

HYPOTHESIS: A structural malfunction of the upper skeletal configuration, has the effect of ischemia and neuro-praxia on the vagus nerve. This Neuro-Skeletal Geometry is critical for nearly every system of the human body. This throws off the balance of the autonomic nervous system, resulting in a hypertonic, sympathetic nervous system, and a Hypotonic parasympathetic nervous system. This would account for all the symptoms seen in OCD, ADHD and Tourette's syndrome.

The recent scientific understanding of neuro-skeletal geometry holds profound implications for certain mental and physical illnesses. In this paper, I will discuss the hypothesis that a structural malfunction of the upper skeletal configuration has the effect of ischemia and neuro-praxia on the vagus nerve. This neuro-skeletal geometry is important for numerous bodily systems, and when disrupted can lead to an imbalance of the autonomic nervous system with a hypertonic, sympathetic nervous system, and a hypotonic parasympathetic nervous system. Such dysfunction can explain the symptoms of Obsessive Compulsive Disorder (OCD), Attention Deficit Hyperactivity Disorder (ADHD) and Tourette's Syndrome (TS).

The vagus nerve is the longest of the twelve cranial nerves, and is responsible for a variety of bodily activities including controlling the heart rate, breathing, and digestion. It exerts its influence over various bodily processes by communicating with the central nervous system, specifically the hypothalamus, the reticular formation and the Nucleus Ambiguus.

Disorders of the vagus nerve may lead to alteration of the autonomic balance between the sympathetic and parasympathetic systems.

The sympathetic nervous system governs behavior in times of stress and exerts metabolism increasing influences on the body, such as elevated heart rate, while the parasympathetic system works to offset this by restoring homeostasis, by reducing heart rate and digestion speeds. Imbalance of these two systems has been linked to the symptoms seen in OCD, ADHD and TS.

The University of San Francisco, in collaboration with the University of Valencia, conducted an analysis of the upper cervical vertebra of patients with OCD, ADHD and TS. Their research found their subjects to have a misalignment of the upper thoracic vertebra, which caused compression of the vagus nerve and led to a decrease in activity of the Nucleus Ambiguus. This caused a reduction of the parasympathetic tone, thus creating a hypertonic sympathetic, and a hypotonic parasympathetic nervous system.

This study serves as evidence for the hypothesis that, a structural malfunction of the upper skeletal configuration, has the effect of ischemia and neuro-praxia to the vagus nerve, resulting in a change of the autonomic balance between the sympathetic and parasympathetic nervous systems produced by the nucleus Ambiguus leading to the symptoms seen in OCD, ADHD and TS. While this research is still in preliminary

stages, it provides potential insight into the causes of the diseases, as well as treatments that are currently being studied.

In conclusion, the hypothesis that a structural malfunction of the upper skeletal configuration, has the effect of ischemia and neuro-praxia to the vagus nerve, resulting in a change of the autonomic balance between the sympathetic and parasympathetic nervous systems that is responsible for the development of OCD, ADHD and TS is a plausible explanation for the symptoms seen in the three ailments. The research conducted to test this hypothesis shows intriguing promise, and further studies should be conducted to confirm or deny these findings.

THEORY: Solving OCD, ADHD and Tourette Syndrome using a novel, chiropractic deployment, physical medicine, breathing techniques, movement, psychological techniques, combined with the eventual withdrawal from medications will restore the normal, Neuro-Skeletal Geometry. In turn returning the autonomic nervous system back to its normal balance and homeostasis.

Introduction

Obsessive Compulsive Disorder (OCD), Attention Deficit Hyperactivity Disorder (ADHD) and Tourette Syndrome (TS) are mental health disorders that can significantly impact the well-being of those affected by

them. The traditional approach to treating these mental health disorders generally includes medication, however, emerging treatments suggest that combining non-medicinal interventions together with eventual withdrawal of medication can help to improve mental health and restore a more normal Neuro-Skeletal geometry, leading to a balanced autonomic nervous system. The aim of this paper is to discuss the theory that a combination of non-medicinal interventions, such as chiropractic deployment, physical medicine, breathing techniques, movement and psychological techniques, could help to restore normal Neuro-Skeletal geometry and eventually lead to a balanced autonomic nervous system, thereby enabling those suffering from OCD, ADHD and TS to manage their disorders without the need for long-term medication.

The Autonomic Nervous System

The autonomic nervous system (ANS) is responsible for regulating an individual's automatic and unconscious physiological activities. It is composed of two main components – the sympathetic nervous system and the parasympathetic nervous system. The sympathetic nervous system helps the body to respond and adapt to stress and helps to mobilize the body's resources in order to promote survival. On the other hand, the parasympathetic nervous system helps to regulate the body's basic maintenance functions and restores its balance and equilibrium. These two components of the ANS must be kept in a state of equilibrium in order to maintain health and well-being, and dysregulation of the ANS has been linked with mental health disorders such as OCD, ADHD and TS.

Chiropractic Deployment

Chiropractic deployment is a form of treatment that focuses on the evaluation and adjustment of the spine and associated skeletal and muscular structures. It is thought to improve the alignment of the spine, thereby helping to improve the functioning of the ANS and leading to a more balanced autonomic nervous system. Additionally, chiropractic deployment has been linked to improved coordination, posture, relieving tension and restoring balance to the nervous system. Thus, it could potentially help to restore Neuro-Skeletal geometry and lead to better functioning of the ANS.

Physical Medicine

Physical medicine is a form of treatment that focuses on the diagnosis, treatment and management of musculoskeletal disorders. Its principles include the use of manual physical techniques to manipulate the spine and other joints, as well as exercise to promote physical healing. Physical medicine may help to improve mobility, flexibility, posture and strength, as well as correct any misalignments of the body, thus helping to improve the functioning of the ANS.

Breathing Techniques

Breathing techniques refer to various exercises designed to help improve one's breathing pattern and technique. It is thought that, by improving breathing technique, the body can become better able to sense and

control its level of arousal and relaxation, and can thus improve the functioning of the ANS. Additionally, improved breathing patterns are thought to lead to improved posture, increased energy and improved regulation of physiological functions. Thus, breathing techniques may help to improve Neuro-Skeletal geometry and could help to restore balance to the ANS.

Movement

Movement is a form of physical activity that is thought to help improve body mechanics, coordination, flexibility, strength, balance and posture. It is believed that by improving these physical parameters, which are all important for the maintenance of Neuro-Skeletal geometry, movement may help to restore balance to the ANS. Additionally, it has been suggested that regular physical activity can help to reduce stress and anxiety and could thus help to improve mental health.

Psychological Techniques

Psychological techniques are used to assess and treat symptoms of mental health disorders. It is believed that by improving an individual's psychological well-being, they may be more likely to engage in positive behaviors which can help to restore Neuro-Skeletal geometry and improve the functioning of the ANS. Psychological techniques include cognitive behavioral therapy, mindfulness and meditation, and dialectal behavior therapy, all of which may help to improve symptoms of mental health disorders such as OCD, ADHD and TS.

Conclusion

In conclusion, emerging evidence suggests that combining various non-medicinal interventions, such as chiropractic deployment, physical medicine, breathing techniques, movement and psychological techniques, together with eventual withdrawal from medications, could help to improve mental health and restore a more normal Neuro-Skeletal geometry, leading to a balanced autonomic nervous system. This could help those suffering from OCD, ADHD and TS to manage their mental health disorders without the need for medication.

Clinical trial:

Take two children between the age of 5 and 15, who have been clinically diagnosed with Tourette's syndrome by a medical doctor. The examination of the patient includes an x-ray to analyze the Neuro-Skeletal Geometry. A full history. A postural and movement assessment. A review of systems. Analysis of the fluid function of all the skeletal elements of the upper Neuro-Skeletal Geometry.

Utilizing an array of afferent impulses designed to address the upper skeletal triangle, and nervous system rebuilding techniques to regain skeletal fluidity and autonomic tone.