



## **Week 37**

### **OVERVIEW OF LECTURE**

NECK & SHOULDER PROBLEMS  
Insomnia, grinding teeth and snoring

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## NECK & SHOULDER PROBLEMS

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All these conditions have a common cause but with different symptoms that vary based on predisposition.

- Irregularities in blood pressure and psychological issues can be the cause of neck and shoulder problems
- Lack of or poor nourishment
- Poor posture and deep muscular fatigue.

Stimulating the wrists and ankles plus weight bearing exercises for the neck are powerful tools to heal chronic neck disorders.

Sagging in the cranium and tension in the chest needs to be addressed also.

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## INSOMNIA, TEETH GRINDING & SNORING

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Snoring and teeth grinding is an indicator of serious problems developing so should be always addressed

Elevated centre of gravity and rotation in the neck and lumbar vertebrae need to be corrected plus stabilising the skull plates will correct these problems.

Deep sleep means less sleep and better quality

Old brain and new brain need to be both relaxed if deep sleep is not available.

Old brain deals with desire, instinct, and emotion.

Old brain and internal organs are related so any organ illness or just a full bladder or stomach can be a problem.

New brain problems won't let sleep happen until early morning. Meditation and deep breathing are the solution here.

Medication is ill advised