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Neurostructural Integration Technique

Introduction, applications and self-help exercises



A Better way
to Good Health!

Dr. Michael Nixon-Livy



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SPECIAL NOTE

The techniques and procedures described in this Manual are presented solely for informational and discussion purposes. The author and NEUROSTRUCTURAL INTEGRATION TECHNIQUE are not dispensing medical advice, diagnosis, or prescriptions either directly or indirectly. We make no recommendations or representations concerning physiological effects for any of the reported ideas, nor are we suggesting that the materials presented relate to any ailment of the reader.

Whenever persons find themselves in need of treatment by a medical professional, we encourage them to see their duly licensed physician, dentist, ophthalmologist or psychological practitioner. Those who use the techniques and procedures reported here do so entirely at their own responsibility.

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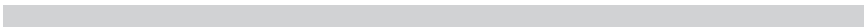
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CONTENTS

INTRODUCTION	7
OVERVIEW	8
What is NST?	8
Development	9
In Practice	11
History	16
Conditions and Applications	18
Case Studies	20
THEORETICAL MODEL	25
Bowen's Two Rules	25
Cranio-Sacral Considerations	25
The Importance of Muscles	29
Why are Muscles so Important to our Health	32
STAYING BALANCED	35
Two Common Misconceptions	35
Evaluating the Misconceptions	39
What to do - The Simple Solution, (Nutrition, Water, Exercise)	43
The Golden Key.....	49
SELF HELP SECTION	51
Instructions	52
Lower Body Releases for Sacrum and Pelvis	53
Upper Body Releases for Neck and Shoulders	56
ABOUT THE AUTHOR	59
BIBLIOGRAPHY.....	62



INTRODUCTION

„The first wealth is health.“

Ralph Waldo Emerson - *The Conduct of Life*

There is no question that the great common denominator to life on this planet is health, and there is no question that countless millions lack the ability to be able to achieve this most precious yet fundamental commodity. So where are we going wrong and how can we change?

This small book is simply intended to give an introduction into the basic workings of the Neurostructural Integration Technique, and to present it as a possible therapy to assist the millions in need, by providing a starting point from which good health and a better way of life may be achieved.

The book will also make some important distinctions between therapy and health, and offer some effective advice for staying balanced and free from pain.

In particular this book and the therapy, will appeal to professional therapists working with spinal, structural and musculoskeletal disorders, and whose goal it is to have at their fingertips, a truly remarkable world class natural therapeutic approach.

OVERVIEW

What is NST?

The Neurostructural Integration Technique (NST) is a dynamic and skilful professional bodywork technique, which cleverly alerts the body's innate healing wisdom to be activated. The resultant effect of this is a comprehensive re-organisation of the musculature of the body characterised by a lasting relief from pain and dysfunction plus an increase in energy levels. The response is most often profoundly effective and sometimes miraculous.

NST is essentially a soft tissue therapy designed to release muscles and fascia in a manner which is safe for all ages, from newborns to the elderly. It is often called 'contextual healing' as its main aim is to re-integrate the body as a whole. It is for this reason that there are no major contraindications, essentially rendering the technique useful for a wide range of conditions from acute pain to chronic conditions.

A treatment comprises the application of sequences of specialised 'moves' on the body, carried out in a very specific and systematic manner. There is no forceful manipulation, rather a cross-fibre manoeuvring of muscle, tendon, ligament or nerve, using varying pressure and incorporating resting periods to allow the body to respond. Treatment can be done either through clothing or directly on the skin.

Throughout the session the recipient experiences deep relaxation, essentially providing the body with a 'window of opportunity' to comprehensively re-organise itself via the natural activation of various neural reflexes.

Substantial relief is frequently attained after the first session, however long term resolution is generally attained after the second or third session. Anywhere from 10 - 45 minutes is required to complete a session depending on presenting symptoms.

It is common for individuals receiving the work to experience a wide range of responses such as shifting body aches, hot and cold flushes, sweating and at times emotional releases, however these are regarded as a positive sign that the individual is returning to a better state of well being.

The real secret as to why NST works is because of its underpinning philosophy. Put simply, the philosophy is, that the body is a **self regulating** bioenergetic and biomechanical phenomena which will continue to regulate itself for as long as it has the reserve energy necessary to sustain life, by the ongoing process of biological adaptation.

Development

The Australian bodywork genius, **Thomas Ambrose Bowen (1916-1982)** (see - History) the original developer of the method, realised that the body would regulate itself and return to balance if the appropriate neurological and neuromuscular context was created so that it could. There was never the question of if it could, this was implicit - the fact that the person had life was evidence enough that it could!

Bowen discovered that there is a particular cycle in the body (variously referred to in other methods as the Cranio-Sacral system) which must be free to operate unimpeded, if the individual is to enjoy good health and balance.

Whilst he discovered that this cycle was preceptible at an energetic level he was equally aware of its physical components

namely the sacrum, coccyx, cranium and Temporomandibular Joint complex and the dural membrane, which connects them to make them a functional unit.

Over and above the importance of recognising the need for this system to remain unimpeded, was his emphasis and insistence on **releasing the neuromuscular imbalances throughout the body**, which have such a direct impact on the proper functioning of the cycle and consequently the health of the whole body.

It is this point alone which sets NST apart from all other forms of Osteopathic, Chiropractic and Cranio-Sacral approaches.

In summary he postulated that if all muscular imbalances could be released that the body would regulate itself, and through this process pain and symptoms would vanish and energy levels increase. Furthermore the problematic condition would not return, because it had been addressed at its origin (*see - Theoretical Model-next section*).

Bowen's real brilliance however lies in the actual system he devised to enable this automatic systematic re-integration to take place.

He recognised that when the body was stimulated in a very particular fashion that the **'intelligence of the body'** would be alerted (as he put it) and the process of unravelling neuromuscular compensations would begin.

Depending on the extent of compensation in the body this unravelling process could take anywhere from a few minutes to a few days at which time the body would go into a new holding pattern. A re-assessment would be required to evaluate the client again, then another session carried out to restart the unravelling process once again if necessary.

In Practice

In clinical practice, on average, it is common to receive reports from clients that they can feel the body going through the unravelling process for approximately 2 - 5 days.

There is often a very similar pattern experienced with body aches which move from one location to another (e.g. shoulder to knee), some sweating, emotional releases with some clients, but above all a very deep sense of relaxation and change taking place. In addition many clients report noticing their symptoms leaving their bodies in the reverse order to which they arrived.

The actual application of the technique is interesting in itself, as it is distinctly different from any other technique attempting to achieve the same goal.

Firstly, using a combination of neurological and energetic blockage points, an initial temporary natural sedation is applied to the body. Then using specific rolling motions called **moves** across designated muscle, tendon, nerve and ligament points, a three part integrated body balance is applied, which is partly performed with the client in a prone position and then completed with the client in the supine position. This is generally comprised of a combination of further blockage and release points.

The **moves** are unique to Bowen Therapy, resembling neither massage, shiatsu, acupressure, osteopathic, or any other therapy's activation, stimulation or releases.

The object of the **move** is to infact roll over designated points (described below) using fingers or thumbs, for the purpose of creating sedation or stimulation. A more appropriate description in NST parlance, would be to say, for the purpose of „opening and closing energetic channels and pathways“, to hold, redirect or release the congested subtle energies of the

body.

Basically, the skin is lightly drawn over the designated points in either a lateral or medial direction, prior to executing the **move**. After this, a little pressure is momentarily applied to the underlying structure, in the opposite direction, before finally crossing the structure (ie. muscle, tendon, nerve or ligament) with a gentle pressure, back in the direction from where the skin was initially drawn.

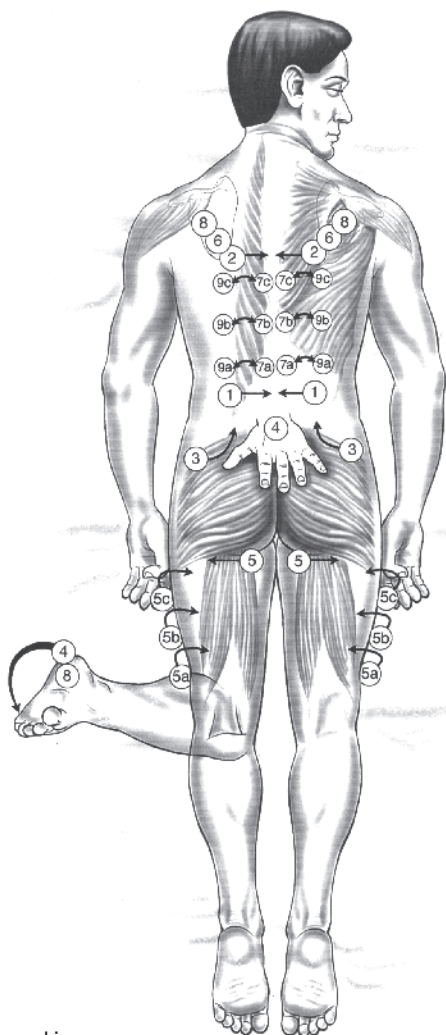
Typically the **moves** are executed without slipping, thus producing a gentle 'bump' as the underlying structure is crossed.

The work generally commences, in a prone position, around the lumbar area and then quickly moves to the thoracic area before returning to the legs and sacrum. There are a few resting periods between the various sequences of **moves** which are carried out before moving the client into a supine position.

As typical example, Part 1 containing nine bilateral points, is performed as follows:

- (1) The iliocostalis lumborum muscle is sedated at the level of spinal vertebrae L3 by activating its lateral border.
- (2) The longissimus and semispinalis thoracis muscles are sedated simultaneously at the level of spinal vertebrae T8 by activating their common intersection.
- (3) A preparatory release is applied to the sacrum, by crossing the common intersection of the gluteus maximus and gluteus medius muscles, at the level of the superior aspect of the gluteal crease.
- (4) The sacrum is stabilised while moderate pressure is applied to the fully flexed lower extremity, moving it into a lateral direction, thereby creating a gentle torquing pressure at the sacroiliac articulation.

- (5) The common attachment of the iliotibialis muscle group is released at the ischial tuberosity in a lateral direction, before three posterior releases are applied to the iliotibial tract.
- (6) The longissimus and semispinalis thoracis muscles are once again sedated simultaneously at the level of spinal vertebrae T8/T9 by activating their common intersection.
- (7) The longissimus thoracis muscle is now activated in a lateral direction at the approximate levels, of spinal vertebrae T10, T12 and L2 respectively.
- (8) The longissimus and semispinalis thoracis muscles are once again sedated simultaneously at the level of spinal vertebrae T8/T9, by activating their common intersection while moderate pressure is applied to the fully flexed lower extremity in a lateral direction. The pressure is sufficient to create a gentle integrative torquing pressure, through the sacrum, lumbar and lower thoracic spine.
- (9) The longissimus thoracis muscle is now sedated in a medial direction at the approximate levels, of spinal vertebrae T10, T12 and L2 respectively.



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The prone work, including resting periods, usually takes about 5 -15 minutes to perform. Once the client is in the supine position additional releases are applied to the diaphragm, neck and

knees - this also takes another 5–15 minutes to complete, depending on presenting symptoms.

Other optional procedures may be blended into this integrated body balance to add specificity or release when necessary. There are optional procedures for the shoulders, elbows and wrists, pelvis, ankles, coccyx and T.M.J. complex.

Once the session is over the client is given aftercare recommendations which basically reminds them that their body will go through a process of re-organisation for a few days and to take it easy during this time by doing nothing too physically strenuous. It also advises that the client keep up daily walking and sufficient intake of water to help flush the lymphatic system and assist the musculature to return quickly to stable balance.

Although to the client the session seems simple, non-invasive and gentle, the results are nevertheless very surprising and often miraculous. While this is the case for the client, the practitioner comes to expect these remarkable results, as dependability is one of the key characteristics of the NST technique.

The question is often asked “will NST cure this condition or that condition”? The response is always the same - in truth **NST will cure nothing! It is simply a process that enables the body to regulate itself, and throughout this process many many symptoms will disappear.**

That is to say that the symptoms in the first place were simply a product or outcome, of the complex muscular blockages existing in the body.

While this may appear to be just semantics, the distinction is very important to keep in mind. NST is synonymous with contextual healing - a lost healing art which is now having a resurgence in many forms, and gaining popularity with both

practitioners and clients alike. Another well-known example of a **contextual healing** approach is homeopathy. Interestingly many individuals have dubbed NST as tactile homeopathy!

Note: The body automatically re-organises itself under certain circumstances via an energy conservation mechanism, called biological adaptation, which is mediated through its most powerful programme of all - the survival response.

History

The origins of the Neurostructural Integration Technique go back to the 1950's in Geelong, Victoria, Australia when self proclaimed osteopath Tom Bowen commenced to develop it, at that time simply calling his work 'soft tissue therapy'.

His work firstly emerged out of ideas that he had learned from other experts in natural medicine, Chinese medicine and therapeutic massage, such as the famous Mr. Ernie Saunders, from Footscray in Australia.

Bowen was able to quickly enhance and expand what he had learned, by using his own unique and unusual gift of being able to scan the body with his hands and fingers, thereby almost unbelievably, locating blockages and impingements in nervous and muscular systems.

Furthermore, he made the vitally important discovery that consistently unusual relationships, existed between certain health complaints, and particular patterns of muscular dysfunction, with which his clients presented.

The combination of this, mixed with a burning passion to find solutions and help his fellow man, led to many years of intensive clinical research and experimentation, which ulti-

mately resulted in the development of his unique system.

Bowen became famous throughout his career for being able to cure the incurable, and find solutions where none seemed possible and in most cases very rapidly. Frequently he was hailed as a miracle worker!

There is absolutely no doubt that Bowen demonstrated, genius-like abilities with the development of his unique work.

Of noteworthy mention is the fact that Australian Government investigation in 1975 revealed him to be treating some 13,000 patients a year. Remarkably, at the height of his career Bowen would treat up to 100 clients a day. So simple and effective were his methods that he was able to do this, resolving most cases in just two to three sessions.

By his own estimates he achieved an 88% success rate.

During a clinical career, which lasted approximately 26 years, Bowen taught his technique to a very small number of privileged individuals, (six in total) some of whom are still in practice today in Australia.

Interestingly, his work did not just stop with humans, as he frequently worked with race horses and other animals, achieving outstanding results as well.

After his death in 1982 certain interpretations of Bowen's earlier work emerged, and have been in use since that time with various massage groups and the general public.

It was not until 1991 that the author, Michael J. Nixon-Livy from Australia, commenced the challenging task of unravelling Bowen's later, more advanced principles designing a system tailored specifically for professional bodyworkers, such as osteopaths, chiropractors, physiotherapists, and other therapy groups including massage, kinesiology and earlier Bowen methods.

Up until this time, these later or advanced principles were known only to an exclusive group of individuals who worked closely with Bowen. By 1995 Nixon-Livy had completed his research and choreographed Bowen's later work into a system, which is now straightforward to learn and retains the same degree of power and effectiveness as it did for Bowen.

This advanced system is now known as the Neurostructural Integration Technique. Since its launch in 1996 in France at the CFK osteopathic college, NST continues to make a significant and positive impact on health care systems throughout Europe, Britain, the Middle East, USA, Canada, Australia and Asia.

Conditions and Applications

As the Neurostructural Integration Technique is a contextual approach to healing it can be applied to any condition the human body is capable of manifesting. This is not to say that every condition will respond in the same way. Advanced degenerative conditions often require a multifaceted approach, of which the Neurostructural Integration Technique may form an exceedingly significant part.

The following list of symptoms frequently **'disappear'** in response to an NST session:

- Cranial and Temporomandibular Joint (T.M.J.) problems
- Neck problems including whiplash
- Head injuries and headaches including migraines
- Back problems both lumbar and thoracic
- Shoulder, elbow, wrist and hand
- Leg problems including hamstrings, knee and ankles
- Sacral, coccyx and pelvic problems

- Sciatic, neuralgia and neuritis
- Accident and sporting injuries (acute or chronic)
- Musculoskeletal disorders, rheumatism, arthritis and fibro myalgia
- Digestive, intestinal and urinary problems
- Respiratory problems including asthma, sinusitis, bronchitis
- Menstrual, reproductive and menopausal disorders
- Baby colic, gastric reflux and feeding problems
- Oral, auditory and visual problems
- Acute & chronic fatigue and sleep disorders
- Stress conditions, emotional depression and some learning / ADHD difficulties

Whilst the above list of conditions, are the most typical that respond to an NST session, there are many other more serious conditions which respond favourably as well. Conditions such as Parkinson's Disease, Multiple Sclerosis, advanced degenerative conditions, chronic fatigue syndrome and glandular fever, to name just a few.

Typically results are extremely good requiring just a few sessions to bring about long term stability. Current international statistics consistently verify that in general clinical practice 80-85% of clients require only 2-3 NST sessions to achieve long term stability from their condition. Approximately 10-15% of clients require 4-6 sessions to achieve long term stability, while 5% typically suffering from advanced degenerative conditions, generally require ongoing sessional work.

Sessions are generally structured one to two weeks apart, depending on individual circumstances.

In summary, it would be fair to state that in the realm of **structural bodywork**, NST has no peer!

Case Studies

A An 8 year old girl, M.J. of presented with impaired co-ordination, scoliotic pelvis, perception disorder of the muscles, and heavy binocular strabismus (especially when tired). The child had previously received the best possible medical care available. After the first application of NST the child said she “felt different”, after the second application of NST she was able to ride her scooter and walk up and down the stairs, an activity she was previously unable to do without the help of some-body else. For the first time in her life she felt pain after muscular exertion.

After the third application of NST her physiotherapist asserted that the scoliotic pelvis was now straight, as were relevant points on the scapulae as well. At the same time the co-ordination and perception of the muscles had improved so much that even a forward somersault was possible. After the fourth application of NST - incredible but true - the ophthalmologist asserted that the child squinted no longer. In fact this test was carried out when the child was quite tired, having come straight from school. She continues to improve. *Dr. Michaela Bückmann, Dusseldorf, Germany.*

B David S. a 30-year-old accountant presented complaining of lower back pain due to a football injury that had persisted for 11 years. Although very sceptical during his first NST session he admitted to feeling 80% better within the following days. „Okay I feel heaps better, but how could such light moves on my body possibly provide this much relief“? His second visit convinced him, as he now remains absolutely pain free. *Pam Bolger, Melbourne, Australia.*

C A 61-year-old woman presented with a very long history of chronic tension in the shoulders and severe weekly migraine attacks and chronic insomnia. She had previously tried allopathic medicine, osteopathy, massage, acupuncture, and according to her „everything else possible.“ She came with a somewhat negative attitude because everything else she had tried provided only temporary relief. After the first session she was sleeping better and the tension had gone from her shoulders. She had also experienced a week without a migraine attack. After the second session her energy levels were very high, she was pain free and felt „wonderful“. To date she has required no further sessions. *Judith Smale, Aix en Provence, France.*

D A 37-year-old woman presented with chronic lumbar back pain, extreme bilateral tension in the gluteal muscles, chronic neck and shoulder pain. This complex condition had persisted for the last six years gradually worsening, with all previous attempts using chiropractic, osteopathic, massage and allopathic, bringing only temporary relief. She felt that her condition became particularly severe when experiencing elevated levels of stress.

As a result of a recent cycling accident her condition had become unbearable to the point that she found the functions of walking or lifting objects almost impossible.

After the first session of NST she discovered that she was able to walk more freely and the function of lifting objects once again became possible. She also estimated that her neck and back pain although not completely resolved were about 70% better.

Additionally the shoulder pain that had been present for so long had mysteriously vanished completely. She also noted that

she was experiencing new transient pain sensations frequently in her left hip (a classical NST response). Energy had risen to levels that she could only recall having experienced as a teenager.

This level of improvement was sustained for four days at which time she had a mild regression with a slight return of the lumbar back pain.

On completion of her second session (7 days after the first session) she was moving with complete freedom and almost total absence of symptoms. Some 14 days after her second session a third session was carried out where minor corrections were made in a session lasting only 20 minutes.

After two months she continues to remain pain and symptom free. *Tamara Farris , Physical Therapist, Texas USA.*

E A 55-year-old male client presented with chronic constipation, intestinal pain which had persisted for two months, bloating and difficulty urinating. He also experienced intermittently strong back pain and frontal headaches.

On evaluation it was discovered that he had severe TMJ dysfunction with sensitivity, clicking and irregular jaw deviation.

After the first session he experienced the typical reactions of sweating and mild nausea, followed by total return of function to intestines with normal stools, proper return of bladder function and diminishing of bloating. His energy levels were high and he had no incidence of headaches or back pain.

Interestingly he reported that his eyesight was clearer and sharper than it had been for years, a condition that he had neglected to mention at his first visit.

After his second session was carried out seven days later he continues to remain totally symptom free, and in his words

“feels 20 years younger”. *Jacques-Louis Guignard, Osteopath, Geneva Switzerland.*

F A middle aged woman presented with severe knee pain having already scheduled a knee operation in January 2001.

After one session of NST she remains pain free, and has cancelled her operation. *Ulrike Steinbrenner, Heilpraktikerin, Sulz Germany.*

G A 38-year-old woman presented with Meniere’s Disease and the typically associated symptoms of nausea, dizziness and sickness on a cyclic basis. Additionally she experienced hearing difficulties and frequent panic attacks.

Her condition had persisted for almost 20 years.

On evaluation it was discovered that she had chronic TMJ and pelvic dysfunction.

After her first session she felt extremely tired (a classical NST response) and started to feel the beginnings of a combined nausea and panic attack. However after a few hours the sensations had abated and she started to feel a new sense of „wellbeing“.

After three sessions she remains symptom free, a response, which has puzzled her doctors. She has also completely stopped the usage of all medication. *Ron Phelan, Former Director of Myotherapy Department, Gordon Institute of Technology, Geelong, Victoria Australia.*

H A 67 year old man presented suffering from chronic Parkinson’s Disease which he had been afflicted with for over 18years. He was able to walk only with the assistance of his wife and a walking stick, and displayed strong trembling almost consistently in both arms.

On sitting, the trembling worsened added to which his already small stature was made to look smaller, as he was severely hunched as a result of a progressively worsening kifosis.

Psychologically, he was depressed and disheartened with life generally, a condition which was exacerbated by the side effects of medication he was taking, that caused him to hallucinate and scream at imaginary images.

At the end of the thirty-minute session he was able to leave the table with a noticeably increased sense of comfort, and it was obvious that his trembling had diminished significantly. That night at home he sat up straight for the first time in many years and was able to maintain this new posture for the following two days.

After five sessions he no longer needs his walking stick, and the trembling only reappears for short periods, from time to time. The kifosis has completely disappeared and according to his wife, he has become the person that she used to know some ten years earlier.

He now receives fortnightly sessions to keep his condition stable, and has taken himself off his medication completely. *Jean Claude Pigout, Osteopath, Former Director CFK Institute, Aix en Provence, France.*

Authors Note: While the above case of Parkinson's Disease represents a more difficult situation, requiring ongoing sessional work, many many cases do not require such an extensive treatment programme, often improving and stabilising in three to six sessions and without the need for ongoing work.

THEORETICAL MODEL

Bowen's Two Rules

As no scientifically proven theoretical model exists, explaining why Bowen's work is so consistently effective, we will need to rely on observation and common sense to provide some useful guidelines.

Bowen always insisted on two simple rules for everybody to achieve success with his method.

- Remove all muscular compensations and irregular tensions, so that both sides of the body are even.
- Ensure that the 'cycle of the body' has come back into balance.

While these two rules seem somewhat simple, and even devoid of any scientific validity, if we analyse them a little and apply some modern day anatomical and physiological insight to them, we discover some interesting facts about the functioning of the body generally, and the design model around which much of the technique was built.

Cranio-Sacral Considerations

Firstly, if we look at how we all started our biological existence, we need look no further than when spermatozoa fertilised an ovum.

Science has known for several decades now, that at the moment a sperm fertilises an egg, that a minute electrical charge is evident across the egg, which has a positive and negative pulse, and is actually measurable.

Interestingly, there is a very direct line of communication across the egg from positive to negative poles, which communi-

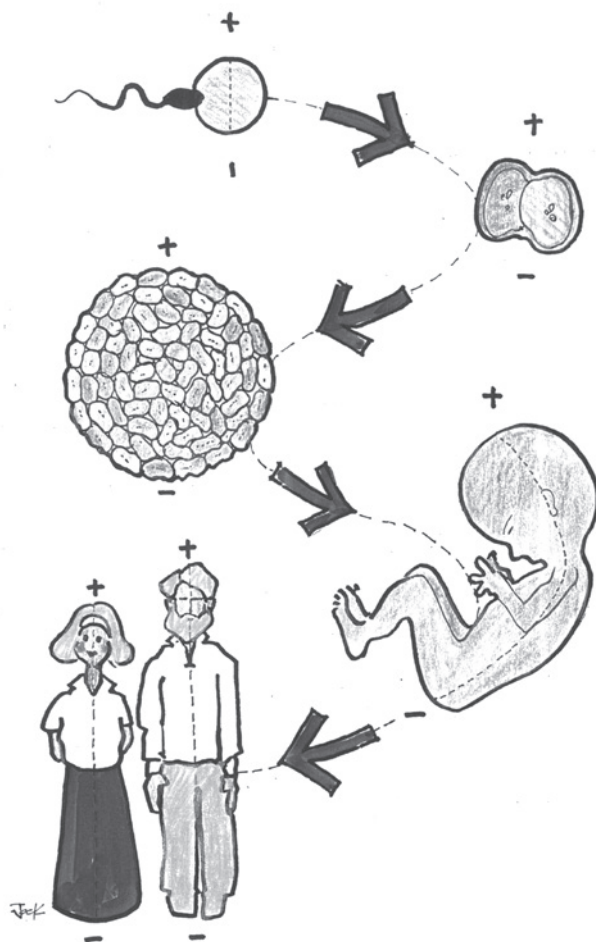
cates along a very specific axis. The pulse oscillates in a rhythmic fashion along this axis at the approximate rate of 2 -18 cycles per minute.

As embryological development gets underway with the rapid multiplication of cells, the rhythmic pulse remains constant, communicating along its axis. If we continue to follow the unfolding of the embryo through its various stages, until it develops into a foetus at approximately 90 days, we discover an even more interesting in fact.

The positive end of the pulse has situated itself at the top of the cranium while the negative pulse has situated itself at the very tip of the vertebral spinal column. Importantly the axis now follows the pathway of the spinal column itself. There is obviously a powerful energetic connection between the coccyx, cranium and spinal column, as the same pulse is now found to be oscillating between both ends of the body.

In various health modalities, such as cranio-sacral, osteopathy and applied kinesiology, this pulse is variously referred to as the Primary Respiratory Mechanism or Primary Respiratory Rhythm. Significantly the only time that the rhythm actually stops is when death takes place.

Bowen was able to determine when this rhythm had come back into balance as a result of the work that he had done, and used it constantly as his gauge. Dr. William Sutherland who first identified the well known Cranio-Sacral System, considered this rhythm to be the most fundamental of all systems, suggesting that it was even more primary than respiration itself. The Primary Respiratory Mechanism, so called, because it governs 'cellular respiration' throughout the body, is at the very core of our being, and believed by Sutherland to be the very source of life itself.



Sperm And Egg © Michael Nixon-Livy

Bowen and Sutherland agreed that a free and unrestricted rhythmic motion is an indication of a health & vitality throughout the body. Both also agreed that other parts of the body could be blocked independently of the main cranio-sacro/

coccygeal rhythm, suggesting that the rhythm is in fact perceptible in all parts of the body when looked for, however most perceptible between the cranial and sacro/coccygeal complexes.

Prior to a baby taking its first breath, this Primary Respiratory Mechanism operates independently, however when the new born baby takes its first breath internal mechanical movement starts for the first time, giving rise to another very important mechanical cycle in the body, known as the Secondary Respiratory Mechanism, so called because of its direct relationship to breathing.

Consider what happens when a newborn breathes in. Firstly the diaphragm distends pressurising the visceral organs below it, and forcing them into the pelvic floor. This pressurising of the pelvic floor causes a mechanical movement of the innominate (pelvic) bones in an anteriolateral fashion, and an immediate and reciprocal movement of the sacrum.

Strongly connected to the anterior aspect of the second sacral segment is the inferior attachment of the Dura Mater (the tough tube like covering of the spinal cord). The superior aspect of the Dura Mater attaches itself firmly to the third and second cervical vertebral bodies before jumping the atlas and re-attaching itself firmly to the foramen magnum and then actually continuing on to line the cranial vault itself.

As the sacrum bone moves in response to respiration, it does so anteriorly at its apex (inferior aspect) causing the 95% in-elastic Dura Mater, to pull on the cranium. This pulling on the cranium now causes a flexing of the cranial plates triggering various reflexes in the cranial sutures, further giving rise to neurologically activate a repeat of the breathing cycle once again.

As with the Primary Respiratory Mechanism needing to operate unimpeded for health & vitality, so too with the more mechanical Secondary Respiratory Mechanism!

The consequences of it not doing so have diabolical outcomes for the body and health of the individual, that are typically mediated through the central, peripheral and autonomic nervous systems and then further reflected in energetically wasteful muscular compensations and a host of other secondary symptoms.

The Importance of Muscles

Whenever there is pain or dysfunction of any sort in the body, its reflection can always be found or traced back to one or both of these vital systems, by way of lack of fluency and restriction in either. Furthermore associated reflected imbalances may be found in the neuromuscular system, which so often are manifested as an unevenness of tension between either side of the body. Significantly, this was Bowen's initial diagnostic guide when evaluating his clients.

Interestingly much of Bowen's work has been designed around the release and integration of the Secondary Respiratory Mechanism via direct activation and release to the muscular systems, which are intimately connected to it.

A quick glimpse at the Neurostructural Integration Technique integrated body balance will accurately attest to this.

As a simple example, one only need consider the Sacrospinalis muscle (Erector Spinae group) to understand the vast array of detailed connections that it has to the sacrum, spinal column and cranium. Clearly, the Sacrospinalis muscle is a dynamic and functional **neuromuscular bridge** between the sacrum and cranium.

Any unilateral or bilateral imbalances therefore, in this muscle group alone will have an immediate impact on the proper

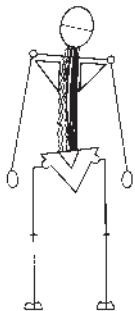
functioning of the Secondary Respiratory Mechanism and indeed the Primary Respiratory Mechanism which is so directly effected by the former applying an energetic ,drag‘ on it.

Furthermore it is very simple to observe the resultant mechanical perturbations in the individual's structure, and to understand how easily that nerve impingement may result from this, causing its own array of subsequent and therefore unavoidable wasteful muscular contractions.

The Sacrospinalis muscle example is just one of many examples that may be observed throughout the body. One only has to think about the Hamstring, Adductors, Tensor Fascia Late, Sartorius muscles in the lower extremities or Latissimus Dorsi, Rhomboids, Upper and Lower Trapezius and Deltoid muscles in the upper body, to name just a few.

Simple observations such as these will give a deeper appreciation of just how dramatically, powerfully and immediately, muscular imbalances can impact the Primary and Secondary Respiratory Mechanisms, postural integrity and indeed the whole health of the individual.

Note: It is muscles which move bones, and not the other way around!



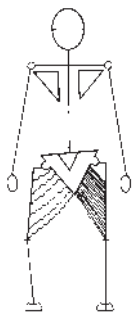
Viewed from Posterior to Anterior:

C-curvature on side of weak sacrospinalis. Shoulder, head elevation and low hip on side of weakness. In prone position, weak sacrospinalis is atonic.

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Colorado: Systems DC 1988, Ex. 2-8, Pg. 31.



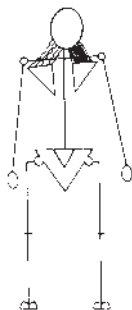
Viewed from Posterior to Anterior:

Left adductors weak. Genu varus on weak side. Pelvis elevation on opposite side.

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Viewed from Posterior to Anterior:

Weak left upper trapezius. Shoulder low on side of weakness.

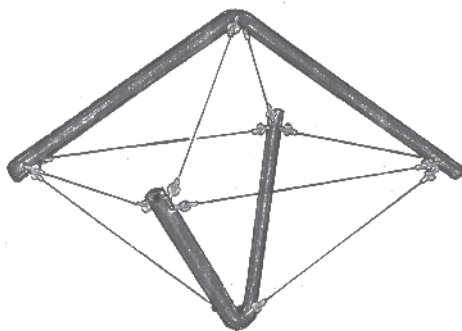
Head tilt away from side of weakness.

Usually secondary tightness on opposite side.

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Tensegrity refers to Tensional-Integrity. In this simple model the solid bars represent the bones while the cables represent the muscles, tendons, ligaments and fascia. The system maintains structural integrity when the cables are balanced bilaterally. Note that the cables (muscles & connective tissue) bear most of the weight through tension and not the solid bars (bones). Imbalance in cables = poor structure and then a host of associated health problems.

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Why are Muscles so Important to our Health?

Deane Juhan in his book JOB'S BODY beautifully emphasises why muscular balance is so important to our health.

„Every swallow of food, every breath of air, the distribution of every drop of blood, every exploration, every defence, even reproduction of the species – all are muscular activities. And the degree to which the muscular system is compromised, the entire organism is weakened, limited.

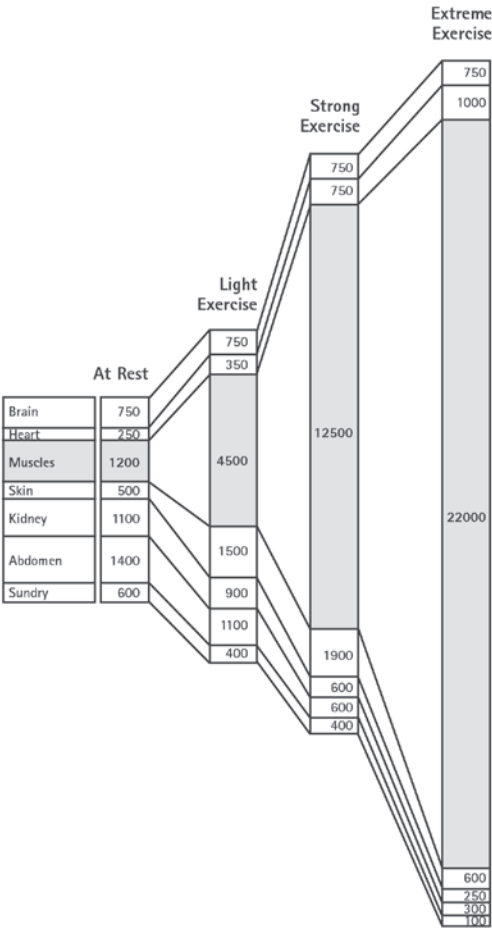
It is really not going too far to regard musculature as the primary organ of the body, the dominant tissue of animal life. It makes up the majority of our weight and bulk. It is by far the largest energy consumer. What we normally regard as our „vital organs“ are, from another point of view, really only visceral support systems for the growth, function, and maintenance of the muscles. After all, it is these „vital organs“ – lungs, heart, stomach, liver, intestines, various glands large and small etc. – which must respond to the level of activity of the muscles, and not usually the other way around.

To be sure there are many factors contributing to the rate at which these digestive and circulatory „boiler works“ take in, metabolize, and distribute: Age, sex, size, growth rate, menstrual cycle, infection or disease, body temperature, sleep or wakefulness, hormones, and emotional states all play significant roles in our energy needs. But, all these influences on metabolic rate are small compared with the effects of muscular activity. Even minimal increases in muscle tone significantly increase metabolic rate, and severe exercise may raise heat production fifteen fold.

And when we reflect that muscle holding a chronic pattern of tension is working just as hard and requires just as much metabolic support as does muscle that is exercising actively and getting actual work done, it becomes clear why and how muscular tension plays such a large and diffuse role in our physical and mental health. Nor is it difficult to understand why bodywork which effectively addresses chronic and wasteful contractions can contribute so much towards changes for the better in our physical processes, our feelings, and our behaviour“.

Muscles make up approximately 80% of our bulk and are by far the largest energy consumer in the body. It is the muscles which

lead, and demand that the organs follow by producing energy to sustain their activity.



The above model known as the Fenn Effect clearly shows the amount of bloodflow hence physiological support that muscles demand relative to other parts of body. Blocked muscles demand huge support with many negative consequences. Measurements are in milliliters of blood flow per minute.

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Consequently in all therapeutic endeavours, the significance of the intimate relationship which exists between the muscles & organs should be acknowledged at all times, and underestimated to the practitioners' and clients peril and disadvantage.

Having muscular blockages in the body can be likened to driving a car with the handbrake left on. You can drive at a predetermined speed, but you cause rapid 'wear and tear', use copious amounts of energy and will potentially cause damage.

Leaving muscular blockages in the body literally flattens our life batteries, creating a situation where we could be using two days worth of our precious life energy in every calendar day that passes. Not only will this equate to lack of energy, a myriad of recurring troublesome symptoms, but it will also predispose us to disease, causing premature aging and even death.

A muscular system, which is in good balance and well toned, will have as its close companion, a reciprocally well balanced visceral system. In this context the importance of regular exercise must be emphasised (*see - Staying Balanced-next section*).

Clearly the advantages of using NST over other systems attempting to achieve the same outcome are clear. When we balance the Primary and Secondary Respiratory Mechanisms via a comprehensive release and balancing of the neuromuscular system, we achieve long term results.

STAYING BALANCED

Two Common Misconceptions

For several years in clinical practice I have observed literally thousands of clients naively believing in two common misconceptions after NST treatment.

1. When their symptoms have been removed, that they now have good health, and are therefore as healthy as they could possibly be.

2. Now that their symptoms have been removed, they can carry on as before and everything should stay in place.

There are some major problems with this type of thinking that will basically lead to unnecessary consequences for on-going health, if not changed.

Before evaluating these misconceptions let's consider some basic requirements that the human body has if indeed health is going to occur.

While the relationships between 'metal and flesh' may be somewhat tenuous, nonetheless comparing cars to bodies can help shed some light on how better we may understand the needs of the living human organism!

We all know that cars need fuel, and not just any fuel, it has to be very, very specific, otherwise the car will not perform too well and perhaps even seize-up and break-down.

We all know that cars need water, because without it there would be no cooling system and the car would overheat and breakdown.

We all know that cars need to be used, as if they are left sitting idle in the elements for too long, they start to corrode both internally and externally, look terrible and become impossible to

start and even more difficult to actually use.

With a little imagination it is easy to see that we humans have similar basic requirements for wellbeing and function.

Firstly, we also need fuel, and not just any fuel, it has to be very, very specific, otherwise we will start to develop nutritional deficiencies, which in all likelihood will lead to one of thousands of different disorders. It is estimated in the USA that 70% of visits to the doctor are as a direct result of a nutritional deficiency.

When you consider that every day our bodies need 60 Minerals, 16 Vitamins, 12 Amino Acids and 3 Fatty Acids to stay in top condition. And further, that most people in Western civilised countries are lucky to get 25% of that, its not surprising that we are manifesting so many symptoms on such a regular basis as a result of specific nutritional deficiencies.

Never before in our history has there been such an abundance of food on the planet, and never before in our history has our food supply been so denatured and lacking in specific nutrition.

The reasons why are quite simple:

Generally agricultural practices are designed to maximise profits for farmers while ignoring fundamental requirements for human biological existence. The governments that allow such practices to take place, are more responsible than the farmers, but then what can governments do when they are financially supported by large multi-national companies, who profit enormously from people getting sick. Some pharmaceutical companies are a classical example of this.

Other reasons for low specific nutrition in our food supply are, over refining, over processing, over heating, excessive artificial additives and preservatives, clever but unhealthy packaging practices, and the list goes on.

Secondly, just as cars need water, they will overheat and breakdown, so do we. However the reasons for humans requiring correct amounts of daily water intake are far more critical and complex.

Water is intimately involved in almost every function of the body that you care to think about. The systems which rely critically on it, are the lymphatic, muscular, nervous, vascular, endocrine, digestive, urinary, immune and respiratory.

Furthermore water plays an essential role in the structural health of the spinal column itself, by hydrating the intervertebral discs, so that they have the appropriate levels of hydrostatic pressure. This is so critical in preventing degenerative spinal problems and ensuring that the Secondary Respiratory Mechanism (see *-Theoretical Model*) has the fluidity of movement so essential for its optimal function and the overall health of the body.

A deficiency of water in the body on a consistent basis, can, like nutritional deficiencies, lead to a myriad of symptomatic conditions, and predispose us to more serious diseases by creating a negative biochemical context within the body which is conducive to viruses, bacteria and ultimately degeneration (see - *BIBLIOGRAPHY, Batmanghelidj, F.*).

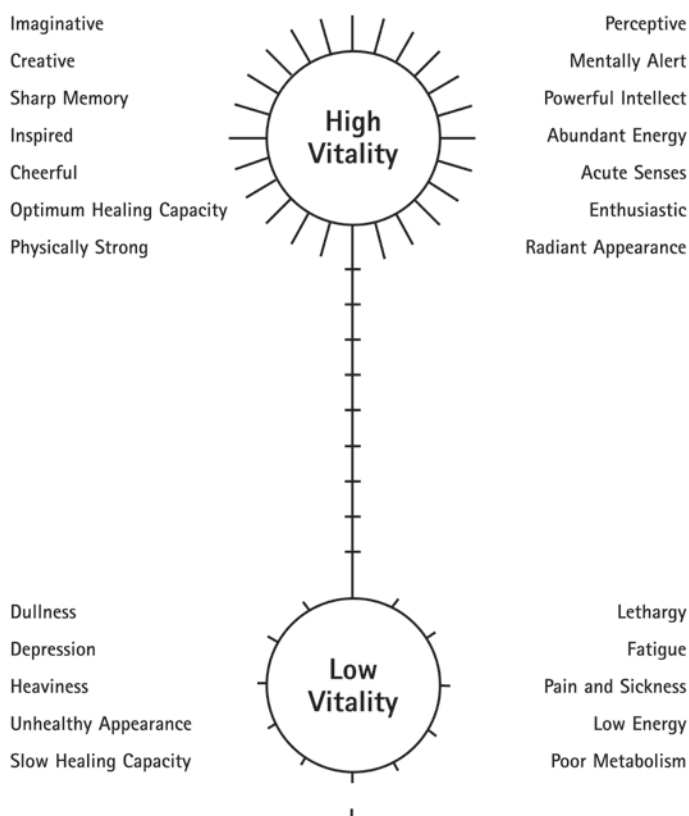
Thirdly, as with cars we also need constant usage, least we fall into disuse.

The popular saying '**if you don't use it you'll loose it**' is especially true of the human body.

Looking back over our evolutionary progress as a species, we discover that for almost countless millennia, we have been a species that has relied on our survival and development, through intense interaction with our environment. We have largely done this by engaging in prolific and relentless ,hunting and gathering'.

The important implication here for our bodies, is that **we**

have been designed to move! A further implication is that our strength, vitality and health are intertwined so intimately with these activities, that if we do not do them we are inviting, rapid deterioration through a weakening of our muscular system and hence physiology, literally accelerating premature aging and death (*see - Deane Juhan's statement in Theoretical Model*).



High and Low Vitality: Choosing where you want to be on the Vitality Scale is largely a matter of making Choices & Discipline in Lifestyle. © Michael Nixon-Livy

The benefits of regular exercise are almost limitless. Some principal benefits however, are that we have more vitality, stamina, endurance and strength. Our memory becomes sharper, we look better and can enjoy a heightened sense of emotional wellbeing thereby experiencing higher levels of joy, through the natural endorphin releases that come automatically during and after exercise.

In summary, nutrition, water and exercise are three vital and essential ingredients to obtaining and sustaining good health, and **staying balanced after correctional NST sessions.**

Evaluating the Misconceptions

Looking back at our two misconceptions we can now start to understand why perhaps they are misconceptions, however to be clear let's look at them again.

Misconception 1. Many clients believe that: *“When their symptoms have been removed that they now have good health, and are therefore as healthy as they could possibly be”.*

People seriously believe this! Further to this thinking they believe that a practitioner is a professional, with given powers who has literally absolved them once financial payment has taken place. They therefore generally carry on as usual after a treatment, when for the want of a little sensible advice from their health practitioner, could be on an entirely different road - the road to true health, if that is in fact what they are indeed looking for!

Good health and being free of pain and symptoms are two entirely separate things!

Good health as we have seen has very little to do with the removal symptoms via clever therapeutic work, whether it be NST or anything else. Good health is the ongoing outcome of

collective responses to living a lifestyle which is designed around correct nutrition, hydration and exercise. *(note - spiritual, emotional and recreational etc. considerations, although important, have been omitted here and will be covered in a later work).*

Being free of symptoms is no doubt a desirable outcome of good therapeutic work, and it may be a first step back to good health, but in no way does it constitute good health.

No technique, no matter how good it is, can be a replacement for poor lifestyle choices.

It is vital that professional health practitioners inform their clients of the important distinction between being symptom free and being healthy. Practitioners can then recommend a variety of other choices, (including referring to other professionals if necessary), whereby clients may improve their health, should they **choose** to do so!

Misconception 2. Although it sounds a bit like 1., does in fact have to be viewed with slightly different emphasis. Many clients believe that: *„Now that their symptoms have been removed, they can carry on as before and everything should stay in place.“*

Over the years and in particular in the early days, before I became a little wiser, clients would come back to the clinic and say: *“ Well doc, you did a great job in the beginning because the pain completely vanished for two weeks, but then it returned again - is there something that you forgot or can you fix it a bit better this time?”*

Being overly enthusiastic and obliging I would do my best to help, in fact time and time again in some cases, until one day the light finally went on! There was nothing wrong with the therapy that I was doing; in fact it was very good. The problem was that the individuals concerned were going back into their

normal daily routines and doing precisely the same things that had caused the problems in the first place!

Some had back problems and were going back home and sleeping in the same old sagging bed that they had been using for the last twenty years or going back to work and sitting for countless hours a day without any significant movement.

Others I discovered, were going back home and continuing to drink insufficient amounts of water or consuming foods that were completely devoid of adequate vitamin and mineral levels, thereby creating internal conditions that just simply were unable to support the corrections that I had done.

Still others were going back to their home or work situations, where they were encountering high levels of stress and/or emotional difficulties, thereby using vast amounts of 'coping energy' and effectively putting their muscular systems into perpetually 'unbalanced tension' states.

Many had combinations, of all of these things going on, yet still wondered what had done wrong!

My clients were unwittingly sabotaging the work that they had paid for and that I had done!

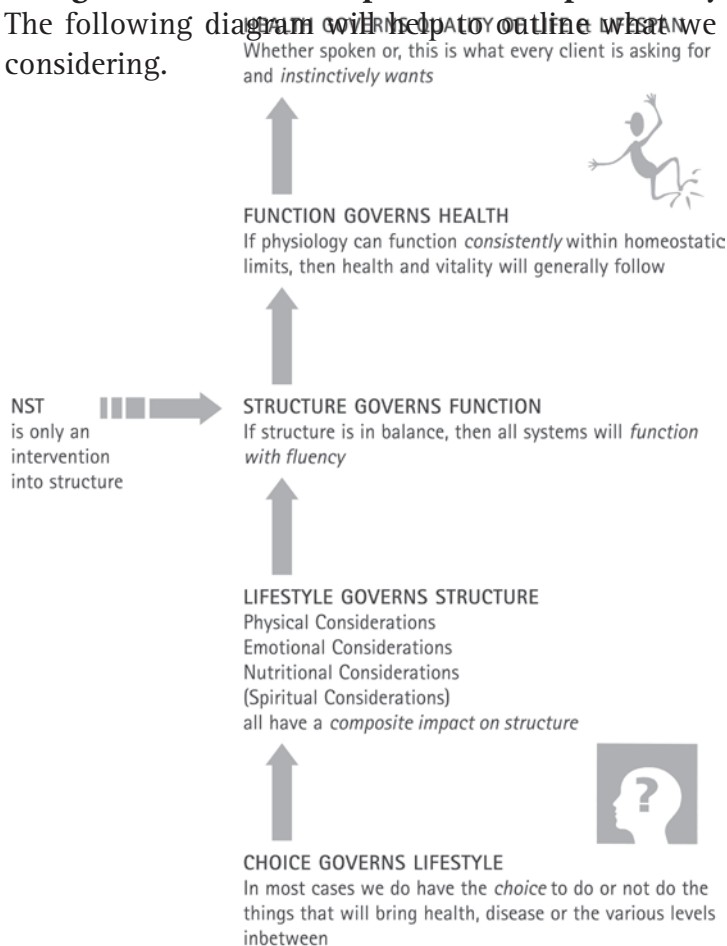
So the solution in the end became clear. I needed to ask all of the right questions at the **very first session**, so that I could make valid and useful aftercare recommendations that would ensure that, at least my clients were aware of what not to do. If they chose not to listen, then it was clear that they knew that they would need more work to remove their symptoms or deteriorate even faster. Importantly I was able to say to them, its all a matter of choice, **your choice!**

In conclusion: NST is just an intervention therapy which allows the body to regulate itself better thereby eliminating symptoms. Good health on the other hand comes from consist-

ently making intelligent lifestyle choices.

It is worth stating the point again: **No technique, no matter how good it is, can be a replacement for poor lifestyle choices!**

The following diagram will help to outline what we have been considering.



Choice of Lifestyle: Proper Lifestyle Choices and Discipline are required to attain and then maintain Health and Quality of Life. NST helps to create a fresh start but cannot overcome poor lifestyle choices.

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What to do – The Simple Solution

There are three simple recommendations regarding nutrition, water and exercise that I have used with my clients over the years that have literally transformed the quality of many many lives.

Nutrition

There are two basic nutritional recommendations that are simple to follow, will boost energy and vitality, improve quality of life and are consistently effective.

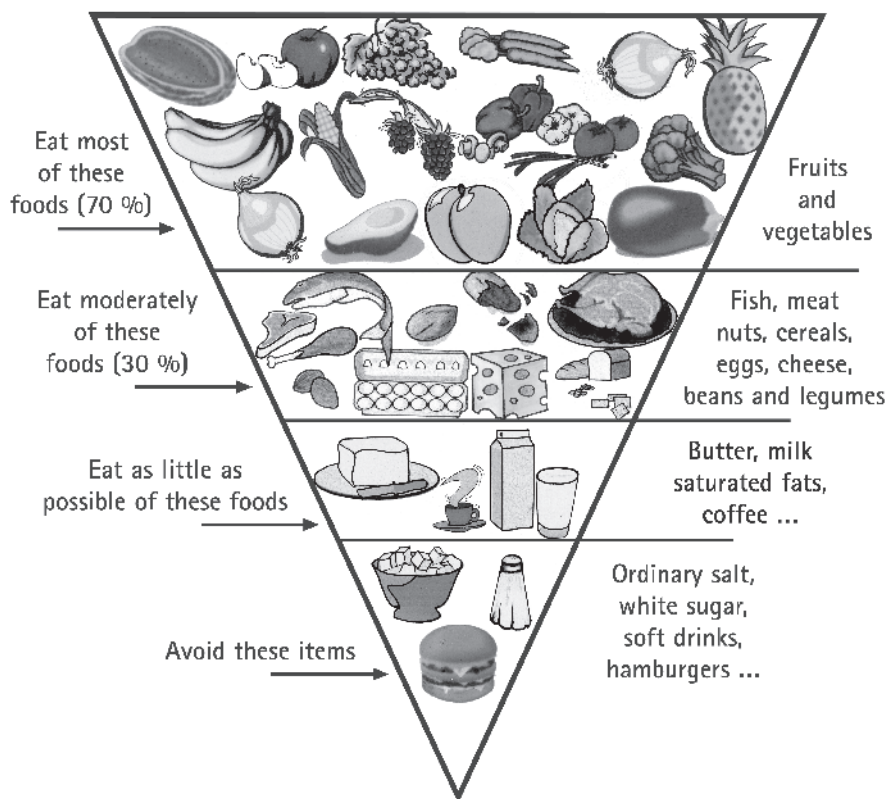
Firstly, our general intake of food needs to be balanced between acid and alkaline food groups, at the ratio of approximately 70% Alkaline foods to 30% Acid forming foods. At this ratio the Alkaline/Acid (ph) balance of the body will be around 7.4ph (note-this is general and will vary from individual to individual)

At this ratio the body is able to maintain order and balance at a biochemical level, creating a healthy context for the optimal functioning of a host of important metabolic functions. Furthermore levels of uric acid are kept in healthy check, enabling the body to excrete other metabolic waste products much more simply. The result of this is simply better overall health.

Essentially this means that 70% of our intake should be comprised of fruit and vegetables, while the other 30% should be made up of protein and complex carbohydrate foods.

For clients who have this balance otherwise, I recommend that they undertake a gradual transition to the 70/30 diet, rather than converting overnight, which can be a little unsettling

both physiologically and even psychologically. An average transition period is about two months.



Keeping general food groups in balance allows the human organism to keep harmful acids in check & helps create high vitality.

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Secondly, our food needs to be repotentised with specific nutrients. A very effective and reliable broad-spectrum nutritional supplementation approach, which suits almost everybody, is as follows.

- Take 5-10ml of concentrated colloidal minerals one to two times per day.
If colloidal can't be found, multi chelated minerals are a good alternative.
- Take a high quality multi-vitamin tablet or capsule (sustained release if possible), that contains high Vit. C, amino acids and antioxidants, one to two times per day.
- Take 5-10ml of high quality oil, containing essential, omega 3 fatty acids (salmon or linseed oil are both good) one to two times per day.

Note: Always take supplements during or after meals.

The above daily programme will provide a very good general level of specific nutritional supplementation.

These days there are hundreds of supplements and new products frequently coming on to the market and it can be confusing knowing exactly what to take and what not to.

To a large extent it becomes a question of personal trial and error, to discover what else if anything, one could add to the above programme to even further enhance health.

Other food products that are definitely worth considering are:

MSM (methylsulfonylmethane), Spirulina, Chlorella or other green products, Kelp, Apple cider vinegar, Molasses, Nutritional yeast. Your health food store will be happy to advise you.

Important note: You can dramatically enhance nutritional uptake with detoxification.

Periodical or seasonal cleansing of the 'internal landscape' of the body is not only essential but will deliver immediate results in terms of higher energy levels, better sleep, better looks, clearer thoughts, dramatically enhanced levels of nutritional uptake and consequently better health and longevity.

If the trillions of cells of the body are bathed in filthy body fluids (as is typical with about 95% of people in western civilization) nutrition struggles to fully penetrate the cell walls and perform its job effectively. It's a bit like hoping to breathe life giving fresh air under extreme physical exercise with a dirty linen sack tied firmly over your head! The result: you block oxygen to the lungs almost turning blue and dying in the process... but not quite!

Anything from herbal cleansing programmes, juice diets and fasting will work well. Your health care practitioner will be able to advise you on how to proceed.

Additionally, making sure that the large intestine is working well, evidenced by consistent and daily, copious bowel movements is essential. This was Cleopatra's famous hidden secret in fact which attributed to her extreme beauty. It's well recorded that Cleopatra used senna leaves as a daily laxative to keep her bowels regular thereby ensuring there was no significant toxic build-up to prevent her inner cells from shining!

Note: see *The Miracle of Fasting* by Paul Bragg in bibliography.

Water

A simple rule for water intake, is to drink 6 - 10 glasses of pure water daily.

The correct individual amount will depend to some extent depend on body weight, occupation, environment, climate and season.

Regardless of the above, 6x250ml glasses per day is a good minimum intake.

A useful and simple rule to determine your general water intake is to multiply your body weight by 2, and then divide this figure by 100. This will give you the litres per day that you need to take.

Example: Body weight is 75 kg X 2 = 150, now divide by 100 = 1.5 litres a day.

Note: If you are using bottled water, make sure to read the label on the bottle to determine the dry residue that the water contains. Dry residue is the residue that remains after one litre of water is boiled until it completely evaporates. It is generally shown on the bottle in mg/l (milligrams per litre).

Dry residue is inorganic/metallic minerals that cannot be absorbed by the body, are difficult to excrete, and when taken for years on end, can cause joint and other health problems.

The lower the level the better the water. Anything less than 250mg/l is acceptable. *Volvic* is quite good for example, but there are other brands with much lower levels that can be found. Obviously then, the higher the level the worse the water. Anything in excess of 500mg/l I would avoid.

If you are using tap water, try filtering it through a *Reverse Osmosis water* filter. You will never go back to drinking tap water again!

Exercise

The rule for exercise is simple. Any form of exercise that utilises the major muscles of the body eg. Walking, Jogging, Rebounding (small trampoline), Swimming, Dancing.

All of the above will exercise the body in a good global sense, however combinations are well worth considering eg. Jogging and Swimming.

The next important thing to remember about exercise, is that it needs to be done at least five out of every seven days, to start showing some worthwhile and sustainable results.

Another good idea is to include in your regular programme a stretching or integrative exercise that strengthen the core muscles eg. Yoga, Tai Chi and Pilates are all excellent.

If you have not been exercising for some time then it is always wise to build up slowly, and not to push beyond sensible limits at any time. If for example you would like to start jogging and have never done it before, start by walking for the first week, then alternate between walking and jogging for the next week i.e. walk for two hundred metres then jog for two hundred meters etc.

When you feel that your stamina is starting to build, try jogging only. Perhaps two kilometres would be a good starting point. Once you feel comfortable with this, just extend the distance a little or try a course with a few gentle hills in it.

Within a few months you will discover that you have started to build a very sustainable level of fitness.

The Golden Key

All of the above recommendations are tried and proven methods for improving your level of health, increasing vitality and improving quality of life, however there is one *golden key* which will maximise your results in the shortest possible time frame, and actually enable you to create a whole new lifestyle.

Conversely without this key nothing will work!

Probably the most commonly asked question by clients regarding the above three recommendations is, how long should I do this for?

The response is simple. You should only continue to follow these recommendations, for as long as you want to feel good! People often become quite perplexed by this response, as if it were a joke. But in fact it is the best possible response that one could give.

All of the above are designed to improve health and rebuild the body. Nutritional Supplementation of itself will not cure anything in the short term, but take it *consistently* and relentlessly and it will produce miracles by rebuilding your blood!

Drinking correct amounts of water for a week or two will do little to improve your long term health, but do it *consistently* and it will transform your physiology!

The same applies to exercise. Running around the park for a few weeks will do precious little to build power and endurance, but do it *consistently* and a whole new experience of your relationship between you and your body will emerge. You will start to understand what vitality is!

Clearly the **golden key** is **consistency**! It is the ongoing daily practice of the above recommendations that is going to create healthy blood from which we can build healthy tissue and

thereby sustain a powerful physiology. A powerful physiology builds vitality and vitality creates quality of life and longevity.

Staying balanced - it's just a question of choice!

SELF HELP SECTION

This simple illustrated SELF HELP SECTION is designed to provide an easy to use sequence of releases, that work effectively as both a preventative system, to assist in 'staying balanced', and a system of effective solutions for reducing and eliminating muscle tension and pain, should this occur.

The releases are in two parts: Lower body and upper body. A quick glance will reveal that these releases are none other than classical Yoga exercises, however they have been specially selected for the precise unlocking effect that they have on the body, when performed in the combination and order in which they are illustrated.

In typical NST fashion the lower body is addressed first, with the intention of unlocking the sacrum and pelvis, and the muscle systems that are directly connected to them. This is done in the clear belief that the sacrum must be released first, before the upper body can and will release itself effectively.

In summary, once the lower body releases have been carried out, the neck may then be released, followed logically by the shoulder releases.

It is important to understand that the best benefits will be achieved when the releases are done as a complete set, with repetitions as indicated, and not just individual exercises. For this reason it will be wise to allow at least fifteen minutes to complete the sequence.

Instructions

It is always a good idea to drink a large glass (300-400ml) of pure water fifteen minutes before doing this sequence, and within five minutes of its completion. This simple practice will assist with lymphatic drainage, nerve and muscle function, flexibility and vitality, hence maximising beneficial results.

It will be essential to wear soft, loose and comfortable clothing, which is not too bulky. Tight clothing will only restrict movement.

When using this sequence, remember never to push beyond sensible limits! If at any time you experience undue strain or pain, immediately stop, and gently come out of whatever position you are in. A re-attempt may be carried out the following day and the same precaution should be observed.

Furthermore, all positional releases will be greatly facilitated by gentle rhythmic breathing throughout, which can be done by slowly inhaling and exhaling, exclusively through the nostrils.

Simply follow the steps indicated next to each illustration, remembering to repeat the positional release three times before taking a rest of one minute between each release. The designated resting periods are important, in enabling the muscles to effectively respond to the release just carried out. Resting time may be increased if desired, but not reduced.

As an adjunctive remedy for problematic situations, try taking some *Magnesium Phosphate 6D*, homeopathic Tissue Salt, readily available at most pharmacies. This simple natural product will help to quickly relieve muscle spasms and cramps.

1. Lower Body Releases for Sacrum and Pelvis

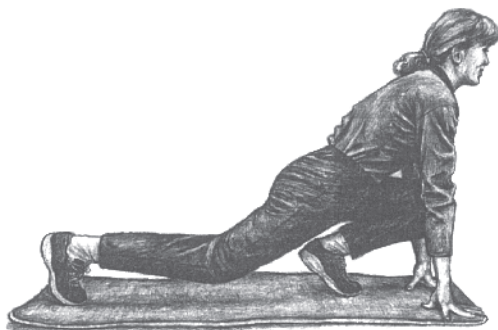


A) Lie face down with your elbows bent as if beginning a normal push up. Slowly push your body off the floor until you feel resistance in the lower back. Your abdomen and legs should remain in contact with the floor. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20 seconds then gently release, returning to rest in original position for 10-20 seconds.

Perform 3 repetitions and then rest for a full minute in prone position with arms long by side and head to one side.

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B) Beginning on all fours, slowly move into the illustrated position. Push the leading knee forward until a stretch is felt in the hips and/or groin and hold. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20 seconds, then slowly release returning to rest in original position (all fours) for 10-20 seconds. Repeat on opposite side.

Perform 3 repetitions of this sequence and then rest for a full minute in prone position with arms long by side and head to one side.

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C) Begin by laying flat on your back then slowly move into the illustrated position (ankle twisted across opposite knee). Slowly bring the lower leg towards the head causing a stretch in the buttocks on the twisted leg side, and hold. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20seconds, then slowly release returning to rest in original position (flat on back) for 10-20seconds. Repeat on opposite side.

Perform 3 repetitions of this sequence and then rest for a full minute in supine position with arms long by side.

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D) Begin by laying flat on your back then slowly move into the illustrated position (ankle twisted across opposite knee, body rotated looking over diagonally opposite shoulder and hand flat on floor). Using the elbow of the free arm, push it back into the side of the twisted leg to create more of a torque in the back and hold. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20seconds, then slowly release returning to rest in original position (flat on back) for 10-20seconds. Repeat on opposite side.

Perform 3 repetitions of this sequence and then rest for a full minute (flat on back) with arms long by side.

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E) Begin in a sitting position then slowly move into the illustrated position. Bring the soles of the feet together and hold in place with the hands. Pull the body forward to create a mild stretch in the groin and lower back and hold. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20seconds, then release returning to rest in original position (sitting resting on hands) for 10-20seconds.

Perform 3 repetitions of this sequence and then rest for a full minute in supine position with arms long by side and head to one side.

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2. Upper Body Releases for Neck and Shoulders

A) Begin in a sitting or standing position. Gently and slowly pull the chin into the chest and then from this position slowly and gently commence slow circular motions with a tendency to stretch the head to the shoulders and back, as you go in one direction for 3-5 times. Stop and then repeat the same in the opposite direction. Rest for 10-20 seconds breathing rhythmically throughout (nostrils only).

Repeat this sequence 3 times and then rest in a sitting position for 1 minute.

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B) Begin in a sitting or standing position. Place the hand around the opposite side of the head gently pulling the head towards the left shoulder creating a stretch in neck and shoulder muscles back and hold. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20 seconds, then release returning head to rest in original position (in the middle) for 10-20 seconds.

Repeat on the opposite side. Repeat this sequence 3 times and then rest in a sitting position for 1 minute.

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C) Begin in a sitting or standing position. Place two fingers on the chin and push downwards. At the same time, gently raise your head against the finger hold causing a stretch in the muscles at the back of the neck and hold. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20 seconds, then release returning head to rest in original position (in the middle) for 10-20 seconds.

Repeat this sequence 3 times and then rest in a sitting position for 1 minute.

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D) Begin in a sitting or standing position with arms straight. Using small slow circular motions roll one shoulder in a backwards directions for 3-5 times. Stop momentarily, and then roll the shoulder in a forwards direction for 3-5 times. Rest for 10-20 seconds breathing rhythmically throughout (nostrils only). Repeat on the opposite side.

Repeat this sequence 3 times and then rest in a sitting position for 1 minute.

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E) Begin in a sitting or standing position with arm pulled across the upper body as illustrated. Hold the position for 10-20 seconds while gently stretching the shoulder muscles and breathing rhythmically throughout (nostrils only). Repeat on the opposite side.

Repeat this sequence 3 times and then rest in a sitting position for 1 minute.

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and head to one side.*

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ABOUT THE AUTHOR

Dr. Michael J. Nixon-Livy is an international teacher and health practitioner who was born in Australia in 1954.

He started his career in complementary medicine in 1974, undertaking comprehensive studies and practice in osteopathy, nutritional science, psychology, applied kinesiology, human relations and various other bodywork techniques, holding distinguished qualifications in all.

He is also a Fellow of the Society of Sports and Exercise Medicine in Malaysia.

Additionally, his personal involvement in complementary medicine, incorporated extensive clinical experimentation, and application of various contextual healing approaches including fasting, exercise, yoga and meditation.

He also spent some five years as a professional athlete, where he had ongoing exposure to the rigorous demands of daily training schedules, and the subsequent injuries that occurred. It was during this time that he had the opportunity to appreciate the importance and necessity of bodywork techniques, that produced quick, effective and sustainable results.

Dr. Nixon-Livy has personally conducted over 350 multi-day seminars at an international post-graduate level for Osteopaths, Chiropractors, Doctors, Physiotherapists and Sports Medicine specialists.

Dedicated to a mission of making NST Spinal Integration available to the world for the rapid improvement in health he continues to travel and teach with passion delivering his message of 'instant possibility' coupled with taking self responsibility for one's health, to the hundreds of professionals who attend his seminars every year.

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