

# Neural Organization Technique

Researched and Developed by Dr Carl A. Ferreri DC Brooklyn, New York, USA.  
Presented by Evelyne Rupp, N.O.T. Instructor, Vancouver, BC, Canada.

**Abstract:** NOT is an essential technique used to organize the nervous system. By using specific protocol to connect the neurological circuits, the body's four survival systems can operate automatically, by adjusting and resetting after any structural, biochemical or emotional trauma, and, therefore, regaining energy and vitality

## Understanding Our Defense Mechanisms

Neural Organization Technique (NOT) is a system for organizing the nervous system and, therefore, the body it controls. This organization is what enables us to survive and function in any situation, and to exist in a hostile environment. Therefore, everything we need for survival, with the exception of food, air and water, must be found within the body itself. It has the resources to be self-healing, self-regulating, and self-perpetuating.

Physical or emotional trauma and poor diet can interfere with these automatic functions, upsetting the body's homeostasis. These survival systems are neurologically coordinated, so that when one is "turned on" the others are "turned off". Ideally, this should make things simple for both diagnosis and treatment. Problems arise however, when there is a partial "turn on" of one system and a partial "turn off" of another.

N.O.T. is a form of specialized kinesiology which not only provides access to the body's own knowledge of itself, but also enables the practitioner to locate and define the specific health problem or imbalance. Using the specific reactive muscle on the opposite side, N.O.T. gets to the root of the neurological deficiency.

Neural Organization Technique uses specific protocols to reorganize the body so it can

function as it was designed to. It addresses the four primal survival systems of eating, the fight or flight response, reproduction, and immune function, which includes the repair, growth and controlled reproduction of tissue.

These systems are mutually exclusive in their function, as the body acts essentially in a one-track fashion. When one system is activated, the other systems are suppressed. Eating, for example, effectively turns off or suppresses the function of the reproductive and defense systems. Reproductive activity turns off or suppresses the function of the feeding and defensive systems, and the fight or flight response suppresses or turns off the function of both the feeding and reproductive systems. This is to conserve energy, and to ensure, that each system can function optimally without distraction or interference from the others.

In everyday life, we notice that when we are in love, we usually are not hungry, nor do we want to take flight. And, when we are hungry, our focus is on food and not on our mate. When danger is near, however, we focus on getting out of the situation; we do not experience hunger, nor do we think about being in love, unless it is to help our loved one get out of danger.

Everything that affects the body must, of necessity, affect and work through the nervous

system. If the body has proper neural organization, it will be able to function as it was originally intended. Some of the functions which depend upon good neural organization are the coordination of our stride (gait) when we walk or run, our sense of balance and posture, hand/eye coordination, and sense of direction.

The organized neurological function of the brain itself depends on the very subtle and synchronous respiratory motion of the bones of the skull, which pumps the cerebrospinal fluid. Early in the N.O.T. protocol, we are introduced to the dura, a very strong membrane encasing the brain and spinal cord, which is attached to the sutures of the skull, 1-3 cervicals and the coccyx. When a threatening situation presents itself, the body's reflex system must react to protect it from serious injury. The first priority is to protect the central nervous system (which is what makes the body work), and to hold the head on the body.

It is within the fight or flight system, driven by adrenal activity, that we perform almost all the other survival activities necessary for our existence. This system allows us to "hunt for food" (work), run, play etc. It is our basic operational system for all necessary activities

Whenever a circumstance demanding some sort of activity or when some sort of stress is encountered, this system becomes activated "in relation to" the level of the particular stress perceived. The body can only react to stress as if it were a danger or some sort. Any activity has a certain potential for causing injury (we could fall or otherwise injure ourselves). Therefore, the first priority of this system, as part of our survival complex, is to initiate programs designed to protect the central nervous system.

The nervous system is encased in the moveable bony housing of the skull and spine. Being moveable, this bony casing is subject to damage. It must be remembered that we are dealing with primitive or innate response systems, which were created to function in a hostile or primitive environment. Survival in such primitive settings is a matter of life or death encoded in us from early times. The response mechanism must therefore deal with this grave possibility innately, automatically and immediately.

The proper reaction to danger would be to run. There are times when we would like to do this in our jobs or daily life, but most of us instead just clench our jaws and carry on. When this happens, the neurological and physiological mechanisms are not satisfied and the normal "defusing" of the "arming" mechanism can not occur. The stress is then locked in, causing a disruption in the normal functioning of the body's processes.

### **Three Primal Defense Systems To Minimize Damage and Protect the Body:**

#### **1) The Reactive Muscle System of Survival.**

This system is designed to hold the bones of the skull and spine together, and to literally keep the head on the body when in danger. The extensor muscle groups, which are our fight/flight muscles (particularly those in the neck), contract to hold the head in place.

If the rhythm of the cranial bones signals a dysfunction, this system remains in place until signaled otherwise. The combination of the

- labyrinthine and ocular righting reflex systems and
- the vestibulo-ocular righting reflex system, and
- their relation to the tonic neck righting reflex system,

are the neurological mechanisms involved in this signaling phenomenon.

A chronic reactive muscle system imbalance results if these reflex systems are not corrected and balanced. The first symptoms noticed are usually chronic posterior neck tension. This causes headaches, eye and special senses problems, and chronic weakness of the flexor muscle groups, including the anterior support muscles of the neck and abdomen.

If a muscle is in a chronic hyper-tensive state, it cannot rest properly and fatigues easily when stressed. The support muscles of the spine, both internal and external, are extensor in nature. If they are compromised by the hypertension, there is a loss of spinal stability.

#### **2a) The Defense System of the T.M.J.**

The muscles of mastication (chewing), particularly the masseter muscles in this case, lock the jaw externally to prevent dislocation if struck. The temporalis muscle contraction holds the side joints (suture) of the skull together. The buccinator muscles tighten over the teeth for protection. Both sets of the pterygoid (internal muscles) are activated to lock the jaw on the inside to stabilize the sphenoid (center bone of the skull) on the inside.

This muscle action mechanically stabilizes and holds the skull together if struck. The pulling action of the pterygoid muscles flexes the bone, causing an increase of tension of the cranial dura (covering of the brain), providing both stabilization to this most vital organ, and resilience to cushion it from damage.

If this system remains activated, facial and dental pains, scalp and head pains, ringing in the ears, dizziness or loss of equilibrium, and a host of other symptoms may result.

#### **2b) The Dural Defense System.**

The contraction of the pterygoid muscles activates the coccygeal group of muscles at the base of the spine, pulling the sacrum and coccyx forward. This increased dural tension reduces the possibility of motion inside the skull, which stabilizes all the cranial bones, while still allowing for a very controlled cranial bone motion, pumped by the increased respiratory activity of the diaphragm. This increased dural tension pulls the brain away from the sides of the skull, stabilizes the brain in the skull, and causes the dura to act as a sort of trampoline for the brain to bounce against, in the event of a blow to the head.

We often see animals pull their tails down between their legs in times of danger. It may be to get the tail out of the way, but, more importantly, it increases the tension on the spinal dura to protect and stabilize the cord within the canal, and pulls the spinal bones together, thereby increasing the tensile strength of the spine to make it more resistant to either subluxation or luxation. The spine is shortened by the dural tension, bringing vertebrae closer together and slightly compressing the discs to reduce the degree of spinal curves. This increases the tensile strength of the entire spine.

Because of the way the dura is attached, this action increases the tension of the spinal dura, which stabilizes the cord in the canal, pulls the spine together for

structural integrity and specifically stabilizes the upper neck (cervical) bones.

### 3) The Fascial Defense System.

Both the skin and fascia contract over the entire body when danger is perceived. In animals, we see this contraction causing their hair to stand on end, partly to scare a predator by enlarging their size, and partly to act as a cushion, for the body, face, head and spine. The hair along the spine stands almost straight up, but what is happening underneath the surface is what is important.

In humans, this same contraction makes our hair stand on end and gives us goose bumps on the skin. The skin tightens, contracts and hardens somewhat, and we feel a tingling sensation, particularly along the spine. This contraction forces the blood away from the surface to help increase the supply to the muscles, where it will be needed for increased muscle activity, and to help prevent heavy bleeding from any superficial wounds. The fascial contraction holds the body and its parts together and tightens around the joints to stabilize and strengthen their function. If this system is not released, poor circulation, joint problems, and endocrine deficiency may ensue.

If the defense system is not neutralized because of continued cranial distress signals. The intestinal, digestive and sexual problems will become chronic.

Rarely, however, are these patterns traced back to the root cause. N.O.T. corrects the basic neurology, working with the reactive muscles and systems.

It is important not to mix other techniques into the basic N.O.T protocols as this only confuses the body. There is a specific way to open each neurological program. Once you get into a program segment, stay in it and finish the correction. Thereafter, other treatments and methods will be more effective and complete. When the neurological deficits are corrected, then the body's immune and biochemical systems can work properly. Any subsequent work on the meridians or at the emotional level will help stabilize the body so that it can heal itself.

\* \* \* \* \*

#### **Pre-requisite for NOT Seminars:**

minimum = TFH 1-2-3

#### **Basic I:**

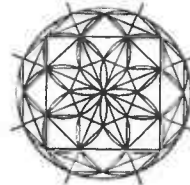
Gait reflexes, Cranial injury complex, Limbic (immune) system, Survival, Systems of the TMJ, Category I (Atlas), Category II (Pelvis of the skull), Category III (Lumbar/Disc), Idiopathic Scoliosis are covered.

#### **Basic II:**

Learning disabilities, Endocrine, Cardiac back stress syndrome, Extremities, Emotional Clock Clearing are covered.

\* \* \* \* \*

*Evelyne Rupp*



2454 Haywood Ave.  
West Vancouver B.C.  
Canada V7V 1Y1  
Tel: (604) 913-0098  
Fax: (604) 913-0079  
erupp@portal.ca