

HOW IS PODO-RHACIDIAN MOBILISATION PERFORMED?

There are a variety of PRM protocols. Your practitioner will utilise the one most suited to your personal requirements. This will either involve a segmental (i.e. Vertebral PRM, in which each vertebra is dealt with in turn) or an integrated approach (i.e. Cranial PRM, whereby the whole spine is dealt with via contact points on the cranium and sacrum/pelvis).

Simple and gentle analytical methods are employed to detect spinal or cranial lesions. These are then released through mobilisation of the fingers and toes. In this way, reflexive physical tension that has been relayed from the spine along the nerve plexuses and held within the body, may be released. Not only is the treatment gentle and easy to perform, it is suitable for all ages.

HOW IS PODO-RHACIDIAN MOBILISATION INTEGRATED INTO HOLISTIC HEALTH?

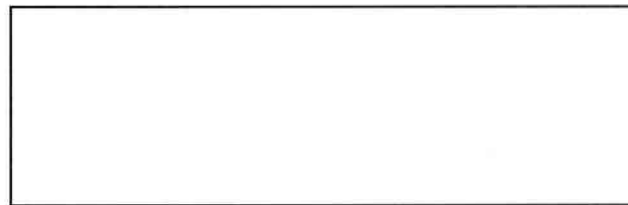
PRM is an adjunctive therapy within the Phytobiophysics® system of healing. It has been used extensively over the last 20 years by many Phytobiophysics® practitioners and other primary health care professionals (i.e. Acupuncturists, Applied Kinesiologists, Chiropractors and Osteopaths).

HOW PODO-RHACIDIAN MOBILISATION HELPS YOU?

PRM helps to balance the body's innate self-healing mechanisms; therefore its scope is wide. It has been used to aid in the treatment of many problems including, but not limited to the following:

- *Chronic fatigue*
- *Lowered vitality*
- *Recurrent infection*
- *Sinus and tonsil problems*
- *Reduced mobility*
- *Chronic vertebral pain*
- *Jaw (TMJ) problems*
- *Pelvic misalignment*
- *Headaches and migraines*
- *Menstrual & menopausal problems*
- *Emotional and mental stress*
- *Nervous tension*
- *Elimination of toxins / bacteria / heavy metals*

Accredited by the Guild of
Complementary Practitioners (GCP)
Please visit our website for training details.



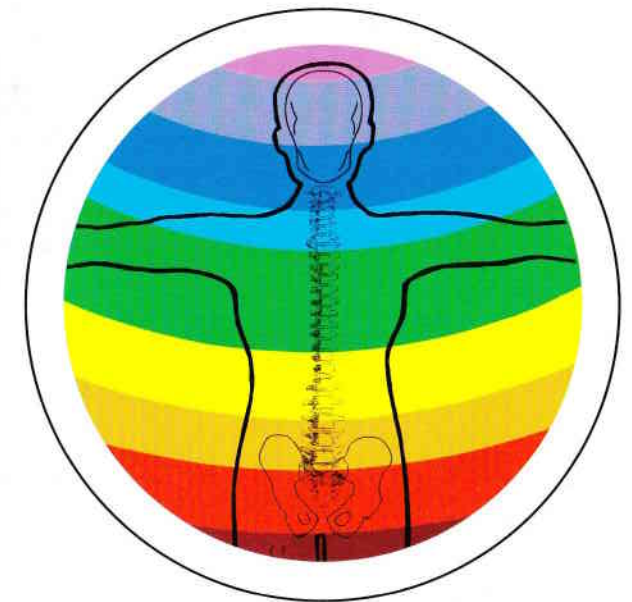
**THE INSTITUTE OF
PHYTOBIOPHYSICS®**
D&P Ltd.,
10 St. James Street,
St. Helier, Jersey,
JE2 3QZ.



Tel: 01534 738737
Fax: 01534 618756
E-mail: mossdpa@itl.net
Website:
www.phytobiophysics.com



PHYTOBIOPHYSICS® PODO-RHACIDIAN MOBILISATION (CRANIAL AND VERTEBRAL)



HOLISTIC REALIGNMENT

CRANIAL AND VERTEBRAL PODO-RHACIDIAN MOBILISATION

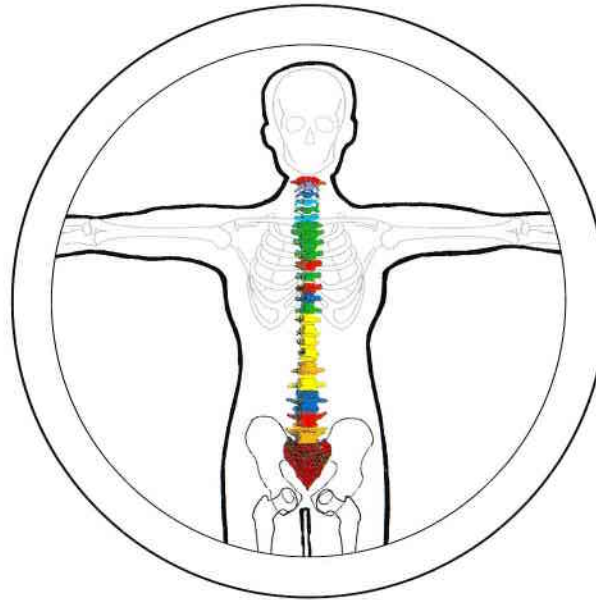
WHAT DOES PODO-RHACIDIAN MOBILISATION MEAN?

Podo means Foot. Rha was the Egyptian God of Sunlight. Cidian is representative of the circular flow of energy. Thus Podo-Rhacidian refers to the functional interconnection and inter-relationship of the musculo-skeletal and energetic systems of the body.

THE THERAPEUTIC VALUE OF PODO-RHACIDIAN MOBILISATION

Podo-Rhacidian Mobilisation (PRM) is a holistic therapy that encourages subtle, yet tangible changes within the body. The focus of PRM is primarily on the structural axis of the body (i.e. the cranium, spine, sacrum and the pelvis) and its relationship, via the nerve plexuses and meridians, with the energetic and functional efficiency of the organ systems. With this emphasis on underlying structural imbalances, PRM aims to help in the release of musculo-skeletal tension, as well as to improve an individual's nervous and energetic capacity, by instigating structural and functional realignment.

THE RELATIONSHIP OF THE VERTEBRAE WITH PLEXUSES



- **C1** BRAIN TRANSMITTER
- **C2** BRAIN
- **C3** AUTONOMIC NERVOUS SYSTEM
- **C4** THYROID
- **C5** SINUS / TONSIL / PALATINE
- **C6** PARATHYROID
- **C7** TONSILS / LINGUAL
- **T1** ARMS / THYMUS
- **T2** THYMUS

- **T3** LUNGS / THYMUS
- **T4** CIRCULATION
- **T5** HEART
- **T6** BLOOD
- **T7** DIAPHRAGM
- **T8** LYMPHATICS / CHEST
- **T9** LIVER
- **T10** GALLBLADDER
- **T11** SPLEEN / PANCREAS
- **T12** STOMACH
- **L1** ADRENAL / REPRODUCTIVE
- **L2** KIDNEY
- **L3** ENTERIC NERVOUS SYSTEM
- **L4** COLON
- **L5** SCIATIC NERVE / URETHRA / UTERUS / PROSTATE
- **S1** REPRODUCTIVE HORMONES
- **S2** BLADDER
- **S3** RECTUM
- **S4** PENIS / VAGINA / URETHRA
- **S5** BONES / LEGS / COCCYX / RECEIVER