



## Nerve Reflexology (NR)

### Level 3

### The neuromatrix of chronic pain.

### Migraine, headaches, balance, view and holistic treatment.

#### Objectives and contents.

*In this seminar the focus is on the facial and cranial structures.*

*In the brain we find different pain centres. These nerve centres are active in different types of pain. They give rise to pain and they modulate the feeling and intensity of pain. These centres are of course very important in the treatment of pain.*

*In NR we have special nerve reflex points for hormone glands and different brain centres. This gives the opportunity to interfere in complex pain mechanisms like fibromyalgia and chronic fatigue.*

*Migraine and headache are often related to dysfunction of organs and hormones. Relations with the trigeminal nerve, phrenical nerve and sympathetic system are here key words.*

#### Theory.

- The high cervical area and the connections to the brainstem.
- The different functions of the brainstem, midbrain and cortex centres.
- The neuromatrix of pain.
- Physiology of migraine and headache.
- Physiology of chronic pain.
- Holistic treatment.

#### Practice.

- NR points for high cervical spine
- NR points for brainstem, midbrain, cortex, cerebellum.
- NR points for hormonal axis.
- NR points for balance, ears, eyes, teeth.
- Practice in clinical reasoning and handling.
- Practice in holistic treatment.
- Final practical exams.