



## Manual Neurotherapy Module 3.

### Visceral mobilisations and visceral reflexology

#### Objectives and contents.

*In MNT, the musculo-skeletal and visceral systems are considered as a unit in function, movement and innervation. The muscles, bones and joints of the musculo-skeletal system can only perform at the best level if they are provided by the right nutritions and hormones and if they get lost of their toxins. The digestive and hormonal system must provide the right nutritions and hormones, transported by arterial blood flow, while the toxins must be removed by the veins and the lymph vessels.*

*The muscle chains in the lumbar-pelvic and thoracic area provide a perfect support for the organs in the stomach, pelvic and thoracic area to move up and down. The movement of the organs is strictly related to the movement of the muscle chains. Both need good movement for a healthy function.*

*If function and movement are strictly related it is obvious the nerves in both systems are also related and from the same origin.*

*In these 3 seminars of module 2 we will go deeply in to the relations of the musculo-skeletal and visceral system. Function and physiology of digestive tract, hormonal axis, immune system, blood pressure and so on... will be explained. Manual mobilisation techniques of diaphragm and digestive tract will be learned together with new and very special reflexology techniques at the foot. Zone reflexology for organs will be combined with nerve reflex points.*

#### Theory.

1. Physiology of the digestive tract.
2. Physiology of immune system and hormones.
3. Physiology of body fluid circulation and blood pressure.
4. Refreshment of the innervation of viscerals.
5. Refreshment of the musculo-skeletal chains.

#### Practice.

1. Mobilisations of the digestive tract.
2. Mobilisations of diaphragm.
3. NR for visceral plexi.
4. Visceral reflexology with:
  - a. techniques for 3 diaphragms,
  - b. techniques for functional restore,
  - c. techniques for emotional restore,
  - d. techniques in combination with NR,
  - e. techniques for lymph drainage.