagery, Ayurveda, Naturopathy, breath work, meridian therapy, herbs, emotional release. Alleviate computer eye strain, migraines, neck and shoulder tension, fatigue, anxiety, ADD, post-traumatic stress disorder. My technique may be used solo, as pre-treatment to convert patient from sympathetic to parasympathetic status, and in combination with other modalities to enhance treatment results. "Treat the origin not the symptom." I am available to demonstrate and to teach professionals, caregivers, parents, military, corporate employees, first responders.