

Balance Technique

Formerly Proprioception

What is Proprioception?

Proprioception (proh-pree-uh-**sep**-shuhn) is one of the human senses and is defined as “*the ability to sense the position, location, orientation and movement of the body and its parts.*” **Proprioception** allows humans to control their limbs without directly looking at them. Without **Proprioception**, we would be unable to walk without staring at our feet. **Proprioception** doesn’t originate from any specific organ, but from the central nervous system as a whole – receiving input from nerves from inside the body rather than on the surface.

What is the Balance Technique/Proprioception Protocol?

With the **Balance Technique**, (*Proprioception Protocol*), we are trying to achieve clearer communication between the brain and the central nervous system to promote a more relaxed state of balance (homeostasis). Lymphatic congestion and excess muscular contraction can result in improper **Proprioception** feedback to the central nervous system. Targeting light over key points in the body where lymphatic congestion and muscular contraction typically reside can assist in clearing the communication impediments between the peripheral nervous system and the central nervous system, thereby helping to balance the sympathetic/parasympathetic response and allowing for more accurate neural feedback.

The link between illness and Dental Distress

Dental Distress Syndrome was identified by Dr. A.C. Fonder. Through his research, Fonder discovered that “*excessive dental distress routinely coexists with a pattern of chronic symptoms that are found throughout all systems of the body*”. Fonder found that when there is dental dysfunction, the ill-effects can be seen throughout many distant and seemingly unrelated areas of the body. He called these ill effects the **Dental Distress Syndrome**.

Some examples of **Dental Distress Syndrome** are:

- TMJ and poor mouth, teeth and gum health
- Ear problems such as infection or hearing loss
- Head and neck pain
- Respiratory issues such as post-nasal drip or asthma
- Eye and vision problems
- Skin and hair problems (acne, rashes, dry skin, hair loss)
- Visceral symptoms such as excessive gas, kidney issues and bed wetting
- Gynecological problems such as PMS, miscarriage, cramps, etc.
- Energy loss, back aches, cold hands and feet, numbness
- Mental symptoms such as depression, irritation, worry, memory loss

However, Dr. Fonder determined that these problems can disappear entirely when the dental dysfunction is eliminated. Changes begin to happen immediately upon physiologically balancing molar support, which is the goal of **Proprioception Protocol**.

It is believed that **Dental Distress Syndrome** is the dominant stressor of the body. When dental distress is relieved and circulation is improved through better posture and alignment, the body can do its work of circulating nutrients, cleansing lymph, increasing blood flow, improving nerve transmission and immunity. With **Proprioception Protocol** sessions, blood flow to the head, hands, and feet increases and numerous problems can normalize quickly.

Basically, **Proprioception Protocol** is about connecting the brain to the rest of the body, particularly the extremities. Increasing the strength of this connection can

- Help to restore system blood flow, lymphatic flow/drainage to the brain, organs, glands, muscles, etc.
- Restore proper motor neuron feedback (muscle tension), which results in a return to natural spinal posture positioning, balance, and over-all dexterity
- Aid in reducing structural issues and the interference they cause on neural communication in general
- Reduce the physiological functionality deviances (disease) which stem from emotional disturbances, thereby reducing stress from the tissues

Balance Technique Pad Placement

With the Balance Technique, you will be targeting specific lymph nodes with pad placement.



Materials Needed:

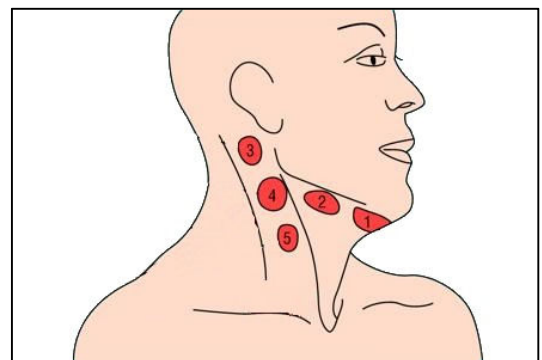
- Slim, wooden sticks (popsicle sticks or similar), or a [dental guard similar to this one from Sleepright™](#)
- Light system controller with multiple-setting capability (i.e. 6-Port)
- Eyemask Pad
- Body (Spinal) Pad
- Local Pad

Time: 15 – 20 minutes in total (5 minutes per pad placement location)

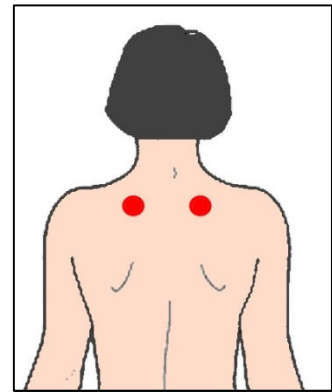
***additional pads can be used to speed up session.*

Steps:

1. Place the wooden sticks on top of the back molars (not wisdom teeth, the molars in front of the wisdom teeth) and position to the outside of the eye teeth. Bite down gently to hold the sticks in place. Ensure the jaw isn't clenched but using enough pressure to secure the wooden sticks in place. Check that the FRONT teeth (upper and lower) have a space between them and do not touch. When looking straight on at the mouth, the bottom teeth should be fully visible and not behind the top teeth. You may need to stack several wooden sticks to achieve this.
2. Place eyemask over the eyes.
3. Wrap body pad around the jaw, being sure to access key on the side/underside of the jaw, where the "smile lines" would terminate, and reaching up to the TMJ. (See *image, right*) Secure the pad with a Velcro strap around the back of the head/neck to hold it in place.



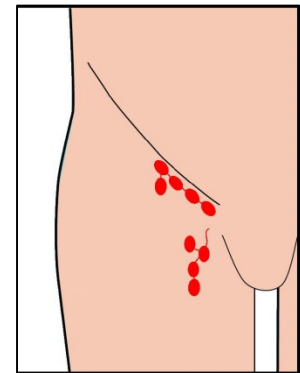
4. Place the local pad on the back points. If the local pad does not cover both sides at once, do a 5-minute session on each side.



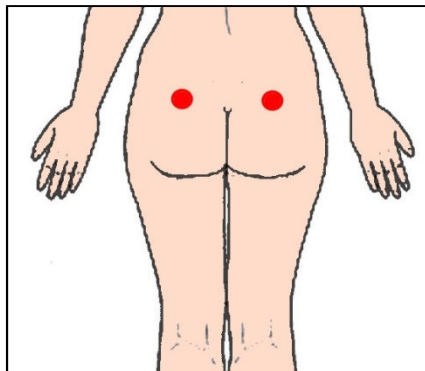
5. Set the system controller to setting 6. (The controller will remain on this setting for the entire session and throughout pad relocation.) Turn on the system and leave pads in place for 5 minutes.

6. Move the body pad from the jaw and place across the front of the chest, making sure to cover the collarbones.

7. Move the local pad from the upper back and place over the left side of the groin, where the leg meets the pelvis.



8. Leave eyemask over the eyes and run lights with pads in place for 5 minutes.



9. At the end of the 5 minutes, relocate the body pad across the lower back, where the top of the glute muscles attach to the pelvis.

10. Place the local pad over the opposite groin muscle where the leg meets the pelvis.

11. Leave eyemask in place and run lights for a final 5 minutes to conclude the Proprioception session.

If you choose to, after the Proprioception session, you can proceed with a regular 20-minute session on your chosen setting to support any outstanding issue that you are currently working on.

If you are uncomfortable, you can remove the wooden sticks but it would be best if they are kept in for the supporting session as well. If you choose to remove the sticks, remember to keep the jaw relaxed and avoid the front teeth making contact for the remainder of the session; this will ensure the best results.