

SYMPATHETIC NERVOUS SYSTEM BALANCE

Sources:

Stone, Polarity Therapy, Vol. II (CRCS, 1987), pp. 85-91, 163-165, 113-117, 158-159, 197
 APTA Standards, pages 13, 21, 30

QUICK HOW-TO

1. Feel cervical vertebrae to determine which is most sensitive, and on which side.
2. Find that cervical in column on left side of table. Find which 0 and - vertebrae relate to the sensitive cervical (+) vertebra.
3. Starting at the foot, contact triune reflexes for the appropriate set, in three stages (① then ② then ③) in ascending order (- then 0 then +). Use a firm or medium pressure and hold until relaxation is felt. Move up the foot, the leg, then the spine, contacting corresponding points. The pictures at right are given to help locate these reflexes, which are pressed on the ether line of the foot and the water line of the leg. The "right" spot will be more sensitive.
4. If appropriate, also use a perineal treatment to balance the Parasympathetic Nervous System. One reference (PT, Vol. II, p. 197) has the Parasympathetic treatment preceding the Sympathetic treatment.
5. For the Cerebro-Spinal Nervous system, balance diaphragm and joints.

NOTES ON FINDING VERTEBRAE:

C2 is the first spinous process of cervical vertebrae felt at the top of the spine.

C6 typically moves forward out of touch when the head is tilted backward.

T9 is commonly found at the base of the shoulder blades.

T12 is at the bottom of the ribs.

The example at right is based on an assessment finding of C4 right side being the most sore vertebra in the neck, therefore the triad applied is C4-T6-L2. Therefore contact is applied sequentially at the X points.

Thanks to
 Jim Said and
 Max Heirich!

TABLE OF SPINAL RELATIONSHIPS

(+)	(0)	(-)
C1	T3	L5
C2	T4	L4
C3	T5	L3
C4	T6	L2
C5	T7	L1
C6	T8	T12
C7	T9	T11
T1	T2	T10

Will Leichnetz NS Protocol (1996)

Cerebrospinal: Above hand at crown "sends" CSF down spine to lower hand, placed at sorest spinous process; then "x" fingertip contact crossing sore vertebra. Try both left and right hands above to note preferred effect.

Sympathetic: Above hand at phrenic nerve (C3 transverse processes), lower hands cross fiber rajasic contact on strap muscles at sorest vertebra. If the muscle is very ropey below, use "S" drain contact with both hands.

Parasympathetic: Above hand at vagus nerve (just posterior to mastoid process), lower hand at sore point on sacroiliac articulation, then use a rhythmic alternating rocking motion to balance.

