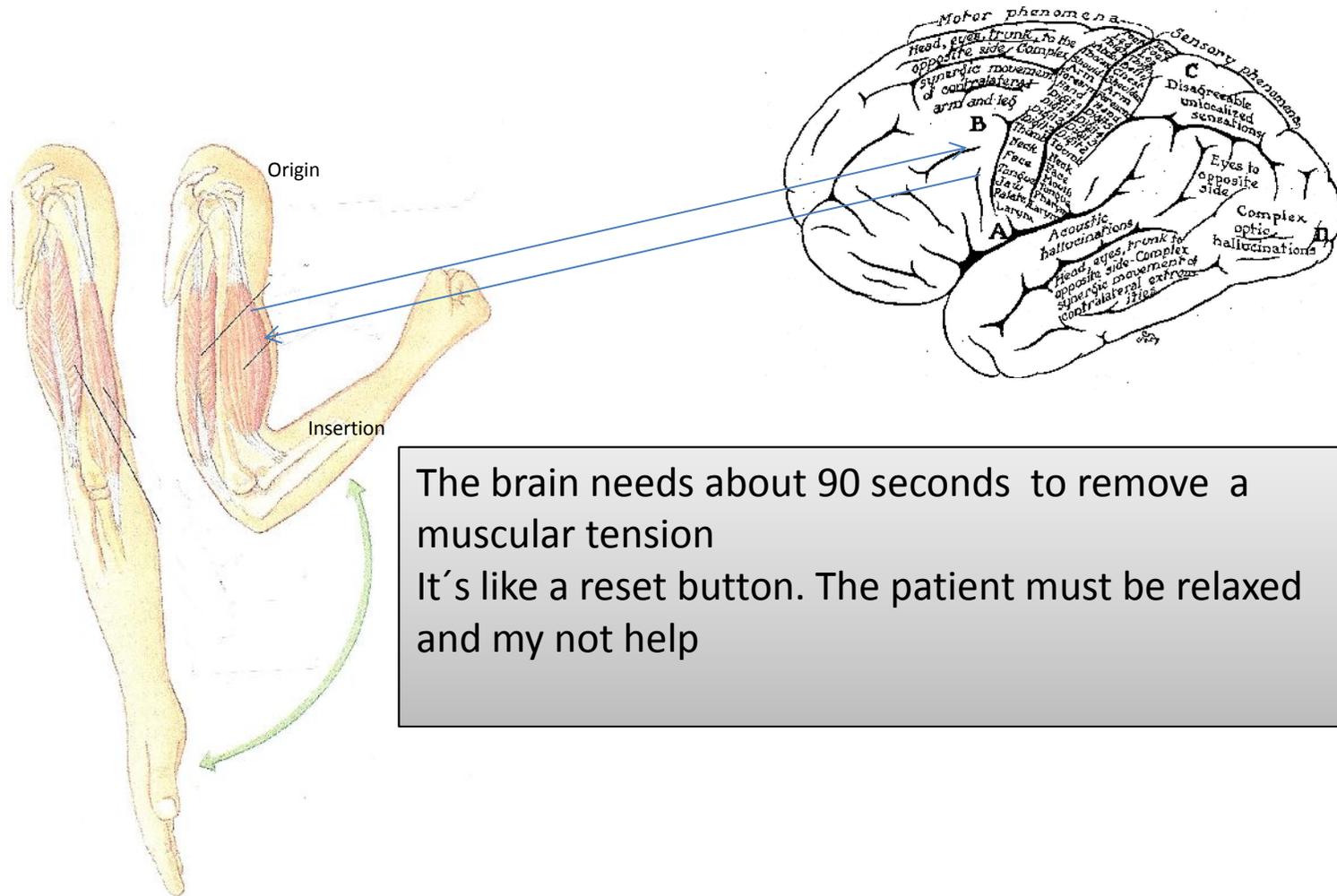


ICR Silver jubilee conference
Sheffield,UK
17th – 20th September 2015

HLT-Deep Brain Reflexology
with
Ortho-bionomy

Simple rules in Ortho-bionomy. Never treat against pain and stiffness.
A tense muscle relaxes only when you press it together and make it short
between the muscle origin and insertion. No stretching

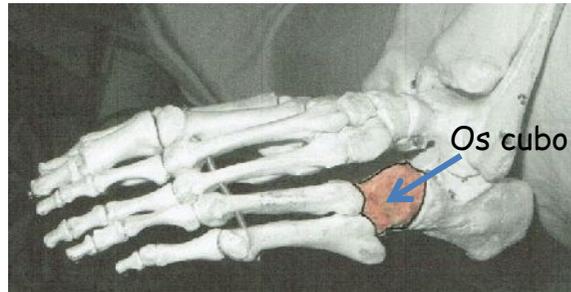


Lock foot syndrome

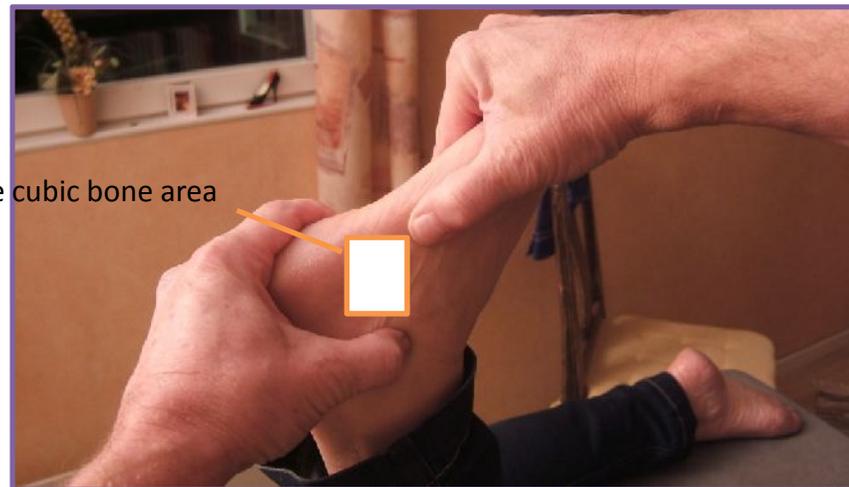
invented by a Norwegian dentist

He saw a connection between the cuboid bone and tension in temporo-mandibular joint- TMJ

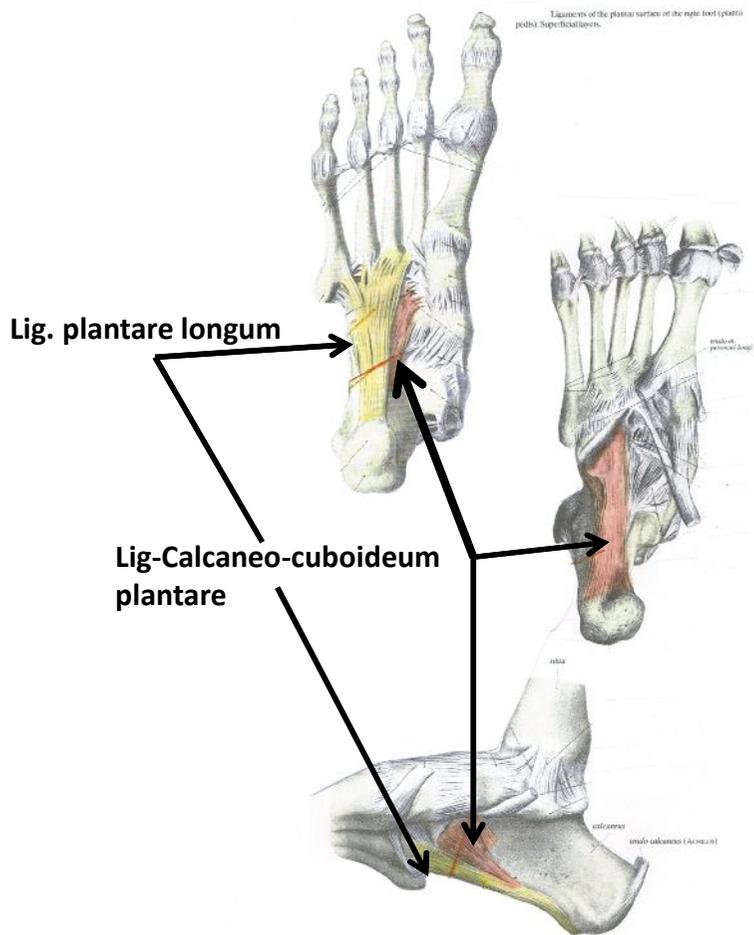
Lock foot syndrome



Pain in the cubic bone area



Hellbergs ligament theory -HLT is a treatment starter can balance a pelvis in a few minutes but also open up the flow of the mental - emotional and physical level



Deep pain area - strained ligament



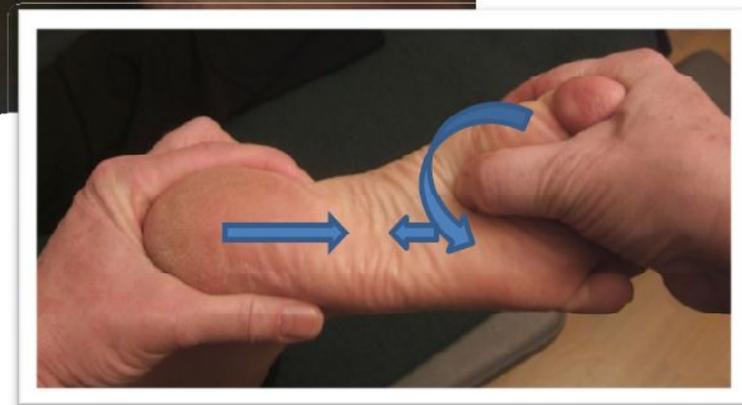
The main exercise in HLT

Start with the shorter leg

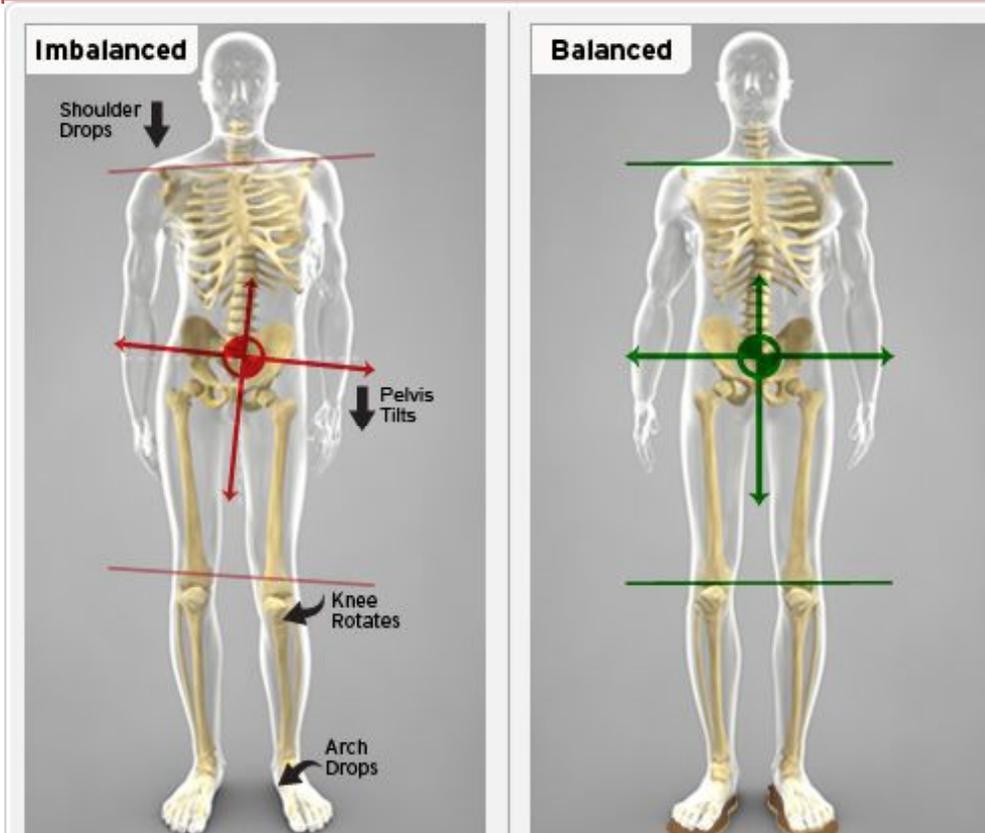
Carefully compress the foot a couple of times to determine at what point the movement comes to natural stop.

Lock the position there and hold for at least 90 x 2 seconds.

"The deep ligament of the heel" will now open and relax. This allows a complete and free flow in the heel area, which is the body's biggest circulations lock at all levels



A correction of the pelvis. A normalization of a leg length difference with brain-reflexology - HLT



Foot- knee- and hip problems

Pain, inflammation

Back problems

Shoulder blade- and arm problems

Disorders in the organs of the senses usually in combination with neck and jaw tensions

Disturbances in the organs

Vision problems

Childless couples almost always both have a leg length difference.

To conclude the importance of the heel, I want to point out that HLT affects the balancing of the yin energy (parasympathetic/healing/rest) with the yang energy (sympathetic/stress/activity).

In the Chinese medicine, the great water channels are passing in the heel area, the Kidney on inside and the Bladder on the outside of the foot

Stagnation in the heel area take down the power of the lifeforce



Lig. calcaneo-cuboideum lig. plantare longum

