



Katie's Tale by Katherine Monson

In July of 2004, I was involved in a high impact vehicle collision. Traveling at a speed of approximately 60 miles per hour, a truck pulled out in front of the car I was a passenger in. Having no time to react, my sister-in-law T-boned the truck that was driven by a sixteen year old boy. Most of that night is pretty hazy. I remember everything leading up to the accident as if it was happening in slow motion, but I do not remember the collision. I can vaguely recall lying on the side of the road with a stranger holding my head telling me to be calm and asking me questions like what my name is, and inquiring how old I was. I also remember being lifted in the back of an ambulance with a paramedic at my side sticking me with needles while yelling at the driver "YOU NEED TO GO NOW, WE MAY ONLY HAVE MINUTES." CT scans, X-rays, and MRI's revealed I had a fractured rib, heavy bruising and swelling throughout much of my body, a herniated disk on T2, and severe and extensive tissue and nerve damage. These were just a few ailments in my laundry list of complaints. It took a couple of days for additional problems to surface. I began to experience, when turning my head to either direction, a clicking under the occipital bone that I could feel and hear. Eating became difficult and painful when my jaw started to click. It was diagnosed that I had TMJ. I was fortunate enough to be released from the emergency room in the middle of the night, walking out on crutches and holding a bag of pain medicine with orders to be seen the following day by my primary physician.

I spent the next two years overly medicated and very frustrated that I was not feeling any relief from the pain I was in. I was under the care of my primary doctor, two neurologists, and a handful of other doctors that firmly believed they could achieve the task of "fixing me" with prescription pain-killers, muscle relaxers, anti-inflammatories, steroids, and an assortment of other "miracle pills" that put me back in the emergency room with a stomach ulcer and cramping. I was also under the care of a chiropractor, massage therapist, and a cranial sacral specialist, through which I would receive temporary relief from headaches, and by temporary I mean possibly up to a couple of hours.

After my visit to the emergency room heaving up blood, I scheduled another visit with my primary physician to find another path to healing that did not involve taking pills. I sat in his office in tears because the headaches I was experiencing were brutal and relentless. I had a burning/tingling sensation that started between my shoulder blades and came over the top of my head. At times I would lose most of my vision, and more often than not had no peripheral vision. I would get real bad dizzy spells and drop to my knees. My doctor's remedy was writing a prescription for anti-depressants. I was on the phone with a friend of mine, complaining about my doctors and their solutions to fixing the pain I was in, and how I had begged the team of doctors I was seeing to try something different and not to prescribe any more pharmaceuticals. His reply was there would be a Bio Cranial practitioner coming to Minneapolis to give a seminar for a group of chiropractors, and I should go meet him.

Bio what? I shrugged my shoulders and went, figuring I had nothing to lose. A few weeks later I was on a table in the conference room of a hotel in the Twin Cities. The instructors stood me up in the front of the room and every doctor in the room pointed out my physical flaws.

My hips were uneven. One of my legs was longer than the other. One of my ears was lower than the other. One of my shoulders sat higher than the other.

The list went on...

I lay on a table and the two doctors poked around. I told them nothing about my medical history except the headaches I was having. With two fingers lightly pressing on my abdomen, one of the doctors told me I had my gall bladder removed, the lining in my stomach was very thin, my liver was not fully functioning, and moving his hand to my back told me my kidneys were not functioning properly.

At that point he had my full attention and I was very impressed. He was telling me things that modern medicine had used scopes and blood tests and multimillion dollar machines to diagnose.

I had a cholecystectomy at the age of 21; my stomach was torn up from the amount of prescription drugs that were a part of my daily diet; extensive testing had not revealed what was wrong with my liver but it was enlarged; and kidney disease runs in my family.

After reaching a consensus that I had issues from head to toe, the Bio Cranial procedure was applied. I was on the table lying on my back and my head was twisted and pushed forward, and firmly maintained for about a minute or so, then again from the other side. The entire process didn't even take three minutes. When brought to my feet and asked how I felt I stood silent and in awe for a minute. I did not remember what it was like to feel no pain. My headache was gone. All of the tension in my body was released. My hips were evenly aligned; my legs appeared to be the same length; my ears were even; my shoulders sat level; I was able to turn my head and not feel the annoying click; and my jaw moved freely. What is Bio Cranial? And more important, when I walked out of there, how long would this relief last?

It wasn't until almost three weeks later my headache returned, but not with the force and severity I had been getting them prior to receiving a Bio Cranial. A follow up MRI revealed there was no longer a herniation on T2. Needless to say, the doctors I seek care from are those who practice the Bio Cranial System™ developed by Dr. Robert Boyd, an Irish Osteopath. The results of my progress are by comparison night and day. In modern Western society we are assailed almost daily with stories of the latest miracles of medical science, of the promises of some new wonder drug and of the dawn that is about to burst upon us as we explore even deeper into the mysteries of our genetic makeup. Wonderful indeed, perhaps even frightening. Meantime, whatever happened to the notion of vis medicatrix naturae, the healing power of nature? Have we forever lost insight to the essential and inherent ability of the body to heal itself? ...at the very core of the myriad of functions for which – down to the activities at the very cell level itself – there exists a mechanism upon which practically every other activity depends, and that mechanism is comprised in all of us in some degree, often to a major degree. The original name given to this approach to healthcare was Bio Cranial Therapy™. This name has now been changed to the Bio Cranial System™ to more accurately reflect the totality of understandings behind this discipline. The term Bio Cranial Therapy (BCT)™ continues to be used to describe the practical work itself. I am only one of many people that have had the benefit of experiencing the life changing results actualized by this system; all thanks to the dedication of Dr. Boyd, and of CDS Institute for taking the dream, and striving to make it a reality for everyone...

A reality of results.
Katherine Monson