

# Cranial Bones & Sutures

## Correlations Between Structure and Health

**Sphenoid (S)** ●  
migraine; headache; insomnia; depression; memory disturbances; impairment of brain function; dyslexia; neuropsychiatric problems; psychological disturbances; moodiness; lack of ability to concentrate; "brain fog;" problems associated with taste, smell, hearing and vision; speech problems; dry mouth; teeth grinding; dental malocclusion; eye pain; deviation of the eyeball; eyelid weakness; balance disturbances; problems with tongue and/or sucking; endocrine (hormonal) disturbances; asthma; sinusitis; neck and lower back problems and scoliosis

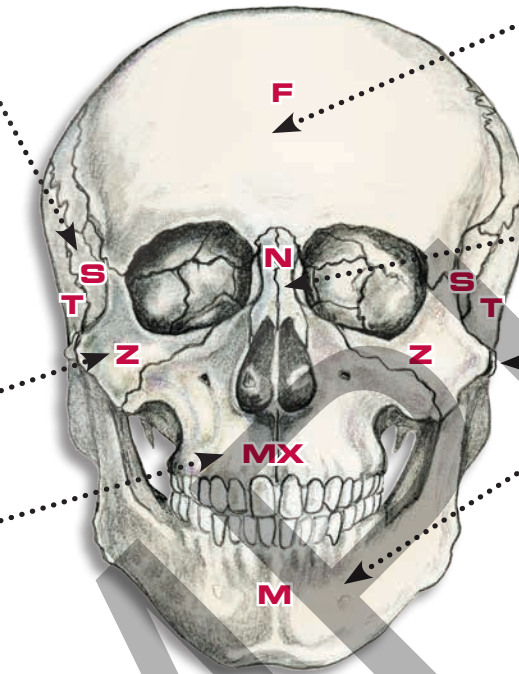
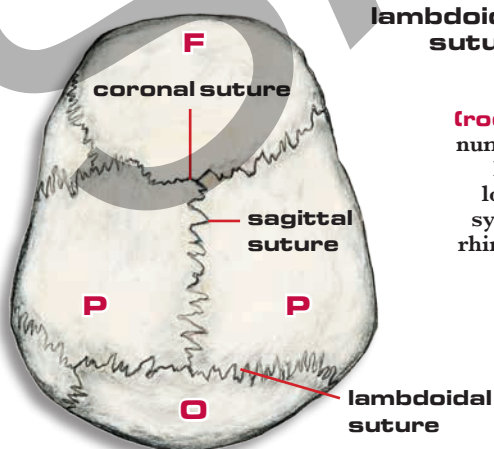
**Zygoma (Z)** ●  
eye problems, disturbance around orbit of eye, sinus trouble and digestive issues

**Maxilla (MX)** ●  
pain or sensitivity in face, upper teeth and gums

These are general guidelines; anatomy and physiology vary from person to person.

**Parietal (P)** ●  
pain around eye, migraine, increased intracranial pressure, feeling of pain inside head, aggressive behavior, attention span (ADD/ADHD) and visual problems

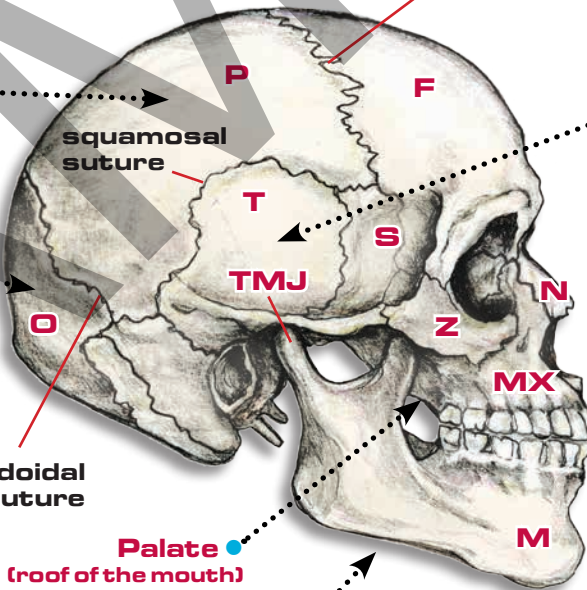
**Occipital (O)** ●  
headache and functional disturbances of the brain; stenosis (narrowing) of vertebral artery; disturbance of salivary glands and eyes; disturbance of cranial nerves affecting digestive system, tongue and taste; and instability of cervical spine (neck)



**Frontal (F)** ●  
problems with parts of the brain, visual and eyelid disturbances, eye pain, pupil dilation, sinus congestion, loss of smell, headache, personality changes, inappropriate behavior and disturbances of intellect

**Nasal (N)** ●  
tearing and disturbances of nasal secretions and breathing

**Temporomandibular joint (TMJ) and Mandible (M)** ●  
TMJ pain; upper and lower jaw pain; reduced mouth opening; pain when chewing; pain on floor of mouth; difficulty swallowing; joint sounds; "clicking;" vagus nerve problems; nausea; vomiting; digestive problems; head, face and teeth pain; headache; throat pain; teeth grinding; tinnitus; excessive gum chewing; thyroid problems; neck pain; soreness; dizziness; balance disturbances; vision problems; tearing; sinus trouble and disturbance of taste



**Temporal (T)** ●  
dizziness, hearing and balance disturbances, ringing or sounds in the ears, deafness, nausea, vomiting, tearing, nasal problems, problems with eye muscles, strabismus, teeth grinding and TMJ pain

**Palate (roof of the mouth)** ●  
numbness in the face, headache, tearing, loss of smell, nasal symptoms (dryness, rhinitis, sinusitis, hay fever) and asthma

**Hyoid (sits behind chin)** ●  
throat problems, tired voice, snoring, sleep apnea, vocal problems including loss of voice and swallowing problems

interparietal bones (sutural bones)

