



The Importance of Cranial Nerve Health

Underneath the muscles are a set of twelve cranial nerves that, like spinal nerves, exit and enter the brain. These nerves are essential in bringing the right hormones, neuropeptides and information to specific parts of the body. They depend on an unobstructed path and are often interfered with because of bone and muscle pressure. Cranial nerves play a major role in hearing, vision, speech, motor function and learning. In addition, the pituitary and thyroid glands are both situated in these areas and rely on the free flow of nerves to bring all their life-regulating hormones to the cells. If there has been an impact from some injury or an ongoing emotional stressor, the current of energy or energy flow gets backed up and stuck. "Fluid congestion head" results in the kind of headache where there's lots of pressure around the eyes and your head feels like it wants to explode. There's no point in trying to focus or organize your thoughts when you are in such a state.

The Vagus Nerve, the tenth cranial nerve, needs to be given special mention because it is the longest of the twelve cranial nerves. Not only does the vagus nerve innervate the ear canal but also the pharynx, larynx, bronchi, lungs, heart, esophagus, stomach, large and small intestines and bile duct system. It's easy to see that when this nerve is hypersensitized by compression it can produce such symptoms as dizziness, heart racing or irregularity, heartburn from stomach acid, irritable bowels or weakened immune system.

It is uplifting to know that some dentists, chiropractors and massage therapists have gone on to study CranioSacral Therapy. These are the ones that are willing to step out of the box and understand that what affects one area of the body has an affect on another part. To take it even a bit further, when practitioners understand that energy and science work together they can make headway in their success with patients and their health. John Upledger, Doctor of Osteopathy and creator of CranioSacral Therapy, has reported that many holistic health practitioners have gotten excellent results using his craniosacral techniques. As Upledger says, "I have formed a respect and trust in the way nature expresses itself through our bodies. Healing Systems do exist and work together with our knowledge of anatomy and disease." You might say that the junction of the jaw is a reflection as to the ease with which we express life. Like a locked hinge it may be keeping so much suppressed energy at bay simply because it has not been prompted to remember what it truly can do.

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