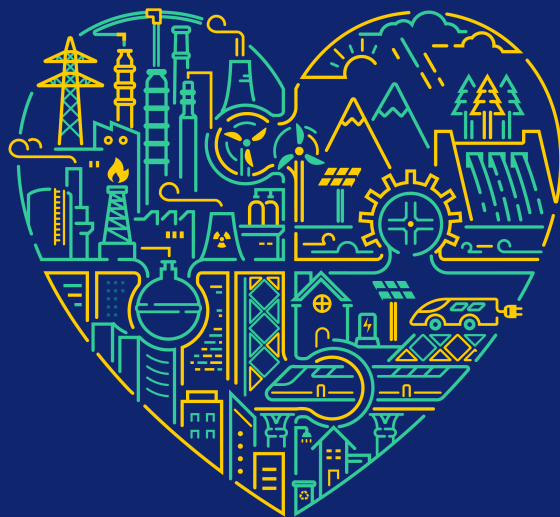


Sacro Occipital Technique changed my life, literally: About the chiropractor

Ethan Lee



Introduction

Twelve years ago, I was a pre-med student at the University of Washington. Getting into a traditional medicine school was my only goal in my life. I didn't know about SOT, or even the existence of chiropractic since that is not an official healthcare option in the country where I'm from originally.

I was suffering from intense migraine episodes which attacked me weekly, with debilitating headaches, severe nausea, and temporary vision loss for up to 24 hours. I was not able to sleep, not able to focus, and would have constant whole-body pressure that made it impossible to relax. My life was a mess. As a pre-med student, I was concerned.

I went to a total of 18 different medical doctors and specialists trying to get some relief for my problem, but none of the medications worked. After realising medication was not the answer to my problem, I started to explore the sea of alternative medicine.

I've seen many acupuncturists, naturopathic doctors, physical therapists, massage therapists, and chiropractors. I feel like all of them helped a little bit, but the treatment was never sustainable. As I was about to accept that I was born this way and there was nothing I could do about my pain and tension, I met an SOT doctor who finally identified the root cause of my issue. Turns out, my cranial structure was compromised due to a failed dental surgery I had when I was a kid. The asymmetric occipital condyle position created a huge torsion at my upper cervical spine and my entire body. I can still remember the relief I got from the first SOT treatment in my life. Today, I have been living a migraine-free life for eight years. Everyday my body feels balanced and my mind feels relaxed. SOT has changed my life.

By utilising SOT I'm able to offer an entirely different treatment perspective for my patients. Instead of viewing pain and tension as the result of a local subluxations, I am able to evaluate the spine as a whole system that is connected with one of the most important physical structures in our body - the dura mater. SOT offers a systematic evaluation and treatment solutions which, in my opinion, cannot be replaced by any other chiropractic technique. I am glad to have SOT in my toolbox so I can offer help to people who are in a similar position to that I once was.'



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