

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

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 nasal 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

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 problems (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)

coronal suture

squamosal suture

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

interparietal bones (sutural bones)

sagittal suture

lambdoidal suture

coronal suture

sagittal suture

lambdoidal suture

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, swallowing problems, snoring, sleep apnea, vocal problems including loss of voice and tired voice



Koren Specific Technique
HEALING FROM THE CORE