

Sacro Occipital Technique Basics

SOT® is a technique with a few key components. It is based on well researched information and uses indicators that the body creates which tells the doctor what corrections are needed. The indicators are like a map to the areas that need help.

- **The spinal adjustment** is generally started with blocks or wedges and is done while noting special body indicators.
- **CMRT is the organ aspect of SOT.** Each area of the middle and lower back correspond to a specific organ within the body. With CMRT, the organ is worked on manually in addition to the spinal area that correlates to it, making the organ function return to a healthier state.
- **Another part of SOT is cranial adjusting.** The skull has a total of 22 bones, (8 cranial and 14 facial) These 22 bones fit together like a puzzle and can, with proper training, be adjusted in small and precise movements that deliver profound results. Cranial adjusting is best performed by a well trained DC.
- **The final piece to SOT is extremity adjusting,** which is very important to many patients as we need foot and leg stability. Shoulders and arms can affect others areas of the spine as well.

The parts of SOT work in tandem to create a pattern of healing that is unique to the field of chiropractic. Approaching the body as a holistic unit where the interconnections and subluxation patterns that develop are addressed and dealt with through known indicators. **This allows healing to occur on levels that may not occur using other techniques.**

If your doctor of chiropractic is interested, there are many seminars that teach this.

What Conditions Have Improved with CMRT?

- Autism and ASD
- Immune deficiencies
- Many chronic conditions
- Sluggish/Overactive organs



truly innovative approach to healing.



many hours of study in the technique as well as writing the information for CMRT in a format for the DC's to aid in patient education.

She was pleased to be able to personally meet Dr. DeJarnette during the last few years of his life and feels a strong connection to carry on his lifelong work and applying it for the health and benefit of everyone.

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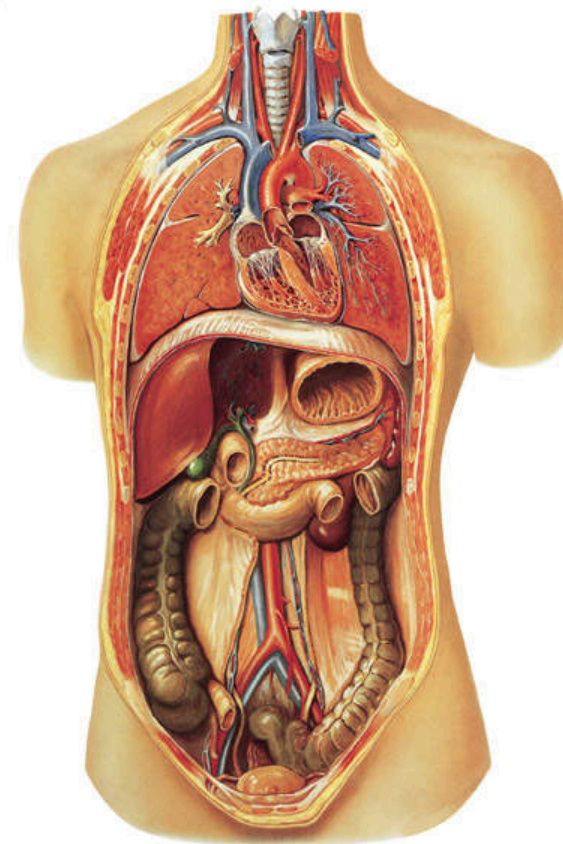
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Dr. MB DeJarnette, D.O., D.C., created the **Sacro Occipital Technique® (SOT)** in 1925. He performed intense years of research to discover how the body functions and what methods can be utilized to best aid the patient in healing. It is his research and teachings that allow Doctors of Chiropractic to bring you this

An Introduction to **CMRT** Chiropractic Manipulative Reflex Technique



A Way to Achieve Better Health
with Healthier Organs
using the

Sacred Occipital Technique

(322) 221-3190

CMRT Chiropractic Manipulative Reflex Technique

Chiropractic Manipulative Reflex Technique, or **CMRT**, is an extension of the **Sacro Occipital Technique (SOT)** which was created by Dr. MB DeJarnette so that your specialty trained doctor of chiropractic may perform.

The technique involves manual stimulation of the vital organs of your body. This powerful procedure helps to treat the organs in a more direct and effective method. The procedure is performed in addition to the treatment that the doctor of chiropractic administers to your spine.

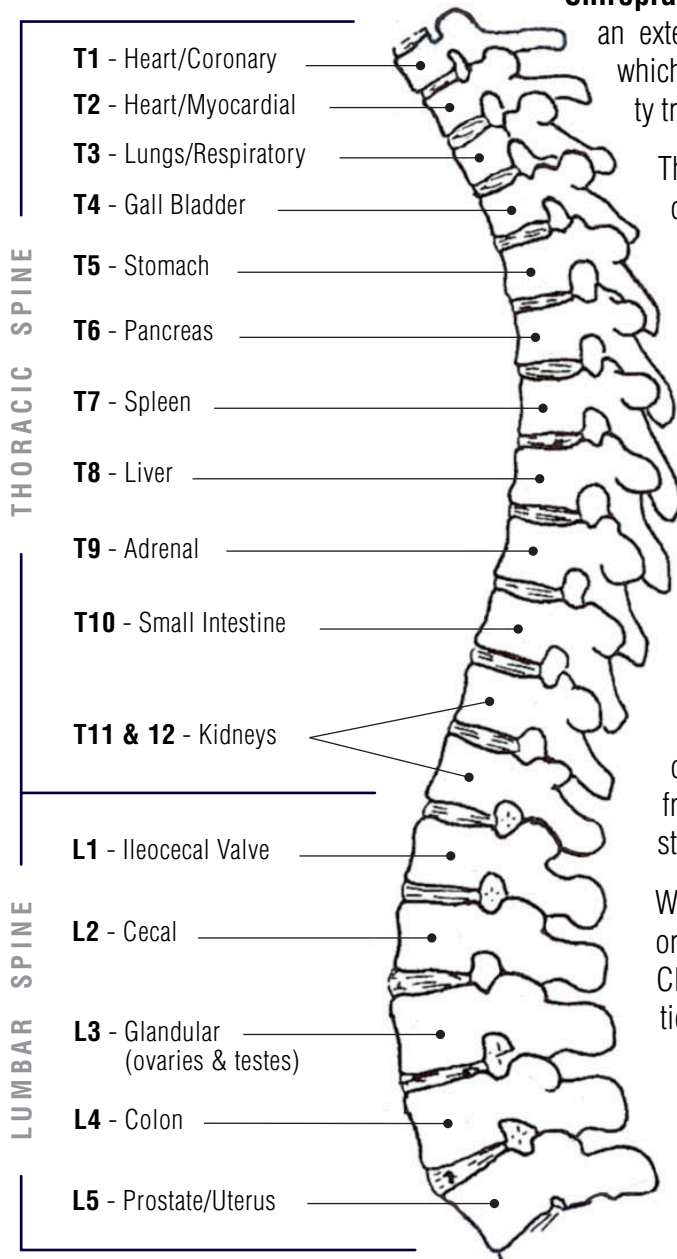
When there is dysfunction in an organ, there will be messages sent from that organ to the spine and on to the brain. The spine will often experience a subluxation, or move out of alignment, and then the organ supplied by the nerve at that particular spinal level will be affected. The organ can also affect the spine by the nerve, which returns to the spine from the organ. In some situations it is best for you, the patient, to have work done both on the spine and the organ. This will restore proper nerve supply coming from the spine, through the organ, and back to the spine, stimulating the organ to regain proper health.

When the blood and lymphatic flow are restricted to an organ it becomes "fixated" and begins to dysfunction. CMRT restores motion to the organ and improves circulation and lymphatic drainage so that healing can occur.

Spinal-Organ Relationship

The CRMT procedure utilizes two areas of the spine:

- Thoracic spine
- Lumbar spine



When is CMRT Needed?

Your chiropractor has the training to determine when it is appropriate to apply the CMRT procedures. Your body has indicators that a trained SOT practitioner will use to determine if the organ involved is creating a problem.

After you receive CMRT on an organ you may be given specific dietary advice for a particular organ. Here are some general guidelines that are appropriate to follow in order to promote healing.

They are as follows:

- **Avoid excessive alcohol** - as it destroys the covering around the nerve and can further irritate it.
- **Limit caffeine** - which overly excites the nervous system.
- **Limit sugar** - which excites and weakens the pancreas and adrenals.
- **Drink plenty of water** - Eight, 8 oz glasses, or one gallon of water per day is helpful in ridding your body of toxins.
- **Allow your body to rest** - Your body heals when you sleep. Eight hours of sleep is suggested to allow your body's recuperative powers to work.
- **Follow your Dr. of Chiropractors' suggestions** to promote healing.

How Will My Body Feel if I Get a CMRT Treatment?

CMRT is helpful in restoring health to the body's internal organs, and does not mean there is severe damage. This technique finds minor dysfunction of an organ at a very early stage when it can be treated.

*Healthy Organs Contribute
to a Healthy Person!*