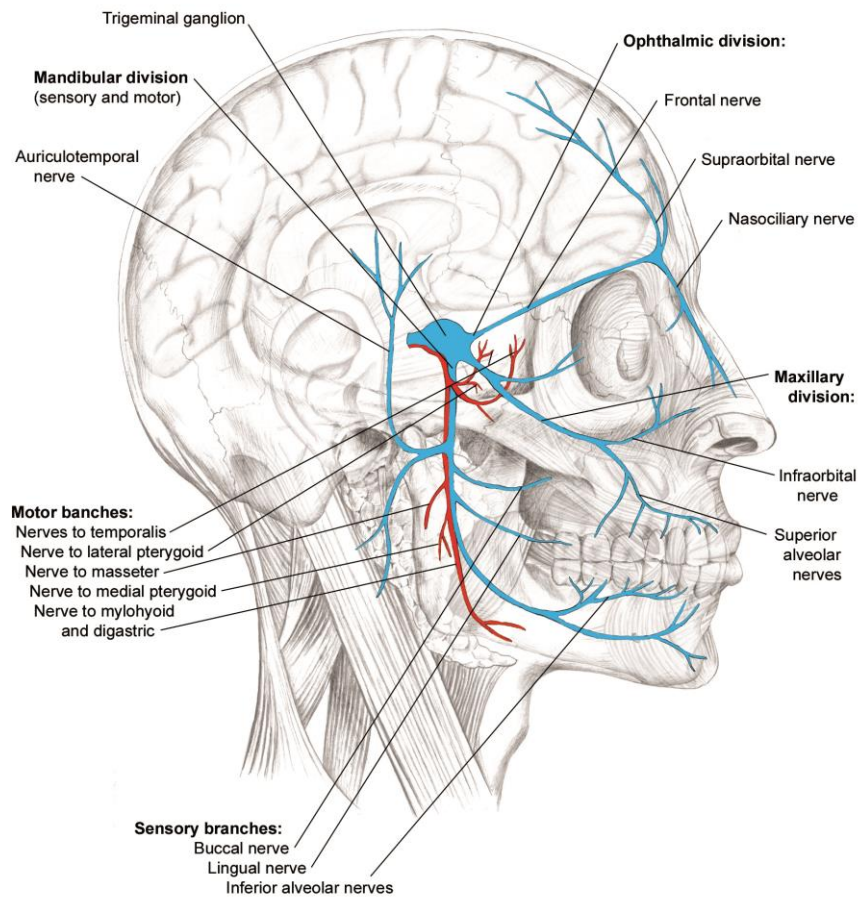


Case study 3 – Milosz



Trigeminal Neuralgia:

Trigeminal neuralgia is widely regarded as the most excruciatingly painful condition known to the medical world, with no clearly identified cause and limited means of treatment or management. Bell's palsy is a common cause of frustrating facial disturbance. Ménière's disease can be severely debilitating, with recurrent vertigo, tinnitus and deafness. Tinnitus itself is an interminable source of irritation, driving many people to distraction. Vertigo and labyrinthitis can be extremely disorientating. Eyes are subject to squints, astigmatism, lazy eye, infections, and dry eye. In every day cranio-sacral practice, we repeatedly see that in many cases these conditions can be alleviated and resolved.

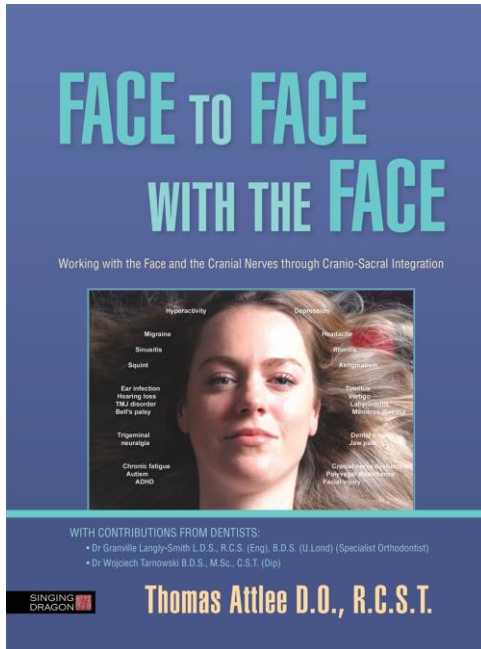
Milosz was 67 and had been suffering from severe trigeminal neuralgia for over ten years. Initially, his condition had been diagnosed as a dental problem and he had undergone a great deal of dental treatment without any relief. Only some time afterwards did he discover by chance that his symptoms were classical indications of trigeminal neuralgia. This led him to try various other treatments but all to no avail. When someone suggested cranio-sacral integration he was sceptical but prepared to try anything.

His trigeminal neuralgia was exclusively on the right side of his face, within the maxillary distribution, and exhibited all the typical symptoms of intermittent extreme sharp pain, triggered by the slightest movements or stimuli, or often by nothing at all.

The whole right side of his cranium was very restricted, with a quality of solidity which indicated that it had been like that for many years, leading to a gradually increasing compression of his trigeminal nerve. Because the restriction was so deeply ingrained, progress was slow at first, but he enjoyed the relaxing effects of the

treatment, and was reassured by the identification of a clearly evident potential cause for his condition, so he persisted with his sessions. Within a few sessions he began to feel distinct changes and a notable reduction in his symptoms. As the solidity in his cranium gradually released, and the pressure on the trigeminal nerve steadily decreased, his symptoms continued to decline, with a particularly significant shift after the seventh treatment.

Milosz's symptoms eventually cleared completely and he also reported a substantial change in his overall mood and feeling of wellbeing, not only due to the relief from his painful neuralgia, but also on a more profound and far-reaching level of being.



Thomas Attlee's new book *Face to Face with the Face* explains how Cranio-Sacral Integration can help a wide range of persistent and painful conditions involving the face and the cranial nerves – from trigeminal neuralgia, sinusitis, hearing loss and TMJ syndrome to autism, chronic fatigue and polyvagal disturbance – through a deeper understanding of quantum levels of health and the biodynamic forces which underlie the body's inherent healing potential.

Thomas Attlee is founder and principal of the College of Cranio-Sacral Therapy, London, the first and most established college of Cranio-Sacral Therapy in Europe, now in its 31st year. He is the author of *Cranio-Sacral Integration – Foundation* and the newly published *Face to Face with the Face*. www.ccst.co.uk