

**The
European Osteopathic Cranial Association
Presents its January 2022 Newsletter**

**Book now your participation in the European Congress of
The Osteopathy Cranial Academy on November 10, 11, 12, 13, 2022**

This Newsletter is all yours; the floor is open for all Osteopathic contributions.
Contributions in the field of Cranial Osteopathy are our main topic.
You would like to share your comments, thoughts, osteopathic experiences and news ?
Feel free to join! Indicate your subject and reach us at: contact.osteoeoca@gmail.com

For its first Congress, EOCA gives the floor to its international young members. Several clinical topics will be discussed and osteopathic treatment and trainings given to M.Ds and D.Os.

Sophie K. (Fr.): "osteoarthritis, painful prostheses..." Treatments.

Alban O. (Fr.): "breathing" and its implications in the nervous system, immunity, posture and long COVID

Naomi D. (Nl.): "Parkinson, how can we treat it"

François V. (Fr.): how to correct the disturbed physiology in a "Nash Syndrome"

Carla A. (Nl.): perceive "body interoception", correct it for a better body image felt by the patient.
Other speakers must confirm and clarify.

Contents of this edition :

**The European Osteopathy
Cranial Academy EOCA** is
holding its congress from
11 to 13 Nov 2022

Alban Orin D.O
SN, Immunity, posture and
long COVID by breathing in
Osteopathy.

François Valentin M.D D.O
Nash syndrome

**M Bensoussan M.D D.O
F.C.A**
Osteopathy put to the test of
the evolution theory, belief
and point of view.

European Osteopathy Cranial Academy - EOAC
Congress will take place on November 11, 12, 13 in Carteira
Portugal.

Theme of the congress:

«An exceptional treatment for an exceptional pathology»

Available to all European M.Ds, Osteopaths, especially those who are trained in the Cranial field of Osteopathy.

November 10th will be free of charge, for those registered at the Congress. Both elders and young practitioners are welcome to learn again and improve their skills in the perception of the "mechanism" and its use for therapeutic purposes in Osteopathy.

Breath in the field of Osteopathy. Nervous system, posture, immunity and long COVID. Let's link the dots !

By Alban Orin D.O

Breathing is an essential phenomenon to all levels (embryo, cellular, tissue, social, etc. ...). Chronic tissue hypoxia is a clinical fact among 95% of the population. It is, indeed COVID aggravated. However, improving our breathing efficiency is within our reach patients and Osteopaths.

Observe your breath.

Breathe LSD. Low Slow Deep.

Subtle and regular moves,

from downward the

Diaphragm to a 360° upward

gentle and breathing move!

Take a breath in through your

nose, a breath out through

your nose. Lengthen your

exhale to reach 6 sec. in and

out during 5 minutes.

Observe the airflow entering

your nostrils. Fresh in, warmer

out. Follow its journey. Be

aware. Feel it .Body scan. Are

both lungs expanding?

Symmetrically, do the 5 lobes

follow? ... Paradoxically, by

breathing better, gentler, you

could feel a slight sensation of

lack of oxygen!

CO₂ chemoreceptors

sensitivity (located in the

brainstem, carotid, and the

major blood vessels – both aa.

and vv.) send the CNS a

message that activates a

ventilatory response through

diaphragmatic reflex

contraction.

- 95% of the population has a

high CO₂ chemo sensitivity

- 95% hyperventilates! (O₂ excess regarding the metabolic need) and 100% partially uses their mouth.

The nose is the only physiological entrance to the lung. It is a continuous tissue from nose to alveoli and any inflammation in any part of these the airway (eg) alters the entire metabolism!

Did you know that the nose participates in more than 20 functions? Postural, metabolic (regulation of the pH), dental growth, maxillo facial and cognitive development in both children and adults and of course, immunity, oxygen uptake and NO production (nitric oxide)...

The NO, mainly produced in the paranasal sinuses is an inflammation marker!

“You live by the diaphragm and you die “ Said Still!

Through breath observation and evaluation, in Osteopathy we are able to diagnose and treat, both in a preventive and predictive way evaluate patient's metabolism quality.

Thanks its tonicity, the **diaphragm, respiratory and postural** muscle is a key point of our balance and coordination. An essential component with eye, TMJ-teeth, inner ear, plantar sole. **As heart's apex is attached to it** via the powerful cardio-diaphragmatic ligament, it is therefore subject to pulmonary respiratory movements. Their link quality guarantees blood distribution efficiency through the body. Moreover, an effective diaphragm promotes capillary networks dvpt at the surface of active muscles, heart included! Its contraction generates an optimal **IAP** (intra-abdominal pressure)

which massages and protects the digestive organs (hiatal hernias during both phase of the breath (in and out) . This **Range and Location of Movement** Evaluation is useful tool therapeutic purposes as Respiratory, vascular and nervous systems are all entangled.

In addition to posture, CNS and SNV functions fluctuates with tissue oxygenation (blood pH) and RR (respiratory rate). **Each exhale stimulates the paraΣ system while each inhalation stimulates the ortho Σ.** For example, sniffing (brief, and erratic way of breathing during the respiratory cycle), collapses IVC's walls in a fraction, disturbing blood flow, reflecting SNV's irritation and affecting posture (each vertical inspiration weakens the core and lowers postural efficiency (balance and coordination) .

What about CO₂!? A precious gas! Vasodilator, its accumulation in the blood triggers

- the Bohr effect (Hb/O₂ dissociation curve that starve or feed tissue with O₂)

- its lactic acid combination (C₃H₆O₃) that causes the immediate blood pH balance.

Link between diaphragm, SN, diaphragmatic vessels, (heart, spleen, liver and kidneys,) is another major key point to homeostasis.

During the European Congress (November 2022) we will study the diagnostic and therapeutic aspect of breathing. Think about it ! Asthma, inflammation, Type 2 Diabetes, rheumatisms, hormonal cycles and long COVID can all be addressed thanks Breathing and Osteopathic practice.

Nash Syndrome

By François Valentin MD DO

NASH-Syndrome (non-alcoholic steato-hepatitis) is a metabolic pathology of **soda or fatty liver**.

It is an accumulation of fat in the liver **due to sedentary lifestyle and bad eating habits**.

1 out of 3/4 Europeans (depending on the country) may be concerned.

Steatosis (80% of cases) often silent, isolated is a benign disease. It is suspected in the face of often discreet signs:

- existence of ruby spots on the skin from the forties,
- fatigue and loss of appetite,
- increase in the palpable volume of the liver,

How do we get there?

The **populations concerned are - type 2 diabetics, obese.**

- **insulin resistant patients.**

The evolution of fatty liver, towards inflammation/fibrosis, cirrhosis and then hepatocellular carcinoma.

Chronic liver failure (with cirrhosis or carcinoma) is suspected in:

- sweetish and sour smell of the breath.
- poor general condition; fatigue, weakness, loss of appetite...
- jaundice, yellowish skin and scleritis (whites of the eyes),
- ascites (abdominal swelling)
- hepatic encephalopathy with +/- confusion, drowsiness.
- bruising and/or bleeding with drop in BP, functional disturbance.

These symptoms (see image below) appear at the stage of cirrhosis: 1st cause of chronic liver disease in the world in continuous increase.

Elevated transaminases, abdominal ultrasound, disturbed MRI point to serious

Finally, it should be noticed that steatosis could aggravate metabolic disorders. A vicious circle!

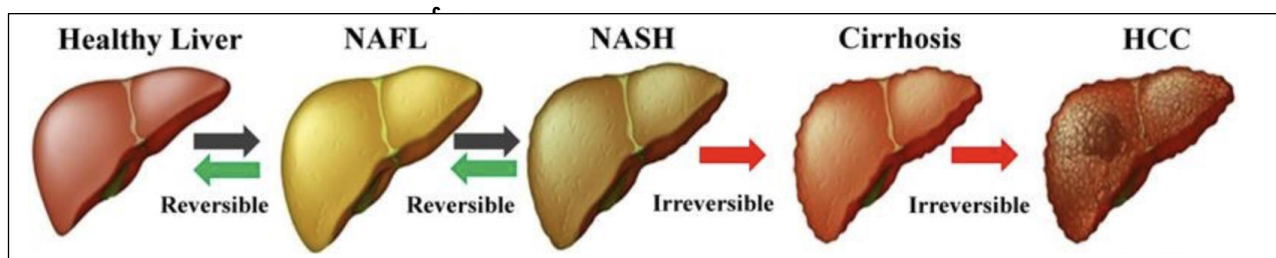
Up to date, there is no medication, only weight loss and physical activity are recommended. But you need to breathe well! Nose breathe! **And Osteopathy have you Dig On?**

1. Treatment of the diaphragm with; its insertions, its pillars...

2. Liver consistency. Vascular treatment taking into account liver segmentation.

Sources

- <https://www.chu-lyon.fr/la-maladie-du-foie-gras-ou-maladie-du-soda-est-en-progression>
- <https://www.snfge.org/content/steatose-hepatique-non-alcoolique-nafldnash>
- <https://www.revmed.ch/revue-medicale-suisse/2005/revue-medicale-suisse-43/steatose-hepatique-non-alcoolique-faut-il-biopsier>



The main causes:

- **physical inactivity**
- **food**
- . **genetics**
- . **gut microbiota**
- **with high sugar drinks (diabolical association of glucose and fructose), saturated fat**
- **low in unsaturated fats, fibers and vit C and E**

Saturated fats (bad fats) found in :

- Products such biscuits, cakes, chips...
- Products of animal origin like meat, cheese and butter.

Unsaturated fats (good fats) are found in:

- Vegetable, oils, (olive, sunflower, rapeseed...)
- Products made from these oils, such a spread margarine.
- Nuts and fatty fish. The famous omega 3 and omega 6 essential fatty acids are also part of unsaturated fats. These fats have a positive effect on the body, reducing the level of bad cholesterol.

International Journal of Biological Science Jiajia Chen, Xiaoyi Deng, Yongjian Liu, Qihua Tan, Guidong Huang, Qishi Che, Jiao Guo, Zhengquan Su

Osteopathy put to the test of the theory of evolution.

M Bensoussan MD DO FCA

Structure / Function, Anatomy / Physiology and their reversibility are principles that govern our Osteopathy.

We must always seek to confront our dogmas, however obvious they may be, with the current data of science.

The question of where do we come from, where we are going, has plagued humanity since the world began! If the question of our future is in the realm of science fiction, the one about our origins is less and less obscure.

The French Naturalist Lamarck (publication of "Philosophie Zoologique in 1809") takes an eminent place in this questioning, and he would have confirmed our dogma. Because, he writes; "the intensive or neglected use of an organ in an animal would modify this organ, a modification which could be transmitted to the descendants". Everything we wanted to hear! S/F, A/P are confirmed.

But 50 years later (publication of "Origin of Species 1859") Darwin, endorsed, until today, by most of the scientific

community, postulates natural selection.

For him the characters accessing a function (the structure allowing the function) are acquired by chance, and the individuals who survive are those who have the structure that best suits to this function, but it is not possible to modify the structure to access to a more suitable function. Exit of S/F reversibility, and therefore of the corrected function, contrary to what we observed, could not modify the structure. And reciprocally the structure could not be modified osteopathically since acquired. The unknown genetics of Darwin's time confirms and imposes Darwinism.

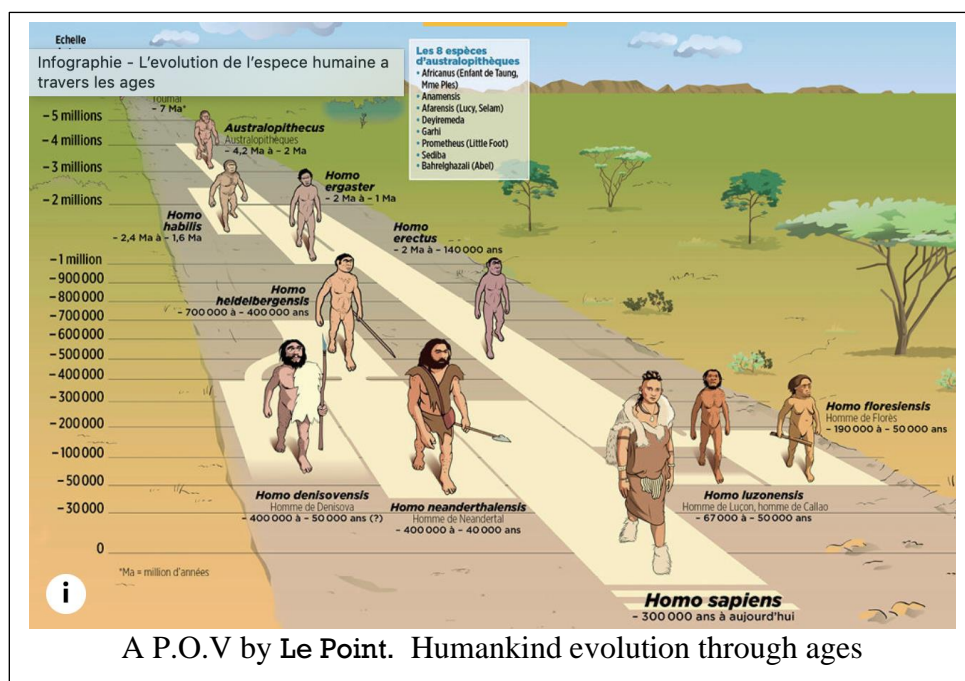
- that this transmission between generations is independent of the environment and its modifications.

But certainties are made to be questioned, such is science!

Knowledge evolves in the light of knowledge and discoveries in molecular biology and microbiology.

The scientific community seems to be moving towards a temperance of the Darwinian "synthetic theory of evolution" dogma.

Today the intellectual lines are moving with the emergence and acceptance of epigenetics. S/F, A/P again seem to have to be considered.



Biologists consider:

- that the genetic system is solely responsible for the heredity of phenotypic variations,

Aren't the truths there to be challenged? Isn't that evolution!