



Understanding Functional Neurology

A whole-body, brain-based approach to healing

Functional Neurology is a powerful, holistic approach that looks at the body through the lens of the **nervous system**. Rather than chasing symptoms, it focuses on how the brain, nerves, muscles, organs, and even emotions interact—and how dysfunction in one area can cause issues in another.

Primitive Reflexes: What Are They?

Primitive reflexes are automatic survival movements we're all born with. As the brain matures, these reflexes should naturally "switch off." But sometimes they don't—which can quietly interfere with posture, coordination, emotions, and learning.

 **When they remain active**, primitive reflexes can cause:

- In **kids**: poor coordination, fidgeting, meltdowns, concentration issues, sensory overwhelm, learning difficulties
- In **adults**: anxiety, chronic tension, pain patterns, poor balance, emotional reactivity, even digestive issues

The good news? **Integrating them doesn't have to take months.**

I don't prescribe endless homework. In most cases, these reflexes can be fully integrated in **just 1–2 sessions**, depending on the individual.

Once switched off, they tend to **stay off**—unless there's another major trigger like a concussion, physical injury, emotional shock, or extreme stress. If that happens, we can re-check and re-integrate quickly.

Primitive reflex integration is one of the fastest ways to free up the brain and body—often leading to profound shifts in movement, calmness, and emotional regulation.

Cranial Nerves: Small Nerves, Big Jobs

We have **12 cranial nerves** that branch out directly from the brain. They control facial expression, eye movement, digestion, heart rate, balance, speech, and more.

If a cranial nerve isn't firing well, it can lead to issues like:

- Blurry vision
- Dizziness
- Headaches or migraines
- Difficulty swallowing
- Chronic nausea

- Sensory sensitivities
- Emotional dysregulation

Using gentle techniques, we can **regulate cranial nerves** to restore their function—helping the body return to balance.

Concussion & Long-Term Effects

Concussions don't always result in loss of consciousness—but they **do** result in changes to brain function. Even mild concussions can have lasting effects if the brain doesn't fully reset.

Common long-term effects include:

- Fatigue
- Sensitivity to light or sound
- Memory issues
- Emotional instability
- Chronic pain or dizziness
- Headaches
- Tailbone pain
- Neck and shoulder pain and tightness
- Brain fog

Through cranial nerve work, integrating primitive reflexes, and **reducing nociception** (the brain's threat detection system), we help the nervous system feel safe—creating the right conditions for healing and repair.

Emotions, Physiology & The Nervous System

Our emotions aren't just “in our head.” They have a **real impact on the body**. Repressed or unresolved emotions can:

- Alter posture
- Affect how the organs function
- Cause pain
- Reduce energy
- Impact digestion
- Trigger headaches
- Keep the nervous system in a state of fight-or-flight

We use **emotional correction techniques** to help the brain safely process and let go of stored emotional stress—freeing up brain power and allowing the body to heal.

A Truly Holistic Approach

As part of my ongoing training in Functional Neurology, I'm learning to assess and treat:

- **Cranial bone faults** – small restrictions in the skull that can affect nerve function
- **Organ imbalances**
- **Infections, parasites and immune stressors**
- **Chakras and meridians** – the energetic systems that influence physical and emotional health

This approach doesn't just zoom in on where it hurts. It asks **why** it hurts, and what deeper imbalances might be contributing.

How I Can Help

In your session, we may explore:

- ✓ Switching off retained **primitive reflexes**
- ✓ Assessing and resetting **cranial nerves**
- ✓ Reducing **nociception** (threat signals the brain misinterprets as danger or pain)
- ✓ Addressing **emotional blockages**
- ✓ Improving **posture, movement, and function** holistically

The result? Clients often report feeling calmer, lighter, more connected in their body—and symptoms that had been hanging around for months or years begin to shift.

If this resonates with you, or if you're experiencing symptoms no one has been able to explain, Functional Neurology may be the missing piece.

Let's start resetting your nervous system—so the rest of the body can follow.