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The Neck Connection in Brain Function for Health and Vitality

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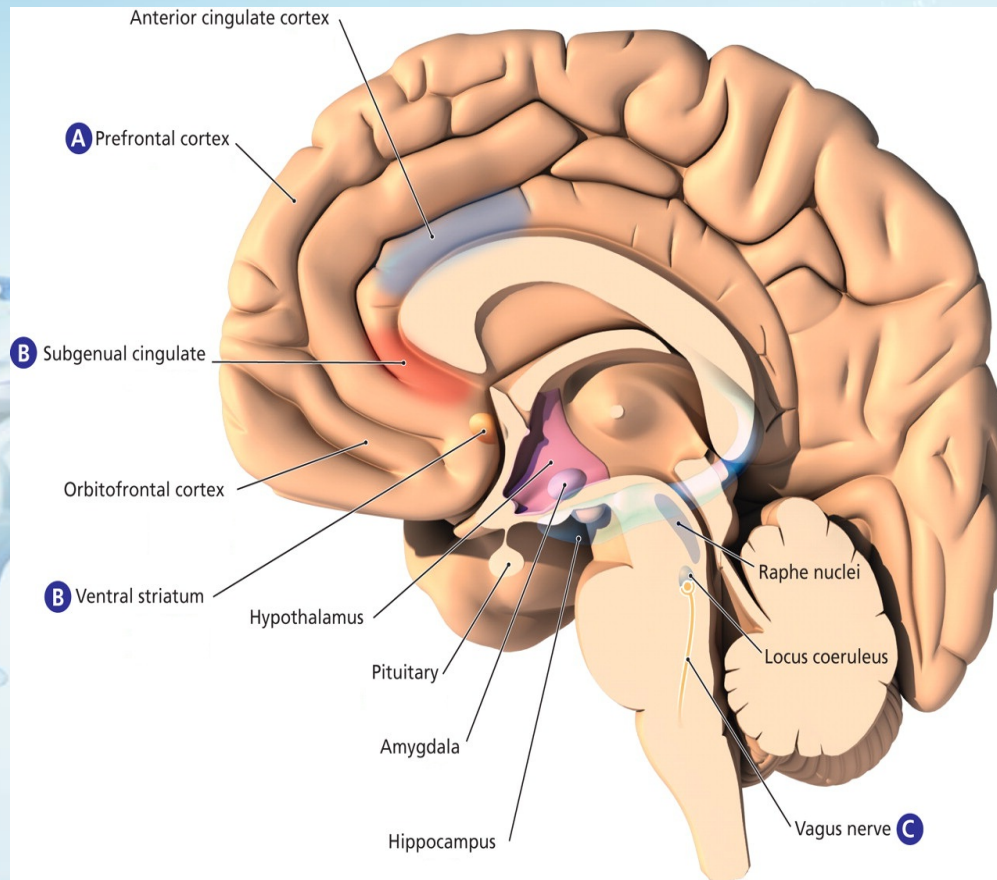
The Neck Connection in Brain Function for Health and Vitality

Today we are here to talk about the art and medicine of keeping the brain active and vibrant, for life.

Let me take you back about 27 years ago.....

The Brain and Beyond

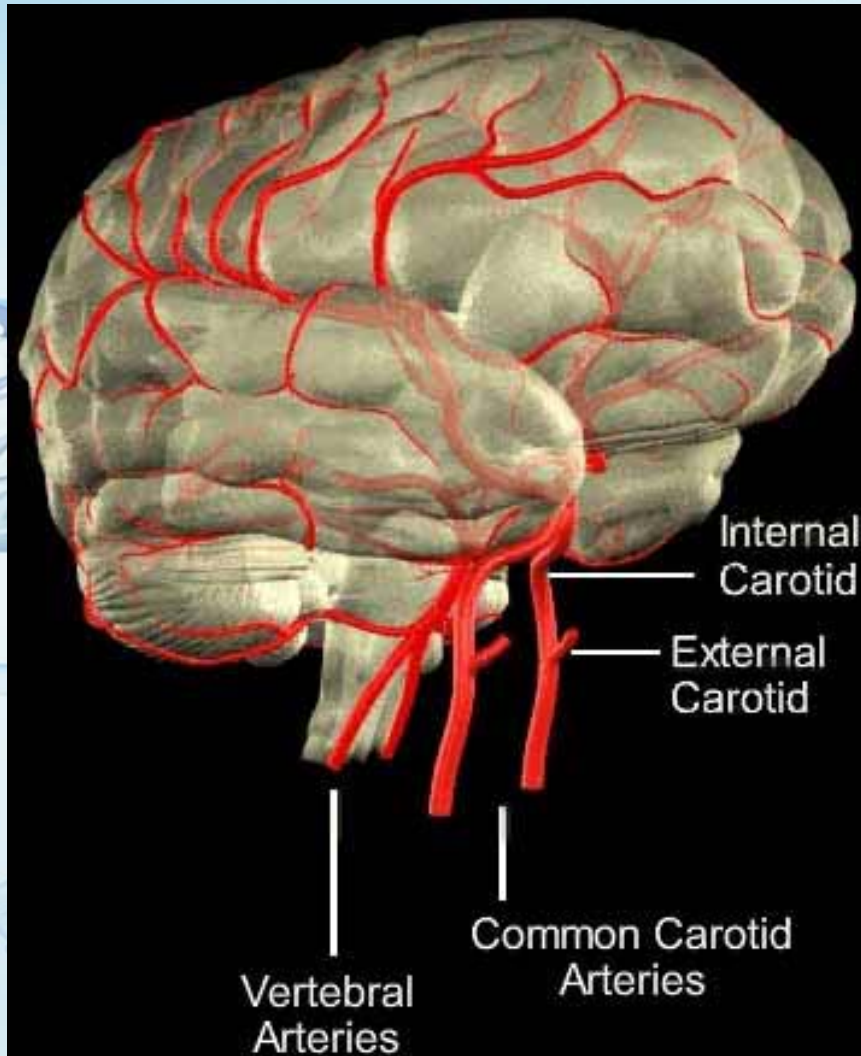
Cortical and Sub cortical Areas



The brain has two distinct parts, which are divided into the cortex and the subcortical areas. The two parts are functionally different too. The former, the most recent one in evolutionary history, dealt with higher conscious functions like intelligence, all voluntary actions, logic, analysis, deduction, long term memory, making decisions etc. The latter, is responsible for all involuntary or subconscious functions like heart beat, breathing, thermoregulation, reproductive cycles, sleep, energy generation, healing, hormonal regulation, balance, gait, emotions, short term memory, autonomic reflexes, immune system etc.

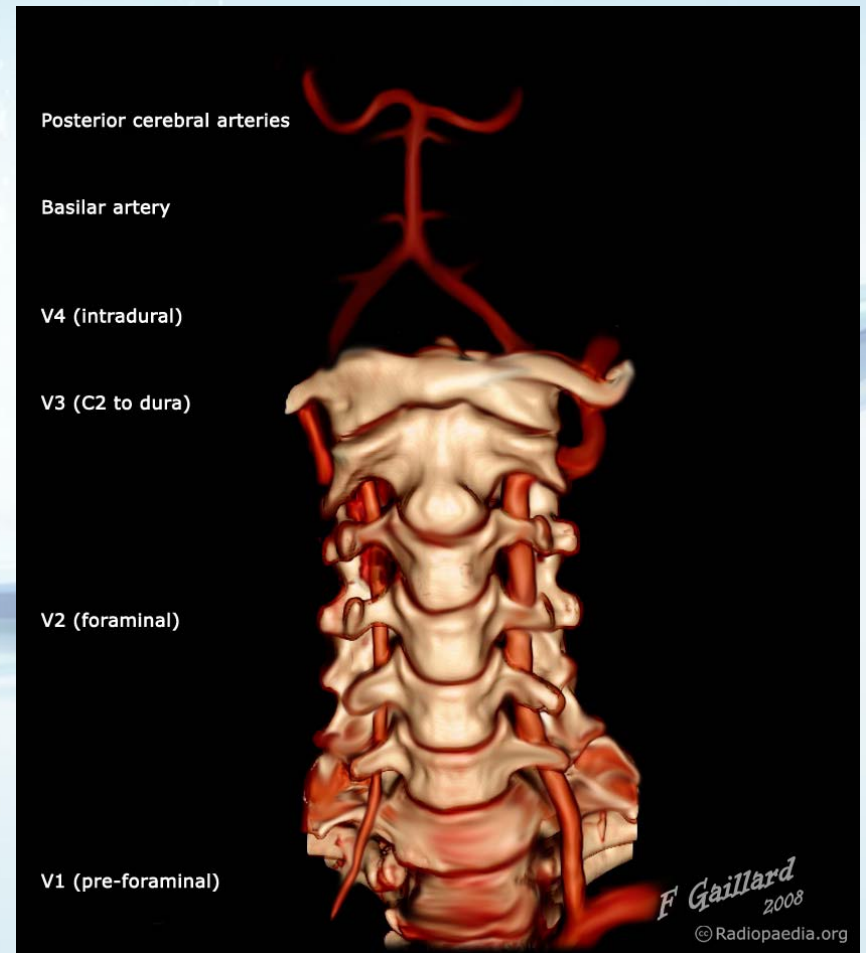
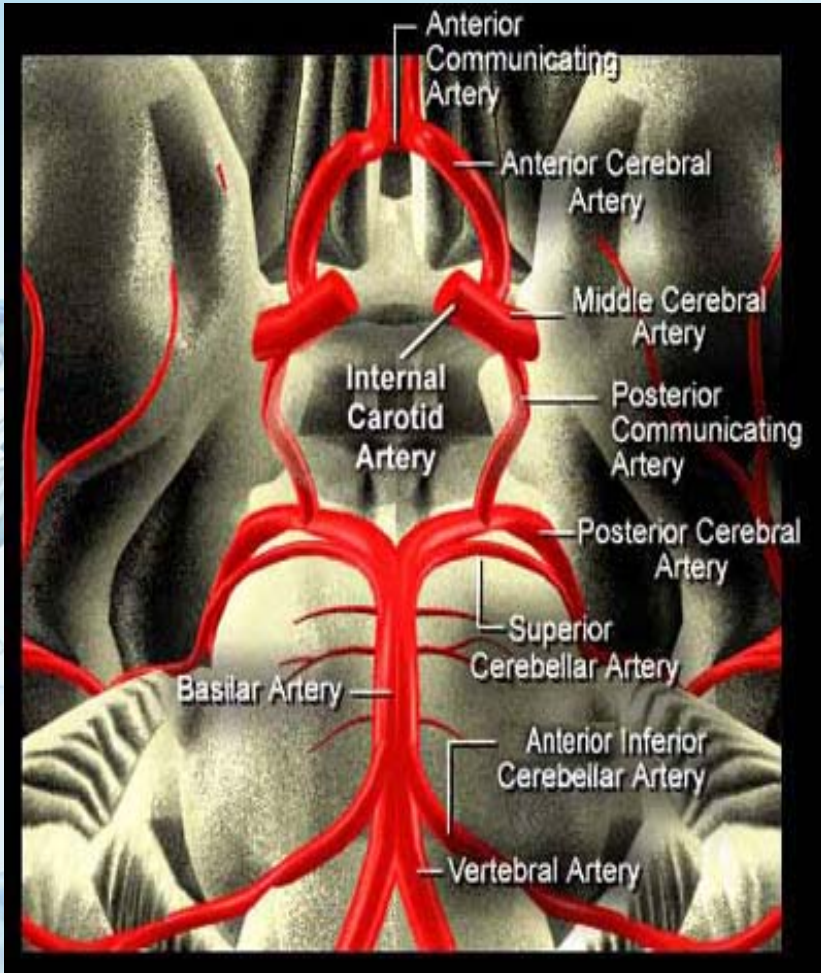
Cortical and Sub cortical Areas

Logical Observations



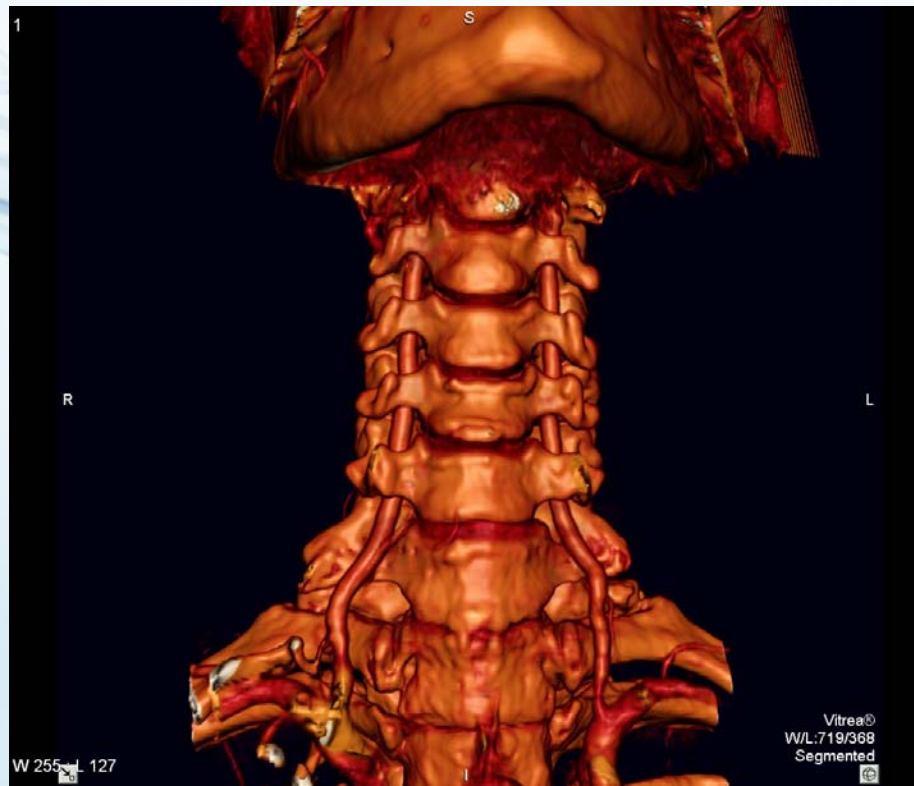
The two parts of the brain had distinct network of blood supply. The outer cortical or new brain, had most of its blood from the Carotid Arteries, whereas the autonomous or sub cortical brain, the cerebellum, the brain stem, the cranial nerves, the pituitary, the hypothalamus etc received blood directly from the Vertebral Arteries, embedded deep in the pair on canals in the cervical spine.

Major Arteries



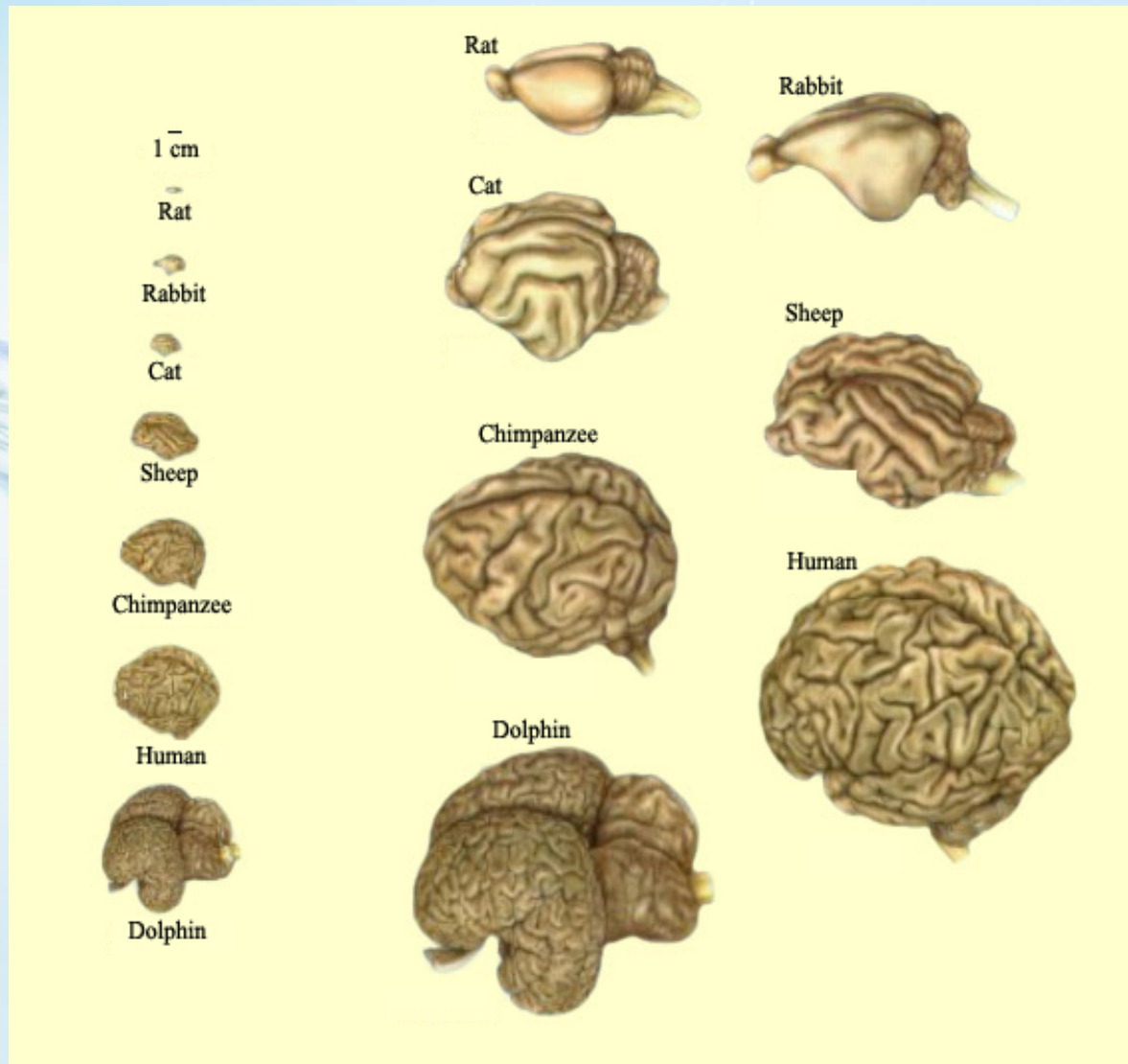
Ask Yourself

Why did nature protect only one pair each of arteries and veins, so well in the entire body, with the help of the canals of bones and tough ligaments ?



Evolution

From Reptiles to Humans: A Three Brain Odyssey



From Reptiles to Humans: A Three Brain Odyssey

Reptile brain

The most primitive of our brains, also called the *brainstem*. The reptile brain is the fundamental core of our nervous system. Forming the upper part of the spinal cord, it's something we have in common with all other reptiles. The reptile brain is our *action*, or *power* brain, center of the will to power. While survival is its main focus, also generated here are aggression, the drive to establish and defend territory, fight-or-flight, deception...as well as basic life support functions such as heart rate, blood pressure, breathing and digestion. Visceral stimulus-response is brainstem language.

Mammalian brain

Also called the *limbic system* because it resembles canine hind limbs sprawled crookedly over the reptilian structures, the mammalian brain links our reptile brain with the more advanced structures. We share the limbic system with all other mammals. Opening a new horizon of humane conscious behavior, it gives us the power of *feeling*, as opposed to simply reacting. Complex care of young, and other behaviors not so purely instinctual flow from the limbic system; so do primal urges and powerful emotions that ensure self-preservation, such as terror, rage, sexual desire, hunger...and even more complex emotions such as love, compassion, empathy, envy, indignation and hope.

From Reptiles to Humans: A Three Brain Odyssey

Human Brain

The *neocortex*. The *thinking* brain, seat of perception, center of the "soul". Voluntary movement begins here, and integration of all sensory inputs. We share the neocortex only with higher apes, ours being more advanced. By far the largest brain, completely encompassing the limbic system, the neocortex is our path to words and symbols, logic and time, abstract thought

When Homo sapeins began to walk erect, the neck and the entire spine began to change anatomically. The head was the heaviest part of the body and so it had to be supported by the cervical vertebrae but the main problem was that the head also had all the sensory organs like eyes, ears and nose. So the cervical spine had to be tough and extremely flexible so as to allow the head to move in all sorts of direction. Whereas the rest of the spine is more or less fixed, the neck is very agile. This is where humans started having major problems: the vital functions of the autonomous brain depends on the amount of blood it gets and that in turn relies on how free the canals, that protect vertebral arteries, are.

The Neck Connection

The flexible cervical spine is in fact fragile and is constantly exposed to traumas that disalign the vertebrae and narrow the canals. Birth injuries, whiplash injuries, excess computer use, bad posture, head or neck traumas, sports injuries, excessive dental work, long surgeries etc can affect the lumen of the cervical canals, thus reducing the blood supply to the vital part of the brain.

Neck Connection

- Crudely speaking, 20% of reduction of blood supply causes fatigue and lethargy.
- 40% reduction causes headaches, dizziness, blurred vision, tinnitus, nausea, sickness, imbalance, poor immune or hormonal functions, insomnia, depression, lack of concentration, short term memory loss;
- 60% reduction causes severe headaches, vertigo, panic attacks, palpitation, high blood pressure, Bells Palsy, TIA, Trigeminal Neuralgia, epileptic fits etc.
- 80% reduction in blood supply causes fainting, stroke with symptoms of loss of cerebellar, optic, emotional functions etc.
- 90% reduction of blood supply through the vertebral arteries causes coma.
- 100% reduction causes death.

The Ali Syndrome

All the symptoms caused by reduction of blood supply due to cervical spinal misalignments and stress (tightening of neck muscles) are grouped into The Ali Syndrome. These do not include symptoms caused by general reduction of blood or oxygen supply to the whole of the brain, due to low blood pressure, anaemia, stroke in the carotid arterial network, dehydration, blood loss etc.

The Ali Technique

The Ali Technique helps to restore the blood supply by physical therapy and a set of yoga exercises. Over 25 years, I have used my technique to treat hundreds of different kinds of ailments. What remains a mystery to me is why some people with the same reduction of blood supply have headaches, for example, while others get tinnitus or Bells Palsy. It could be a genetic predisposition just like people living identical lifestyle develop different ailments.

The Ali Technique

- What is even more encouraging is that the Ali Technique, helps to improve the circulation of Cerebrospinal Fluid and therefore the cortex, Pituitary Gland and the sensitive emotional centres, nourished by the Fourth Ventricle, also improve their functions to generate an overall "feel good " factor. The Ali Technique, helps to reduce stress and indirectly helps to cure many stress related illnesses. The sooner one identifies the Ali Syndrome and receives the necessary treatments, the better the outcome of the ailments

The Ali Technique and Ant ageing

I don't think there is any other efficacious, safe and cost effective treatment, that can match the power of The Ali Technique. I have therefore given a lot of importance to this technique in my Time Reversal or Anti-ageing programme. If the brain is sharp, preserves its acuity and maintains its command over the entire body and the mind, rejuvenation is guaranteed.

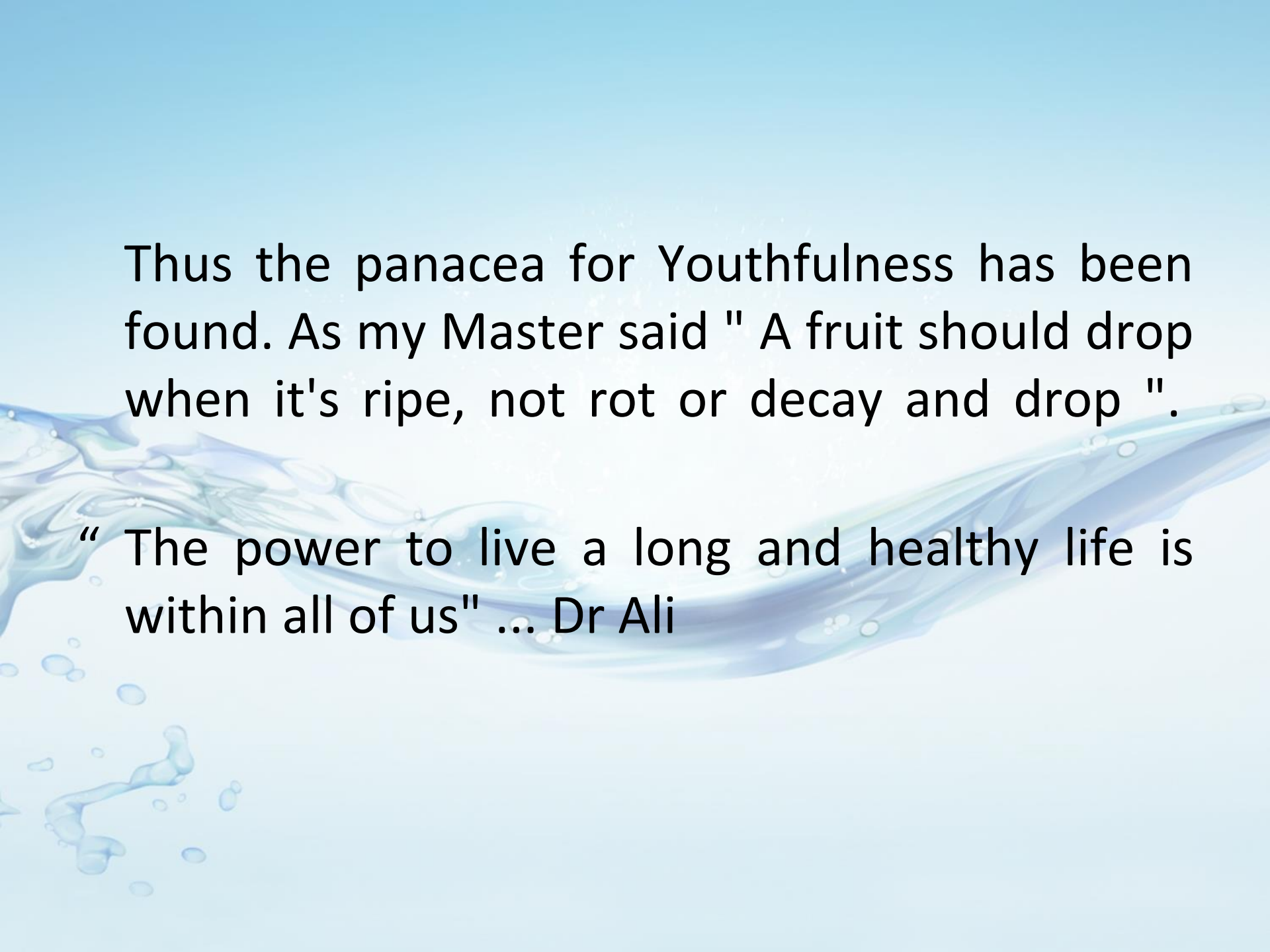
The Time Reversal

Time Reversal is a concept that blends the ancient Indian art of rejuvenation called Kaya Kalpa and my own discoveries over the past 30 years. Kaya Kalpa had been the secret doctrine of its Masters and were practised by the elites of the society, for their wellbeing , health and rejuvenation. They wanted to enjoy the fruits of life, change their karmic path and delay death so that they could avoid the unpredicted consequences of after life. In my pursuit of Integrated Healthcare, I studied, practised and discovered many secrets of our body and mind. My Master in India, who died young at the age of 92, passed on his manuscripts to me and taught me some techniques which, I found, were medically sound and highly beneficial in the art of rejuvenation

Time Reversal

The other secrets used in my Time Reversal programme are :

- A special Therapeutic Yoga Plan that removes aches and pain from the body, restores skeleto-muscular functions, improves eyesight, joint flexibility, stamina and restores positive emotions.
- A Meditation Programme that uses Autogenic Techniques to slow down breathing to the level of hibernation, reducing metabolism and the stress level to minimum. It calms the body and stills the mind.
- Marma Massage, an ancient physical rehabilitation programme that the martial arts practitioners of India used, to boost energy and vitality. It is also therapeutic.
- Facial treatments using potencised oils in creams and body treatments using clay, nano volcanic ash and herbal oils.
- A range of dietary and natural supplements blended by me to detoxify and restore gut functions of digestion and elimination. Additionally, the body's energy is boosted to power optimum functions of the body and the mind.



Thus the panacea for Youthfulness has been found. As my Master said " A fruit should drop when it's ripe, not rot or decay and drop ".

“ The power to live a long and healthy life is within all of us” ... Dr Ali



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