

Is Pelvic Balance Important?

The design of the body is an amazing system of interconnecting and interacting parts, no matter how you look at the body's systems there isn't one part that is disconnected from or uninfluenced by all of the others, even psychology or energy flow (meridians) are connected to the structure and tissue. Consequently any miss-alignment of the structure will affect every system of the body to some degree.

If we look at the body from an engineering perspective, all of your body weight pushes downwards with gravity into the ground, and as we are upright beings our skeletons are designed to meet this pressure by pushing up against it; this produces a meeting point where the two forces collide. This therefore creates the body's centre of balance which is found at the sacrum, at the 2nd sacral bone. This means any movement anywhere in the body or change in balance has to have a direct reference to this point.

Due to this design every single motion and movement anywhere in the body has to be referred through the ligaments of the pelvis to keep the body in its perfect, harmonious balance. Human survival is very much dependant on being upright and in control, always ready for the next movement, slip or need to jump to safety.

The two main design goals of the pelvis are support (strength) and movement (flexibility). In supporting the body, the pelvis keeps all of the internal organs and connective tissues in the correct place right the way up into the chest. Any weakness in the pelvic floor will place an unnatural downward pull on all internal tissues. In movement, the pelvis shows beautiful gliding and rotational flexibility when we are going through our gait (walking) mechanism, this clearly shows an amazing design and balance across our pelvic ligaments.

The pelvis is designed in exactly the same way as any building. Each building provides a strong frame - its walls. The floors, stairs, doors, cables, plumbing, etc. are then secured to this frame to enable proper functioning, flow and operation of everything that happens inside. Any change to the basic design concept will produce a reciprocal internal



change. For example, if we look at a building that has suffered in an earthquake, but is still standing, the walls will be intact but twisted. We can see how this affects all of the floors, roof and all normal internal operations. The floors will be twisted, broken and virtually uninhabitable. The building cannot function normally like this. If the human body suffers a similar trauma the normal flow of bodily fluids, blood, nerve connections, detoxification and positions of the tissues and organs will all be affected. Each problem leads to imbalance, conditions and finally disease.

Any slight strain in the ligaments of the pelvic bowl will cause a structural change in the position of the supporting bones in the spine and legs (right up to the head). This change will lead to a twist in the pelvic floor supporting tissue, thereby affecting all functions in that area too.

The pelvic floor muscles effectively hold the insides of the body up and in the correct position, they give the insides of the body support from the bottom up. This can be seen from both a psychological and physical standpoint. Interestingly any downward force on the structure and tissue often causes a downward attitude in the mind. Just ask anyone with pelvic floor muscle problems if they are depressed!

The sacrum sits and floats in strong ligament attachments at the base of the spine and has a major involvement in the spine's position all the way up to the top of the head. Often a strain here causes obvious body changes like one shoulder higher than the other, and one leg longer than the other. However, the not so obvious changes are the inflammation placed on various parts of the nervous system and brain, all of which leads to the imbalanced operation of the internal organs.

These imbalances lead to a full list of different conditions,

including hormonal imbalance, weight gain, ME, pain and IBS. In fact the whole range of conditions that affect the human race can be argued to start from structural imbalance. Chiropractors believe that all disease can be traced back to spinal imbalance, and the pelvis is the foundation of spinal balance.

Recently I had a client visit me suffering from endometriosis, painful periods, bloating and painful sex. All her Western doctors and consultants recommended that she have an immediate hysterectomy as nothing could be done to help her condition. However, she still had a strong desire to have children, and the thought of 'losing her womanhood' gave her great concern. After an initial consultation I challenged (through muscle testing) the different ligaments in her pelvis (scroiliac, iliolumbar, sacrospinous, inguinal and sacrotuberous) and the bone positions; she failed all but one of my pelvic tests!

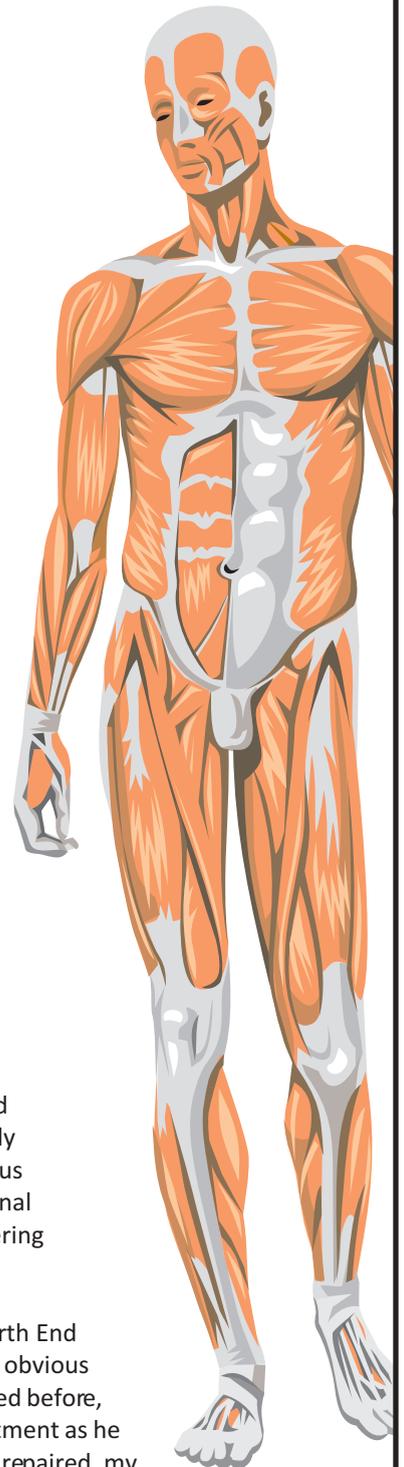
This meant that instead of the pelvic bones holding the tissue together it was more likely the opposite. Her treatment was fairly easy once we had discovered what she needed for recovery. I applied gentle repatterning techniques to the pelvis and spine then used strong energy floating (Qi Gong) techniques to reinvigorate the strength of each ligament. We retested her ligaments and, to her surprise, all of them were now working and strong. She was amazed at the immediate outcome, her neck had been released (even though we did no direct work there), the pain on

walking was gone and, later, she reported that the pain during sex had disappeared after 20 years of suffering! She experienced the biggest psychological boost for years, and her bloating was much reduced, along with the period pain. These results have continued over the 4 months since her treatment.

Successful medical intervention is often about finding the key or causative factor in each person's condition and changing it. We as good therapists need to be skilled in many of the body's systems to be able to diagnose and treat effectively. Research tells us that a slight strain in the sacrum area of the pelvis will immediately cause the sixth vertebrae to slip slightly out of position (often affecting digestion and water retention). It causes a jam of the first rib and clavical (often a cause of asthma and immune system issues). And the jaw disengages on one side (TMJ) causing balance, neck and emotional issues. Consequently if we are to follow good research could it be our pelvis misalignment is causing our insomnia, irritability, IBS or fatigue?

Dr John Brazier is the founder and principal of the College of Oriental Body Balance and KORE Therapy. He is famous for his success in treating professional athletes and the general public suffering from a wide range of conditions.

Paul Simpson (Manager of Preston North End Football Club) said 'It quickly became obvious that John had skills I had not experienced before, I was happy to travel 3 hours for a treatment as he clearly extended my playing career, repaired my injury and eased my managerial stress.



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