

# Myokin Easterlies

Pain Relief News for the Myokinesthetic Community

Summer Sky, Nick Coombs, FreeDigitalPhotos.net

## A Case Study

### Posture Remediation

Tony was 58 when I saw him, and his progress over five treatments in two weeks is a most dramatic example of postural remediation using Myokin. He arrived with his left shoulder up around his ear, his spine swerved to the right, and his upper body both rotated and tilted to the right. In addition, the pain in his shoulder and neck was at about 7 out of 10.

When I see something like this, I feel that the patient's nervous system has reached its limit in terms of compensating for previous injury, surgery, or other stress. It needs instruction in how to undo destructive compensations, and that's what Myokinesthetics does.

He felt a bit 'looser' right after  
*(Continued on Page Two)*



Wild Flowers, dan, FreeDigitalPhotos.net

## From Blog Myokin

### Anxiety, Sleeplessness, and Acid Reflux

60 million Americans (20%!) experience Acid Reflux<sup>1</sup> every month, and nearly half those every day. An equal number have sleep disorders, and according to NIMH<sup>2</sup>, 18% suffer with free-floating anxiety<sup>3</sup>. There are countless prescription and non-prescription remedies for these conditions, but I have not a single patient for whom any of them has worked reliably and safely.

The numerous physical reasons for these disorders include caffeine and smoking, eating late, unremitting pain, hormone shifts, and even the medications you take. But the one consistent factor I see is cultural, and that is the continual stimulation of our fight-or-flight response, the demand for us always to be 'on' to be fast, to be funny, to be on time, to be best, to be more and even more and be it now! Fight-or-flight has tremendous value in dealing with real threats to survival, but when it's always on, fight-or-flight becomes a threat in itself.

For millions, life has become a nightmare of impossibility, a recipe

for anxiety ridden despair and depression. Worst of all, you feel guilty and hopeless and worthless at not being able to meet all these demands.

But we have a natural balance to fight-or-flight. It's called the rest-and-digest response. It balances every excess dictated by fight-or-flight to allow you to act as a normal, balanced individual. Rest-and-digest is grounded in stimulation of the long Vagus<sup>4</sup> nerve which wanders from your brain to your heart, lungs, stomach, and intestines.

### “...a nightmare of impossibility”

And there are many ways to activate rest-and-digest:

For example, a surgeon can implant a Vagus Nerve Stimulator (VNS) device, like a pacemaker. The VNS electrodes are wrapped around part of your delicate Vagus nerve which receives electrical shocks to get it going.

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## Blog Myokin (Continued)

As well there is a procedure called Carotid Sinus Massage (CSM). The CSM practitioner places pressure on the carotid artery in your neck reducing the flow of blood to your brain until either the Vagus nerve gets active or until the machines indicate that you are about to suffer severe brain damage.

And there are many other daunting non-surgical methods. These include holding your breath as long as you can do, dunking your face in ice water, energetic coughing, standing on your head, and using your stomach muscles as though forcing a bowel movement.

I prefer to use a gentle Myokinesthetic treatment. In this I work with the first four nerve roots in your neck to stimulate the Vagus nerve. And the results of these treatments have been remarkable: one patient slept well for the first time in months, two others finally had relief from acid reflux, and yet others experienced a general reduction in anxiety.

The human mind, spirit, and body can combine to be a formidable force for self-regulation and healing if only one knows the language to engage that inner healer. For these disorders that language seems to be the language of Myokin.

### Practitioner Resource

#### Where Can I Get Help?

For a list of the current Certified Myokinesthetic Specialists, please go to <http://www.myokinesthetic.com>, and click on 'Certified Providers' in the banner at the top of the screen.

### A Case Study (Continued)

the first C4 treatment, but nothing remarkable. However, when he arrived for the second treatment three days later, I was astonished at the change in his posture. His shoulder had dropped noticeably, and the right rotation was reduced as well. His entire upper body felt better although there had appeared a mid-back pain which disappeared after the third treatment.

After treatment four his shoulders were virtually even, and after five treatments all pain and postural problems were substantially improved.

### Guidelines

#### How Do You Know What Myokin I Need?

The simple answer is: By listening and looking. Your first treatment begins with assessment.

Let's say your back hurts. There are very many reasons your back might hurt, and our first job is to discover which nerve root is at the base of your pain.

For example, a back pain below your ribs, and radiating into your hip and groin area suggests possible treatment of your L1 nerve root.

In general, the nerve root that needs treatment is revealed by answering up to five questions:

1. Where is your pain, and where does it radiate?
2. What movements cause you pain?
3. Do you have any named

conditions, like sciatica or carpal tunnel?

4. What does your posture reveal?
5. What muscles are weak?



In many cases just the pain location is enough. In other cases, particularly if you have pain in different places, we may have to answer all five questions.

Bob Keller of Newburyport, MA is now a Certified Temporopedic Solution Provider. Call 978-465-5111.

#### Footnotes to Blog Myokin:

<sup>1</sup>Technically Acid Reflux is Gastro Esophageal Reflux Disorder (GERD).

<sup>2</sup>National Institute for Mental Health

<sup>3</sup>The technical term is Generalized Anxiety Disorder (GAD).

<sup>4</sup>'Vagus' comes from the Latin for 'wandering.'

Blessed are the forgetful  
for they shall surmount  
their blunders.

Friedrich Nietzsche, Beyond Good and Evil, 1886, Chapter VII, §217

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