

BIOGRAPHY OF DR. DEAN HOWELL

Dean Howell, ND, the developer of NeuroCranial Restructuring, was born in Everett, Washington in 1954. He was raised by his father, a local dentist, and his mother, a dental office manager and investment and tax specialist. He first married in 1977 and began creating his family of four children. Dr. Howell graduated with a BA in mathematics from the University of Washington in 1978, and in 1982 he received his ND degree in naturopathic medicine from Bastyr University. After board examinations, he immediately opened Everett Naturopathic Clinic.

Dr. Howell's need to treat the cause of disease made him reject the medication-oriented approach of mainstream medicine that is also common to natural medicine, so his naturopathic family practice focused on rehabilitation of lifestyle, detoxification protocols, and physical correction of musculoskeletal structural problems. He was one of the few doctors of the 1980s who routinely used hydrotherapy and colon irrigation techniques for his patients. Dr. Howell gradually rejected the physical medicine of the era, finding that most physical medicine techniques were palliative at best and injurious at the worst.

He began researching and trying increasingly obscure techniques, always hoping to find the methods to make permanent improvement in the general health and the physical structure of his patients. During the 1980s, Dr. Howell studied with many well-known physicians: J.R. Stober, DC, ND, a specialist in Bilateral Nasal Specific technique (a kind of cranial manipulation utilizing small balloons that were repeatedly inserted through the nostril into the throat and inflated briefly); T. Galen Hieronymus, Ph.D., the developer and patent holder in radionics technology (Dr. Howell was one of Hieronymus' last students before his death); James D'Adamo, ND, DC., the developer of the blood-type diets and an expert in iridology; Bernard Jensen, DC, an expert in iridology; and Harold Dick, ND, DC, an expert in radionic diet testing and a specialist in constitutional hydrotherapy. Dr. Howell joined the faculty at Bastyr University for two years in 1985, teaching cranial manipulation techniques as well as Ear, Nose, and Throat diagnosis and treatment.

By 1989, Dr. Howell had one of the largest naturopathic practices in the State of Washington. He began making enemies in the mainstream medical community because of his successful treatment of chronically-ill patients who had previously been untreatable. Soon after, he was prosecuted and lost his license for five years, ostensibly for the administration of B-12 injections in 1986, which was routinely performed by naturopathic physicians but was against the 1919 law which he practiced under.

This situation led to the end of Dr. Howell's marriage and his family practice and urged him towards his true love, physical medicine. He was asked by Sam Biser (a long-time Dr. Howell patient and a well-known health researcher and publisher) to lecture about cranial manipulation in Virginia in 1991. There he was befriended by Southern California doctors who pushed him to develop his cranial manipulation ideas further.

The State again closed in and forced Dr. Howell to leave Washington in 1993. He went to his friends' clinic, Comprehensive Medical Center in Encinitas, California, as a specialist in cranial and whole body manipulation techniques. He began appearing on the clinic's radio program monthly.

After hearing of Dr. Howell's plight, Sam Biser decided to publicize Dr. Howell's now revolutionary cranial manipulation techniques in his newsletter, "The Last Chance Health Newsletter." Dr. Howell became very popular quickly, and soon the clinic staff and the attorney of the clinic began questioning the nature of his techniques. The ensuing furor forced Dr. Howell out of the California clinic and propelled him into further research and development of cranial manipulation techniques. One night he dreamt of the skull being like a jar of glass fragments and used a metal rod to re-align the glass fragments. From this dream he gradually developed his life's work, NeuroCranial Restructuring.

Armed with this new idea, he began traveling around the US, treating patients and continuously refining his techniques. After Dr. Howell's naturopathic medical license was restored and he returned to practice in Everett, Washington, Biser promoted him further. He rapidly developed an international practice specializing in NeuroCranial Restructuring and began successfully teaching his techniques to doctors from around the world. (The NCR Doctors' Association was started at this time, and it survived until 2003.)

Dr. Howell met Trisha, a writer, and married her in 1998. With her help, he became reconnected with his children and began writing. He hosted his radio program, "The NCR Power Hour," and in 2000 published his first book about NCR, *NeuroCranial Restructuring: Unleash Your Structural Power*. In 1999, Dr. Howell moved his practice to Bellevue, Washington, and he and Trisha relocated their residence to Tonasket, a small town in Eastern Washington, where he supervised health retreats and taught his professional training courses. The Howells' relocated back to Western Washington in 2003 where Dr. Howell continues to work out of his Bellevue office.

In 2004, the NeuroCranial Restructuring Research Institute formed, and Dr. Howell has great hopes that this organization will help legitimize his work for scientists, doctors and patients around the world.