The magic of Koren Specific Technique:
Personal Stories of Healing

By Tedd Koren, DC
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KST Stories

For a successful technology, reality must take precedence over public relations, for Nature cannot be fooled.

Richard P. Feynman

How was KST discovered?

By accident. We were moving, boxes and furniture were all over the place. I didn’t notice the large, heavy, sharp-edged laminate piece balanced on its edge behind the door I closed. It fell on me.

The edge would have sliced off my fingers except my head was in the way – I saw “stars,” and yelled in pain at my bleeding fingers. I slept over 12 hours (post-concussion) and when I awoke my problems began.

Pain: constant hand, neck, head, elbow, shoulder, wrist and finger pain. Using scissors was impossible; I couldn’t lift my infant son by placing my hands under his arms. I could not close my hand into a fist, my fingers felt “fat”, my skin cracked and bled. I could barely lift and carry – not a good situation for a chiropractor.

Year after year the pain and disability got worse.

As if that weren’t enough, intermittent sciatica intensified; some days I couldn’t walk for more than ten feet at a time, normal walking was impossible.

Pain is a powerful motivator. Over the next ten years I visited nearly 50 different healthcare practitioners searching for relief: chiropractors, acupuncturists, practitioners of many forms of bodywork and massage therapy, physical therapy, CranioSacral therapists, cranial osteopaths, medical doctors, naturopaths and others without relief.

Then one day while experimenting I figured out a way to work on myself. In five days my ten years of pain and suffering were gone. The (by then) 25 years of sciatica took about six weeks to disappear. I was my first patient receiving what would later be called Koren Specific Technique (KST).

My second patient was my wife Beth who had been suffering from migraines ever since our son Seth was born 12 years prior; she would be incapacitated by them.

I found that Beth had a fixated cranial bone that I released in about a second. She’s been migraine-free ever since (10 years and counting).
What was this? Did the world really need this or was it just another procedure no more or less effective than others? I needed to know.

I searched out the most difficult patients: doctors like myself who were sick and suffering; people who had seen lots of healthcare practitioners with no relief. If I could help them where so many others had failed, I had something.

I traveled in the US, Canada, the UK and even Gibraltar and I’d make a special announcement. “I think I’ve discovered something that can locate and correct problems that others have missed. If anyone has a problem that isn’t going away, even if you’ve seen other doctors, please see me during the break.”

Soon the doctors brought me their spouses, kids, office assistants, relatives – I was helping them but at the same time they were also teaching me. The most difficult of the difficult are great teachers.

KST continues to grow and is now practiced by nearly 3,000 healthcare practitioners around the world to locate and release physical, emotional, toxic stress, interferences, blockages, imbalances, and subluxations.

I hope the stories here inspire you to explore Koren Specific Technique.

Tedd Koren, DC

Who is Tedd Koren, DC?

Dr. Koren was born and raised in Brooklyn, NY where he survived public school moved to Florida and graduated from the University of Miami.

Dr. Koren’s professional postgraduate education was at the Sherman College of Chiropractic in Spartanburg, SC where he graduated with honors as class valedictorian. He moved to Pennsylvania and co-founded the Pennsylvania College of Chiropractic where he taught on the faculty. Seeing a need for good quality chiropractic patient education materials he founded Koren Publications to supply that need. Koren Publications continues publishing health products at www.korenpublications.com

Dr. Koren lives with his family in Montgomery County, Pennsylvania.
Exactly what is KST?

KST is the art of asking the patient’s body questions using a simple biofeedback device (called the occipital drop) and interpreting the answer. KST respects the wisdom of the body.

A simple way to “ask” is to physically challenge (gently push or pull or otherwise move) a body part and check if that movement caused stress. If it did we correct the stress.

Challenging or asking questions of the body may be done not only physically but verbally or mentally as well. Because of that we can ask the body all kinds of questions, we are really only limited by the questions we ask.

This is nothing new. Physiologists and clinicians have long known that the body reacts to stress in many ways: muscles weaken, the leg appears to shorten, sweat responds, body rhythm changes and more!

KST practitioners usually use the occipital drop (OD) in which the skull appears to drop a little on one side if stress was caused by the challenge.

The correction is performed according to the practitioner. In addition to Doctors of Chiropractic, KST is practiced by acupuncturists, naturopaths, medical doctors, dentists, optometrists, massage therapists and other healthcare professionals.

A note about these stories

The stories in this book are from those ‘in the trenches’ seeing patients in their clinics and health centers.

Many of these reports were originally posted on the KST forum at www.korenspecifictechnique.com Many more of these stories are to be found in our upcoming KST A to Z book. I’d like to thank all the wonderful healers who contributed to this compendium. May they keep exploring and getting miracles.

Tedd Koren, DC

What conditions is KST for?

KST is not a disease treatment or therapy. KST’s purpose to locate and release physical and emotional blockages, trauma, subluxations, disorders, stress and interferences to proper body function. Whatever condition a person may be suffering from they definitely need to have a body functioning at its peak potential. KST’s purpose is to help the body function as close to its ideal as possible.
In a sense KST is similar to good nutrition: essential no matter what disease or condition with which a person may be diagnosed. Good nutrition, like KST is always beneficial and in some people may be the key to health and recovery.

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Glossary

The human spine/spinal column/vertebral column is made up of 24 separate bones called vertebrae. The spine is divided into five sections composed of:

7 cervical (neck) vertebrae (C) named, starting at the top, just under the skull: C1, C2, C3 to C7.
12 thoracic (mid back) vertebrae (T) named T1, T2…T12
5 lumbar (lower back) vertebrae (L) named L1-L5
One sacrum (under the lower back) (S) and
One coccyx (under the sacrum) (Co)
**Note:**
C1 is also called the atlas, after the Greek god that held the globe of the earth on his shoulders. C2 is the axis. These are the only vertebrae that have special names.
The sacrum is made up of fused segments also numbered S1-S5.
The coccyx is small and not usually divided into segments.

**DISCS**
Between most of the vertebrae are the intervertebral discs – “shock absorbers.” They separate and connect the vertebrae and give the spine its curves, flexibility and strength.

**Disc problems**
The most common area for a disc to be unhappy is in the lower spine (the lumbars) where the weight and stress are the greatest.
Name: L4/L5 disc refers to the disc between L4 and L5; a L5/S1 disc refers to the disc between L5 and the Sacrum.
Note: There is no disc between the atlas (C1) and the skull and between C1 and C2.

**Skull bones**
The skull is made up of 22 bones (many of them paired) and they are all named (not numbered).

**Common terms**

**Antalgic** – assuming a position because of pain, usually bent over. “The patient assumed an antalgic posture.”

**Adjust (adjustment)** – This is a term used by chiropractors to describe the introduction of force, energy or information to a vertebrae or body part. It is sometimes used synonymously with the term “correction.”

**Arthrostim™/Accustim™** – an instrument manufactured by Impac, Inc that introduces a light force at various frequencies. Preferred by KST practitioners.

**Atlas** – the first or top cervical or neck vertebra.

**Aura** – energy pattern believed to surround all living things.

**bODy** – a creative way of referring to the biofeedback response (“wisdom of the body”) that is elicited using the OD (occipital drop)

**Blaire listing** – a direction (listing) by which C1 or the atlas vertebra subluxates.

**CA/CHA** – Chiropractic assistant (CHA in Canada).

**Chakra** – Spinning energy centers in various parts of the body.

**Coccyx** – lowest part of the spine, the tailbone

**Correct/correction** – fix, release, rebalance, adjust

**Counter-rotation** – adjacent vertebra that rotate or “twist” in opposite directions

**Emotion Chart** – a list of emotions used in KST to find the “hot” issue.

**Ethmoid bone** – a cranial bone located above the nasal bones.
“Following the OD” – using the occipital drop (see Occipital drop)
Frontal bone – the cranial bone that make up the forehead.
GABA – a natural brain chemical
Glabella – the space between the eyebrows at the top of the nose.
Healing codes – a book of the same name containing health affirmations.
HBP – High blood pressure
Hyoid – a “floating” bone behind the chin connected to the tongue and larynx.
Intervertebral – between the vertebrae. As in “intervertebral disc”.
KST Koren specific technique.
LBP Low back pain.
Lordotic curve – lower back or neck curve, also called the secondary curves because they develop after the fetal (primary) curve.
Mandible – lower jaw bone as opposed to the upper jaw bone (manubrium).
Mental checking/challenging – using body biofeedback as in a subtle manner i.e. getting a response by thinking instead of physical challenge.
Nasal bones – the two bones of the nose.
Navicular – an ankle bone
NET Neuro-Emotional Technique. A mind-body analysis and correction procedure developed by Scott Walker, DC.
Occiput (occipital bone) – skull bone at the back of the skull
Occipital drop (OD) – The apparent dropping of one side of the occipital bone. It is used as a binary biofeedback device in KST.
Ocular lock – the fixation of (usually) cranial bones when the eyes are moved in different directions.
Palate – bone that make up the top of the mouth, behind the upper front teeth.
Parietal bones – largest of the skull bones on side of the cranium.
POS (posture of subluxation) – a phenomenon whereas subluxations come and go as posture changes.
Pattern – bones that subluxate together, often associated with a certain condition. i.e panic pattern, menopause pattern, trauma pattern, hump pattern.
Priority (priorities) – the order by which the body needs correction.
Remote work/adjustment – non-local analysis and adjustment/correction.
Retracing – the temporary return of old symptoms usually as a detoxification as a result of improved physical/emotional function.
Sciatica – Pain in either leg and/or back caused by inflammation of the large sciatic nerve.
Sphenoid – A large cranial bone that holds the front of the brain and touches every other cranial bone (except the mandible).
Styloid process – a part of the skull ligaments and muscles attach to.
Subluxation – a distortion of a body part, usually a vertebrae that causes stress.
Surrogate (adjusting) – using a third person as a stand-in or substitute.
Temporal bones – cranial bones the ear sits in.
TMJ - jaw joint where the jaw touches the skull.
Wave – a KST procedure where the practitioner holds bilateral body parts after “tapping” an access point. Patients seem to “reboot” or relax, sometimes collapsing or “letting go” while it is performed.
**Weight loss adjustment (also bad habit adjustment)** – a procedure by which the patient imagines eating, drinking or engaging in a repetitive habit while the KST practitioner corrects areas needing attention.

**Zygomatic bone** – cranial bone that makes up lower eye orbit.

**Xiphoid** – a small bone at the bottom of the sternum.

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**STORIES**

**15 years of thumb pain gone**

John Nikitow, DC  
Libertyville, Illinois

Carol, a 60-year-old deep tissue massage therapist had smashed her thumb between two cinder blocks 15 years ago. Since then it caused constant pain; she could barely move it. She asked if I could help

I said, "I don't know. Let's see what your body says."

I expected to find something in the upper cervical problem or, perhaps the elbow or wrist. Instead, KST led me to her left ankle and foot. I found this difficult to believe but adjusted what the body wanted.

I asked her to move her thumb. I could see her anticipating pain and limitation but with an increasing display of wonder and joy, she flexed, extended, then opposed her thumb. No pain or limitation - the first time in fifteen years!

**18 hours of back surgery – screws, rods and pain**

William (Sandy) Watt, DC  
Calgary, Alberta, Canada

Two years ago she had 18 hours of back surgery with 18 screws and 6 rods inserted in her. She now suffers from severe low back pain, sharp pains in her left leg and a constant aching in her right leg.

She usually writhes in pain for hours before sleeping but last night she went to bed and went right to sleep. This morning she woke up with very little pain and cannot believe how much better she feels.

What a great feeling to be able to help someone like this. She lives eight hours from my office in Calgary and I am probably the closest KST practitioner to her.

**20-year arm problem corrected by TMJ adjustment**

Frauke Kuchenbecker, HP  
Waiblingen, Germany
A man, 55, with bilateral temporal-mandibular joint (TMJ) pain came in for care. Two days later I received an email from him that he could now lift up his right arm. He hadn’t been able to do it for the past 20 years after a car accident.

**Abdominal pain – cyst**  
Kevin Johanson, DC  
Beaumont, Alberta, Canada

Patient is a woman in her early 30’s suffering from abdominal pain. An ultrasound Nov 7, 2011 revealed a 5 cm mass that her MD believed to be a dermoid cyst.

After four KST visits an ultrasound on Feb 7, 2012 could not detect any mass. A follow-up MRI a few days later confirmed the cyst was gone. Her MD is scratching his head…

**Accident victim - unable to walk or stand**  
Annette O’Neill, DC  
Solihull, West Midlands, United Kingdom

The patient was in several car accidents and needed to be driven for his adjustments, he couldn’t drive himself. He was very weak and distorted, had even had difficulty walking.

After a year of care he has improved so much so that he is now working full time in a driving job that was beyond his dreams when he first came in for care. He is considering undertaking an English Channel swim (which very few people have completed). When we first worked with him I had do the OD very quickly as he was unable to stand for even one minute. He is one delighted man!!

**ADD/car sickness, 10-year-old**  
Denise Primavera, DC  
Telford, Pennsylvania

He’s a 10-year-old boy with migraine headaches and a concurrent diagnosis of ADD.

I checked him for ocular lock and found OD’s at 12 and 5 o'clock; adjusting sphenoids bilaterally anterior and temporals while he looked in those positions.

His mom then asked me if ocular lock could cause carsickness. I said that it might. She said that his carsickness had become so severe that they always kept bags and coffee cans in the car so he could throw up in them and that it had become very disabling. They were actually seeing a naturopath later today for the problem.
I asked the boy to visualize being really, really carsick while I tapped the sphenoids bilaterally. They left the office as I wondered if I'd done anything.

After lunch there was a message on the answering machine. The boy's mother was crying. They had left my office and driven on various errands for an hour without his feeling the least bit sick. In addition, he had talked animatedly the whole time; she said he usually sat in miserable silence during any ride. I don't know if they ever saw the naturopath.

**ADHD**

Jens Korgaard, DC  
Newington, Connecticut

A few weeks ago a woman brought in her 6-year-old son. He was either born with some brain damage or it happened around birth. He had the worst case of ADHD I have ever seen. He wasn’t able to sit still for more than a second at a time. I could hardly hold a conversation with his mom because he constantly got into stuff he wasn’t supposed to be touching.

After two weeks of KST and during his last two visits he almost fell asleep after I worked on him. His helper at school has given him the best feedback in the last week that he has ever had. He has only had a minor tantrum in past two weeks.

I will soon be seeing his brother who has cerebral palsy. I’m so grateful I have been able to help him and his mom and now soon his brother. With KST anything is possible.

**Agoraphobia and germ phobia**

Peter Kravchenko, DC  
Hanover, Ontario, Canada

The patient is an 18 year-old-girl with agoraphobia and germ phobia. She wouldn't leave her bedroom or let anyone touch her without her going into a panic. She also suffered from obsessive-compulsive disorder (OCD), washing her hands as many as 30 times a day.

For the first five visits I couldn’t even touch her with the ArthroStim so I adjusted her off her body. I had her visualize going outside, people touching her, being in crowded rooms etc. and adjusted off body what came up. During the next three sessions I could adjust her on the body.

She now goes shopping outside with her mom and has registered for college in the fall. Mom is excited. No more hand washing OCD too.

**Alcohol and smoking cravings**

Terry Murphy, DC
Hastings, New Zealand

I have worked with both alcohol and smoking addictions. I just get the OK to care for them and ask the OD for whatever priorities there are associated with the addiction and correct accordingly.

I also ask the patient to shut their eyes and to think about that first puff or drink and to imagine the feeling they get from it. This usually throws up a number of things - usually sphenoid and temporals - which I adjust.

I then get them to open their eyes and talk about some unconnected issues before repeating the process.

I go through that cycle again and again until there is nothing to adjust at which point the OD usually tells me that that is enough. It is hardly surprising that those bones come up because the part of the brain dealing with behaviour and addictions lies just beneath them.

The only prerequisite is a genuine desire to quit. Otherwise we find the patterns are just re-established again.

**Allergy – cat**

William (Sandy) Watt, DC
Calgary, Alberta, Canada

This weekend my brother and his family were visiting. My nephew has a severe cat allergy. They were going to have to leave early because my nephew was reacting to my daughter’s cat. He was stuffed up and had swollen red eyes.

I had him hold a blanket that the cat sleeps on, to put it just under his nose. I asked for priorities and followed the OD. He cleared up immediately and was fine for rest of the weekend.

**Allergy – grass**

Kris Laubach, DC
Muncy, Pennsylvania

A 16-year-old boy came in with a severe grass allergy.

I followed the OD and adjusted what came up. On his third visit I went outside and grabbed a handful of grass and had him hold it to his nose and take in a deep breath as I corrected what came up.

Two months later his parents came into the office and told me that their son is mad at me.
“Why?” I asked.

“Because he can no long use his allergy as an excuse to get out of mowing the yard.”

**Amenorrhea – lack of menstruation**
Sharon Havis, DC
Southfield, Michigan

A patient had not had a period in three months. She had gone off birth control pills and was definitely not pregnant. She asked if I could help. I adjusting where I needed to and two days after that adjustment she got her period! This stuff is truly amazing!

**Anaphylactic reaction**
Trevor Clarke, DC
Calgary, Alberta, Canada

I was out shopping with my wife and 27-month-old Hayes. I grabbed a sample of some trail mix that was being handed out at the department store and Hayes seeing that I was snacking wanted some. I gave her a very small chunk of dried fruit that I thought was a cranberry.

She immediately began to fuss and wipe her tongue. I thought it was stuck in her teeth so my wife took her to the car for a drink of water while I paid for our purchase.

All the way home she continued to fuss and 15 minutes later when we reached home Hayes was getting worse. Her eyes were starting to swell, she began pulling at her ears and scratching any piece of skin she could find.

She was crying saying, ”I don't want to breathe, I don't want to eat!” I have never seen such a severe reaction in anyone, and began to panic. We decided to head for the ER because I felt time was not on our side. As we were about to leave I noticed my ArthroStim sitting by the door.

I have had great results with my patients' allergies with KST so I decided to adjust Hayes before going to the ER. Hayes was screaming and crying. Her eyelids were a swollen purple color. She was only able to open her eyes half way because of the swelling. My hands shook as I checked her for an OD. An inner voice told me to correct the subluxation before going to the ER.

I let the OD guide me on what to adjust and spent about 10 minutes adjusting as fast as I could. When nothing else was showed up, I took her up from my wife and gave her a hug. She said, ”Daddy can I watch Dora DVD?”
She started singing along with Dora and within 30 minutes the swelling was gone from her eyes and the welts on her face, arms, stomach, and legs were almost gone. Within an hour she was running around the house and asking for more to eat.

It scares me to think of what could have happened without that adjustment, or what other interventions would have been taken had we went to the ER first.

PS. KST got rid of my 10- years of headache as well.

**Anal rupture**  
Gerasimos Liberatos, DC  
Patra, Greece

A 40 year-old big guy came in suffering from sciatica caused by disc for over a year.

I corrected his lumbar and pelvic subluxations but there was no improvement. On his next visit I found emotional issues, got an OD for coccyx and a couple points around his anus. OD said some issue occurred five years earlier.

I asked him about it and he started crying telling me that five years earlier after a car accident he had orthopeadic surgery for a broken leg. During the operation they had to move him and a part of the bed accidentally penetrated his anal sphincter causing a large rupture.

He released the emotion from that and his sciatica started improving.

**Ankylosing spondylitis**  
Kerri Ward, DC  
Ft. Pierce, Florida

Melissa has a case history of ankylosing spondylitis (AS). She has had three spinal fusion surgeries and is on disability. She lives with chronic muscle spasms and is not able to function and pretty much has lost the will to live.  
On her 1st visit, sitting, we adjusted sacral pattern, sacral nerve root S2 bilateral, cranial sphenoid-basilar pattern and hump pattern.  
On her 2nd visit, standing (in a run stance she hurt herself in military training). She was adjusted for sacral pattern, knee pattern, sphenoid, left foot, left shoulder.  
On her 3rd visit she reports that she is spasm free for the first time in five years and does not need to take her anti-spasm medications. She has more energy than she has had in years.  
She is bringing in her son and has referred her mother and two friends.
Anosmia, (loss of smell
Shirley Blackman, DC
Sheidow Park South Australia, Australia

A lady in her 60's came in for care, traveling an hour to get here as she heard very good results from one of my patients who I helped with a disc problem. Her problem is long term but she is responding. What astounded her is that she can now smell things for the first time in years.

Anxiety, fear of confined spaces
Stephen Porter, DC
North Bay, Ontario, Canada

Richard, a 54 year-old-male, came to our office with a typical neck and shoulder problem. His case history revealed a long history of life stresses including an overwhelming work stress.

Richard doesn't use elevators due to the confined space, it sets him into a panic. Using the OD I asked Richard's body for his subluxation pattern and priorities. I adjusted what came up. After one week he reported that he felt more himself and that he didn't feel the anxiety anymore.

I suggested trying the elevator. The next week Richard came back and stated that using the elevator was perfectly normal. This was over three years ago.

Arm weakness and pain
Tedd Koren, DC
Gwynedd Valley, Pennsylvania

Patient was a contractor who was having right arm weakness and pain. It was affecting his work. He came in showing me exactly where the pain was in his arm, how moving it affected it and I quietly listened.

“OK, now let's see what's causing your problem,” I told him. OD led me to upper thoracic subluxation (T-1). “Are you telling me it’s coming from my back?” he said very skeptically.

One tap of the ArthroStim in the correct direction. He looked at me in amazement, “The pain is all gone, the weakness is all gone. You didn’t do anything to my arm either.”

Arthritis – knees
Brad Miller, DC
Costa Mesa, California
Patient diagnosed by MD with advanced arthritis in both knees, he couldn’t exercise or dance. She works as a retail clerk, she is on her feet all day and by the end of the day is in excruciating pain that is only lessened somewhat by ibuprofen.

After her 6th visit she is free of knee pain at the end of day. The pain is still gone 2 weeks later. Now she can go dancing.

The interesting thing about this case was I never adjusted the knee; I adjusted the femur (thigh) a few times.

**Asthma**  
H. Kala Eulitt, DC  
Conroe, Texas

I have started all my patients this week with KST.

One was an 8-year-old with asthma who has been a patient for two years. He has shown some improvement but he still has to use his inhaler and has had breathing treatments daily for the last three weeks.

I adjusted him with KST on the Monday after the seminar. He has had no inhaler use or breathing problems for almost three days!

The parents are VERY happy! I’m excited for this next month and the miracles that wait!

**Atrial fibrillation**  
John Cece, DC.  
Waldwick, New Jersey

A male patient in his 40s has had an extremely severe case of atrial fibrillation. He has had multiple hospital stays and when he began care he could not climb any stairs, could not sleep and could not do almost anything physical.

His sternum was subluxated in three dimensions including rotation. Other repetitive or significant distortions/suluxations include individual ribs, breathing and diaphragm, cranial bones and sutures. I checked his OD in as many POS’s as possible. In addition his zyphoid was adjusted lateral when he was supine.

For example, I asked the patient to remember the initial event where he first felt the A-fib or any current event that is associated in any way to the A-fib. I have him visualize it as vividly as possible and check the OD.

He improved 50% on the 1st visit. After 3 months and 16-18 adjustments, he is 90% (his words) and has since recovered to near 100% function. He is now on
zero medications.

**Autism bathroom adjustment**
Michael Winters, DC
Paducah, Kentucky

An eight-year-old boy with autism started wetting all over himself for no known reason.

I found fifth lumbar subluxation. We go to the bathroom. I plug in the ArthroStim get it set on 5th lumbar and tell him to start peeing while I adjust L5.

Grandma was in today and said “Whatever you did with Kevin worked – he did not wet himself once – no problems at all.”

I'm not too proud to do whatever it takes to get results.

**Autism in an 18-month-old male**
Steve Racine, DC
Winter Park, Florida

Classic autism (speech, developmental, behavior and digestive problems) developed following a pediatrician visit to make up for ‘missed’ shots. The MD doubled up on vaccines – and after that everything went downhill. That was about nine months ago.

I adjusted C1 (atlas) and left and right parietals on first visit. He got very sick with a fever afterwards. Everyone is telling the mom to bring him to the hospital but I tell her this is likely a normal reaction. The fever breaks after one day and the child is better in about three days.

The mom is astonished at how much better the child is three weeks later! She reports noticing many signs of improvement.

**Baby - eating problem**
Kevin Johanson, DC
Beaumont, Alberta, Canada

About three weeks ago I had an 18-year-old male who couldn't eat without having gag reflex.

I adjusted the priorities and adjusted his larynx. It resolved in one visit.

This Thursday morning I had a mom bring her 6½ month-old-baby that has been breast fed but hasn't been able to swallow any solid food. Her mom said she
could fill her mouth with food - no gagging, but the food would just run out her mouth.

I adjusted priorities and also adjusted hyoid lat. and A-P. Her mom called back 5 hours later and said it “worked wonderfully”.

**Baby unable to swallow solid food**  
Kevin Johanson, DC  
Beaumont, Alberta, Canada

A 6½ month-old breastfed baby was unable to swallow solid food – the food would run out of her mouth. I checked and adjusted the baby.

Her mom called the office 5 hours after baby’s visit to say, “It worked wonderfully!”

**Baby screaming non-stop**  
Carl Heigl, DC  
Racine, Wisconsin

Babies are supposed to eat, sleep, cry, fill diapers and coo. But for this three-month-old baby, brought in by mom, none of this was true. He couldn’t keep food down, screamed non-stop, wasn’t sleeping and wasn’t filling his diapers on a regular basis.

Mom and Dad, totally sleep deprived and at wits’ end, were questioning if this was even their child.

After his first KST adjustment he fell asleep in the car, and stayed sleeping until they got home and then continued to sleep until the next morning. Mom was totally blown away – yes!

Success continued with KST adjusting. This baby is now a very energetic, loving, warm individual who is bright, intelligent and articulate. He is well on his way to becoming all that he is suppose to be. Oh yes, he continues to get checked and adjusted on a regular basis.

**Baby not crawling**  
Kevin Johanson, DC  
Beaumont, Alberta, Canada

A one year-old baby was still unable to crawl, and in addition suffered from an irritable stomach.

One visit later she is now pulling herself up and is semi-crawling.
**Back and leg pain**
William (Sandy) Watt, DC
Calgary, Alberta, Canada

New patient came in yesterday with low back pain (intensity of 10/10) and left leg pain (intensity of 10/10). She has had a surgical consult, physiotherapy, rehab testing, etc. No improvement for months, in fact she is getting worse. On two different occasions she couldn't walk at all.

On examination he couldn't externally rotate her left hip and her piriformis was tight. Pubic was subluxated and so was the innominate. Her Oswestry Low Back score was 66%.

I adjusted her yesterday and she came in today with her low back at 2/10 and her leg 0/10. When I did the report of findings and told her that her problem was in her hip joint, she replied that she knew that, and had been telling everybody that since the start.

**Back pain of three years gone**
Chris Ambrosio, DC
Canton, Georgia

The patient is a woman suffering from excruciating low back pain after a car accident 3 years ago. She had regular Chiropractic care for 3 years with no lasting results.

I used KST on her and her OD revealed S-2 disc.

I adjusted it and instantly her low back pain of 3 years was gone. That was awesome because not only was it her first time getting KST but it was the first contact point I did. She was blown away.

**Baseball hitting adjustment**
Gregg Schwartz, DC
Ambler, Pennsylvania

A 14-year-old male, a very good baseball player, was suddenly having difficulty hitting.

I put him in a batting posture of subluxation (POS) and checked him in this position. While in this POS and looking in a certain direction and adjusted what the body revealed (skull locked up).

At his next visit he came into the office all smiles because he was back to batting well again.
**Bedwetting**  
John Cece, DC  
Waldwick, New Jersey

I adjusted a child who was bedwetting every night..

After that seven of the next eight nights were dry. For him the majors were L4 disc, anterior coccyx, and feelings of inadequacy related to his father (sphenoids).

Also, his weird bilateral leg pains abated.

**Behavioral abnormalities in a ten year old**  
Kevin Johanson, DC  
Beaumont, Alberta, Canada

A 10-year-old boy had severe behavioral abnormalities that had been present for over 4 years. He was diagnosed with ODD – Oppositional Defiant Disorder and CD – Conduct Disorder.

After adjustments his behavior and focus in school began to improve and after 8 months of continued care, he is without violent outbursts!

**Bell’s Palsy**  
Matthew Robbins, DC  
Tucson, Arizona

I hadn’t seen Karen, a 43-year-old female, for nearly two years. She shows up one day and the right side of her face was dropped. She told me she woke up 3 days ago like this.

Her husband thought she had a stroke and took her to the ER. They said it was Bell’s Palsy and gave her an antibiotic and prednisone because they heard it might be caused by infection.

By the time she came to the office, she said it was worse. I checked her and found the priority at her right temporal bone (the side of her facial droop).

After the session she could move that corner of her mouth. By the next day, she could raise her eyebrow. Within one week she had totally recovered.

**Bi-polar (manic depressive) disorder, suicidal**  
Josh Blume, DC  
Centralia, Washington
He is only 12-years-old and diagnosed as bi-polar, manic-depressive, suicidal, and had night terrors every night ever since his best friend was hit and killed by a train 6 months ago.

I used KST on him and he slept the whole night for the first time in six months and asked his mom if he could come back to me so I could "machine gun" him some more.

**Biting child**
Mike Winters, DC
Paducah, Kentucky

A two-year-old was biting his brother and other children in the nursery. It was causing considerable distress for all. His grandparents asked me if I could help.

I made it a game. I had him bite a towel and I adjusted whatever subluxations showed up.

That was 3 weeks ago and no biting since.

**Bladder infection**
Alexander Concepcion, DC
Kaneohe, Hawaii

A 20-year-old female patient came in for routine neck pain however she mentioned that she suffered from recurrent bladder infections every month.

I corrected inferior pubic bone right, dropped bladder, and left sacrum.

One year later: no bladder infection.

**Blocked tear duct**
Gabrielle Freedman, DC
Quincy, Massachusetts

I had an amazing thing happen this morning at the office.

An eleven-day-old baby came in with his mother. His eye had been swollen shut all weekend. The pediatrician didn't know if it was conjunctivitis or an infected tear duct.

I asked the baby using the OD if I could help him. I then adjusted the sphenoid, nose and sinus. The eye just popped right open. The mother was amazed (I was too).
The mother called a few hours later and said that all the weeping is completely gone and the eye looks normal and healthy again. She said, "I always liked chiropractic, but now I am a true believer!!"

**Brain cancer**  
Tedd Koren, DC  
Gwynedd Valley, Pennsylvania

Patrick had been diagnosed with brain cancer as a young child and had undergone surgery. A follow-up MRI showed areas of growth that were a concern to the pediatric oncologist and were monitored.

At age 19 the growths began to increase in size. Mother was in a panic and brought him to me for care. I located and corrected physical and emotional stresses and saw him regularly over the next month. In addition I referred her to a homeopath (6th organon) and an herbalist who specialized in detoxification.

Six weeks later a follow-up MRI revealed that the growths were gone, even the inclusions he had had before his surgery that had never gone away.

This was my second brain tumor case that resolved using KST and these methods.

**Breast cancer and infected root canal**  
Tedd Koren, DC  
Gwynedd Valley, Pennsylvania

Patient was diagnosed with breast cancer. “I eat well, take care of myself, I just don’t understand this,” she told me.

I checked her and found a root canal that was infected. It was on the same side as the cancerous breast. I referred her to a biological/holistic dentist who called to tell me he had taken a panoramic X-ray and indeed, that was the one tooth in her head that was infected. “How did you know?” he said to me.

“I asked her body,” I told him. The dentist added: “That tooth is on the same meridian as her breast. I recommended she have it extracted immediately.”

For reasons I will never know, she made an appointment for a second opinion from the dentist who did the original root canal. He told her there was no problem with that tooth.

She did nothing about it and died four months later.

**Breech close call**  
Gregg Schwartz, DC
Ambler, Pennsylvania

I was sweating it out with a patient that had a week for the baby to turn. I saw her on Friday and they were planning on trying to manually turn the baby on Sunday.

I just received a call that the baby had mostly turned after doing KST on her. They just had to just give it a nudge. She is due to deliver in about two weeks.

Another success story. Phew!!!

**Burning tongue**
Karola Albrecht-Kumi, HP
Berlin, Germany

I had a patient with a “burning tongue.” In addition she has a forward head posture and it is very hard to change (she is 77 years young).

I adjusted her as she stuck out her tongue in all directions.

Two adjustments and burning tongue "tschüs" (which means good-by in German.)

**Car sickness**
Denise Primavera, DC
Telford, Pennsylvania

I decided to use KST today on a 10-year-old boy who I had been seeing for about 18 months for migraine headaches with a concurrent diagnosis of ADD.

I decided to check him for ocular lock and found OD's at 12 and 5 o'clock.

I tapped sphenoid and temporals bilateral anterior as he looked in those directions. His mom then asked if ocular lock could cause carsickness. I said that it might. She said that his carsickness had become so severe that they always kept bags and coffee cans in the car so he could throw up, and that it had become very disabling.

They were actually seeing a naturopath later today for the problem. I asked the boy to visualize being really, really carsick while I tapped the sphenoids bilaterally. Then he left. I wondered if I'd done anything.

After lunch there was a message on the answering machine. The boy's mother was crying. They had left my office and driven on various errands for an hour without his feeling the least bit sick. In addition, he had talked animatedly to his mom the whole time. She said he usually sat in miserable silence during any ride. I don't know if they ever saw the naturopath.
**Carpal tunnel**
Sasha Langman, DC
Bristol, United Kingdom

I saw a young patient with wrist, hand and finger symptoms had been diagnosed as "carpel tunnel" by her MD. She had not responding to Chinese acupuncture and the acupuncturist referred her to me.

I checked her with KST OD; she had a disc problem at C7. She had 3 KST adjustments using the disc protocol and the symptoms disappeared. No trauma or emotional stuff was attached to that package.

This case would have eventually ended up having hand surgery. The medical diagnosis was essentially correct but the cause of the problem had not been diagnosed at all.

**Cerebral palsy**
Steve Ronco, DC
San Diego, California

With KST I’m seeing some pretty cool stuff. The spastic eye in a twelve-year-old cerebral palsy patient relaxed which allowed him to balance his head to a more normal "righting" reflex. He sat up straight and looked me in the eyes and mumbled, "I love this."

After his mom and I wiped away the tears, we decided to videotape the next few adjustments. So far so good... he says, "It’s all coming together now."

I can’t script this stuff - it’s just pure and honest.

**Chemical sensitivity**
Jacob Hans, DC
Haifa, Israel

A 50 year-old woman with a ten-year history of headaches brought on by chemical sensitivities saw me because she heard I a “different” kind of chiropractor. She has been getting worse and could hardly leave her home without having headaches.

I asked her to bring a chemical cleanser that triggered the headaches for her next visit and I adjusted her while she smelled the cleanser sitting and then standing; each position revealed totally different patterns! I did this for 2 more visits.
By the 6th visit she could be around smoke and other strong smells and no headaches! Six months later she is still doing great. She was totally blown away with the results and of course very thankful for KST!

**Choking and swallowing difficulties**
Cheri Palmer, DC  
Midland, ON, Canada

Lorna D presented with choking and swallowing difficulties.

Checked for OD with hyoid bone and it was positive so I adjusted and symptoms disappeared.

She was amazed and said to me, "I don't know why there aren't people lined up down the street to see you!"

**Coccyx (tailbone) and leg pain in a dancer**
Jacob Hans, DC  
Haifa, Israel

She is a 32-year-old dance instructor who was suffering for four years from intense tailbone pain and pain down her left leg. The pain started in her low back and was worse with movement. She had seen all kind of doctors and tried many alternative treatments without any relief. The thought of having to quit dancing due to the pain sent her into a deep depression.

I first suspected a herniated disc at L5/S1 with the symptoms she was presenting, however, I was thankfully proven wrong after I checked her with KST.

During the first session I adjusted her cranials and cleared a panic pattern. I asked her to move into the position of pain and found pubic disc anterior and I adjusted it supine. The 2nd session revealed pubic disc again and lateral coccyx left standing, also cranials. The 3rd session: left pubic symphysis inferior and tailbone left!

She was in intense pain for several hours afterwards but then was pain free. She’s been without pain for eight months and is dancing is better than ever!

After his first visit he reported feeling “clear” as he was leaving the clinic. On his subsequent visit his Mom commented that there are no more anger issues

**Concussion (in a four-year-old)**
Brad Miller, DC  
Costa Mesa, California
The parents of 4-year-old Noah brought him in as soon as they returned from a vacation; he had fallen head first out of a bunk bed.

ER diagnosed a concussion; parents said he had a baseball sized swelling that had subsided by the time they got to me. Most worrisome was that since the accident, Noah had become withdrawn and quiet and uncharacteristically did not want to be touched or held.

By the time I was through adjusting him, including a number of cranials, he was back to normal. He was cuddling with his mom afterward while I adjusted the rest of the family.

**Constipation/discs/sinus**

Jennifer Constable, DC  
Hamden, New York

Been doing KST for a week and my first new patient said that on the way home her sinuses drained and her body felt lighter, the pain from her discs was gone, and thanks for the miracle.

I was able to adjust myself and on a recent trip when I had my usual constipation away from home. I was able to determine my small intestine was twisted; adjusted and got relief, awesome. I did the same for my patient the next day.

**Crohn’s Disease**

Joe Carr, DC  
Minneapolis, Minnesota

I used KST on a five-year-old girl with Crohn’s Disease. When I first saw her, she was on heavy medication and having difficulty eating and sleeping.

After 3 months of care, she is now off all medications, is eating well and sleeping comfortably.

**Curve reversal**

Josh Goljuth, DC  
Allison Park, Pennsylvania

A 40-year-old woman could not turn her neck. Her x-rays revealed a reversal of her cervical curve (she was involved in several car accidents). I referred her out to an imaging center for a better view of her upper cervical area (there was a lot of rotation and degeneration).

In the meantime I adjusted her four times with KST; mostly cranials C5 and C7.
This week she came in with the new x-rays and to her and my surprise she no longer has a curve reversal, she now has a normal lordotic curve, which is what the cervical spine is supposed to have. It’s not perfect but it is a huge improvement.

She was so surprised that she thought the x-rays weren't hers. She was told 20 years ago that she had a reversed cervical curve.

The time between the x-rays was one month (and four visits).

**Deafness**  
Matthew Robbins, DC  
Tucson, Arizona

Marti is a 55-year-old female who has been to Chiropractors over many years. She came to me as she recently moved. She was in for maintenance care as she would get occasional backaches but on the intake form, she mentioned partial deafness since she was a child.

I adjusted mainly spinal segments (no real cranial stuff). After the adjustment, she looked at me with this shocked look on her face. She said she could hear normal. This was the first time she felt this way since her hearing started to go over 40 years ago.

Many years later, Marti is still a patient and comes in for regular adjustments.

**Dehydration (10-month-old)**  
Doug Dickmann, DC  
Rostrevor, SA, Australia

A patient brought her 10-month-old baby in to see me as he was suddenly refusing to drink any fluids. He refused mother's milk, water and formula. I have seen this baby since birth. Mother was very concerned about dehydration (our weather down under is still quite hot).

I surrogate tested the baby (through the mother) for emotions and he was clear. I then placed a glass of water on him. I tested for emotions, structure and acupuncture circuits. Emotion showed up, corrected sphenoid, then structure showed up (upper cervical), then emotion showed again, (sphenoid and temporal), then C1 & C2 then emotions again. After that he was clear.

He sat up and immediately drank the glass of water he was holding.

**Delayed speech**  
Joseph Bogart, DC  
Parkland, Florida
A boy who had suffered a severe head trauma that resulted in delayed speech and coordination began care.

He was able to sing an entire song to his mom after just two KST adjustments. Mom is psyched and so is the boy.

**Dentistry and KST**

Michael D. Margolis, DDS, Doctor of Integrative Medicine
Mesa, Arizona

Since the KST seminar, I have treated over sixty patients while doing dental care for them and have improved our results fantastically.

In a number of situations when it appeared that a patient was in need of a root canal and came to me for a second opinion, I was able to do basic KST cranial adjustments and I adjusted the patient’s occlusion with a 100% success rate!

I have so far referred dozens of patients to other KST practitioners in my area (and a few out of town).

I now have a new referral base, the chiropractors have a new referral dentist and I make it very clear to my patients that what I am doing is a simple cranial adjustment that does not replace total body chiropractic care.

**Depression**

Mark Pitstick, MA, DC
Chillicothe, Ohio

June is a 63-year-old with a 20-year history of depression and anxiety. Before KST, I used a different chiropractic technique and nutrition with her. Her symptoms were 75% better but we both wanted more.

This time I checked her with KST and found a blocked emotion of ‘fear’ and got the right parietal bone—the trauma pattern. I asked her if it involved her dad. She said, “I was always afraid of him.”

“Was he physically abusive?”

“Does it count if he slammed my head against my brother’s when he was angry at us?”

After the adjustment she cried for a while.

Over the next several weeks, she had several dreams about her childhood: being in a burning house and not being able to get out, her dad dying, etc. After about
two months of going through the layers with KST, she feels 95% better. Her relationship with her husband has also improved.

**Diabetes, panic attacks**  
Gerasimos Liberatos, DC  
Patra, Greece

A lady pharmacist suffering from panic attacks enters my office. She also brought her 9-year-old daughter who suffers from diabetes.

The child took insulin every morning but her sugar levels were between 170-210. You could feel mother’s panic vibrating the whole clinic.

I corrected her panic pattern, cranial subluxations, and some sacral adjustments.

The next morning she called me to thank me because her panic attack was gone but even more important, her daughter’s sugar level was normal - 85.

**Disc herniation with sciatica**  
Ray Glass, DC  
Dallas, Texas

One of my new patients last Friday had a disc problem at right L4 and L5. They were CCW with severe right-sided sciatica. That was the only thing OD reacted to other than dehydration.

He went through the weekend with significant retracing pain in the right leg. On Monday when he returned to my office his leg pain was essentially gone.

He has come back now twice this week with excellent relief of his pain and dysfunction. We are elated. He is bringing in a family member who also has disc problems.

**Disc/sciatica/back**  
William Schafernak, DC  
Mundelein, Illinois

A 56-year-old male patient presents with moderately severe low back pain of three weeks duration with sciatic radiation to the right heel.

He had injured his back putting a heavy plow on to his truck. He had seen an orthopedist and had an MRI on the lumbar spine that showed significant L4/L5 nerve root encroachment due to disc prolapse. He didn't want surgery.

I used KST for three weeks at which time he had no residual leg or back pain and had returned to full duty work.
Dizziness
Haney Armaly, DC
Greenville, South Carolina

A lady with dizziness came to my office. Her dizziness was so bad she had to hold on the walls to walk; she said that she took a risk driving to the office.

I adjusted with her standing and after two minutes of KST checking and correcting she turned around to tell me that she feels like “a load of pressure let up off of my shoulders.”

I continued to check and clear for another couple minutes. Her eyes are wide open and alert and her dizziness was almost gone. She finished her visit by saying “Wow, I feel like crying - from joy.”

Dog running into walls
Joe Pirelli, DC
Whitelhall, Pennsylvania

I KST’D a 3 month old black lab at the Pet Shop who was running into walls and having trouble seeing. His pupils were tremendously dilated.

I adjusted Atlas and C2.

The pet shop called me three hours later to say the puppy could now see and pupils were back to normal! They could not believe it.

Just another day and miracle!

Dog with hind leg paralysis
Alexander Concepcion, DC
Kaneohe, Hawaii

A 7-year-old shitzu had hind leg paralysis.

Using KST I found and adjusted T12, sacrum, L3 and atlas.

That night, the patient reported that Gizmo started to waddle around the living room and art the second visit, Gizmo got up, shook his rear end and started walking about the office!

Dyslexia
Cheri Palmer, DC
Midland, ON, Canada

Jen G had dyslexia. I didn't know it because she never told me in our consultation as I was focusing on her injuries from a MVA.

After my first KST seminar I came back and started checking cranials – found right temporal bone on her.

Dyslexia disappeared.

**Ear infection – screaming two days**
Nancy Tarlow, DC
Wayne, Pennsylvania

I have seen so many kids with chronic and acute ear infections clear up after KST care in my practice.

In one case, the baby’s ear infection was so severe that his doctor told the parent that his ear drum was about to burst.

She brought him immediately to me, I adjusted him, he fell asleep. That is after had had been screaming for two days.

He woke up 2 hours later totally fine. The mom, needless to say, was amazed.

**Ear ringing and “swooshing”**
Alexander Concepcion, DC
Kaneohe, Hawaii

A patient came in last week with sore throat, ringing and a "swooshing" sound in her right ear.

I found a lateral hyoid on the right and superior larynx.

The next week she reported her throat was better, but more interestingly, her tinnitus stopped!

**Emotional retracing in a beaver trapper**
Patrick Keiran, DC
Jay, Maine

Jim is a retired beaver trapper, a 60-something bright man who looks like a skinny Grizzly Adams. He had been under care in our office for 3 years before I began using KST. I inherited him from the doctor I purchased my practice from.
I took my first KST seminar in 2008 and Jim was one of the first patient encounters I had upon my return. He patiently listened while I explained KST and shrugged his shoulders a little after I adjusted his cranials and panic pattern.

At the next visit, before I said hello, he yelled “Don’t ever do that stand up sh@# on me again!” When I asked why he said, “I haven’t felt this crappy in 15 years.”

Further questioning revealed that the original onset of his chiropractic care was 15 years earlier with my predecessor after Jim nearly died falling 30 feet from a rooftop.

He begrudgingly consented to another KST session after I discussed retracing and gave him educational materials. He grunted and walked off in disgust.

Two weeks later I held my breath as I walked over to the adjusting area Jim was standing in. I asked him why he was standing there instead of laying on the table to which he replied, “So you can do that stand up sh@# again. I haven’t felt this great mentally and physically in 15 years.”

**Emotional issues – three-year-old**

Tammy Karp, DC  
Marquette, Michigan

I checked my 3-year-old daughter.

The first thing that showed up was an anterior sphenoid. I asked whether it was part of a panic pattern and it was!!! I inquired as to the origin of the panic, but couldn’t get the answer at that time, so I cleared the structure and moved on.

When I finished clearing her out, I asked a second time (I really wanted to know what would cause my 3 year old to be in panic pattern!)

This time I was able to narrow it down to something at age two (not too many years to cover when they are only three!! 😊).

It had to do with me. 😊 While that was hard to take, I was able to find out that something happened at age two that made her feel I didn’t love her. How was I going to deal with this?

I didn’t want her to focus on anything like the event to try to clear her out! (“Okay Kaycee, now mommy wants you to think about a time when you thought I didn’t love you…” No way.)

I tried this instead: I wrapped my arms around her and said, “Do you know how much mommy loves you?” She snuggled right into me and said, “Yes.” I kept on with that for a bit and then checked her again.
Sure enough, full blown panic pattern again after thinking about my love for her! I cleared it out and did it again, and she stayed clear. Phew! That was a tough one, but so exciting to figure out!

Within a few minutes, when I told her it was time for her bath, this same child who had been vehemently arguing with me about it before getting adjusted said to me, “Bath? Okay, I go take my clothes off.”

Then, this same child who refuses to potty train, came running to tell me that she had gone on the big potty chair!! And she really had! Then she had a large solid bowel movement. Unfortunately it was in the bathtub!!

**Emphysema**
John Foley, DC
Bellmawr, New Jersey

Female, age 73, with emphysema that developed a chest cold; not a pretty picture, she was laboring for every breath. Medications weren't working and the medics were pushing for hospitalization.

In the past she had had significant results with KST regarding scoliosis, emphysema, headaches and gastrointestinal problems so she sought me out before hospitalization.

I had her inhale and hold, exhale and hold, and found sphenoid pattern and panic pattern. Adjusted.

Immediate better breathing rhythm, smile and pink color returned to face and no hospital.

**Encephalitis coma**
Gerasimos Liberatos, DC
Patra, Greece

A friend of mine asked for help for his friend diagnosed with acute encephalitis. He was in a coma in a hospital and considered in his last stage. He wasn’t expected to live much longer. The cause was a mystery.

I went to the hospital and worked on him with KST. Adjustments included cranials, cervical and heart.

Believe it or not the next morning he was out of intensive care, out of his coma and conscious.
Erectile dysfunction
Brad Miller, DC
Costa Mesa, California

A patient came in today with her four children. I had last seen her two months ago when she brought her husband in to see what I could do for his "E.D." They had "tried everything" and had been to doctors who told him only chance was medication.

Twisted testicles came up which I adjusted (a first for me). Don't worry it was with my ArthroStim as he cupped the boys.

I asked how her husband responded and she said "Oh, it worked right away; I kind of teased him on the way home and everything was working fine."

"How is it now?" I asked. "Still perfect," she said with a big smile.

"I'm happy for you both," I said.

Fear of cats
Pete Kewin, DC
London, ON, Canada

An 85-year-old woman reported a lifelong fear of cats.

I adjusted bilateral posterior sphenoids as she thought of her cat fear.

Two months later she reported no more fear of cats. Her daughter's cat hopped on to her lap and she had no problems with that.

Fear of water
Lynn Buckler, DC
Three Rivers, California

Since birth, an 8-year-old boy would not put his face under water or even take a shower because he could not stand water on his face. It was such a problem that his mother had to wash his hair in the sink, so water would not splash on his face.

I had him think about diving into a pool and then corrected his sphenoids (R anterior and L posterior), occiput (lateral on the left), and C1 (lateral on the right).

The very next swimming lesson, he had no problem and dove right into the deep end of the pool, as well. He now freely takes showers and washes his face in the water with no problem.
Food craving – Chicken McNuggets
Lynn Buckler, DC
Three Rivers, California

A 14-year-old boy had a 10-year history of daily craving Chicken McNuggets.

I had him think about Chicken McNuggets and how they made him feel. As he
was thinking this I tested and corrected his bilateral sphenoid and C1 (right Blair
listing).

After this one KST adjustment his mother told me he has he has not asked or
begged for McNuggets even one time for the last three months!

Foot turned in
Paul Lockart, DC
Sydney, Australia

I looked after an eleven-year-old boy yesterday who had a right foot turned in 33
degrees when he walks. The medics want to operate on his foot or put him in
calipers.

I went through the KST questioning and corrected. He got up and immediately
walked normally. He was so excited! His parents asked if I would be able to see
them and his sister as new patients next week. What could I say?

Foot turned in
Michael Whitman, DC
Brazil, Indiana

A seven-year-old-boy could not walk without tripping over his foot, it turned in so.

After one KST adjustment he walked down the hallway almost normal. His eyes
lit up and he was so happy he could finally walk.

Goiter
Tanja Murphy, DC
Hastings, New Zealand

About three months ago I saw a female, age 49, who had a very large goiter.

Her doctor wanted her to have an operation but she refused. Instead she asked
me to shoot her with my “magic Ray Gun” (her words).

After about three weeks she came back for a follow-up and I found the goiter had
reduced by a third.
Today she came again and to my great surprise the goiter had gone completely. I told her to show her doctor but she said no, as he would not believe it could happen without surgery.

**Golf adjustment**  
Michael Winters, DC  
Paducah, Kentucky

A frequent golfer told me yesterday that after I did the golf adjustment on him last month not only has he been hitting the ball well but the next week he hit a hole in one!

**Guillain-Barre syndrome**  
Jae-son Lee, DC  
Shanghai, China

Guillain-Barre Syndrome includes paralysis in lower body area that moves towards upper limb and face. The patient gradually loses all reflexes, has a complete body paralysis and dies from suffocation as the nerves of breathing stop working. There is no medical cure.

A patient diagnosed with Guillain-Barre syndrome was referred to me by a medical doctor. By the time she came to my office she was unable to walk or sit by herself.

After 3 KST sessions, she started walking again. (The MD who referred her couldn’t admit it was my work that reversed her condition.)

**Gymnastics accident**  
Dana Tankell, DC  
San Diego, California

A desperate mom called me saying that her gymnast daughter just hurt herself on bars and wants to see me right away. It was after office hours so I told her to fly :).

When she arrived her daughter was having trouble tracking, had a headache, and her neck was swollen. She had signs of a concussion.

I did an ocular lock pattern, adjusted left sphenoid and right temporal as she was looking down. I rechecked her tracking and even her mother noticed that it had cleared and the color came back to her face.
**Head banging (18-month-old)**
Kevin Johanson, DC
Beaumont, Alberta, Canada

An 18-month-old boy with a completely black and blue forehead (raised about 1/4") became my patient. He had been hitting his head on the floor every day since he could crawl.

After the first visit his mom reported that he banged his head for two more days after and then stopped doing it. So far no there has been no head banging for three weeks. His mom tells me he is exhibiting no temper tantrums either.

On his third visit this little guy walks back to my adjustment room, points and asks for his “turn.” For me it’s the first time an 18-month-old has asked for an adjustment.

**Hearing aids for sale**
Nicholas Foley, DC
Rye, Victoria, Australia

55-year-old Linda arrived for her regular KST adjustment sporting sleek new hearing aids. After a few years of declining hearing, and much nagging from her family, she finally relented and had her hearing tested. Below average hearing bilaterally, with the right side most affected.

During her adjustment right upper molar came up for the first time. Two weeks later, her dentist informed her the filling in the same molar needed replacing. As he was replacing it, Linda felt the drill reverberating loudly in her head, & reminded herself to switch her hearing aids off for future dental checkups.

For the next few days, Linda complained that everything and everyone seemed to be excessively...noisy. Back to the hearing specialist: normal hearing bilaterally, with the right side now testing better than the left. That was 2 months ago, & Linda is now planning to sell her sleek (slightly used) hearing aids on EBay.

**Heart palpitations/lateral sternum**
Barnaby Lucas, DC
Leeds, United Kingdom

I was checking my mum and found lateral sternum. I was surprised. I’ve always considered her insanely healthy and a pretty well-rounded person so asked her about heart palpitations or anything similar expecting her to say “no.”

But instead she said she's had progressively worsening palpitations daily for the previous three weeks that she hadn’t told me about.
That was two weeks ago and its all been clear ever since.

**High blood pressure (hypertension)**
Keith Duverney, DC  
New York, New York

My patient has had elevated blood pressure at 145/95 for a few months and was going to have to go on hypertension medications.

I adjusting his sagittal suture, and T-1 and T-2 hump pattern with counter rotation. On the next visit his blood pressure was 126/78 and he has stayed well below 140/90 for three weeks so far.

He is very happy and so am I.

**Hipbone is connected to the clavicle?**
Jean Luc Lafitte, DC  
London, United Kingdom

A young dancer in her late twenties, who was in the show Phantom of the Opera in London, came to see me with a hip problem.

She had been sent to various people for treatment, even the dance company's physiotherapist.

Because the patient said, "I have a pain in my hip," their logical conclusion was to focus on that area. They were following the normal protocol of mobilization and muscle tissue stretching, which as we all know has been propagated by most anatomical medical books, so you can’t blame them for this.

After countless treatments it was still no better and she made her way to my practice.

The beauty of KST is that it addresses the cause no matter how strange this may appear (and not the symptom).

When she stands in 2nd ballet position (this means standing like a duck) she gets a pain. The conventional approach would be to go to the seat of pain, manipulate and work on the soft tissue the area: treat the symptom, not what the body’s innate intelligence wants.

I stood her in 2nd position and using KST the body (OD) led me to the right clavicle! No medical book says the clavicle can cause hip pain, but I trusted the OD and adjusted it superior to inferior.
I then asked her to try to walk. She did this and to her surprise the pain was gone! This is one many amazing results I get from KST.

**Incontinence**  
Cathy Ng, DC  
Arcadia, California

I helped a 53-year-old woman with incontinence and she reports now that she has the "sex-drive of an 18 year old."

She is referring her friends to me who have similar issues and I have been doing KST on them.

**Insomnia/sleep apnea**  
Sharon Havis, DC  
Southfield, Michigan

This is a woman patient with sleep issues, insomnia and sleep apnea.

I checked the OD for patterns, sleep, panic, and habit all came up.

Adjusted accordingly and she slept deeply and soundly for 4 nights in a row!

**Interstitial cystitis**  
Patrick Daney, DC  
Maumee, Ohio

I have a patient with ongoing IC (interstitial cystitis) who would be on antibiotics two to three times per year.

I do a lot of muscle testing and almost always the right kidney would test weak. I would put her on nutrition, and adjust her, she would do better but always burning etc. on and off.

Finally I adjusted her with KST. The body said adjust her left kidney I to S. I did and she has had no symptoms for the past ten months.

**Knee pain while running**  
Jeffrey S. Haskel, DC  
Winter Park, Florida

My receptionist has not been able to run for years without pain.

After going through other priorities a knee pattern came up that was corrected.
That night she went out for her walk and she noticed how much better the knee felt and she then ran a couple of miles with no pain.

**Lower back pain and leg pain**
William (Sandy) Watt, DC  
Calgary, Alberta, Canada

I got a new patient yesterday with low back pain 10/10 and left leg pain 10/10.

She has had surgical consult, physiotherapy, rehab testing, etc. No improvement for months, in fact she is getting worse. Couldn't walk at all on two different occasions.

On exam she couldn't externally rotate the left hip and her piriformis was tight. Pubic was subluxated and so was the innominate. I adjusted her.

Today her low back is at 2/10 and her leg 0/10. When I did the ROF and told her that her problem was in her hip joint, she replied that she knew that and had been telling everybody that since the start.

**Marathon runner – personal best**
Brad Miller, DC  
Costa Mesa, California

Laura limped in on a Thursday. She had hoped to run her 6th marathon on Sunday but hadn't been able to train for a week due to ankle pain.

Adjustments included talus and calcaneus of the ankle in different positions. When we were finished just for fun I had her visualize being at mile 24, feeling full of energy and having fun. I adjusted some more of what came up.

She came in the following week and told me she ran a personal best and credited the adjustments I gave her for it.

**Marriage proposal**
Jack Ogden, DC  
Paso Robles, California

A male patient asked a female patient of mine if she if she would marry him.

She said “No, because of your sleep apnea and that $%@ machine and your snoring.”

I'm happy to report that after 3 adjustments he is not using any machine and there is no more snoring.
For over 2 months they are enjoying a peaceful and happy marriage.

Menstrual problems
Lynn Dowswell, DC
Orillia, Ontario, Canada

I have had two clients get their periods with KST. One was young and unable to menstruate without drugs, plus she had fertility issues.

Two weeks after her visit he period spontaneously shows up!

The other is in menopause. She wasn't thrilled to get the heaviest and longest period. I adjusted TMJ, sphenoid, and C1.

Migraine - over 30 years
Bill Loomis, DC
St. Louis Park, Minnesota

Female patient, late 60's; history of migraine headaches over 30 years. Was adjusted with some success previously, but still had some recurrence of these headaches.

For the first KST adjustment I adjusted the sphenoid and occiput and she fainted for about 60 seconds, recovered and felt exhausted the rest of the day.

The next day she felt great! She has not had a migraine headache since (about one year).

Multiple sclerosis
Andrew Smith, DC
Morris Plains, New Jersey

I have a patient with multiple sclerosis that I utilized KST, specifically cranial adjustments via the ArthroStim and OD.

KST has yielded amazing results including much better walking, talking, eye contact, energy, posture, and decreased strabismus.

This patient, who previously suffered for 7 years, is feeling so well he has returned to school and hopes to get a job and get off lifetime disability!

Neck and shoulder pain
Keith Braswell, DC
Austell, Georgia
A woman felt the entire left side of her face get a "weird" feeling immediately after the adjustment.

He case history revealed that she was hit in the face with a baseball bat when she was young.

Her lower thoracic pain disappeared but I did not even adjust her thoracics! She now feels fine.

**Pacifier separation**
Pierre Trépanier, DC
Gatineau, Quebec, Canada

I think the best story that I have is how I helped my son separate from his pacifier.

After we removed it completely, he had a very bad reaction. I would almost call it a panic attack.

I got my ArthroStim out, adjusted him using KST and he went straight to sleep. He never asked for his pacifier again!

**Pain gone**
Gary Koch, DC
Wexford, Pennsylvania

I had been working on a patient who was in chronic pain for five or six weeks seeing her three to four times per week with very little progress.

I then did KST the Monday and Tuesday after the seminar.

On Friday he came into the office saying, “I don’t know what you did but my pain is pretty much gone. I can stand & sit for extended periods without pain and have not had any pain since my last visit”.

**Parkinson’s Disease**
Gary Bowlin, DC
Danville, Illinois

An elderly woman with Parkinson’s tremors came in for care.

The tremors nearly completely stopped after 1 adjustment (cranial).

She said that she was able to sign her name for the first time in about 8 years! Her neurologist is amazed at her progress.
**Phantom limb pain**
Mary Jean Zuttermeister, DC
Bernardston, Massachusetts

I have had patients who experienced pain in their amputated limbs.

We talked about the accidents and adjusted what came up. I adjusted them as if they were still there.

The adjustments were all spine and extremity. No more pain.

**PTSD (post traumatic stress disorder)**
Dan DeReuter, DC
Dalton, Georgia

A Vietnam Vet who was a helicopter pilot came in for lower back pain. I checked him and OD said I should check emotional stress.

I mentioned to him that there were emotions that had to be worked on.

One of the emotions that came up was anger, cleared that by adjusting sphenoids, then fear came up. That's when he told me he was in Vietnam and had been diagnosed with PTSD.

He reported that he saw more improvement in just one session of Koren Specific Technique than in years of therapy!

**Update:** I've continued to work with him. He has reported that he has reconciled with an estranged son—and can at least carry on a conversation with his ex-wife. He was really excited about this work and even mentioned it to his therapist. Of course, nothing happened with that.

I continue to check him (OD says about every 3 weeks). Lately he has been coming in for strictly structural issues. Check him for everything, but emotions rarely come up and if they do they are fairly minor.

The last time I saw him he had just gone to a reunion of Vietnam Vets of the same outfit he was in. He had not been able to attend prior reunions because of fear that he wouldn't be able to handle it but he said this one was just fine!

**Pregnancy, nausea and vomiting**
Kevin Johanson, DC
Beaumont, Alberta, Canada
A pregnant 31-year-old felt nausea and vomiting whenever she tried any food; even an I.V. made her feel nauseated.

After one visit she resumed eating normally, all nausea gone.

**Reflux in 7-month-old**  
Stephen Wheeler, DC  
Elizabethton, Tennessee

A seven-month-old infant girl was suffering with "reflux". She was especially uncomfortable in the evenings, spitting up a moderate volume of feedings. Medication was prescribed but not utilized, yet.

Based on my previous experience I would have assumed C1 was subluxated but the OD sent me to C3 and the left lower sternal border. After the adjustment the child gave us a smile a foot wide and has not experienced any more reflux “retro-spurts.”

**Reflux in infant and baby**  
John Foley, DC  
Bellmawr, New Jersey

Recently I had two cases of babies diagnosed by their pediatrician with gastro-esophageal reflux disease. The symptoms were frequent vomiting with lack of sleep. Both were on "baby zantac®."

One was a five-month-old female, with vomiting at night with interrupted sleep. I adjusted C5, T5, T6 and sacrum. After two adjustments all symptoms subsided and patient is off zantac®.

The other was a three-month-old female with projectile vomiting (controlled by high doses of zantac®, but she still vomited), severe lack of sleep and difficult bowel movements.

I adjusted sphenoid and occiput and almost immediately this baby went into a deep, long sleep, awoke and had a very large, leaky, excessive bowel movement.

She continued a day of retracing with vomiting then everything nicely settled down and she is free from any more "reflux" symptoms.

**Restless legs and the "lumbar pattern"**  
Robert Leeper, DC  
Paducah, Kentucky
Been finding a consistent listing of counter rotation of two lumbar vertebrae or sometimes T12 for patients with restless leg issues. Very good and consistent results.

**Rheumatoid arthritis, disc, hernia**

Michael Winters, DC
Paducah, Kentucky

51-year-old female lots of pain with herniated disc, hiatal hernia and rheumatoid arthritis. After seven adjustments her life is totally different – much less pain, missing less work, and emotionally far better.

Her husband says it's like “living with a different person.” She has a whole new look to her face having a glow to her now. She experienced major retracing in the first several visits after multiple emotional releases and meningeal patterns and once past that it has been life changing for her.

**Scar from caesarian causing lumbar pain**

Karola Albrecht-Kumi, HP
Berlin, Germany

Female patient with severe lumbar pain who stood bent forwards. I adjusted her sacrum in this position but the pain did not go away.

Suddenly it came to my mind to ask her about the birth procedure years ago. She had a caesarian. I adjusted her scar.

It worked and her pain disappeared.

**Sciatica, neck pain, back pain, etc.**

Laura Vanloon, DC
Royal Oak, Michigan

I use KST on all my patients, and have had success in conditions "typical" to a chiropractic practice, including migraines, sciatica, neck pain, mid-back pain, etc.

I have also had success in patients who have had chronic ear infections, bed-wetting, irritable bowel syndrome, allergies, and much more.

My own experience with KST is that of eradicating my life-long suffering with migraines. I have now been migraine-free for over one year, where under traditional chiropractic; the migraines weren't improved and often were made worse.
Scoliosis (two cases)
Donna-Grace Noyes, DC
Sonoma, California

I've been seeing this patient for nearly 20 years. She's now in her fifties and has had a very obvious scoliosis since middle school. I took my first KST seminar and I had no expectations. I just adjusted her and her scoliosis disappeared after 3 KST adjustments—and hasn't returned.

I have another miraculous scoliosis story. A 72-year-old woman comes to see me following a "minor" car accident that she believes is not the cause of the pain and lack of motion in her neck. We've been friends for three years and I've asked her several times to consider seeing me for various pains, etc. She's never been to a chiropractor before.

I adjust her cranium only—the pain leaves her neck. But her body won't let me stop: go here—here—here. When adjusting the hump pattern I observe an obvious lateral curve T-3 to T-8 to the right—her spine is practically under her scapula. She says it's just sort of always been there.

Her body just keeps directing me all over the place. I think that I may only get "one shot" at this fairly eccentric old lady.

As I adjust the right anterior ribs she remembers that she forgot to mention the fall she had on her right shoulder 6 or 7 years ago after which she couldn't raise her arm above her head. I go POS with the shoulder and pretty soon she has a 50% increase in motion.

Next adjustment: Sphenoid Pattern again and then--Clear.

When she returned four days later for her third appointment her scoliosis was so slight as to be almost completely gone.

Seizures
Anna Saylor, DC
Royal Oak, Michigan

My patient had been having seizures for about 10 years after a car accident.

The cool thing was that when I showed her the skull with the yellow sphenoid bone and explained about the "Butterfly" shaped bone that controls so much she said that since her accident she dreams about yellow butterflies. She even went so far as get a butterfly tattoo because they are always around her and in her mind. So the minute I started talking about it, she said that she knew it was the key to her seizures.
Sphenoids were corrected. She has not had a seizure since!

**Self-adjusting for headache, knees**
Mark Lynch, DC  
Bayville, New Jersey

I had a terrible headache by mid afternoon, happens maybe twice a year. What DC would like to stop by after work on a Friday to adjust me? Or how could I leave my office and patients to see them in their busy office? Not a problem, adjust yourself

I adjusted upper cervicals, cranial bones and sutures, dehydration, exhaustion pattern and voila: headache gradually fades away in 30 minutes.

The week before it was a sore knee problem. I adjusted it in motion, shined a laser on it while doing that, pain gone in 10 minutes.

**Separation anxiety in a nine-month-old**
Beth Bronemann, DC  
Lorain, Ohio

A 9-month-old girl cried inconsolably when anyone but mommy held her, even if mommy was standing next to her.

I silently asked the child's body if she had separation anxiety and got a “yes.” I checked and adjusted what came up (bilateral anterior sphenoids). I waited a few minutes and took her from her momma's arms.

She looked hesitant but didn't cry. Then I walked out of the room with her and handed her off to my assistant. She didn't cry. When she came to see me this week, she was still comfortable with others holding her. :-)

**Shoulder, frozen arm**
Wilma Ireland, DC  
Stonewall, Canada

A 92-year-old woman comes in unable to lift her arm. She is only able to abduct her arm about 15 degrees. She can bend at the elbow but has virtually no motion in her shoulder. She was told she had a lot of arthritis and she had come in hoping I could help. She has had 4 cortisone shots with no improvement.

She has had the problem for approximately 10 years.

I was shortly after I had starting doing KST. I adjusted her only twice: clavicle,
scapula, T1, T3, radius, T6, anterior humerus.

Two days later I see her coming into the office and she shoots her arm up into the air and waves at me from down the hall: "Thanks Honey! It feels great!"

**Sleep problems, LBP, HBP gone**
Frédéric Derdaele, DC
Brides Les Bains, Savoie, France

A 72 year-old woman came to my office suffering from lower back pain (LBP), high blood pressure (HBP), neck pain, bi-lateral wrist pain, and poor sleeping.

First priorities were cranium, sagittal suture, facial bones, cervicals and emotional stress.

She came back 6 weeks later completely transformed and happy. Her LBP and high blood pressure and other problems were gone and she was sleeping better. She said she wanted to come in every day for care. I tried to explain her that one or two visits would be enough.

**Snoring**
Raymond Glass, DC
Houston, Texas

What a practice builder. One of my new patients returned for his second visit. His symptoms that brought him into my clinic including severe neck pain have not returned.

He made the comment that he wasn’t snoring anymore since I adjusted his throat. Gosh, all the years I have been missing major subluxations. What a shame. My practice is purely KST now.

**Stroke**
Mike Southwick, DC
Beatrice, Nebraska

I have been having a blast with KST. The most awesome result so far (and there have been many) was a 55-year-old lady that had a stroke about 4 or 5 years ago, and has always dragged her right leg as she walks.

After one KST session she walked out of my office crying because she wasn't dragging her leg.
Swimmer’s ears
Dan Schumacher, DC
Harlan, Iowa

For well over a year I have had a problem with what MDs would diagnose as swimmers ear. Not that I felt that I had any water in my ears but I would have dry flakes in my ears that I was always picking at. It was very bothersome.

I have checked myself over and over if there was anything I could adjust to get rid of this problem. FINALLY I went to another KST seminar and a new beginner checked and adjusted me with KST.

And not long after I heard some cracking in my ears and pow! I have not had a single problem since. Thanks KST for finding the counter rotation in my upper neck...

TMJ miracle
Davis Lindsay, DC
Terrace, BC, Canada

A practice member says to me "do you want to see a miracle?"
"Of course!" I say.

She starts moving her jaw around in every direction with a huge smile on her face.

“You don't understand,” she says. “I haven't been able to do that for 15 years. I've been to 4 dentists and no one has been able to do anything for it. I'm going back to my dentist and telling him that in 3 weeks of seeing you my jaw is no longer stuck."

Throat “closing”
Salil Malhotra, DC
Arlington, Virginia

Today I had a lady who went to "every specialist out there" for her throat that feels like it's closing.

Worked on a couple of things, finished with hyoid and WHAM! She said 'my throat actually feels better!'

Thumb sucking
Jorge Silverio, DC
Burbank, California
The other day a patient mentioned how she could get her almost 3-year-old son to stop sucking his thumb. I suggested she let me check him to see if I could help.

I found cervical, panic and habit patterns among other things, and after two adjustments she said he is no longer sucking his thumb.

**Trigeminal neuralgia - Face and Jaw pain**

Jacquelyn Cole, DC  
Corpus Christi, Texas

A patient who had been suffering from severe jaw and facial pain for over two months began care. She had been to her dentist, but had no relief. She was unable to eat due to pain, and had sharp, shocking pains shooting through her face.

He finally diagnosed her with trigeminal neuralgia. Her MD put her on meds, but still no relief after several weeks.

I adjusted cranials and TMJ. She felt some relief and within a week she was eating normally and feeling tremendously better.

At this time she has very rare episodes of minimal discomfort that lasts for a second or two. She is so happy to be feeling better, and to be able to eat without pain again! I have had two cases of trigeminal neuralgia and have found problems with temporal and sphenoid on the side of pain in both cases. They both responded really great to KST.

**Urinary incontinence**

Tim March, DC  
Ashland, Oregon

When investigating prostate and urinary incontinence issues the OD can be asked if there is something that needs to be let go.

For example with one patient I asked the OD if it’s “a person, place or thing” that needs to be let go. It was money. The patient was holding onto his money and the urine was not flowing. The patient understood the money issue and made the connection. The body was constricting the muscles responsible for letting it flow.

I adjusted the patient while his visualized laying down money in large quantity. The patient later told me that he has increased his urine flow significantly. This stuff is blowing people's minds!
Vocal range improvement
Paul Zilka, DC
Richfield, Minnesota

This patient is a singer.

After adjusting her hyoid she was able to immediately hit all her octaves when singing.

Weight loss
Gabrielle Friedman, DC:
Quincy, Massachusetts

I have had two women stop eating sweets since doing the weight loss adjustment on them.

One has completely stopped eating white carbs and chocolate and has lost 4 lbs. in a week. She said she is not consciously making these decisions; she just doesn’t go for it anymore.

Wrist and elbow injury
William E. Muscara, DC
Conshohocken, Pennsylvania

Candice, 43, female fell on her right wrist and could not use it; she was guarding it. I asked OD if there was a fracture – no; wrist and elbow problem? – Yes!

I used the arthrostim in the direction the OD told me and sent her home to use ice.

She came in the next day and shook my hand, no further complaints with her wrist.

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