

Not All Scoliosis Is the Same

Jon Burras

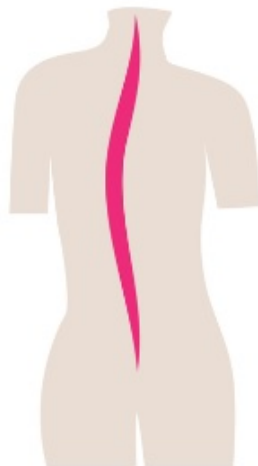


Scoliosis is a multi-faceted condition that affects millions of people world wide. Nearly 200 million people are believed to have the condition of scoliosis while nearly 3 million new cases are diagnosed each year in the United States alone. About ten percent of the entire population of the United States has some form of spinal abnormality.

Scoliosis usually begins to show up from ages ten to eighteen years of age. Girls are eight times more likely than boys to develop scoliosis. Scoliosis is first most common when a child begins to go through puberty and the body is under going hormonal changes and growth spurts. In addition, scoliosis in a girl is eight times more likely to continue to get worse over time than that of a boy.

Most scoliosis is called "Idiopathic Scoliosis" by medical professionals. This term means that the medical community has no idea what actually causes scoliosis. The common medical treatments are braces, surgical fusion and surgically implanted rods, traction and a body cast.

Scoliosis is practically defined as a sideways twist in the spine



Scoliosis



Kyphosis

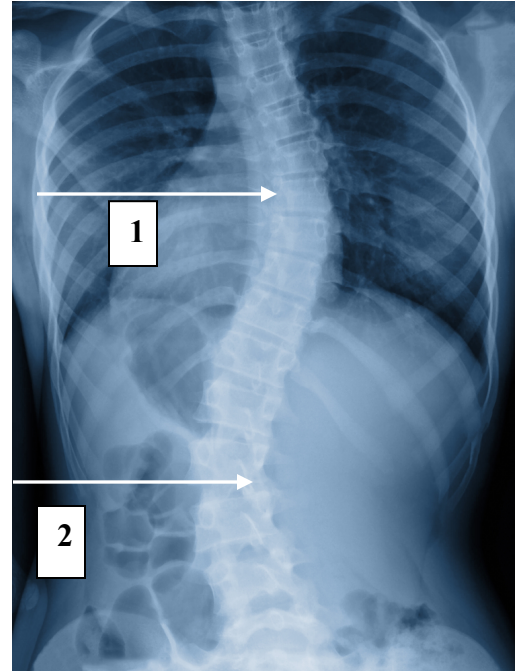


Lordosis

either in the upper thoracic area (T-1 though T-12), the lower lumbar area (L-1 though L-5) or a combination (upper and lower). We will also consider "kyphosis" and "lordosis" when examining the awkward nature of the spine.

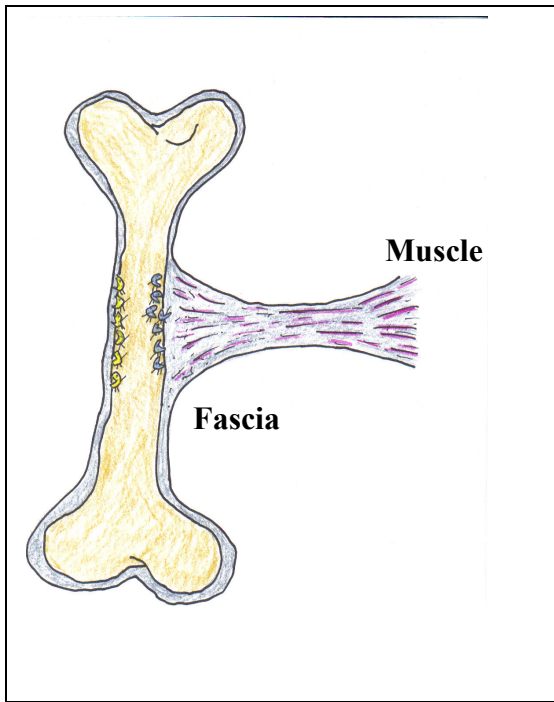
Scoliosis, Kyphosis, Lordosis

The spine has the ability to twist in many different shapes and angles. What most people forget to realize is that the vertebrae of the spine are bones attached to fascia attached to muscles attached to the periphery nervous system attached to the central nervous system leading into the brain. On top of it all is the mind which works through the brain to send out electrical impulses. In practical terms, bones do not move by themselves. If your spine is curving in a wayward direction it most likely has little to do with the bone itself. Something is pulling on the bones for them to move out of place. In order to heal spinal deformities you must address the other factors besides just the spine. This might include the vast fascia network wrapping around



Combination Scoliosis
1. Thoracic Scoliosis
2. Lumbar Scoliosis

the spine, rigid spinal muscles, toxins in the body, a hyper-active nervous system and at times errant thoughts about one's own body.



Fascia Pulls on Bone

Scoliosis

Scoliosis can be defined as a sideways pull on the spine. When the pull is on the upper area of the spine it is called "thoracic scoliosis". When the pull is on the lower part of the spine it is called "lumbar scoliosis". Often a patient will have both an upper thoracic scoliosis and a lower lumbar scoliosis curving in the opposite direction.

Scoliosis can be defined as a lack of upward mobility of the

spine. Imagine a large spring that desires to expand. As the spring attempts to expand its length it is held back and it does not achieve its



full length. Instead, the spring is forced to curve in any number of directions. As the force of expansion is placed on the spring the force of resistance will impede that force. Hence, the energy that was meant for upward length has only one chance, and that is to pull off to the side.

A cedar tree growing on a blustery coastline will always try to point its branches towards the sun for the best chance of its

survival. As the strong coastal winds continue to blow the tree begins to bend in an awkward manner. It is fighting two forces, growth upward and pull sideways. The forces of expansion and resistance are at a tug of war for dominance.

With scoliosis it is much the same. The forces of growth are natural (like puberty and growth hormones). The forces of resistance are very unnatural. One could be facing the scar tissue near the spine from an early childhood surgery that will not allow the spine to expand. A fall or trauma early on in the area of the spine might make this happen. A head injury could cause a disruption in the electrical signals traveling out of the brain. A distortion of the occiput at cervical vertebrae 1 and 2 could be pinching a nerve that activates one or more of the para-spinal muscles. Unprocessed emotions from childhood trauma could allow the mind to control the spinal muscles and create a scenario where the only way someone feels safe is to pull their own muscles tighter. Or you might not want to grow up as you move from childhood into an adult body and you utilize your mind to stunt your own growth.



Kyphosis

Kyphosis is a rounding of the upper back in a manner that often creates a hump in back. Sometimes this hump develops rigid fascia tissue that envelopes fatty deposits to mimic the hump of a camel.

Kyphosis is symptomatic of someone

Kyphosis

who has a shortened front line of the body. From the pubic bone to the chin, the muscles and the fascia in the front of the body continue to shorten and harden. In addition it is common for the shoulders to roll forward.

This pattern is symbolic of someone who is wanting to protect her heart and to hide. The belief is often that if we can roll our shoulders forward we will not have to feel the pain of loss or abandonment (heart protection). It is a posture of shame where one does not feel good about his or her body and instead tries to collapse from the front of the body. There is no "sticking out one's chest" in this case. It is just the opposite.

Often someone will try to symbolically hide by rounding forward. A young female going through puberty might be so uncomfortable with her emerging woman's body that she rolls forward and rounds her shoulders in a sense of protection. With kyphosis it is a shortening of the front of the body and in response the back of the body has to compensate and create a rounded nature.

Kyphosis can also be a deliberate act of unconscious sports training. If you were to perform an abundance of abdominal or trunk exercises in order to get the perfect flat stomach you might be shortening the front line of the body. Added to this are tight and inflated pectoral muscles that continue to shorten and round the shoulders forward. A long term weight trainer will almost inevitably create some form of kyphosis over time.

As the pattern continues over time someone can easily develop a "Dowager's Hump". This protruding bulge in the back of the neck is tight fascia, mineral deposits and fatty tissue. Under normal circumstances it is almost impossible to get rid of once it starts. Only specialized body work techniques and yoga poses have shown the ability to reverse these symptoms.

*Specialized
Yoga Therapy*



Monday June 26th, 2019 as seen on "The Doctors" television show

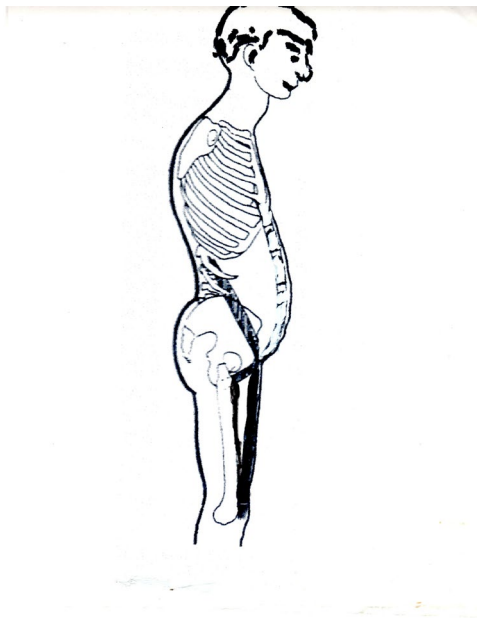
Lordosis

Lordosis, also known as "sway back," is a curvature of the lower lumbar region. While it is normal to have a small curve in the lower back it becomes symptomatic when it gets to a bigger curve. Lordosis can lead to other issues like lower back pain and sciatica. When only one side of the lower spine is affected there is an accentuated curve with a pull off to the side. When both sides of the lower spine are affected then you end up with just the extreme curvature.

Much of the time lordosis originates from the leg and the psoas muscle. This condition could even have its origin in the feet. As an old ankle injury often lingers, it causes the leg to create rotations in it. These rotations then lead into the hamstring and the adductor muscles. From here the psoas muscle is shortened which pulls on the vertebrae of the lower back.



Lordosis



The psoas muscle is one of the largest muscles in the body. It connects the inner thigh to the lower back while traveling through the groin region. A tightened psoas will create a pelvic tilt and a curvature in the lower back

region. Hence, some people develop scoliosis because of problematic areas of their legs.

When it seems like the belly is pushing forward you most likely have a tight and shortened psoas muscle. Imagine that the pelvis were full of water. As the psoas shortens it causes your water to spill out the front and the back to curve.



Psoas Muscle

The Five Main Causes of Scoliosis

1. Structural

There can be many ways the physical structure of the spine can cause scoliosis. These ways vary from person to person. For instance, if you have an abdominal surgery when you are young the scar tissue from the surgery might prevent the spine from growing in that location. Scar tissue is very dense and thick and will tend to glue other organs and bones in place.

The cranial sacral system in the brain and spinal cord might be imbalanced. This is a fluid pump that pushes cranial sacral fluid through the brain and down the spine. From a head injury or birth trauma the cranial fluid might be inhibiting a nerve from functioning correctly.

A rotated leg, hip that rises above the other, shortened psoas or other leg tightness might be the source of some scoliosis, especially in the lower region of the spine. Time and again, tight muscles and rotated legs lead to distortions in the psoas muscle which ultimately pulls into the lower back. A sprained ankle playing soccer when you were eight years old might lead to scoliosis when you are fourteen.

Another source of scoliosis might arise from a pinched nerve in the occipital region. Nerves emerging from the brain might be pinched somewhere along the journey down the body. This could be in the central nervous system or even the vagus nerve. This pinching of a nerve will cause certain muscles to remain in a spasm reflex. Trauma might have happened while at birth or even a sports head injury.

2. Viral

A virus in the spine or brain can lead to scoliosis. It does happen even though it is much more rare than other forms. Once a virus gets into a spinal nerve it will cause all sorts of havoc. Just like a virus in other parts of the body there can be long term or short term damage if not removed.

3. Neurological

Sometimes the brain is just sending errant signals to the spinal muscles. These impulses keep telling the muscles to stay fixed and tight. One possible explanation is that the brain often collects toxins from the rest of the body. Heavy metals like mercury and aluminum have been known to settle into brain tissue causing damage and causing other impacts throughout the body. We know that vaccines contain heavy metals and this might be one source of this type of poisonous infestation.

4. Emotional

I find the most common source of scoliosis is emotional. Why would young women be so prone to this condition over boys and it all begins when they are shedding their young body and turning into a woman? Many do not feel safe becoming a woman. They beg to stay small and do not want to have breasts. They are not supported in their journey into womanhood. They may feel unsafe in their home with family members who do not treat women with respect.

Childhood traumas might cause a thirteen year old girl to withdrawal into a fetal position. The only way that she knows how to stay safe is to make herself smaller. The power of the mind can change our bodies. In this case, as the forces of nature are trying to push a women up and out (hips and breasts) the power of the young mind is trying to hold everything back down. While the thirteen year old might begin to look like a woman, her mind is still in her young girl's body and she won't let go. Pulling oneself in and tighter is called the "turtle concept". We believe that if we just shrink ourselves (cave in our chest, shorten our neck, shorten our spine) we will feel safer.

The common thread in this case is I don't feel good about my body. I feel shame. I feel unprotected from outside influences (like men staring at me or groping me). The body never lies. As one is not able to process her internal struggle it will manifest as an external struggle (scoliosis).

5. Spiritual

Some believe that all illness has a spiritual component to it and can only be healed with a spiritual solution. For instance, someone might develop a brain tumor because their sister had a brain tumor and they wanted to feel compassion for their sibling. The tumor did not belong to you. Working with a medical intuitive the tumor is quickly removed.

For some scoliosis might have the same origin. Was this condition something that you brought with you from a past life? You never finished healing it then and maybe in this life it is your chance. Perhaps there is a lesson for you about your spine and you have not gotten your lesson yet. Many people believe that all illness is a conflict in the mind that manifests in the body. Are you in harmony in your mind? Are you manifesting something physically because of an internal conflict? Do you feel proud of your body?

Solutions

The next appropriate issue to ask is how to heal the spine. First you must identify the source of the spine condition. Is it viral? Is it from a trauma like a fall or a surgery? Which muscles are involved in

pulling the spine out of place. Which is the most valuable treatment choice for your particular condition?

1. Connective Tissue Bodywork

As seen from the photos below, specific bodywork techniques can elongate the connective tissue and the muscles of the body. Connective Tissue Bodywork is the name for such work. With a slow and focused pressure, the connective tissue surrounding the crooked spine can begin to be melted and the spine straightened like warm taffy being stretched.

One should consult with a trained therapist in any of the following groups:

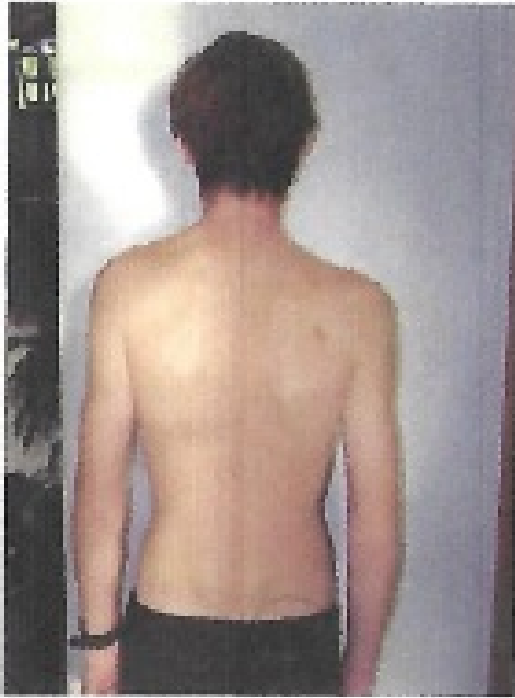
- Rolf.org**
- Hellerwork.com**
- MofascialRelease.com**
- Upledger.com**
- JonBurras.com**



Before Session One

After Session One





Before Session One



After Session Three

2. Yoga Therapy

Yoga in general would be much more effective than a strengthening program found in most gyms or physical therapy offices. Targeted yoga by a professional who understands spinal conditions would be even more important.

Contact the following:

YogAlign.com

3. Chiropractic

A chiropractor might be a good resource to have. One who specializes in occiput release would be even better. A NUCCA chiropractor is a specialist in atlas (C-1) and axis (C-2) adjustments. It is here in the base of the neck where a nerve is often pinched leading to the spinal muscles.

Contact: NUCCA (National Upper Cervical Chiropractic Association.) NUCCA.org

4. Raindrop Therapy

Raindrop therapy is a massage technique using specialized essential oils along the spine designed to kill any lingering virus that

might persist. Many people have found this technique helpful in beginning to straighten out their spine.

Oils: YoungLiving.org: <https://www.youngliving.com/raindrop/>

Hopewell.com: <https://hopewelloils.com/raindrops.php>

Raindrop technique: Young Living Signature technique
<https://www.youtube.com/watch?v=kJJCiN9DhZw>

Raindrop testimonials:

" 1. Raindrops...an amazing formula that aligns my spine, eases my muscle pain and brings balance. This "chiropractor in a bottle" helps my pain from scoliosis after applying Raindrops on the entire length of my spine. This is a very quick, easy, do-it-yourself, inexpensive and convenient way to experience immediate relief. - Lisa" Hopewell.com

More testimonials found here: <http://www.oil-testimonials.com/essential-oils/709/raindrop-technique-shifted-my-scoliosis>

5. Medical Intuitive

Many people believe that illness and body issues always have a spiritual component to them. When physical techniques stop working maybe it is time to look into spiritual techniques to make changes in the body. We are all just energy. Sometimes that energy gets stuck somewhere and needs extra help opening up. For those willing to step outside the physical box, you might wish to try a medical intuitive.

Contact: Ann Turton

<https://www.energyhealinggym.com/about/about-energy-healing-gym/>

6. Neuro Emotional Technique

This procedure allows the practitioner to identify old frozen emotions that might be holding the body in a rigid place. For instance, this technique works well with those whose scoliosis is emotionally driven where someone has used her own mind to keep the spine from growing. Someone of this nature did not feel safe going through puberty from a girl's body to that of a woman. She might not have been able to process the traumatic events at home and wished to stay small and hidden in order to feel safe. This mind/body technique has proven extremely helpful in natural healing of the body without drugs or surgery.

Contact: <https://www.netmindbody.com/find-a-practitioner/>

Resources

Return to Nature: The Five Pillars of Healing
by Jon Burras

A Holistic Understanding of Scoliosis
by Jon Burras
<http://www.jonburras.com/pdfs/A-Holistic-Understanding-of-Scoliosis.pdf>

<https://mindkindmom.com/how-aces-cause-scoliosis/>
Article by Cheryl
How the inability to process childhood trauma can lead to scoliosis

<https://yogalign.com/>
Yoga Therapy

As seen on The Doctors television show, Yoga For Scoliosis
<https://www.thedoctorstv.com/articles/yoga-to-treat-scoliosis>

The Psoas Muscle
by Jon Burras
<http://www.jonburras.com/pdfs/The-Psoas-Muscle.pdf>

NET: Neuro Emotional Technique
<https://www.netmindbody.com/more-information/for-mind-oriented-practitioners/>

Flat Feet For Health
Jon Burras
<http://www.jonburras.com/pdfs/FLAT-FEET-FOR-HEALTH.pdf>

JonBurras.com
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