

SET TALK

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New Research by University of Rochester Medical Center Explains Cranial/Structural Frontal/Occipital Decompression Results!

Autism, Learning Disabilities, Alzheimer's, Brain Injuries see remarkable improvement with Cranial/Structural Techniques, developed by Don McCann.

Neuroscientists at the University of Rochester Medical Center have proven the existence of a “previously unknown cleaning system in the brain: newer imaging technique brings ‘Glymphatic System’ to light”.¹

The results of this research validate the work that I have been doing for the last seven years. Specialized Cranial/Structural Frontal/Occipital Decompression (hereafter referred to as CSFO) Decompression that I developed were first applied in 2005 and have produced remarkable results with Autism, Learning Disability, Alzheimer's, and traumatic brain injuries. I am grateful that scientific research is proving the existence of anatomy that explains the effectiveness of the CSFO Decompression techniques and I hope that soon there will be even more research that will further validate the successes of my Cranial/Structural therapy. Therapists who I have trained who are using this specialized CSFO Decompression are also having significant dramatic results.

At the 2012 FSMTA Convention I gave a presentation on treating Autism, Learning Disabilities and Alzheimer's based on my experiences and those of therapists trained by me. However, there was no research that could back up the “why” of the effectiveness of the CSFO Decompression and there was not sufficient information on anatomy to explain the results that were being achieved. This was a gap in the presentation that bothered me and left a lot of questions unanswered. However, the results have been too outstanding and needed to be shared. Nedergaard's research has filled in a huge gap in how and why the CSFO Decompression has been so effective.

Nedergaard's team has dubbed the new system “the glymphatic system” since it acts much like the lymphatic system but is managed by brain cells known as glial cells.” (Ibid, Science Daily, 2012, August 15).

“Scientists have known that cerebrospinal fluid or CSF plays an important role cleansing brain tissue, carrying away waste products and carrying nutrients to brain tissue through a process known as diffusion. The newly discovered system circulates CSF to every corner of the brain much more efficiently, through what scientists call bulk flow or convection... While the previously discovered system works more like a trickle, percolating CSF through brain tissue, the new system is under pressure, pushing large volumes of CSF through the brain each day to carry waste away more forcefully” (Ibid, Science Daily, 2012, August 15).

The focus of CSFO Decompression is to increase the CSF flow through the brain, which includes areas that are damaged where the glymphatic system is no longer effective due to injury, disease or toxicity. Based on the results of Nedergaard's research it appears that the CSFO Decompression actually accentuates and expands the “pumping” mechanism of the glymphatic system to cleanse the brain and re-establish its function where it has been damaged. The glymphatic system explains why we achieve profound results with the application of the CSFO Decompression. The system that had been described by medical science previously could not fully explain all the results clients receiving CSFO Decompression exhibit. Now, knowing how efficient the glymphatic system can be in processing out waste products and delivering CSF, there is an explanation and validation for these improvements. We are very excited about the results of Nedergaard's research.

AUTISM and SPECIAL NEEDS CHILDREN

There have been positive profound changes in all phases of the autistic spectrum when using the CSFO Decompression on autistic children. Treating autistic or special needs children with the CSFO Decompression at a very young age produces even more dramatic results. After a series of treatments many two year old autistic children no longer test in the autistic spectrum. Some ADHD and special needs children have been able to discontinue their medication and still excel at the top of their classes.

It is my experience that with autism there is a toxic build up that appears to inhibit the neurological function of the brain. Recent medical research has discovered that Autistic children tend to have larger craniums than normal children their age. *“Researcher Dr. Carlos Pardo-Villamizar said: ‘These findings reinforce the theory that immune activation in the brain is involved in autism, although it is not yet clear whether it is destructive or beneficial, or both, to the developing brain.’ The researchers say it might eventually be possible to develop a diagnostic test for autism based on looking for signs of inflammation and that treating this*

inflammation might reduce the symptoms of autism.”
(reported in *AutismToday.com*)

When I started treating autistic children my first observation was that the frontal bone of the craniums was distended, and when light pressure was applied there was a spongy pressure in return. I also observed that most autistic children are extremely sensitive about having their faces and heads touched. From these observations I determined that the swelling and inflammation behind the frontal bone was part of the problem. Other reported testing of autistic children has shown larger than normal levels of toxicity from heavy metals, viruses, chemicals, and bacteria, any of which could be responsible for the increase of inflammation and swelling. When the CSFO Decompression is applied there is a flushing and detoxing of the brain. I believe this is what allows the profound and dramatic results that I see over and over again. After several treatments using the CSFO Decompression the frontal bones of autistic children are less distended, there is an increased ability to concentrate, and there is a marked decrease in stimming behavior. It is exciting to see that the reason for this is now verified by the information from Nedergaard's research.

TRAUMATIC BRAIN INJURIES AND MULTIPLE CONCUSSIONS

When working with clients with traumatic brain injury and multiple concussions there has been a dramatic clearing of symptoms and a return to normal function after CSFO Decompression is applied. Based on the information in the research article from the University of Rochester Medical Center, I now believe that the glymphatic system is damaged with traumatic brain injury which results in the buildup of wastes and toxins that the brain is not able to flush out. Some Symptoms of traumatic brain injury and multiple concussions seem to result from the lack of cerebral spinal fluid flowing to a particular part of the brain and the formation of scar tissue on the brain from the injury. It now appears that applying CSFO Decompression re-establishes the normal function and high level of efficiency of this glymphatic system which results in a dramatic increase in the potential and speed of recovery. This recovery appears to be long term as the symptoms of concussions don't return. It appears using the CSFO Decompression re-establishes the function of the glymphatic system and possibly diminishes the scar tissue that accumulates from the traumatic injuries. If so, as the results indicate, dramatic long-term recovery is possible using CSFO Decompression in the treatment of traumatic brain injury.

One thing we are seeing presently, and may be seeing more in the future, is athletes with multiple concussions.

Many are experiencing a rapid degeneration of the neurons of the brain. Impaired brain function from multiple concussions often becomes apparent when athletes are in their 40's – 50's. This can be due to the inability of the cerebral spinal fluid to flow through the affected areas of the brain resulting in the accumulation of waste products and toxins including amyloid beta which have been proven to destroy neurons and neurological function. Having applied my CSFO Decompression on clients who have suffered recent and old traumatic brain injuries (including concussion injuries) and seeing the dramatic positive results with both, I believe the CSFO Decompression is an answer for long term recovery that can prevent brain degeneration years after the injuries occurred.

“If the glymphatic system fails to cleanse the brain as it is meant to, either as a consequence of normal aging, or in response to brain injury, waste may begin to accumulate in the brain. This may be what is happening with amyloid deposits in Alzheimer's disease,” said Iliff. ‘Perhaps increasing the activity of the glymphatic system might help prevent amyloid deposition from building up or could offer a new way to clean out the buildups of the material in established Alzheimer's disease,’ he added.” (Ibid, Science Daily, 2012, August 15)

In summary, manual therapy working with the cranial system can provide renewed hope and long term resolution of these life changing and often debilitating conditions. The research from the University of Rochester Medical Center is hopefully just the beginning of allopathic medicine recognizing the potentials of working with the cranium. As massage therapists we can again be on the cutting edge.

Please visit our website for more information – www.StructuralEnergeticTherapy.com. You may also contact me through that site with any questions you may have.

ⁱ ScienceDaily quotes are from the research report: University of Rochester Medical Center. "Previously unknown cleaning system in brain: Newer imaging technique brings 'glymphatic system' to light". ScienceDaily, 15 Aug. 2012. Web. 27 Oct. 2012.