

An established condition or disease process ensues causing organ systems to malfunction and ultimately produces pain and symptoms. Categories I, II and III indicate a gradual breakdown in the physiological adaptive range, and as tolerance declines the spine and pelvis deteriorate from Category I to Category II to Category III.

The Chiropractic objective is to re-establish structural stability, improving neurological function and tolerance by reversing Category III to Category II to Category I.

With a higher level of tolerance the body is better able to compensate and adapt, it becomes symptom free and increases the physiological adaptive range achieving a higher level of health.

### CHIROPRACTIC CARE

Your Chiropractor is specifically qualified to stabilise the spine and pelvis and to restore normal balance to the sacral pump mechanism. Only when the sacral pump circulates C.S.F. will the nervous system perform to the level to which it was designed. Provided nerve channels of communication are left open, the brain will diagnose the body's needs and direct proper response to those needs. All chemicals and hormones necessary for life and health are made normally by the body and prescribed by the brain in the most exacting manner.

For the sick individual Chiropractic is a means of health restoration by opening nerve channels so that the body may heal itself. For the healthy individual it is a periodic check-up to ensure early correction to spinal distortion and potential nerve failure.

### TREATMENT

S.O.T. is not a therapy that treats named diseases. It is a system of removing the cause of nerve malfunction using minimum force to restore and maintain health.

S.O.T. employs the use of wedge shaped blocks to allow the body to seek its correct alignment and balance. There are many combinations of block positions used, and these are determined by tests that precede each adjustment. S.O.T. recognises the importance of body language in the form of neurological tests, weak muscles, tender areas and other signs and indicators, to determine the type adjustment needed.

As the body responds and heals, stress areas around the body are eliminated and natural tolerance levels are reinstated.

### HOME CARE - YOUR RESPONSIBILITY

Healing is a process that only your body can facilitate. As such it is your responsibility to eat correctly, rest, minimise stress and follow your Chiropractor's instructions.

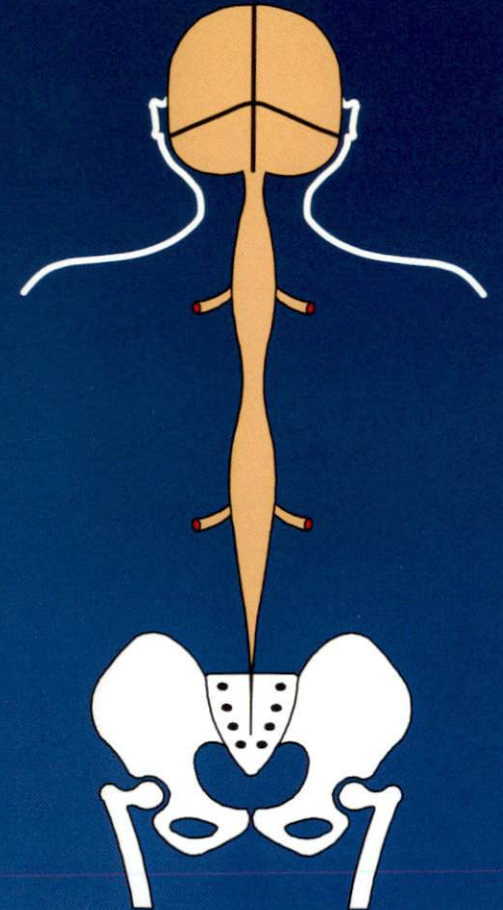
Your restoration to health is directly related to the care and advice you receive. The onus is on you to co-operate accordingly

Chiropractic First  
Dr. Jennifer Jozwiak  
(907) 463-3051  
10301 Glacier Hwy Street  
Juneau, Ak 99801



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CRANIAL COMMUNICATION SYSTEMS  
14 HOLYOAKE RD. HEADINGTON,  
OXFORD. ENGLAND. OX3 8AE.  
FAX: (01865) 763003  
E-Mail: [www.cranial-communication-systems.co.uk](http://www.cranial-communication-systems.co.uk)  
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## INTRODUCTION TO SACRO-OCCIPITAL TECHNIQUE



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The brain and the spinal cord forms the central nervous system which is the master control system of the body, co-ordinating all tissues, organs and systems within the body. The regulation and control of all body organs and systems is carried out by complex nerve impulses generated in the brain and transmitted down the nerve cord through nerve roots to every part of the body. Messages are transmitted through nerve channels from the brain to the organs and are retransmitted from organs back to the brain. This allows the brain to regulate and control all the systems to produce a healthy body. The picture on the cover of this pamphlet shows the normal brain and spinal cord with its protective covering - the dural membrane. Note: the two pairs of nerve roots.

(There are 31 pairs in all)

## CEREBRO SPINAL FLUID (C.S.F.) FLOW

Cerebro-spinal fluid is produced in the brain and is pumped from the brain down the spinal cord, around the spinal cord and brain and is then reabsorbed. A sac-like membrane (dural membrane) covers the brain and spinal cord in which it is immersed in C.S.F. The C.S.F. acts as a cushion protecting this delicate mechanism. C.S.F. provides nourishment, removes waste material and provides an ideal medium for nerve energy conduction.

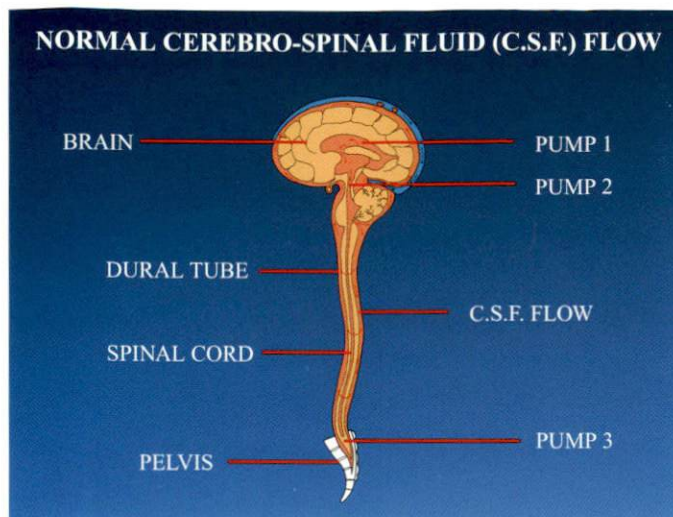
## THE CRANIUM AND SPINAL COLUMN

Due to their importance the brain and spinal cord are protected by bone. The brain by the skull (cranium) and the spinal cord by the spinal column. The spinal column is made up of 24 vertebrae interspaced by pads called discs which allow the spinal column to move.

## CIRCULATION OF CEREBRO-SPINAL FLUID

A very special function takes place in the human body that is absolutely essential to good health. It is the circulation throughout the nervous system of C.S.F.

C.S.F. is created in the brain and supplied to the nervous system through the gentle pulsing action of three pumps. The first pump is located in the skull at the source of the supply, the second is located at the juncture of the skull (occiput) and the neck and the third pump is located at the pelvis (sacrum). This pulsing motion takes place every three to four seconds.



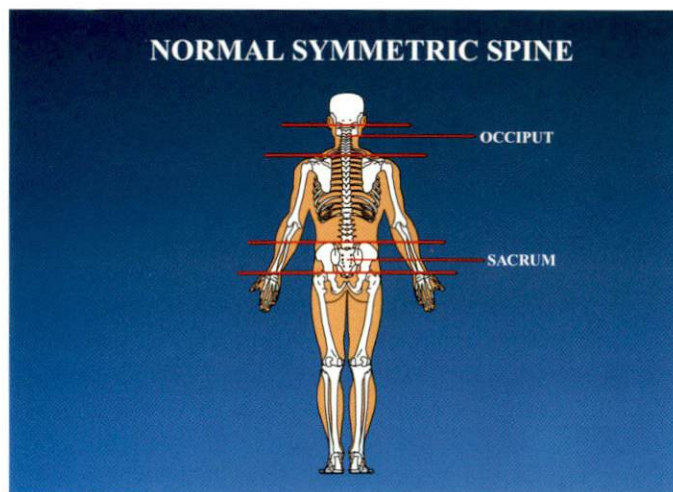
## SACRAL PUMP

A minute regular rhythmic motion between the occiput and the sacrum circulates the C.S.F. around the brain and spinal cord and throughout the nervous system. This sacral pump is the circulatory system of the brain and spinal cord and its function is paramount to normal health.

## THE SPINE AND PELVIS

The basis of the human structure is the pelvis. The pelvis supports the spine and skull, the shoulders and arms and, below the pelvis, the legs and feet.

The internal organs are suspended by ligaments that attach to the spine and pelvis. The large upper thigh and important back muscles, including those responsible for neck and shoulder stability are attached to the pelvis. All these structures must be balanced, co-ordinated and maintained by a stable pelvis in order to produce normal nerve action.

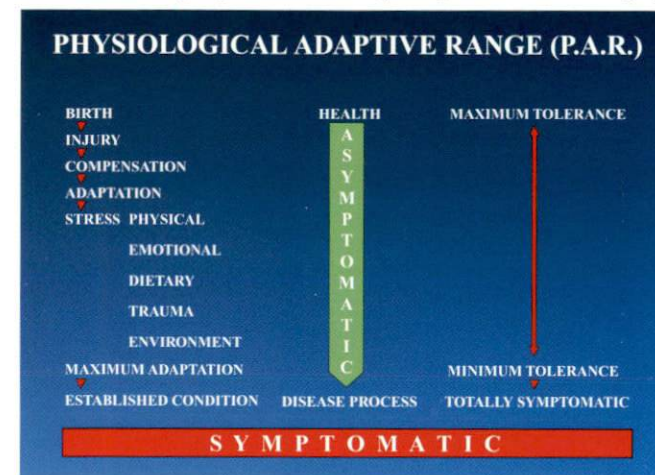


## WHAT IS S.O.T.?

Sacro-Occipital Technique (S.O.T.) is a new, comprehensive and advanced concept of Chiropractic pioneered and developed through study, research and clinical application by Dr. M.B. DeJamette.

For more than half a century Dr. DeJamette researched and studied every aspect of physiology and anatomy and clinically found that human structural distortion falls into three basic groups. He labelled these groups as Categories I, II and III.

In this and other pamphlets we shall acquaint you with each Category.



## PHYSIOLOGICAL ADAPTIVE RANGE

At birth the human body has maximum health and maximum tolerance and is asymptomatic. Injury occurs at a very early age in the form of birth injuries (forceps delivery) falls, knocks and bumps. The body adapts and compensates for these injuries.

As one grows the body is continually subjected to stress.

- \* physical
- \* emotional
- \* dietary
- \* traumatic
- \* environmental

All this time the body is free of symptoms. As the stresses accumulate through life, natural tolerance (resistance) becomes less and less, and the body's ability to compensate and adapt becomes less and less. Structural changes primarily to the spine and pelvis will occur affecting balance and stability of the Sacro-occipital pump. The minute pulses between the occiput and sacrum will become irregular and change the free flow of C.S.F. This creates C.S.F. pressure change, increased toxicity, loss of nutrition and a breakdown of essential nerve energy transmission.

Finally, a stage is reached where there is a maximum adaptation and compensation, and minimum tolerance.