

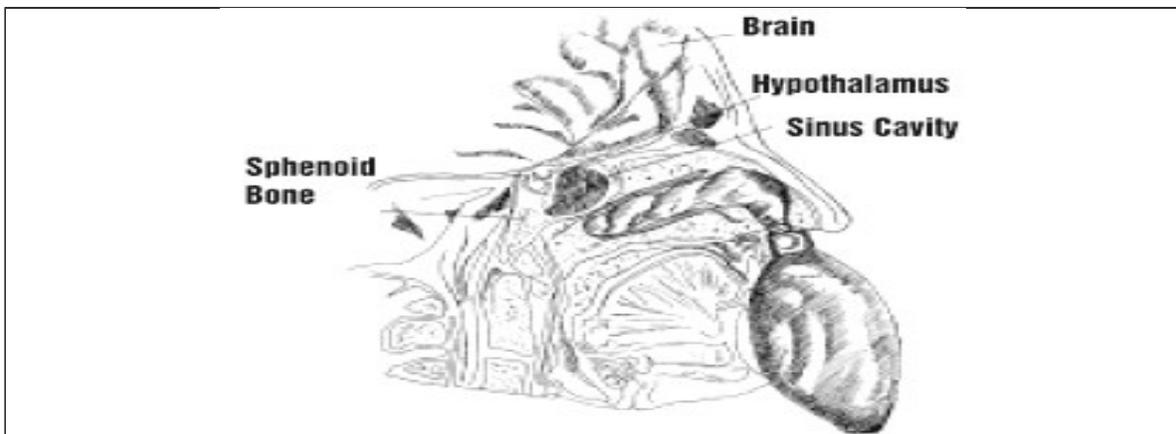
## *~Chapter 8 Bilateral Nasal Specific~* **Endonasal Balloon Therapy**

Nasal Specific/Bilateral Nasal Specific (BNS) uses finger cots, affixed/tied to a blood pressure bulb (a sphygmomanometer) to deliver an even and effective controlled force of pressure. The finger cot portion of this device is lubricated. The patient breaths out through their nose, and the finger cot is inserted into one of the six nasal passages, being three on each side. These nasal passages are stair stacked on top of each other. The finger cot/balloon is first inserted into the lower nasal passageways one on each side of the nose. This is done to keep facial, pressure, and symmetrical balance and optimize the benefits of this technique. It is then repeated in the middle passageway's, then the top passageway, then this process is repeated in the lower nasal passageway to help complete the full effect of nasal enhancement and no doubt do to the fact that the nasal passageways are stair stacked and widening the upper two nasal pathways indeed may compress the lower nasal passageway somewhat. Therefore, the lower nasal passageways are repeated to completely stimulate and give the full effect. Personally I can attest to this effect. The last couple of times that I have received treatment, when the lower nasal passageways are repeated enough pressure is used to further open up the ear canal. My hearing has enhanced dramatically, to the point I can hear the clock ticking across the room and can here people's conversations even when they whisper.

When the finger cot/balloon is slid into the nasal passageway the patient is asked to breath out through their nose, this allows access and proper placement of the balloon into the passageway. The balloon is gently tucked in around the outer edges of the nostril with a flat tooth pick to insure that no outward bulging of the balloon occurs when it is inflated. The nose is lightly compressed around the valve of the pressure bulb, so that no air can escape. The patient then takes a deep breath in and holds it. By taking the breath in it expands the joints/membranes of the cranial plates. While the patient is holding their breath the practitioner quickly and gently inflates the finger cot/balloon with two to four quick hand pumps/squeezes of the pressure bulb. Squeezing the pressure bulb applies air into the finger cot/balloon. As this air pressure becomes greater it pushes on the walls of the nasal passageways, eventually it squeezes its way through to the back of the throat.

The practitioner then quickly releases this pressure via the valve on the stem of the pressure bulb. This process takes one to three seconds.

When the pressure bulb is pumped it causes the finger cot/balloon to expand inside the nasal passageway. This expansion pushes against the compressed walls clearing out accumulated mucus and pushes its way through the nasal passageway into the upper back portion of the throat, where the balloon taps against the tissue that is directly in front of the sphenoid bone. By taping on this area it also taps the sphenoid causing it to shift ever so slightly. This shifting causes the other cranial plates to shift/realign and at that moment it releases built up pressure that is housed in the joints/membranes, inside of the skull. It releases pressure that has put adverse impact on the brain, and also allows the pinched cerebrospinal fluid tubes, the blood vessels, and the inner cranial sinus pressure/tension to be released so that optimum function is restored. It also restores proper respiratory breathing patterns, restores normal sinus draining, stimulates the Pituitary Gland, stimulates and unlocks or unsticks the vomer bone so that it can articulate properly. The amount of pressure that is exerted from this technique varies from patient to patient, depending on how locked their cranial plates are and how narrow their nasal passageways are. It has been stated that up to one to two pounds of controlled applied force is used in delivering this technique, however, this is a rough estimate and antidotal at best, but it does give us an idea of what and how much force is being used.



When asked does this process/procedure hurt, the answer is it depends on who you really talk to, you will either get a yes or a no, this author personally does not think that the process hurts, however, it also depends on ones definition of pain. It has been referred to

as getting water up the nose, at times unpleasant but not painful by any means. The best way I can describe this technique is take your fingers and plug your nose, now try to breathe out. You will feel a build up of pressure inside your head. Nasal specific does the same thing, there is a build up of pressure but more importantly it breaks through this pressure. Therefore, when you plug your nose and try to breath out through it there is built up pressure, just imagine being able to break through this build up. This is what the finger cot/balloon does, and by doing so it relives pinned up tension in the cranium plates and relives the stress that is placed upon the body. It is not uncommon to hear cracking or popping sounds resonating from different parts of the head, most notably along the occipital and in the ear canal. This is nothing to fear, it used to be that people thought that the skull was cracking when this was done, this is not the case. Rather the cracking and popping sounds are the release of tension along the cranial faults, the joints/membranes and cranial plates of the skull.

This process is indeed an intense procedure but it is also quite effective. In many cases where tension has been built up and diagnosed as untreatable the individual is told they need to live with it. This is just not true. Instead of just treating the problem nasal specific treats the source of the problem and works towards releasing the pinned up tension and thereby works to correct it. The effects are long lasting and permanent until outside force is once again applied, such as falling down or being hit on the head. The whole process on average takes about five to ten minuets, if one gets a regular adjustment the impact and shock of the treatment lessens each time. This is cause and effect it all depends on how tense and tight the person may be. It is also directly related to the amount of subluxation placed upon the neck and cranial plates. With each treatment the body is able to unlock even further, this can truly be said for such individuals who have had strokes and children with cerebral palsy.

It is well to point out that results vary from person to person and depending on the state an individual is in more sessions and treatments may be needed. However, with one treatment there is enhancement and with four there is considerable enhancement/improvement. With individuals with disabilities this process will effectively help stimulate there nervous system, however it all depends on the level of disability, whether or not it is neurological related. The key and purpose here is to let

you know that there is hope for improvement and I would encourage everyone to at least try nasal specific at least one time. So how does this process work, let us quickly recap and give an overview of the benefits of this process.

A small balloon fixed to an air pressure bulb is inserted into the nasal cavities. There are three nasal cavities on each side of the nose. The balloon is quickly inflated and deflated. By doing so it puts pressure on the nasal walls, but more importantly it adjusts the skulls cranial plates. There are 22 bones that inter lock and make up the human head, in-between these cranial plates there is a fine layer of membrane or joint, much like one's knee or elbow joints. In life there are times when we get a bump on the head, trip and fall, or have excess pressure from the birth process resulting as a traumatic brain injury. This causes the cranial plates to shift out of place and in most cases causes them to lock. When they lock the nervous system can no longer function properly and dysfunction even paralysis, speech difficulties, hearing problems, and vision impairments, hipper tension, and many more dysfunctions can start to take shape. Un-treated the conditions worsen and progress until the individual can no longer function. The finger cot/balloon inflated into the sinus cavities put direct controlled pressure on the vomer and sphenoid bones directly located behind the nose. This tapping pressure causes the sphenoid bone to shift, in accord the rest of the cranial bones/plates shift, unlocking and returning back to their original location/shape. As well the Pituitary Gland, which is the master gland, sits right on the inside of the sphenoid bone. Proper respiratory motion of the sphenoid bone is necessary for the cranial meningeal system to pump cerebrospinal fluid throughout the brain and spinal cord. The lack of this fluid results in the body shutting down. The majority of the nervous system is inter wound throughout the brain and follows the spinal column down through the pelvis and into the lower extremities. If the back bones are fused together it will lessen mobility and greatly impact the nervous system in a negative fashion, and the hopes of an individual, a child with a disability of ever improving are taken away. [4, 5, 6, 14, 22]



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