



Body Talk

SB Junction

The SB Junction refers to the “spheno-basilar” junction, which is a cartilaginous junction of the sphenoid bone and the basilar portion of the occipital bone at the base of the skull. As we breathe in and out, the SB Junction opens and closes slightly. Like any other bone connection, this junction needs to have freedom of movement. All these microscopic movements move rhythmically with the breath and the flow of lymph. These movements are crucial to the communication of all body parts.

This very small movement affects:

- Circulation of cerebrospinal fluids in the brain,
- The breathing cycle itself
- Function of the pituitary, and hence all endocrine functioning in the body,

SB Junction may be locked through:

- A blow to the head
- Standing up under a cupboard / door
- A fall on the tailbone – impact ricochets up the spine
- Giving birth – both for mom and baby
- Startle reflex – chronic

Symptoms can occur years after the SB Junction becomes locked.

Symptoms of a locked SB Junction:

1. Improper circulation of cerebrospinal fluid – may lead to:
 - a. brain fog,
 - b. lack of mental clarity,
 - c. poor memory,
 - d. depression,
 - e. tension headaches,
 - f. migraines, and
 - g. impairment of the senses

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2. Restriction of breathing – not breathing in (locked down position) / out (locked up position) fully, i.e:
 - a. Restrictive Inhalation may lead to:
 - i. Lack of oxygen within the body
 - ii. Feelings of tiredness all the time
 - iii. Under-functioning body – aches and pains
 - iv. Feeling like you have to ‘drag’ yourself around
 - v. No ‘spark’ to perform at your best
 - vi. Living reactively
 - b. Restrictive exhalation may lead to:
 - i. Feeling emotionally uptight
 - ii. Inability to relax
 - iii. Hyperactivity
 - iv. Defensive personalities
 - v. Difficulty “letting go” emotionally
3. Impaired function of the pituitary gland may lead to:
 - a. hyper or hypothyroidism,
 - b. a general feeling of tiredness,
 - c. depression,
 - d. difficulty sleeping,
 - e. heavy menstrual cycles,
 - f. difficulty regulating body temperature, and much more
4. Digestion disorders – improper movement of the lungs affects the diaphragms ability to expand and contract fully which movement itself helps massage the digestive process.
5. Chronic / acute feelings of fearful anticipation

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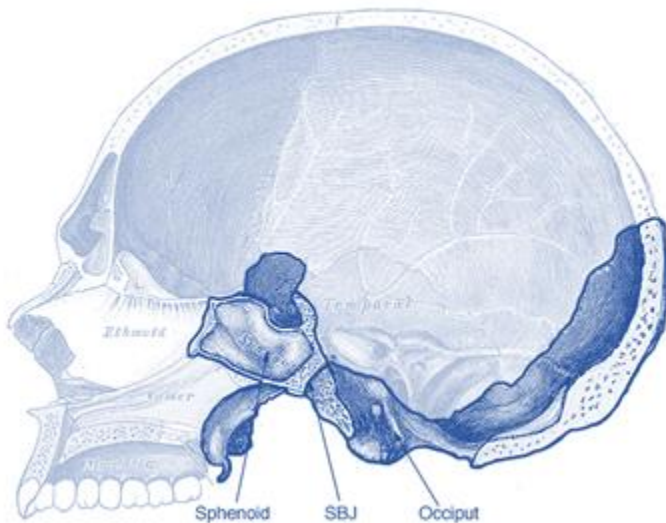


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Benefits after Balancing SB Junction:

1. Mental clarity
2. Signs of healing and clearing include:- neck tension, achiness, stiffness, headache and tiredness as your body reconfigures.
3. Improved complexion and colour
4. Babies who have had their SB Junction unlocked may stop sucking their thumbs, as this was done in an attempt to unlock the junction.



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