

## *~Chapter 10 Personal Testimony and Case Study~*

Some may find this hard to accept and hard to believe. During the course of my study I have come across many wonderful people willing to learn and give information, I have also come across those who cannot grasp the concepts of this paper and because of this they can or refuse to make rational decisions saying that everything I have presented here is selective at most. Such people further go on to state that my disability or my ability would have been the same regardless of Endonasal Balloon therapy treatments. Such people believe that we as humans should accept the way we are and never strive for self improvement, and it is because of this there are many children today that continue to have server disabilities and nervous system dysfunctions.

My personal testimony is just one account of many who have been helped with the aid of this treatment. I was born in 1975 to a humble yet small working farm family, who lived outside of Salem Oregon at the time. At the time of my birth there was evidence that something was not quite right; however none of the doctors new what it was. After many exams and discussion by specialists my mother was told that I would be permentaly disabled for life, never being able to walk, never being able to talk, and would be wheel chair bound all my life, and in essence I would be a vegetable. I was classified as being a child with a severe case of Cerebral Palsy. This broke my mom's heart, and my dad's as well, but they didn't give up. Word reached my mom of one Dr. J. R. Stober in Portland OR who was working nothing short than miracles with children, adults and who ever else needed assistance with disabilities, headaches, and cranial relief. The following is an account of what happened.



To understand my development I have included some pictures throughout the years. The picture to the left was taken at approximately 6 weeks, in it one can see the desperate look in my face that can only be described as pure pain. You can see that my temples on my head are in-caved like someone used a set of forceps or a vice and squeezed my skull. You can also see that my right arm is locked in an upward position and that my right hand is held in a tight grasp right below my right ear. My mother tells me that I would cry and rub my fist into my ear

trying to relieve the pressure on my head as my brain tried to expand and grow, so much that I would rub blood blisters in and around the base of my ear. How can this be one may ask. When my mother was in the birthing process there was an incredible amount of force exerted upon my being. It didn't help matters any when the nurses advised my mom not to push. The contractions in the birth process were so great that it compressed my skeletal plates and inter locked them, much when two gears get stucked or fused together. The traumatic impact that this delivers upon the child can and many times causes permanent damage if it goes untreated.

At 6 months of age I was brought to Dr. Stober to receive therapy and treatment. The technique used to relieve the pressure upon the brain and to unlock the skulls joints is called Bilateral Nasal Specific (BNS) it is also referred to as balloon therapy. Right away my parents knew that the treatments were working. After Dr. Stober explained the causes and procedure in an in-depth fashion to my parents I received my first treatment. On the way home I fell asleep within the first block, this is something that I had not done in quite a few months as I would only sleep for 45 minutes at a time then awoken in screaming pain because of the compression on the brain. Every two weeks my mother would make the trip up to Portland Oregon to have the treatment performed on me. During her visit's she witnessed many things, such as a child who couldn't hear, being able to hear for the first time, and she was also able to talk to other parents who were there with their children to get treatments. My parents were convinced, as are many who have gone through this process, that there were real improvements and that it just was not a faith based practice as some may be led to believe. After a short time I was able to shift and move around a little, my body was starting to unwind. Mom worked tirelessly with my legs and right arm, and through her devotion and exercises of my limbs I was finally able to lower my right arm and keep it there without it springing back to its locked position. Although I had started to develop functional capabilities I still had many problems, my speech was locked and I could only mumble and point with jesters. On one occasion and treatment, things



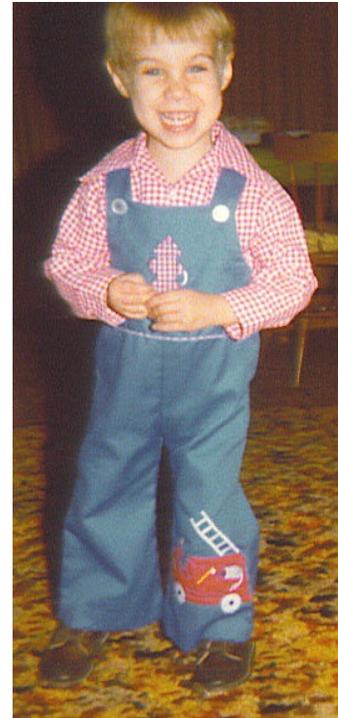
finally broke through, mom started counting words, and when she had a list of them she took it to Dr. Stober, who teared up and said ... *"I didn't think I would be able to unlock his speech"*. Not long after that Dad wanted to feel what the treatments felt like. He told me that during treatment that his leg came up in the air in a knee jerk reaction to the balloon inflation. This action scared me and I spoke a complete sentence for the first time in my life, *"no beep, beep for daddy."* I was making grounds slowly but surely, however there was a long ways to go. My parents noticed that I didn't sit up, didn't stand, and didn't walk at the stages that are most commonly associated with a baby's development. Mom continued to work with my legs and arms, and I continued to receive Endonasal Balloon Therapy. One of dad's coworkers helped him build some walking bars that would aid in my ability to learn how to walk and help with my balance, hopes were high but for the most my balance and legs were unable to support the weight of my head and body. In the picture above I am one year old and you can see me trying to learn to walk and that I am holding myself up. You can also see that my right hand is still in a closed fist position, and you can see that my right leg, especially my foot are turned inward. This is not because of the way I was standing but more so the way my legs were. One can also vaguely see that the temples are still compressed; however the overall shape of the head in relation to the jaw, is symmetrical and more rounded.



In this picture I am 1 ½ years of age and you can see that my right hand is now able to grasp and hold, however you can also see that my feet and legs are bowed in. Also a more evident and clearer idea that there was something desperately abnormal. It would take years of physical therapy, braces, being a part of Easter Seals and most of all love to help correct, strengthen, and stretch my café muscles and legs so that mobility could be achieved.

Finally at the age of three I was able to stand on my own, still unable to walk but I was able to stand. This picture is the first time that I was able to get up and stand on my own. Shortly thereafter I would start walking, first one or two steps at a time, and before I knew it I was running.

In this picture you can see that my right hand is still in a closed position and at this time I also started to grow at a faster rate, thus it is easier to see the pressure upon my temple bones, which were at this point still locked to a greater degree. Also the pressure upon the temple region is due to the fact that the family moved to a new location and my mother was having trouble finding someone who would treat my needs. The result was increased pressure on the skull and was made noticeable in the facial features. In short it looks like my head is in an egg squeezer. If my parents had stopped at this point with my physical therapy and my cranial Endonasal Balloon Treatments I would have digressed and would have returned to a lesser state of functionality, my mind would have never been able to develop, and rationalize. My speech and mobility would have suffered



greatly and eventually I would have reverted back to a vegetable state. Thank God that they didn't give up. My earliest memory of having the treatment of balloon therapy performed on me was around the age of 8, not much can be recalled except for the fact that there was pressure on my head before the treatment and there was a feeling of great relief afterwards. At that time I knew that the treatments helped because I could sleep longer and deeper, as well as my headaches would go away. I continued receiving treatments over in Bend Oregon for a time after my family moved over there. When we moved back over the Mountain at the age of 11 my treatments all but stopped. I went over to Bend a couple of more times for treatment but it was far and in-between and I lost contact at the age of 15 with physical therapy of any kind. The reasons why treatment stopped was because of exerted family stress and the need of my parents to just make a living, yes we fell on hard times. It seemed that the doors of opportunity that once showed such promise were now closed forever. I grew up, went to a private high school, learned the ways of the world, learned how cruel others could be, and also learned of the good even though at times it was hard to find. This shaped my mind and had major impacts on my body and development as well. In high school I decided to take weight training, to help with my muscle development, at that time I could only lift 60 pounds with my arms and about 30 pounds with my legs. My body really didn't start to develop

until after high school, and over the next seven years this once small frail child who could never amount to anything proved the world wrong. I continued to work out to the point that I could lift 250 with my legs, and almost equal to my body weight in bench press with my arms, my neck thickened up and I worked tirelessly with my back creating a toned and slim physique. At first I couldn't walk the length of two houses in a city block, and today I go out hunting and walk all over the hills and on the beach. I admit I don't work out as much as I should. Do to being a person with cerebral palsy my body is always wanting to fight against myself and revert to a stiffness and lack of mobility.



**31 years of age, 2006**

Today I am 31 yrs of age and recently had a cranial adjustment after a period of 15 years without any. I was starting to tighten up and my legs were going numb, I was becoming paralyzed again, needless to say I was getting scared. I found a Dr. who still performed the nasal adjustment, my feeling in my legs returned, my right hand was able to open better, and my ears popped, allowing me to regain full hearing. As well, sharp vision and distance vision was restored. I can now see the hands of the clock across the room once again. I am so excited, I know that Balloon Nasal Therapy works, it helps people hear, speak, and the ability to allow those with paralysis to gain mobility. How do I know of this and that it works, I'm living proof. My childhood was nothing short of being traumatic but as an adult I hold two 4 year college degrees, one in Communication and one in Business management. I have had girl friends, been sexually active, lived on my own, lived in Los Angeles, and Las Vegas, drive a large truck, hunt, sing, play the Drums like a mad man, and have a keen ear for music, as well as being able to hold down a job.

**Bilateral Nasal Specific, A Patients Perspective, By David H Jones**

The unselfish act, and work my mom did with me in stretching my legs and arms, the walking exercises, and the balloon nasal adjustments along with spinal adjustments allowed me to grow up and function more normally. Everyone can benefit from this process in one way or another, especially disadvantaged children.

As an adult I am still categorized as having Cerebral Palsy, my right hand still wants to tighten up, my spelling and being able to hear the vowels and silent letters still vexes me in my informal communication writings. As for my leg's it is necessary for me to work out on a regular basis and always strive to better myself in knowledge and understanding. I'm also working to help others. I know that by awakening the nervous system it allows more normal function and a chance at a better life. Since I know about what to look for I can look at a persons head and can see if there is trauma there that may be treated but most of all I am working at spreading the word that there is hope to those who have no hope.

**Personal Case Study:  
Testimonial:  
Conditions Persisting Before Treatment:**

Last year in September of 2005 I was trimming the apple trees. During this process somehow I twisted and ended up stressing my lower back. I did not think much of it at the time, however quickly it progressed. Ignoring the lower back tension and increasing pain I started taking Advil many times a day and continued on with my every day activities, which were lessening. For instance, I knew I needed to workout and ride the bike to keep going, but the pain was so intense it prevented me from doing so. Even took off and drove to Las Vegas to an old friend's place {I was planning to move back down there, so I had a lot of my stuff with me, which helped to further hindrance of the lower back by moving and loading and unloading the truck} I was there about a week then decided to come home because I was in no condition to deal with being on my own under my new found condition of lower increasing back pain. The drive down and back along with sleeping in the truck didn't improve matters much. By the time I came home not only was my lower back in one of the worse states of my life but the pressure on the lower vertebrae had started to affect the legs, mobility, and the ability to even lift the legs. I was dragging my right leg behind me and could not feel the leg from my hip to my toes. Getting up and down from the sitting position was near to impossible and my left leg was starting to seize up and become numb as well. I went to the local Chiropractor in town and he worked me over really good, and put me on the machine that contracts and releases tension deep down inside the muscles {Electrical Muscle Stimulator}, also treatment of heat {Ultrasound} to relieve the stressed and compressed nerves and strained muscles. I went through about three sessions within a couple of week's time. By now it was hunting season and I was determined to go out and hunt. That was a another field, with my lower back still grabbing and throwing me to the ground and the nerves in my legs in a state of paralysis I continued my hunt, catching my feet on whatever lay on the ground, especially black berry vines, and down I would go, loaded gun and all. One fall knocked me for a loop, my foot got caught on a blackberry vine and it twisted my lower back which in turn dropped me to my knees, this impact was hard enough to jar my head to the point that for the next 45 min I just sat there in a complete daze, vision was blurry and hearing was impacted, {I had received a light concussion} The month went on and I continued to go out every day and hunt, I did get my deer but I was also loaded up on

pain medication and aspirins, and even with that I was in the state of progressive paralysis with lower back pain and continued nerve damage in the legs, making me walk like an extremely intoxicated person or as a zombie. I felt like a zombie. I went back to my local chiropractor and he worked on me some more with the same treatments. It seemed to work for a time then pressure slowly started to increase once more. By this time the lower back pain had shifted from the lower regions over to the right hip and buttocks area, as well as, the upper right thigh right below the right cheek. This was a progressive ailment with no reason or answers for beside pain medication, which after consulting my medical doctor had no answer for. By this time, I was in a deep study of trying to obtain employment. Trying to gain employment with a hurting back and stiff legs is not an easy task by any means. By late July, I achieved employment on the state level with a very precious department. Now I could start to focus on my on going back pain and hip pain.

In late July I started to feel tingling sensations protruding from the back of my head on the right side. I could feel this sensation all the way through my spine and into my hips where it split and died on the left side but continued through out the damaged areas on the right all the way to the foot. By now, I was able to focus more clearly and quickly realized that something was not right, something was desperately wrong. Not only did I have these nerve sensations but my lower back was still causing me great discomfort and the damaged muscle areas in the right buttocks and below were also once again increasing. By this time, my right leg had a numbing sensation and my right foot was completely numb, I couldn't even feel the shoe I was wearing or the floor beneath my bare foot.

I started to get scared, really scared, I was in the process of loosing my mobility and what little mobility I had left was quickly fading. I called my mom and she set an emergency appointment with my home town chiropractor who took me in and did a complete and in-depth work over then placed me on the massage machine. This relieved the tensions in the back and spine and relieved some of the pressure and nerve damage; however there was still the matter of the tingling sensation in the head to the right foot that was still numb along with the numbness in my leg. One day at work as I was learning about the selected population we serve it hit me, cranial adjustments, as a child I had many and I

knew it helped in my overall development with speech, mobility and many other elements as well. I started calling Chiropractors to see if any still practiced the technique that was performed on me. I just opened up the phone book and started dialing numbers. Many did not know of any one who still performed the technique, many did not even know what it was, and I tried to explain but to no success. Finally after about 50 to 60 calls I found someone who still performed the procedure I was looking for. Dr. George Siegfried in McMinnville Oregon, a 45 min drive from my place of work in Salem, an appointment was made and the following is the reaction and effects of the treatment. I had no idea of how bad off I actually was.

**{Recap}** Lower back pain that would grab and pull me to the floor. Going from the sitting position to the standing took some time up to a minute plus at times and tension pulled all the way. Right buttocks and upper right thigh tension and spasms. Right leg numb. Right foot numb, headaches and tension, stuffy nose and head pressure, vision in the far spectrum was getting fuzzy, and hearing clearly was affected, could no longer hear low sounds or whispers. Left leg had mobility issues and right hand was in a state of locking and unable to open.

This is a two week study or until the effects come into play or until resolution is resolved. It is a first hand experience and explanation of the progress and concerns from receiving the *Bilateral Nasal Specific* Treatment.

### **Notices During Treatment:**

It has been about 15 yrs since I had a cranial adjustment so I was a little nervous to say the least. I could vaguely remember how it felt and what went on so I was preparing myself for a rough treatment session given my description of my ailments above I was preparing myself for an ugly and extremely intense procedure.

The Dr. slipped the balloon into the lower nasal cavity on the right side and with 4 quick inflations was able to push through the tightened cavity and the air inflation was able to widen and proceed to the clearing of the lower sinus.

The first 3 inflations/pumps were of no concern as the balloon inflated and filled the passageway each time gently pressing on the walls of the sinus. The 4<sup>th</sup> inflation /pump

in the first nasal cavity was the break through point. When this happened the balloon opened up the cranium passage in the nasal cavity thus slipping into the upper back of the throat {this is a normal process}. At the same time it unlocked the tremendous pressure that had been building up on my head over the last 15 yrs. The back of my skull where the plates meet crackled and popped like someone was breaking dry cedar kindling in their hands. Immediately I started to cough a little from the release of mucus down the throat, and both of my eyes tiered up. After removing the balloon device from the nasal cavity he proceeded to the left nasal cavity. I ran into some luck here the left side of my head was not as tight as the right side and the quick 4 pumps went off with out a hitch. Now to the second nasal cavity on the right side, quick 4 pumps of the balloon the 4<sup>th</sup> being a little tough as the first nasal cavity on that side but not as dramatic, eyes continued to tear and I could now feel the pressure being lifted off of my head, I was getting so excited. Moving on to the left middle nasal cavity, a quick 4 pumps of the balloon. This time it grabbed me, my nasal passage was clogged and swollen shut. The process opened it up fully causing a direct pressure release to the temple and top of the head, the release of pressure was so great that I needed to take a minute or two to lie there and regain my senses, and prepare myself for the next one. The fifth nasal enhancement took place in the upper right nasal cavity on the right side of the nose this penetrated deep into the nasal passageway and it also crackled and popped the side cranial plates. On to the sixth step on the upper left side of the nasal cavity again this went off with out a hitch. Then it was down to the lower nasal cavity once more on the right side. It was a little tight and the movement from the nasal passages from the ones directly above caused this one to close some what so it is needed to finish the process by going through the bottom nasal passageways once more. The right side was a little tight but not nearly as tight as the first time through. Then it was off to the eighth and final step the lower left nasal cavity on the left side. The balloon slid in with the lightest touch and quickly the Dr. pumped up the air pressure just like the ones before. When it broke through the nasal wall and into the back of the upper throat there was a noticeable pop that came from right bellow the right ear then a second unison pop that came from right below the bottom of the left ear. It happened so fast that both pops took only one second and immediately my hearing capabilities increased.

The procedure was all done and took a total of 5 to 6 minutes to do. My head felt lightened, like a great pressure had been released, the top of my mouth a little sore, and my gums around my teeth a little tender. Emotionally I was tired, not as tired as I thought I'd be, but none the less still a feeling of being exhausted, but at the same time a feeling of increased energy, consciousness and awareness. I laid there for about 10 minutes so that the skull and brain had a chance to adjust then I stood up with no restraints, my head felt light as a feather and my neck was a little tender. I proceeded to carry on a conversation with Dr. Siegfried for about another 30 plus minutes then I went out to the truck and drove home.

The entire process was intense but it was not really all that bad, the actual inserting of the balloon into the nasal cavity was the smoothest I can ever remember, no scratchy feeling, no moment of anxiety, a quick in and out.

To insert the balloon into the nasal cavity the Dr performing the function puts a lubricating gel on the balloon so that it slides with ease. He then asks the patient to breath out through the nose, at the same time one is breathing out he inserts it into one of the nasal cavities. He quickly tucks in the edges and in a matter of 2 to 3 seconds the process is on the way to the next nasal cavity on the opposite side. The cress cross pattern back and forth from left to right or right to left is necessary to help keep stability and uniformity of ones head. Doing one side all at once then doing the other side may lead to a rougher treatment and unneeded excess pressure and strain.

I don't know what else really to say except before the process of the nasal adjustment there was a compressed and pressure feeling upon the head due to locked plates and pinched or misfiring of the nerves in the nervous system. After the process, there was the feeling of enlightenment as the cranial plates were able to unlock and the pinched nerves were able to send signals to the rest of the body. The only feeling that I had after the fact was a sense of relief, a relief of strain, and pressure that had been damaging my body for quite some time. For the remainder of the day and into the night it felt like my head had been expanded from the inside, and that is exactly what had happened the balloon therapy unlocked the joints between my skull plates and in turn allowed them to shift back into a

more normal functioning state as well as it allowed the nervous system to communicate with the rest of the body, enabling greater mobility, and flexibility.

### **After Effects From Receiving *Bilateral Nasal Specific* Treatment:**

#### **Day 1: Saturday 9/9/2006**

- ✓ First noticed the ability to stand correct and upright, with minimum to no bending of the knees. I realized this by seeing my reflection in the full length mirror at the end of the hall.
- ✓ Walked on the carpet and was able to notice and felt the carpet beneath my right foot, especially on the outer side of the bottom of the right foot, which I was unable to feel before.
- ✓ Dramatically increases in mobility and energy, I feel revived and awakened.
- ✓ Stiffness in legs has been minimized and feeling has been restored to the right leg from the hip area, all the way to the toes.
- ✓ No longer dragging or catching my feet on the floor
- ✓ Ability to pivot the pelvis, has been improved and has greater mobility,
- ✓ Right hand, an increased ability to open and close.
- ✓ Hearing has improved dramatically, and everything is extra loud
- ✓ Vision, in relation to distance and detail has improved dramatically
- ✓ Gums and teeth are tender and food is hard to bite down on, i.e. apple
- ✓ A noticeable difference in the straightness of the teeth can be seen.
- ✓ Clearness of the sinuses cavities has been established, allowing the ability to breathe in fully.
- ✓ Small sessions of multiple sneezes all day, directly followed by the need to blow ones nose to clear out the passage way and release the excess pressure.
- ✓ Back of head/cranial and both sides of the nose continued to crackle and pop, thus in the process of continued alignment. After each and every crackle and pop, the feeling of pressure release is established and minimized, thus lessening head/craino pressure as well as establishing the nerve endings to continue to awaken develop and function more appropriately.
- ✓ Back of head at base of the neck is very tender as well as the entire head.
- ✓ Right side of face adjacent to the nasal cavities is sunken in compared to the left side of the face. {we will watch this to see how it develops}

#### **Day 2: Sunday 9/10/2006**

- ✓ Increased energy and mobility,
- ✓ Clearness of the sinus cavities has been established, allowing the ability to breathe in fully. Was able to smell the soap in the dispenser without it coming out of the tube
- ✓ Small sessions of multiple sneezes all day, directly followed by the need to blow ones nose to clear out the passage way.
- ✓ Light headache related to expansion and unlocking of plates,

- ✓ Back of head/cranial and both sides of the nose continued to crackle and pop, thus in the process of continued alignment and light shifting. After each and every crackle and pop, the feeling of pressure release is established and minimized, thus lessening head/cranio pressure as well as establishing the nerve endings to continue to awaken develop and function more appropriately.
- ✓ Roof of mouth still a bit tender,
- ✓ Hearing has increased, and everything is extra loud, I keep yawning to release ear pressure, throughout the day. Each time the yawn occurs the bottom of the ear pops relieving the build up of inner ear pressure.
- ✓ I sang a little and noticed immediately, that the full range of the vocal cords and fullness of voice is enhanced and better developed. A deeper and clearer vocal pattern and sound by far.

### **Day 3: Monday 9/11/2006**

- ✓ The base of the head where the neck and head meet still has a considerable amount of pressured pain. Talked with Dr. Siegfried and he states that it has to do with the alignment of the head and the repositioning of the skull back to a more original position in relation to the spine. Dr. Siegfried suggests the neck block he showed me to continue usage and development of correct head and neck placement {the block about 4 to 5 inches in height is placed at the point where the head and neck come together. Lay flat on ones back position block underneath the neck allowing the head to gently rest backwards to the floor or flat surface that you are laying on. Start with 3 min intervals and work up to 15 to 20 min per day.} This will help with the positioning and the development of correct posture and proper head to neck alignment. As well as having an affect on the ability to stand fully upright.
- ✓ Pressure point neck pain will lessen with time, in relation to shifting of the cranium and alignment with the spine.
- ✓ Left side nostril is still re-shifting, every once an awhile there is a small pop and release of pressure in the left nasal cavity, after the pop there is ever so slight tingling feeling that lasts about one minute. This is the nerve endings reawakening.
- ✓ Sneezing has minimized to 11 sneezing sessions today. With 2 to 3 sneezes per session, directly followed by the need to blow ones nose to remove collected mucus and clear out the nasal cavities. First 3 sneezing sessions were multiple sneezes the reminder were one sneeze sessions.
- ✓ Light headache still persisting, however instead of an inner pressure on the head/cranial, it feels more of like an expanded pressure, from the resifting of the head/cranial plates.
- ✓ Today area around the eyes are a little darker than normal.
- ✓ Hearing has increased, and everything is extra loud, I keep yawning to release ear pressure, throughout the day.
- ✓ Right side of face adjacent to the nasal cavities is starting to fill in thus shaping to a more normal rounded and full facial features in relation to left side of the face.
- ✓ Still feel pressure on the right side of the face and head, during the adjustment there was extra pressure and tightness on this side.
- ✓ 3:30 headache gradually decreasing.

#### **Day 4: Tuesday 9/12/2006**

- ✓ Head has stopped aching
- ✓ Woke up this morning and neck tension and aching was gone, thus headaches were also gone.
- ✓ Sneezing sessions related to morning 2 single sneezes followed by 2 multiple sneezes 3 single sneezes two multiple sneezes and one single sneeze for a total of 8 sneezing sessions all within the time frame of 6am to 11am. Directly followed by the need to blow ones nose to remove collected mucus and clear out the nasal cavities.
- ✓ Right side of cheek next to nasal is filling in and looking more normal
- ✓ Darkness around the eyes is subsiding.
- ✓ Increased energy and mobility remains heightened
- ✓ Soreness in back of mouth has subsided
- ✓ Gum soreness has subsided
- ✓ Increased hearing, vision and mobility are sustained.
- ✓ Spinal column in back and in lower areas of the head continue to pop with light gentle pressure, such as stretching.

#### **Day 5: Wednesday 9/13/2006**

- ✓ Woke up full of energy
- ✓ Head aching was gone
- ✓ Base of neck tension was gone
- ✓ Full range of pivot with hips
- ✓ Did not sneeze once all day long
- ✓ Improved vision, hearing, and mobility remains sustained
- ✓ Increased feeling in my right leg and foot remains sustained
- ✓ Right side of cheek has filled out and is relatively equal to left side, thus well roundness in face re-achieved
- ✓ Darkness around the eyes has disappeared
- ✓ Right hand has greater ability in the state of function, being able to with less strain and more ease open to an open hand position, nerve damage is still present however it is more relaxed.

#### **Day 6: Thursday 9/14/2006**

- ✓ All aspects remain sustained and improved

#### **Day 7: Friday 9/15/2006**

- ✓ All aspects remain sustained and improved
- ✓ Re-achieved status of abilities related to hearing, vision, feeling, tension, nerve ability has been reestablished. Headache simulation and effect has diminished. Posture and the ability to stand up right still remain intact.

### **Day 10: Monday 9/18/2006**

- ✓ Unfortunately my left foot caught on a lump of grass in the back yard Saturday 9/16/2006, as I was turning around. Thus causing me to trip and fall forward, I did catch myself by out stretching my hand, which impacted the ground, but the sudden jerk movement and forced impact was enough to cause the re-development of head and neck tension. Also affected was the pelvis area of the right hip, which was sore for the remainder of the weekend. Today Monday I was a little stiff this morning waking up but hip area has ceased in tension, due to light stretching. Nerve development and feeling down my right leg remains intact and feeling in nerve endings in my right foot remains enhanced. Right hand also remains in an improved state
- ✓ Visions, hearing, sense of smell, balance, focus, tension span all remain intact and enhanced. Head pressure and neck tension remains from fall; there is also a rain storm that has moved into the area, which has also lended its weather metric pressure to the state of increased pressure on the head, along with low effectiveness on the sinuses.
- ✓ In a couple of days I will know more about the long term effects that this fall/trip has had.
- ✓ Popping could be noticed from the back of the head and upper neck areas as well as from facial nose region of the sinuses after the fall and through out the weekend as the cranium plates shift. Sneezing also came back into play but sneezes were minimized to one session sneezes directly followed by the need to blow the nose to relive added pressure and tension.
- ✓ A small set back but over all health has improved dramatically and remains constant.

### **Day: 11 Tuesday 9/19/2006**

- ✓ Every aspect remains enhanced
- ✓ Mobility restored, Hearing, vision, attention span,
- ✓ Feeling down leg and foot restored
- ✓ Lower back tension diminished
- ✓ Ability to stand from a sitting position without pressure or strain achieved.
- ✓ However from my fall over the weekend. I can notice added tension at the back of the head and the base of the neck,
- ✓ Will go back to the chiropractor for another adjustment in November after hunting season, I know I will be falling down in the woods a lot so for now I will tolerate the mild minute pressure in the back of the head unless it starts to increase, then I will take immediate action to correct the development other than that all of the aspects and enhancements that I have mentioned above remain intact and in a progressive improved state.
- ✓ Sneezing has subsided once more.
- ✓ Headache related to the passing weather front yesterday has diminished

### **Day: 12 Wednesday 9/20/2006**

- ✓ All systems in the body seem to functioning normally

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- ✓ Vision remains enhanced
- ✓ Hearing remains enhanced
- ✓ Balance remains enhanced
- ✓ Feeling in feet and legs remain enhanced
- ✓ Lower back and hip pain has diminished
- ✓ Pressure remains in back of head on right side due to fall.
- ✓ Right hand functioning is better; hand doesn't feel so tight and am able to open and close it more freely.
- ✓ Neck tension and popping has diminished
- ✓ Increased concentration and energy remain sustained.
- ✓ Sneezing is minimized and seems to be no longer a bother

**Day: 13 Thursday 9/21/2006**

- ✓ Everything remains the same as the day before.
- ✓ Mobility better than ever,
- ✓ Smelling different smells
- ✓ Balance
- ✓ Feeling
- ✓ Hearing has improved and is sustained

**Day: 14 Friday 9/22/2006**

- ✓ Today was a success; it seems that the cranial plates in my head have stopped adjusting.
- ✓ Nose cavities have stopped adjusting
- ✓ Every aspect that is listed above remains intact and enhanced.
- ✓ Mobility restored, Hearing, vision, attention span, enhanced
- ✓ Feeling down leg and foot restored
- ✓ Lower back tension diminished
- ✓ Ability to stand from a sitting position without pressure or strain achieved
- ✓ Ability to bend over and stretch to the floor or pick something up achieved with no strain or lower back/hip pain/tension
- ✓ All Aspects remain sustained

**Conclusion of Study:**

This concludes my two week evaluation:

Note: The minimal side effects lasted about 4 to 5 days, remembering that it has been *15 yrs* since I have had an adjustment of this nature.

It can equally be compared to an individual who has never received a treatment and a relation to some of the development or issues they may be faced with.

The minimized side effects if one could even call them that would have included the bridge of the mouth being a bit sore, gums of teeth being a bit tender, minimized

headache relating from release of pressure as cranium plates shift back into a more normal state, and the base of the neck soreness as the head repositions itself back into correct alignment. It is very important to note that the dull pain related symptoms are extremely temporary, furthermore the sensation of tingling, temporary light soreness and tension is the reaction related to the nervous system being able to properly function and in many cases repair itself or reawaken.

These are the developed relations from one persons experience related to the Bilateral Nasal Specific Technique. There are thousands of people who have received treatment and reactions may vary from person to person, as well as the benefits may vary. However, the effect and developmental effect that this procedure entails, and the related benefits far out weighs the after related sensations. Why? Because, at the same time one is feeling the release of tension/pressure and the minimized soreness that goes along with it. One can also notice the effect of increased hearing abilities, sharper vision, increased energy, better mobility, and a wide range of other applications that are related. Please remember the after effects of light soreness are the signs of the nerves and the nervous system restructuring and/or reawakening. The nervous system and its relation to the brain directly affect the development and abilities for all people. Relations on how it operates and functions vary from person to person and in many cases improved assistance is needed to help unlock, reawaken, stimulate, and maintain the nervous system so that it can function in a more normal or enhanced manner.