

Friedman Chiropractic, Inc.



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NATURE'S HIDDEN REMEDY

What if there was a healing method so simple that it could have a strong positive impact on human health? There is such a method and yet few people know about its existence, because it lies hidden within the gut. It is the Parasympathetic Reflex, and there are two body therapies that work with this little-recognized healing mechanism in a unique way---NVD Bennett Reflex and Boyesen Psychoperistalsis. This reflex is essential for healing and sustained vitality. Our nervous system has two poles of action: the Sympathetic "fight or flight" Reflex which defends us in emergencies, and the Parasympathetic Reflex which relaxes and is required for the body/mind complex to heal.

The Sympathetic Nervous System takes over when real danger exists, such as a fire, and moves us to act. However, because of the constant stress of modern life, the alarm stays on much too long and eventually leads to exhaustion. Other causes of defense

physiology (alarm) are poor diet, trauma, medications, sleep disorders, allergies and bacterial overgrowth. These factors block the reset of our Parasympathetic Reflex. On the other hand, factors that assist a deep calmness

are meditation, nature immersion, philosophy, exercise, chiropractic, acupuncture, massage, restorative sleep and stress management.

"The power that made the body can also heal the body."
B.J. Palmer

As mentioned earlier, two manual therapies that engage the healing reflex in a similar way are chiropractic Neurovascular Dynamics and Boyesen Biodynamic Therapy. Both these therapies work with intestinal peristalsis, which is the movement of the intestines as a function of digestion, absorption and the elimination of food. Intestinal movement or peristalsis can only occur when the body is in parasympathetic-rest mode. This is the body's return postcard that healing is starting.

NVD (Bennett Reflex Therapy) works with the Enteric (Gut) Nervous System with light

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touch to key nerve centers on the abdomen. When an NVD therapist puts his/her hands on the abdomen and listens with a stethoscope, the degree of intestinal movement reveals the vitality within. The NVD treatment methods will encourage gut movement followed by relaxation/healing.

Gerda Boyesen, a European physiologist and psychotherapist, independently found the same self-regulatory mechanism as Bennett, which she called "Psychoperistalsis." She describes this harmonizing force located inside the gut: "This mechanism is the basis of healing the human body, and it also clears the mind. Sounds from the intelligent primitive system in the body can be heard by placing a

**"All science is simple."
Albert Einstein**

stethoscope on the abdomen. This principle has universal application and is a very helpful therapeutic tool."

We do not heal because of the accumulations of physical and emotional toxins that have overloaded us and have left us in a state of defensive (alarm) physiology. However, Nature has generously provided us at birth with the "software" to dissolve all blockages and accumulations, and that is the Parasympathetic Reflex. The harmonizing of this reflex is accomplished by the use of Bennett's NVD or Boyesen's Psychoperistalsis. Gerda Boyesen's Biodynamic Therapy is primarily European based, while Bennett's Neurovascular Dynamics was developed within the Chiropractic profession and practiced as a specialty by this profession within the United States.

**"There can be no healing in the absence of relaxation."
Herbert Benson, M.D.**



Pythagorean Center for Natural Healing

A Facility of Friedman Chiropractic Inc.

With the inception of our website, we decided to personalize Friedman Chiropractic, Inc. in honor of a physician-philosopher whose approach to natural healing epitomizes our methods.

His name was Pythagoras.

For more information on this remarkable man, please visit our website.

Applied Kinesiology...

...is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs.

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