

# BEST

Cliona O'Conaill discovers how to forget past hurts and heal the body from within

**B**ioenergetic Synchronisation Technique, also known as BEST, is a gentle, non-manipulative chiropractic technique.

It aims to treat the cause of symptoms by clearing emotional patterns in the nervous system and in tissue memory. The theory is that we often react to present circumstances based on our response to a past trauma. By removing residual symptoms of the original experience, when the system is stimulated again we don't reactivate an outdated response.

For example, if you returned home to find an intruder in your house, you would understandably feel threatened, and your body would respond by entering into fight or flight mode. Adrenaline would flood your system, your heartbeat would increase, and your digestion system would temporarily shut down. After the situation is over, if you continue to worry and fail to relax, the same symptoms could recur each time you return to the house - an inappropriate response.

Stress can have a similar effect. 'Stress is a conflict in the mind between the illusion of how you would like life to be and the reality of how it is: explains Douglas Diehl, doctor of chiropractic. When life circumstances do not match what you think you should be doing, this conflict can express itself in the body.

For example, lower-back pain is associated with an imbalance in the root chakra, and may manifest if you have difficulties around trust, confidence, financial security, your relationship with your mother and feeling grounded.

Because anxiety activates the fight or flight response, itself governed by the endocrine system, Diehl uses muscle-testing techniques to assess the reserves of the adrenals, the thyroid and the pituitary gland. The adrenals are related to stress and fatigue, the thyroid to high blood pressure and panic attacks, and the pituitary to worry and depression.

Lying face up on a chiropractic table, Diehl lifted my leg and told me to try to resist while he pushed it down. I could resist easily. He then told me to place my hands over my adrenals and repeated the test. This time I had no resistance. This indicated that my adrenals were weak - which seemed to fit with my stressed lifestyle. The same happened with my pituitary gland.

Diehl then pressed points on my neck and temples where my body was holding tension, while I was asked to hold my breath. When I breathed out, the pain in these areas had lessened. He explained that when you hold your breath, the body becomes depleted in oxygen. The body



drains oxygen from the muscles for use by the brain, and as a result the muscles relax.

Diehl says that when he holds two points simultaneously, the brain becomes confused and so refers to the blueprint of how the body should operate when it is functioning at its optimum level. It then evaluates the present threat, notices the unnecessary tension and relaxes.

Diehl pressed points on my stomach, neck, back and buttocks, and worked with deeper, emotional layers using key words to access the subconscious. He asked me to think about important events in my life, and certain words elicited deep feelings and made me quite tearful.

Immediately afterwards, I felt relaxed and lighter, but later that evening, I was unusually exhausted. A couple of days later, I suddenly experienced a huge release of tension from my shoulders and back

Now, I'm finding I don't become so overwhelmed and feel generally happier.



## HISTORY

BEST was devised in 1972, by American doctor of chiropractic Ted Morter Jr. He questioned the basis of chiropractic when he observed that realigning the vertebrae only temporarily relieved patients' symptoms.

## EVIDENCE

Scientific research on chiropractic goes back to 1910, and studies on BEST were done in the 1970s and 1980s. Ted Morter Jr has also published several books on health.

## WHO SHOULD USE IT

Anyone with structural problems, aches and pains - especially back pain, headaches or neck pain - or people with indigestion, IBS, emotional stress, fatigue and depression.

## CONTRAINDICATIONS

None. But be prepared for changes in your emotional/mental patterns and lifestyle.

## COST

A 30-minute treatment is £40. Three or four appointments are usually needed, but, in some cases, ongoing treatments may be necessary. In this case, prices are individually arranged.

## RESOURCES

Douglas Diehl, **020 7291 4402**.

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In August 1999, for no apparent reason, both my knees became swollen. My left leg was affected from my knee to my ankle, so I couldn't walk very well,' says Tiffany Hunt, 33. 'My doctor and the local hospital didn't know what was wrong, so a friend recommended Douglas Diehl. After the first treatment, the swelling went down so much I knew BEST was working. I saw Diehl twice a week for the first two weeks, after which the swelling disappeared, and I still see him every six weeks for maintenance. 'I sometimes get a tight feeling in the back of my knee which makes me realise I am stressed or tired, so I slow down. I'm also far healthier now. I used to suffer badly with coughs, colds and tonsillitis, but not any longer. I used to feel out of control, but my life now is far calmer. I feel grounded, happier and more positive about my life.'

'It worked for me...'