

Many people today find that their struggles with personal health issues are like the struggle in the Greek mythology between Heracles, the strongest of all men, and the water beast named Hydra.

Greek artists often made paintings of their gods on a vase. Hydra had “more heads than could be painted on a vase”.



Heracles was sent on a mission to kill Hydra. For each head which he cut off, Hydra grew two new ones. Hydra was seemingly immortal. This was an expression of the hopelessness of struggling to cut off one head at a time for any but the greatest of heroes.

Realizing that he could not defeat the Hydra by cutting off one head at a time, Heracles called on his nephew Iolaus for help. His nephew came up with the idea of using a blazing firebrand to scorch the neck stumps after each decapitation so that it was not possible for two heads to grow from the spot.

Luckily Hydra had one weak spot. One head was mortal.

Heracles had a golden sword given to him by Athena. In the Greek mythology, Athena often accompanied heroes in their battles. Athena was not only the patron goddess of the city state of Athens, she was also the goddess of wisdom, civilization, warfare, strength, strategy, female arts, crafts, justice and skill.

When Heracles found Hydra’s one mortal head, he used Athena’s sword to cut it off. Hydra died.

http://en.wikipedia.org/wiki/File:Hydra_04.jpg

<http://www.elfwood.com/~kontis/HERACLES-HYDRA-c.2922425.html>

Like the many heads of hydra, some people suffer from various symptoms and health issues.

Chasing them one at a time with medicine or an operation may give temporary relief, but does not necessarily get at the cause of our issues.

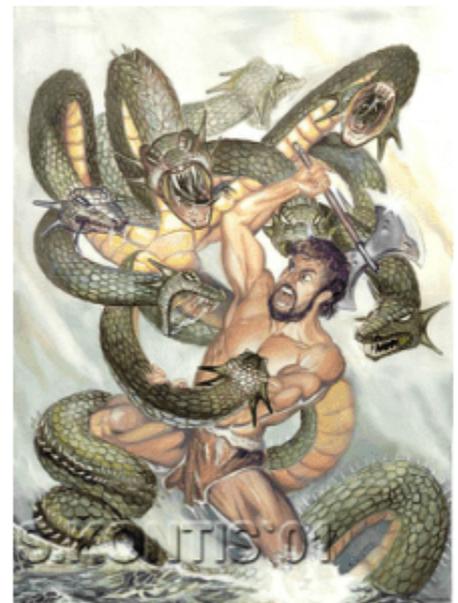
Today, many people take one pill for this health problem, another for that health issue and a third to counteract the side effects of one of the first two pills. Many people take more than two pills.

Many times the pills only help temporarily. If they do work, we have to continue to take them - sometimes for the rest of our lives.

The many heads of the Hydra.

Here is a partial list of common problems that might in part come from a dysfunction in one of five cranial nerves.

Do you recognize any of these symptoms, or do people around you suffer from some of these issues?



Everyone has one or more of them from time to time. However, if they recur too often or if you have them too much of the time, then it is a good idea to do something about it.

You can see that the list includes physical, emotional and mental symptoms.

| | | |
|---|--|---------------------------------|
| Sore neck and shoulder muscles | Dizziness | Headache (tension and migraine) |
| Allergy | Excessive daydreaming and fantasising | Irregular heart beat |
| Anger | Excessive use of medicine with or without prescription | Haemorrhoids |
| Arthritis | Excessive or unreasonable distrust of friends/colleagues | High blood pressure |
| Asthma | Uncalled for sweating | Difficulty sleeping |
| Pains in the chest | Difficulty concentrating | Irritability |
| Tightly clenched teeth | Difficulty remembering | Loss of appetite |
| Cold hands and feet | Diarrhoea | Loss of interest for sex |
| Influenza | Feelings of fear | Back pain |
| Irritation of the large intestine | Feeling "down" | Minor infections |
| Constipation | Feeling of hopelessness | Clump in the throat |
| Extended periods of depression | Feeling of a lack of energy or heaviness | Menstruation pains |
| Eye or facial tensions | Lack of interest in everything | Forgetfulness |
| Hyperventilation | Feeling of being tense after exertion | Nervous |
| Increase in drinking or smoking habits | General anxiety | Nightmares |
| Poor Digestion | Frequent accidents or injuries | Excessive eating |
| Many worries | Frustration | Ulcer |
| Tendency to start to cry | Grinding teeth at night | Restless |
| Behavioral problems such as autism, ADHD, and hyperactivity | Difficulty to make a decision | Shortness of Breath |
| Difficulty to agree | | Skin problems |
| | | Stomach problems |
| | | Tense / hard muscles |
| | | High blood pressure |
| | | Heartburn |

Can we find the golden sword of Athena?

The possibility of working with these five cranial nerves is universally overlooked in our contemporary model of treating symptoms and pathology.

When we can get these five nerves to function properly, we can often come to terms with many different health issues both physical and emotional which otherwise have plagued us.

If we can get the five nerves to work properly, then there is a chance that we can help with any of these symptoms.

Learning about the anatomy behind the exercises and the manual therapy techniques will give you an understanding of what you are doing so that you can be more effective.

You will find some special exercises later in this book, Most people can do the exercises themselves or with the guidance of a personal trainer.

There are also some hands on manual therapy techniques that we will also describe. The manual therapy techniques are also easy enough so that you or most other people should be able to use them.