

# CRANIOBALANCER

(Cranium = "skull" in Latin, to balance in English)

## Introduction

The CranioBalancer imitates one of the best known techniques in osteopathy, the so-called "CV4" (= compression of the 4th ventricle). This technique has almost no side effects and can help in cases of nervousness, vegetative dystonia ("abnormal tension of the vegetative nervous system"), fever (temporarily lowers fever), weak immune system, exhaustion, low vitality, certain forms of (insomnia) sleep disorders, stress, certain forms of tension headaches, functional depression or even slight craniocerebral trauma.

The CranioBalancer has an optimal ergonomic shape, can be used with any head shape, was developed in Switzerland by E. Muntinga DO and is a quality product.

## Effect 'in a nutshell

The pressure of the head on the CranioBalancer indirectly compresses the 4th ventricle, an important part of the brain's "fluid pumping system", slowly. This compression causes the pumping mechanism of the cerebrospinal fluid (cerebrospinal fluid) to be gently brought to a halt. This pumping mechanism normally fluctuates at a frequency of 6-14 times per minute, through which the cerebrospinal fluid spreads from the brain down the spinal cord to the pelvis.

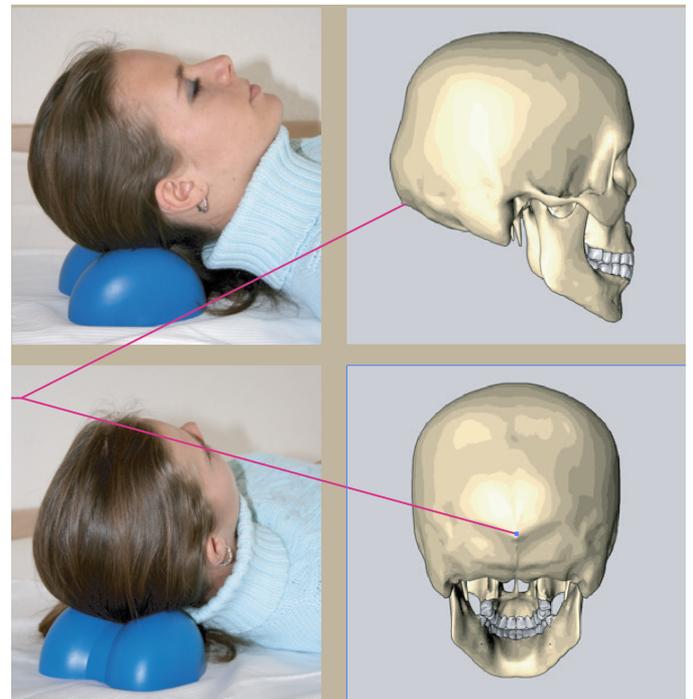
This 'stop' is called a still point. A stasis point in the ventricular system leads to a mechanical 'standstill' in the entire central nervous system, which can result in the following:

- A. The (vegetative) nervous system normalizes, i.e. if it is hyperactive, it calms down, or if it is hypoactive, it is activated. Basically, a still point via the fourth ventricle brings balance to the nervous system
- B. A still point leads to a higher 'vitality state' in the whole body
- C. A still point can resolve small restrictions (so-called "secondary lesions") anywhere in the body.

## Warning

The CranioBalancer is not an independent form of therapy! It does not replace a doctor or a qualified therapist, in particular craniocervical therapists or osteopaths. CranioBalancer should be used as a supplement to professional therapy and for the first time under supervision. If the symptoms worsen or do not improve after using CranioBalancer, a qualified craniocervical therapist or osteopath should be consulted.

## Application



Choose a quiet place - preferably on the floor or in bed (floor: more pressure, bed: softer). If necessary, place something under your knees to relax the pelvis and lower back.

Place the CranioBalancer under your head at the level of the ears, slightly below a small pointed hill in the middle of the back of the head - the 'Protuberantia occipitalis externa'.

Decide whether you want to place the CranioBalancer with the narrow or the wide side down. Just look at what seems more comfortable to you. In most cases, the narrower side is suitable.

Now relax your neck and close your eyes so that the entire weight of your skull rests on the CranioBalancer, just like on the axis of a child's swing. There may be a slight pain when you press, which is normal in the 'comfort zone'.

**Important:** Constant pressure over a longer period of time, i.e. no movement of the head, is VERY important for the efficiency of this technique!

After a few minutes your head will feel much heavier and you may feel light and slow pulsating movements in your skull or face. You may also feel a pressure from behind through the whole head to the eyes or the cheekbones.

As long as you instinctively have the feeling that this pressure ('wellbeing', good pain) will not harm you, but is simply part of a healthy relaxation process, then everything is fine. If you feel uncomfortable or have strong pressure pain, lift your head and try again at another time. It does not necessarily have to be the right technique at this point in time!

You can stay on the CranioBalancer for 15-30 minutes on average. With a little practice, you will automatically notice if

and when the body has gone through a still point and has "got going" again. You should not use the CranioBalancer too long and too often (more than 1-2 times a day is enough, depending on your needs), because otherwise your head and all related structures (bones, vessels, nerve tissue, etc.) will be "overstrained".

## **The main goal of the application: The still point.**

After a few minutes, there is a chance that your skull and your whole body will suddenly be in a still point while you are lying on the CranioBalancer. A Still Point is a phase lasting from seconds to several minutes in which your entire skull and its contents (cerebrospinal fluid and brain mass) are in a kind of "dynamic" rest. The craniosacral own movement has stopped, and yet there are sometimes minimal movements in the head. Most of the time these movements are felt as pulsating and as a slight 'rocking back and forth'. In the still point the vitality of the body works for you without you having to do anything.

A still point is a phase in which the body reorganizes itself, can relax deeply, and thus comes to more expression of 'potential and vitality'. What is also important to mention is that with the CV4 technique, several still points can take place. This can be described as a gradual relaxation: After a first, possibly short, still point, it is quite possible that a further - and deeper - rest phase will follow, whereby the body will relax much more. As long as you have the feeling that lying on the CranioBalancer for longer is good for you, stay on it!

## **Technical details**

The CranioBalancer technique is an adaptation of an osteopathic technique (more precisely: a craniosacral technique) called 'CV4'. CV4 is called 'Compression of the Fourth Ventricle' and is one of the best known techniques in osteopathy. There is a vast amount of literature about this technique written by renowned osteopaths and craniosacral therapists. The CV4 technique has been used for many decades all over the world. The following authors have reported on this technique in their textbooks: W.G. Sutherland DO, Rollin E. Becker DO, Franklyn Sills DO, John Upledger DO, Michael Kern DO, Thorsten Liem DO, and many more.

## **When you should not use the CranioBalancer**

- After a stroke or a cerebral hemorrhage,
- after a cerebral aneurysm,
- for a brain tumor,
- for skull fractures that have not yet healed,
- with very low blood pressure,

- or in any other conditions where an increase in cranial pressure could be harmful.

After accidents, especially cervical spinal dislocations, whiplash and craniocerebral trauma, the use of the CranioBalancer can be very helpful. In such cases, test whether the application is 'pleasant' or disturbing!

## **F.A.Q. and more information see**

[www.bonesetter.ch](http://www.bonesetter.ch)

If you are unsure about using the CranioBalancer, ask your craniosacral therapist or osteopath.