Overcoming addiction

Myoreflex

Neuromuscular traumatherapy, and self-regulation and synchronisation

Kurt Mosetter, London,
07.05.2018
Myoreflextherapy
- experienced biography

Kurt Mosetter and Reiner Mosetter

Welcome...
Trauma- Traumatic experience- Traumatic reactions- Trauma compensation mechanisms-
Memory processing in traumatic experience- Posture and neuromuscular memory-
Motor- neuro-pattern in biography...

Thanks to Prof. Dr. med. Dr. phil. Robert Bering for being a nice friend, excellent colleague, an inspiring teacher and great mentor for the Myoreflex concept

Thanks to Prof. Dr. Gottfried Fischer, founder of psychotraumatology, who recognized and helped to develop the huge potential of Myoreflex from 1987 - 2012...
It's all about Offer and demand.
...designed to repair itself.

big limbo-prefrontal circuit

- working memory
- social behavior
- deliberate decision-making

Enthusiasm, pleasure, training, cooperation.
Epigenetics and Nutrigenomics
Nobel price in the field of medicine 2008 for exemplary telomer research: Protective caps of the genes
Elizabeth Blackburn

Thanks to Prof. Dr. med. Werner Reutter, Director in the department for Biochemistry and Molecularbiology at the Charite in Berlin

2016 Nobel Prize in Physiology and Medicine
To Yoshinori Ohsumi
for his discoveries of mechanisms for autophagy

Nobel price in the field of chemistry 2015: DNA repair mechanisms

www.neuromyologie.de
Diagnosis MS: case study 1

- Early trauma
- Hypoglycemia „Tremor“
- Diarrhea
- Epstein-Barr-Virus Lymphnotes
- Herpes
- Sugar metabolism NASH
- Triglyceride Cholesterin Fettwerte
- Wiplash trauma
- Chronic Stress
- Diagnose MS
psychotraumatische/traumatische Belastung

Ernährungsstress

Stressachse

Cortisol↑
LH↓
Adrenalin↓
NA↑

Serotonin↓
Dopamin↓

Verhütungspille

Diagnose MS

Diagnosis MS: case study 3
Diagnosis MS: case study 4

- Epstein-Barr-Virus
- Borreliose
- Zucker-/Kohlenhydratstoffwechsel
- Fettwerte
- chronischer Stress
- Mobbing
- „Weihnachtsstress“
- Ernährungsstress
- Immobilisation
Diagnose MS: case study 6

- Distorsionstrauma HWS
- chronischer Schmerz
- Teilaktivierung Eppstein-Barr-Virus Masern

Diagnose MS
Diagnose MS: case study 7

Lebensalter | 7 Jahre | 14 Jahre | 21 Jahre | 28 Jahre
---|---|---|---|---
Geburtsstress
Impfung Masern Mumps
Durchfall Kopfschmerz verzögerte Menstruation
Lust auf Süßes, Pizza, Brot, Nudeln
chronischer Stress
Unfall
Schlafmangel
Stress
Epstein-Barr-Virus
Diagnose MS
Diagnosis MS: case study 8

- Gedeihstörung
- Wachstumsschmerz
- Durchfall
- Hauterkrankungen
- vegetative Labilität
- Morbus Crohn
- Colitis ulcerosa
- Unfall
- Epstein-Barr-Virus

Diagnose MS
The central nervous system has developed because of and for the activities of the organism in its world. Experience, Biography, Polyethiology...

The brain and the nervous system have developed as a system of inter-neurons between the sensory and motor systems...

Foundater of the East-west conferences of scientists, Philosophers, brain researchers and Dalai Lama
The key elements in the relationship of an organism and its surroundings are also essential in regard to the relationship of an organism and its own self.

The *active system* with the feature "self" can be described as a *circular process*.

The *consideration* of the environment, the glance into the mirror (and thus, on the self) facilitates self-awareness and self-promotion.
**Interoception** is a device to create emotional and physical landscapes in our bodies. This sense of "body awareness" is interconnected, fine-tuned and synchronized mainly through the neuronal networks of the insular and cingulate cortex.
A new view of pain as a homeostatic emotion

A.D. (Bud) Craig
Atkinson Pain Research Laboratory, Barrow Neurological Institute, 350 West Thomas Road, Phoenix, AZ 85013, USA

How do you feel — now? The anterior insula and human awareness

A. D. (Bud) Craig

Abstract | The anterior insula cortex (AIC) is implicated in a wide range of
Myoreflex Therapy

Neuromuscular system

Behavior Nutrition Movement lifestyle

Gut

Metabolism

Brain

Experienced biography
distinction

marked space

unmarked space

OBSERVER
Real Western science, Psychotraumatology, Neurobiology, Biochemistry, Clinical psychology, Sport science, Physiotherapy

Investigate, integrate, learn from each other... European traditional medicine, SOMATOEXPERIENCING Osteopathy, Neural therapy, Ear-light-Acupuncture, Posturology, Manual therapy, Psychosomatics

Overcoming "selective blindness" ADDICTION, PAIN, AUTOIMMUNE DISEASE
Open new horizons for a real Scientific western medicine

Progress in Western medicine, Come together, Wire together, Work together...

Myoreflex-concept
Experienced biography

Experienced science, Reflected research, Integral, Interdisciplinary and Causal healing, Natural eating, Practical help, Self responsibility Prevention

Eastern medicine, Chinese medicine, Ayurvedic med., Tibetan med
Definition: psychisches Trauma

Ein vitales Diskrepanzerlebnis zwischen bedrohlichen Situationsfaktoren und individuellen Bewältigungsmöglichkeiten, das mit Gefühlen von Hilflosigkeit und schutzloser Preisgabe einhergeht und so eine dauerhafte Erschütterung von Selbst- und Weltverständnis bewirkt.
Was können wir tun, wenn wir nichts mehr tun können ???

- unterbrochene **Kampf- / Fluchtreaktion**
- **Erstarren**, Totstellreflex
- Rückwurf auf reflexgesteuerte Abläufe (Schreckreaktionen)
- **Dissoziation**: Einengung bzw. Abschalten der sensorischen Sphäre, De-Realisation, De-Personalisation, Zeitverzerrung ...
Das Lockende und das Schreckende ist lockend und schreckend nur für ein Wesen, das sich richten, sich nähern und entfernen, kurz - das sich bewegen kann.

Erwin Straus (1891-1975)
Vom Sinn der Sinne, ~ 1930
Spannung der Trauma-Bewältigung

... Überfall, Frau B. ...

ich war zu unaufmerksam!
ich muss wachsam sein!

Kontrollverlust,
einem sehr gefährlichen Täter hilflos ausgeliefert; Nicht-Handeln-Können
Trauma:
helplessness, hopelessness, be at a mercy

Shock, fear, fright,...

Freezing, dissociating, playing death reflex
Compensation mechanism, rescue attempt and short term regulation pattern to survive

Inner GPS predicts the need of preparing the organization of motor neuro patterns to be ready to avoid, being prepared to activate fight or flight reactions.

Hyperarousal, neuromuscular pattern for attention, high muscular tonus, chronic activation of control operation to protect self
Cervicobrachial dynamics in case of life-threatening car accidents
Inhibition of active Orientation and Action

Defense, Control: conservation, negation of cervicobrachial area

Impulse, anticipated course of action: Muscular tonus (neck, nape, shoulder) significantly higher ... frozen

Symptoms and afflictions on the move ...

TKS
Symptoms, mkAH
TS
The last things you have access to: last things that you can do: minimal controllable range of action: symptoms...

You try to calm yourself down: by drinking alcohol, using drugs, use of medications to release muscles, practicing excessive sports, biting always---
Addiction, eating disorders like anorexia, bulimia, sleeplessness, hernia, hemicrania, migrane, tinnitus, depression
Disconnection syndroms in traumatic stress and low energy states: The brain enters slow-mode state

Source: G. Teuchert-Noodt, University of Bielefeld
The brain doesn't recognize any artificial differentiation between muscles, fascia, emotions... basal patterns of action or movement like orientation, empathy, antipathy rather constitute engrams. Motor-neuro patterns are pre-programmed like complex melodies and...
Equilibria and Crosstalk of the Hypothalamus
...trauma, stress, addiction, depression, pain...
Association of early experience with neurodegeneration in aged primates

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Fig. 1. β-Amyloid plaques in the superior temporal gyms of aged rhesus monkeys housed under either (A) standard or (B) small cage conditions (scale bar A, B: 0.55 mm). (C) Amyloid plaque density per mm², and (D) amyloid load in superior temporal gyms, were both elevated in primates raised in small cages (two-tailed t-test, *p < 0.001). Data for individual subjects are indicated by closed circles in A. Plaques were not detected in brains of young subjects.
Premotoric, motoric, prefrontal and temporal cortex

Thalamus

Cerebellum

Hippocampus

Entorhinal cortex

Amygdala

Hypothalamus

Brain stem, Pons, Ncl. ruber

Spinal cord and Motoneurons

[1, 2]

[3, 4]
Central role of the neuro-motor neuro-muscular junctions and the synchronized nerve-cell-networks of vestibular nuclei in maintaining equilibrium, to execute higher cognitive functions...

The inner GPS
Train your eyes and your brain
Nobelprize in Medizin 2014
May-Britt Moser and Edvard I. Moser
Eyetracking,
Bo Kähler
develop complications ... reinforcement and restabilization
• With Myoreflex Therapy, these “control operations” are therapeutically de-constructed, new schemes are constructed, and old schemes are re-constructed by overmodulation of the neuro-muscular memory pictures’ stress points applying Myoreflex-therapeutic pressure point stimulation.
• Thus, avoidance postures and fixations are reflected and made conscious. Now, working on the underlying trauma-scheme can be taken up again under improved conditions. The overmodulation of the pressure points can be understood as deconstruction of maladaptive neuro-muscular schemes, which only then enables the construction of new schemes and a revision of stuck activation patterns (reconstruction).
"freezing"
stiffening
hardening
entangling
encapsulating
separating
losing
estranging
...
"After about six weeks of therapy, all symptom scales showed therapy effects which can be assessed as highly significant in accordance with the Cohen's conventions."
(Muth u. Bering 2009)

Pain Analogue Scale
[10 = unbearable
0 = pain-free]
For the readings for physical discomfort are at 1.75, the basic mood at 1.0, the psychological strain at 0.85, the problem-solving behavior at 1.6, and the gradient of the strength of physical complaints (Myo) before and after treatment with the Myoreflex Therapy at 3.65.
Development of affliction after Myoreflex treatment, patient SW/6

Development of affliction after Myoreflex treatment, patient HM/7

Development of affliction after Myoreflex treatment, patient RH/1

The quintessential expert clinic for real psychosomatics is coming! Integrated brain research, nutritional medicine, Myoreflex Therapy, psycho therapy, Resistance Stretch program, muscle/fascia/length training
Exercise is the real polypill. Physiology (Bethesda). 28(5). 330-58.
Muscle- Fascia-Meridians
Priv. Doz. Habil. Dr. med Otto Bergsmann
(Vienna)

What is evidence-based about myofascial chains?
A systemic review.
Archives of physical medicine and rehabilitation, August 2015

• Conclusions: the present review suggests that most skeletal muscles of the human body are directly linked by connective tissue.

• Examining the functional relevance of these myofascial chains is the most urgent task of future research! Strain transmission along meridians would both open a new frontier for the understanding of referred pain and provide a rationale for the development of more holistic treatment approaches.

• Bendik Johannessen, www.klinikk-johannessen.no Trondheim
• www.myoreflex.legehandboka.no

Thanks to Bendik Johannessen, the very best educated and advanced physiotherapist I’ve ever met. Moreover, he’s the outstanding expert in the junction in between research, illustration and teaching!
Jaw muscles,
Trigeminal nerve
Orchestra and
Stress related patterns
C1 – C3, trigeminal nerve and brain nerve orchestra

Central role of the neuro-motor neuro-muscular junctions and the synchronized nerve-cell-networks of vestibular nuclei in maintaining equilibrium
Eye motor function and direction
Essential Arteries: Cerebral Blood Supply
Foramen jugulare

V. jugularis, N. glossopharyngeus (IX), N. vagus (X), N. accessorius (XI)
V. jugularis, N. glossopharyngeus (IX), N. vagus (X), N. accessorius (XI)
Possible Symptoms:

Foramen jugulare

• swallowing and speech disorders, globus pharyngis, coughing, hoarse throat, dry mouth
• irritated taste sense
• itching and other dysesthesia in the ear
• changing heart rate (contraction remains stable)
• dysfunctions of stomach, respiratory system, small intestine, large intestine (not sigmoid and rectum), liver, gall bladder, pancreas, kidneys
• tension changes of M. trapezius and M. sternocleidomastoideus
When the neck tickles the Tongue...

- itching ears
- whistling in the ears
- numbed tongue
- disturbed speech
- provokes vertigo
- causes irritated vision
- irritated taste
- confused orientation
- disturbed concentration

- burning sensation in the face
- causes headaches
- initiated migraine
- causes lump-feeling in the throat
- provokes palpitations
- evokes fear
- disturbed sleep
dorsal pathways for motor skills, movement, strength

frontal pathways for perception, sensor systems, pain

Axis dorsal process
spinal cord
Dens Axis
frontal Atlas bow
Vascular Tissue Dysfunctions

• ventral vascular tissue, Tractus spinothalmicus ventralis and lateralis can be disturbed through relative dorsal dislocations of the Dens axis.

• pain, numbness, instabilities, vertigo, and dysregulated interoception can lead to a multitude of symptoms
Essential Arteries:
Securing the Cerebral Blood Supply

Arteria vertebralis
Atlas, dorsal bow
cerebellum
ear
Foramen jugulare (IX/X/XI)
tongue with nerves:
C1/2/3
V/VII/XII
taste: frontal 2/3 of the tongue
Myoreflex Therapy and Torque
anterior neck (scaleni) as psoas' "little sister"
Scalenus Syndrome

numbness in the fingers
Carpal tunnel Syndrome
tennis elbow (epicondylitis)
"golfer arms"
shoulder arm afflictions
angina pectoris
short breath
thoracic spinal pain
scapula problems
neck pain
fear syndrome
rip blockage
Tietze syndrome
Interoception and dynamics in anatomy trains
length training of the abdominal muscles and the diaphragm equilibrates the liver nerve as well as the vagus nerve

positive emotions, self confidence, regulation of pain...

N. hepaticus
diaphragm
coastal arch right

PFK left

insular cortex left

centromedial thalamus
N. centromedianus

PAG

N. parabrachialis
brain stem, bridge

dorsal Vagus branch left
Mm. scaleni
ventral cervical spine
Vegetative Regulations points in myoreflex, osteopathy, neuraltherapy, acupuncture, ayurvedic and chinese medicine

- **Rippenbogen**
- **ganglion coeliacum**
- **superior mesenteric ganglion**
- **inferior mesenteric ganglion**

![Image of abdominal ganglia](image-url)
Vegetative Regulations points in myoreflex, osteopathy, neuraltherapy, ayurvedic and chinese medicine

- forehead, maxillary sinus
- liver
- stomach, liver, gall bladder, pancreas, duodenum
- prostate

- Th1 - Th4
- Th4 - Th6
- Th5 - Th9
- Th10 - Th11
- Th12 - L2
Vegetative Regulations points in myoreflex, osteopathy, neuraltherapy, ayurvedic and chinese medicine

- Sinnusitis
- Hepatopathy
- Epicondylitis
- Cholecystitis
- Kokzygodynia
- Prostatitis
- Knee pain
- Th1 - Th4
- Th4 - Th6
- Th5 - Th9
- Th10 - Th11
- Th12 - L2
The inner Rhythm
chronobiology and chrononutrition

loss of sleep, insufficient light, stress and high tension in the cervical spine and neck, hyperglycemia and hyperinsulinemia, liver stress, disturbed sugar metabolism, insulin resistance, disturbed sympathetic activities, reduced activity of the vagal system and psycho-social stress have detrimental effects on the circadian rhythm. Corresponding genes are switched off or altered.
The Evolution of Nutrition I

Figure A
Intake of Carbohydrates*

Primitive Man
- whole cereal grains: 1%
- vegetables, fruits, roots, legumes, nuts: 99%

Modern man
- refined/ artificial sugars, sweeteners: 18%
- vegetables, fruits, legumes, nuts: 23%
- refined grains: 59%

"I was fortunate to have Kurt Mosetter as a very experienced physician at my side, who employed his Myoreflex concept not only to care for my physical balance, but also to coordinate issues of nutrition by reducing carbohydrates and introducing intelligent food supplements with "healthy sugars."

Ralf Rangnick
The Secret of Longevity

- Isle of the Centenarians, **Okinawa** (Japan)
- Valley of Longevity, **Vilcabamba** (Ecuador)
- Village of the Centenarians, **Campodimele** (Latium, Italy)
- Mountains of the Centenarians,  
  **Hunzakuk, Mustang** (Himalaya)
Common Denominators

• muscle activity and exercise
• plenty seafish
• plenty vegetables
• reduced carbohydrates
• green tea, red wine, algae, berries, lentils, chickpeas, mushrooms, nuts, rich oils, beans, figs, avocado
• smaller portions and generally reduced meals
• BMI 22
Overcoming Insulin Resistance in Mitochondria
Overcoming graving and addiction
Supplementation

NAD/NADH

Galactose, Ribose, NADH, Coenzyme Q 10, Omega 3 fatty acids, Curcuma, OPC...
Richtiges Training **und** hochwertige Ernährungsweisen schalten die Gene für Muskel, Faszien, Knochen, Gehirn, stabile Hormone, den Fett- und Zuckerstoffwechsel und den Immunstatus an...
Gezieltes personalisiertes, individualisiertes und betreutes Muskeltraining aktiviert unseren molekularen Werkzeugkasten – für Muskeln, Gelenke, Knochen, Stoffwechsel, Immunsystem, das Gehirn und die Reparatur unserer Erbsubstanz!
Für Alle die scheinbar nicht mehr können: individualisiertes Training!
Knochenmasse sowie deren räumliche Ausrichtung entsprechen der mechanischen Beanspruchung der Knochen. Unter physiologischen Bedingungen entstehen die größten Kräfte, die auf den Knochen wirken, durch den auf ihn einwirkenden Muskelzug. „Der Mechanostat“

Zentrum für interdisziplinäre Therapien Konstanz, Herrenberg, Gutach, Freiburg
Body sensation, rather than intense emotion, is the key to healing trauma.

Dr. Levine was inspired to study stress on the animal nervous system, when he realized that animals are constantly under threat of death, yet show no symptoms of trauma. What he has discovered was that trauma has to do with the third survival response to perceived life threat, which is freeze. When fight and flight are not options, we freeze and immobilize, like “playing dead.” This makes them less of a target. However, this reaction is time-sensitive, in other words, it needs to run its course, and the massive energy that was prepared for fight or flight gets discharged, through shakes and trembling. If the immobility phase doesn’t complete, then that charge stays trapped, and, from the body’s perspective, it is still under threat. Somatic Experiencing® works to release this stored energy, and turn off this threat alarm that causes severe dysregulation and dissociation.
PENDULATION

Pendulation is a term used by Dr. Levine to describe the natural oscillation between opposing forces of contraction and expansion. Somatic Experiencing® utilizes this philosophy to help a client experience a sense of flow.

BOTTOM-UP PROCESSING.

Like other somatic psychology approaches, Somatic Experiencing® professes a body first approach to dealing with the problematic (and, oftentimes, physical) symptoms of trauma. This means that therapy isn’t about reclaiming memories or changing our thoughts and beliefs about how we feel, but we look at the sensations that lie underneath our feelings, and uncover our habitual behavior patterns to these feelings.

TAKE YOUR TIME

Titration – Slowly releasing energy. Somatic Experiencing operates in cycles, where you sense your way through the normal oscillations of internal sensation – contraction/expansion, pleasure/pain, warmth/cold – but only at the level that you can handle. This repeated, rhythmic process helps you to develop a greater capacity to handle stress and stay in the present moment, where you belong.

DON’T RE-LIVE. RENEGOTIATE.

In Somatic Experiencing®, the traumatic event isn’t what caused the trauma, it is the overwhelmed response to the perceived life threat that is causing an unbalanced nervous system. Our aim is to help you access the body memory of the event, not the story. So we don’t discuss what happens if you don’t want to.

PENDULATION

Pendulation is a term used by Dr. Levine to describe the natural oscillation between opposing forces of contraction and expansion. Somatic Experiencing® utilizes this philosophy to help a client experience a sense of flow.
PROCESS OF EMDR

- Allows a client to process an emotional experience

- Uses bilateral stimulation, right/left eye movement, or tactile stimulation, or sound, which repeatedly activates the opposite sides of the brain releasing emotional experiences that are "trapped" in the nervous system

- It "unlocks" the negative memories and emotions stored in the nervous system, and helps the brain to successfully process the experience.

- EMDR makes it possible to gain the self-knowledge and perspective that will enable the client to choose their actions, rather than feeling powerless over their re-actions
Monochord...inner hearing

Two clients in palliative care, suffering a fast growing glioblastoma, remembered the trauma and the day when the cancer cells started to grow... decided to have a second new-life celebration birthday next morning - and cured themselves!