

# KST & THE CRANIAL BONES

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## KST & The Cranial Bones



KST is very gentle and yet very powerful.

### Your skull is many bones

Your skull is not a single bone but is made up of many cranial bones. You have eight larger bones that protect your brain and 14 smaller bones that make up the lower front of your skull.

### Cranial bones move

Your cranial bones do not fuse but remain distinct and separate throughout life; each bone even has its own unique movement. The spaces between the bones are called sutures and are filled with connective tissue, nerves and blood vessels.<sup>1</sup> Proper movement of your cranial bones is essential for health.

In fact, a wealth of clinical research documents that if your cranial bones are out of their proper position (locked or subluxated), your physical and mental health will suffer.

### Cranial care is ancient

Cranial care is an ancient form of healing that has been practiced in different cultures for thousands of years.<sup>2</sup> This wonderful art and science was nearly lost in modern times, but was fortunately rediscovered by Doctors of Osteopathy<sup>3-4</sup> and Doctors of Chiropractic<sup>5-7</sup> early in the twentieth century.

### What can cranial subluxations cause?

Subluxations of the cranial bones can cause a multiplicity of health problems. Specific brain centers, the brain stem, cranial nerves, spinal nerves, blood and cerebrospinal fluid (CSF) flow can be affected.

Clinical research reveals the following problems associated with subluxations of the various cranial bones.<sup>8</sup> The sphenoid bone is mentioned first



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because it appears to have the greatest effect on physical and emotional health. The sphenoid makes up much of the floor of the skull, holds the pituitary gland and affects the flow of cerebrospinal fluid, which is produced in the brain and is crucial to nervous system health.

**Sphenoid subluxation:** migraine; headache; depression; memory disturbances; impairment of brain function; dyslexia; neuropsychiatric problems; psychological disturbances; moodiness; "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 disturbances; asthma; sinusitis; neck and lower back problems and scoliosis.



**Occipital subluxation:**

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 subluxation:**

problems with parts of the brain, visual and eyelid disturbances, eye pain, pupil dilation, sinus congestion, loss of



Every skull is unique in shape and size.

smell, headache, personality changes, inappropriate behavior and disturbances of intellect.

**Temporal subluxation:** dizziness, hearing and balance disturbances, ringing or sounds in the ears, deafness, nausea, vomiting, tearing, nasal problems, problems with eye muscles, strabismus and teeth grinding.

**Parietal subluxation:** pain around eye, migraine, increased intracranial pressure, feeling of pain inside head, aggressive behavior, attention span problems and visual problems.

**Nasal subluxation:** tearing and disturbances of nasal secretions and nasal breathing.

**Zygoma subluxation:** disturbance around orbit of eye, eye problems and sinus trouble.

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

**Maxilla subluxation:** pain or sensitivity in face, upper teeth and gums.

**Hyoid (sits behind chin) subluxation:**

throat problems, tired voice, vocal problems including loss of voice and swallowing problems.

**Mandible and temporomandibular joint (TMJ) subluxation:**

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.

**There's more...**

In addition to the above conditions, dyslexia, learning disabilities, bedwetting, nightmares, scoliosis, Down's syndrome, cerebral palsy and color blindness have all responded to cranial corrections.<sup>9-10</sup>

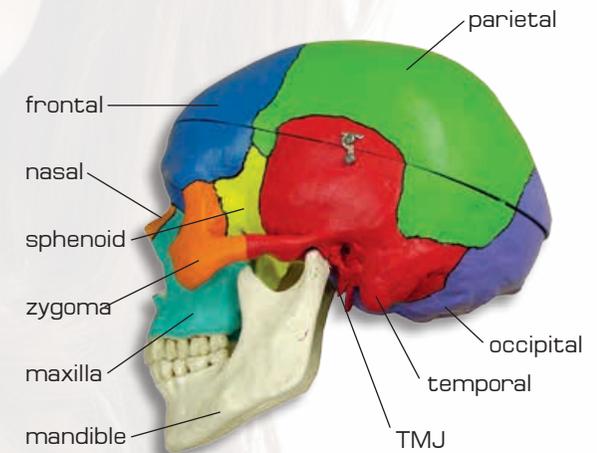
**What causes cranial subluxations?**

The most likely cause of cranial subluxations is trauma from falls, accidents or sports, including minor falls, bumps and jars from childhood, a difficult birth or even prenatal stress. Severe emotional stress or environmental toxins can also affect the integrity of the cranial bones and related tissues known as the meninges.

**Fixing cranial subluxations with KST**

KST employs light force, usually from an adjusting instrument, that unlocks or releases cranial subluxations, removing pressure on the brain and spinal cord, and the nervous system in general. This is a quick, gentle procedure that patients (from infants to the elderly) usually find comfortable.

KST cranial adjustments usually "hold" or stay in place for very long periods of time. Occasionally a cranial bone may need more than one correction if there was a severe head injury, multiple traumas or dehydration. The result is a healthier person, both physically and emotionally.



With KST, cranial adjustments usually "hold" or stay in place for very long periods of time.