

Doctor and Patient Testimonials: Dr. Dean Howell's NeuroCranial Restructuring (NCR)

"This technique is pure genius."

Charles Linn, D.C.

"NCR has been a tremendous addition to the treatment regime in regard to the care of my patients. I have already had many success stories, including pain relieved, hearing restored, and sinuses cleared by Dr. Howell's treatment method. I really appreciate his work!"

Ross A. Hauser, M.D. and author of *Prolo Your Pain Away!* and *Prolo Your Sports Injuries Away!*

"Four years ago I was in a terrible car accident. When the air bag went off it was like getting hit in the face by Muhammad Ali. For years after the accident I had chronic pain in my back and jaw. I went to the chiropractor to alleviate the pain. The relief usually lasted a day or two. A masseuse suggested I try NCR. She told me how much it had helped her, showed me photos documenting her therapy, but I said no way. And then I got tired of being in pain. I think there comes a time when the pain is just too great to ignore whatever treatment is available to you. Most of my mental energy during the day was spent managing my discomfort. After six months of prodding I finally decided to try NCR. Now I am almost completely pain free for months at a time. After my first series of treatments I will never forget getting up off the table and feeling so light and so energized. My back and jaw and neck were completely without pain in a way that I had not experienced since I was a young girl. The world was exquisitely beautiful. Not having to focus on my pain let me focus on the world around me, and it was exquisite."

Jennifer Beals (Dixon), actor

"The experience of NCR, of which I've had six series, is exhilarating: to clear the mind, to stand straighter, to increase the appreciation of my own body and mind is a gift. I recommend this treatment to all who wish to encourage their creativity and confidence."

Jean Claude Van Italie, playwright and director.

"It feels so good to feel good! Thank you so much for all that you [Dr. Howell] and NCR have done for me!"

Judy Schapp

"I'd like to thank you, Dr. Howell. For twenty years I had progressively been becoming more ill. I had been to numerous medical doctors and even more alternative healers in seven different states. I'd been given well over twenty diagnoses and more prescriptions than I could even begin to count. I knew that there had to be an underlying problem in the brain or nervous system. I just didn't know what it was or how to correct it. God lead me to you, and you are correcting it. Thank you for saving my life."

Deena Hall

"You have helped a countless number of people, and so many are grateful to you when all else had failed. You're a great doctor!"

Angela Schrader

“My face was oblong and now is rounder. My TMJ is clearing up. My skin tone and facial structure have improved, and I’m more balanced in my posture. Dr. Howell has also been helpful recommending solutions to other health problems. He is a well of practical information about all kinds of health issues.”

Miriam Reiss

“My headaches started when I was a teenager. Several years ago I learned about Dr. Howell, and his treatment has done wonders for me! It not only handled my headaches but also my sinuses. I used to do many other therapies for these things, but NCR is the only thing that handled that permanently.”

Maria Rodriguez Olleros

“I have received many miracle-like treatments from Dr. Howell.”

Charlotte Johnson

“I’ve had lots of results from NCR. My shoulders used to be hunched; now they are back. I used to be unable to lie on my stomach and turn my head to one side, for fear of a pinched nerve in my neck causing excruciating, continuous pain for weeks. Now I can lie down any way I want. What a release! My front top tooth used to cross over my other tooth quite a bit, but now they are straight. My back used to be too straight, but now it curves normally.”

Laurie Cole

“Dr. Howell was able to reverse problems from an accident that occurred nearly 30 years ago. I no longer suffer from continual headaches. My dowager’s hump has disappeared. I look and feel so much better.”

Sheila Jordan

“All my life I’ve had general nervousness as well as problems with my eyes, balance, and walking due to cerebral palsy. Dr. Howell has helped reverse these conditions. I noticed a lot of improvement already by the second or third day of treatment.”

Jay M. Scheie

“I had dislocated my collarbone playing softball at school. That evening we went to see Dr. Howell. With treatment, the dislocated collarbone moved into place! There was still some pain, but it soon faded away. I was as good as new!”

Loren Raber

“After 30 years of migraine headaches, 2 series of NCR treatments completely eliminated them. It’s been over 6 years now without a single migraine! My feet also had extremely high arches, which have normalized from NCR. The third major change I’ve noticed is my pelvis—I’m currently pregnant and am carrying this child much differently from my first 4 pregnancies. Overall, I feel so much better from NCR; it is totally amazing!”

Carmen C. Garrison

“I have not had one single headache since my first NCR treatment sequence!  
Hallelujah!”

Nancy Johnson

“I am thrilled to have found Dr. Howell—he is doing a mighty work—as so many people have problems that have not been helped by conventional doctors, drugs, or surgery. I am very excited for Tyler and am hoping to have my other son see Dr. Howell also.

Thank you!”

Bev Brink

“People are noticing that since I got NCR I look taller and thinner, I walk better (more upright with my head held high), my voice is less nasal, and I sound calmer and more focused. I feel more focused, more intelligent, and more organized. I am breathing better for the first time in my life, getting more oxygen. It’s awesome! It may have ended my sleep apnea. The treatment is light years ahead of what chiropractors and my D.O. have done for me. I feel a permanent change with NCR. 4 days of this treatment has done more for me than 15 years of seeing the chiropractor 16 times a year (what my insurance allowed) and tons of massage treatments. It’s a miracle and pure genius. Like one patient said, ‘...a natural therapy that improves the functioning of your brain. No vitamin, no herb, and no drug can make your brain as fast, clear, or powerful as this one mighty therapy.’ One guy told me it was the 3<sup>rd</sup> most powerful experience in his whole life and that after the 4<sup>th</sup> series, his brain went from a Pentium 1 to a Pentium 4.”

Robert Griffis

“As my head shape continues to round, I am feeling much better. Thanks for the boost—it’s been most helpful!”

Hudson

“I have received many health benefits from NCR. I was born with a severe scoliosis and deformity. Each NCR treatment caused my spine to become a little straighter and the bones to be slightly less deformed. Because of age I shrunk 2 inches. This shrinking has stopped since Dr. Howell has treated me. I have become calmer since getting NCR, and the treatments have given me more energy. My vision had become slightly blurry until NCR improved it. I was glad to notice the TV was clearer, and I can now see much more clearly.”

Carla Lamarr

“Thank you so much for treating Eugene. For the first time that I remember, he can breathe through the left side of his nose, and his ‘tic’ is greatly diminished! I love what you do for your patients!”

Gayla and Lyndon Capon

“I must tell you how pleased I am at the NCR treatments—my body responded so quickly. I just can’t say enough about it; it was terrific! Can’t wait to do more. What a

wonderful healing modality NCR is; really, the foundation of health potential. Incredible!”

Carl Vanarsdale

“Your work is truly exceptional, and both Michael and I are deeply grateful. Many benefits are already apparent.”

Ushana Da Vinci

“Thank you for the four treatments! Yesterday I went to see an eye doctor, and he informed me that my inner eye pressure has returned to normal, the field of vision of both my eyes has improved, and now I need a prescription for weaker eye glasses! I felt exhilarated! Other new breakthroughs: increased emotional control in difficult situations, greater self-confidence, and driving an automobile is more pleasant! Thank you again!”

Freimut Paprotta

“The positive changes in me from NCR are many on all levels, but most notably is the way I now carry myself. It feels very comfortable, like I’m walking on sponges. Friends say I appear more comfortable in my body, and a very close friend said that I’m beginning to look like I did when I was younger.”

Kevin J. Higgins

“NCR freed me from a six-year-long nightmare of daily constant pain and has already started to help straighten my back.”

Pascal Louvel

“Thanks for the wonderful NCR treatments. They make a terrific difference in my life! NCR has helped me take back my own power and create my own reality. NCR frees up our connection to the universe!”

Rod Olivier

“Thank you for your treatments. After just one series, I am amazed at how much my structure has moved. In the last five years, I’ve had two ankle surgeries, a ten-session Rolfing series, Prolotherapy, and everything else I’ve learned at Bastyr [College of Naturopathic Medicine]. Nothing has helped as much as NCR. I feel blessed to have this opportunity to see you.”

Matt Laughlin

“After the first set of Dr. Howell’s treatments, there was major improvement in my sleep apnea. No more total paralysis or gasping for air. About two months after the first treatment I went again and the problem was finally eliminated! NCR has resolved this terrible problem for good. Dr. Howell may not be well known, but if you ask ANY of his patients you would begin to realize his technique is something very special. While this treatment has about 5-10 seconds of pain for most people, (for the first few treatments), this may be its strongest testimony. Why would people continue to take time off from work and fly thousands of miles to experience painful treatments if not for the amazing results? The answer is that they receive improvement that no other technique could ever

even come close to. His office is a much different doctor's office, as people are improving and regaining their lives after years of suffering.”

Phillip Rogers

[Note: This testimonial was written in 1998. Refinements in NCR technique since this time have eliminated all pain and have boosted the power and effectiveness of treatment even more.]

“As part of my recent dental surgery, my bite was realigned, correcting a misalignment I had had all my life. But, the rest of my body was not ready for correctly aligned teeth. My Eustachian tubes blocked, destroying most of my hearing. It was like trying to hear through gallons of water sloshing around. Before discovering NCR, I tried everything: herbs, essential oils, massage, chiropractic adjustments, and so on. While some of these treatments were somewhat effective for a while, nothing restored very much of my hearing. I had a 100% blockage in my right ear and 70% in my left. I got 4 treatments from one of Dr. Howell's students who was learning NCR. My left ear opened completely, and my right ear improved to 45% or 50% of normal. These changes were also visible, noticed by my husband — my cheekbones are wider now — and by examination of the ear canal itself. Then I saw Dr. Howell for my next 4 treatments, about 60 days later. I experienced a return of nearly normal hearing in both ears.”

Marge Hartwig

“I read Sam Biser’s words about NCR: ‘The therapy I have mentioned has no equal in the field of structural healing. It is so powerful that with my own eyes I have seen scoliosis, curvature of the spine, disappear in several months.’ From that moment I had no doubts that Dr. Howell was going to cure me of my severe scoliosis. I have been to Dr. Howell for five treatment sequences, and with each visit I am in less pain. I can walk up the center of stairs without pulling myself up the railing. I can also sleep for up to four hours now without waking. When I do wake up I am not in pain. My friends and family tell me I am much more pleasant to be around. This is the most powerful thing I have done for myself.”

Ginny Stafford

“Before NCR I didn't realize how stooped my posture was, how unrelaxed I was, and how much I needed to compensate for the structural distortion that resulted from my scoliosis. One of the early benefits I noticed from my NCR treatments was a profound sense of inner calm that made personal interaction with others naturally more harmonious and that deepened my meditation and martial arts practice. Along with effortlessly improved posture came remarkable changes in my face: eyes less sunken, cheekbones emerging, head held erect, face filling out more the way it was when I was a teenager (forty years ago), and, yes, wrinkles smoothing out. I look forward to becoming more who I am physically, mentally, and spiritually through continued NCR treatments. What a self-discovery!”

Anna Bond

“My daughter April was suffering from the ill effects of Down’s Syndrome (DS), despite my doing many therapies, programs, and natural healing modalities with her. High

functioning relative to other DS children, she still had the facial characteristics, droopy posture, and slurred speech typical of our kids. For the past year and a half, however, things have shifted on every level in April as she is blessed to receive NCR treatments from Dr. Dean Howell every three months. April's posture has straightened to near perfect, and as a result she excels in her gymnastics practice and skis downhill solo with control from the top of the mountain! There have been and continue to be so many desirable changes, both dramatic and subtly cumulative, I don't know where to begin. April's speech is now extraordinarily clear, her thought processes complex. Her natural sense of whimsy can now shine. At last we get to hear her ideas and feelings as she can truly carry on complete conversations. Her lower jaw no longer projects excessively forward. She no longer has the flat face characteristic of DS people. As the bridge of her nose has come out and we see cheekbones emerge, her eyes have rounded and relaxed into a more natural place. Her lower jaw no longer projects excessively forward. You might not even recognize her as a Down's Syndrome person. NCR will definitely continue to be part of April's life adventure for years to come. Thank you, Dr. Dean Howell, for helping to awaken my daughter to her true self."

Anna, mother of April Bond

"My condition began at age 17 with a pain in my hip. In one day, I went from the fastest person on my tennis team to the slowest. I deteriorated over the next 5 years. I was diagnosed with Ankylosing Spondylitis (AS). I tried many types of therapy but did not improve. Then I underwent a sequence of 4 treatments with Dr. Howell. It really worked for me. I GOT: A 60% INCREASE IN ERECT POSTURE! An 85% reduction in pain. A 50% increase in nasal breathing capacity. An 85% reduction in muscular tension in the back of my neck. Between 50% - 75% (at the very least) reduction in spinal scoliosis (i.e.. I now have a fairly straight spine.) A 50% increase in chest expansion while breathing. More than 50% increase in neck mobility. An 85% decrease in the clicking and popping in my elbows. My shoulders are at least 70% closer to their correct position. My pelvis is 70% closer to being on line. My face is at least 30% fuller than it was a year ago! My eyes and ears are more aligned. My nose (which was twice hit over the years) has now returned to 75% of its original shape! SOME OF THE ANCILLARY BENEFITS OF THIS: I fill out my clothes better because of my improved posture. My pants wear better because of my improved pelvis (i.e. my posterior is fuller). I stand at least an inch taller. My face, not contorted with pain and tension, appears much more relaxed. I walk on the insides of my feet again, and my balance is dramatically improved. I am mechanically stronger. My presence in any room I enter is dramatically different."

Jamie Cuddahy III

"Thank you, Dr. Howell, for giving our son back to us! Tucker, our three-year-old, had struggled with interpreting and following through with instructions in the most menial and mundane tasks until his first visit with your gifted techniques of NCR. And every time I think about how his teeth had impeded his ability to speak correctly and caused chewing difficulties, which is now correcting, with the accumulation of repeated NCR treatments, without orthodontics, I give a sigh of relief. He did NOT have to endure the costly and bothersome surgery for drainage tubes in his ears to relieve a constant barrage of ear infections. The cranial adjustments corrected and relieved his ear pain. I CRY tears

of joy. I have to pull myself back from approaching strangers I encounter who have problems in facial structure like I had. I was cured of it through NCR, though I was not fully aware of the problem until I saw it changing in the sequences of my own before-and-after pictures. I was used to seeing someone who was crooked! It feels so much better to go through life being able to stand straight and tall and not have to make a conscious effort to check my posture. You removed the effects from a head injury that seven specialized medical doctors told me they could do nothing about. It was just something I had to live with. They could find "nothing wrong." NCR allowed me to sleep effortlessly. No more waking to severe inner head pain and throbbing several times a night! I spent twenty-one years of (sometimes three times a week) chiropractic visits for months on end, spending literally thousands of dollars of my own and so much insurance money, all with the unfulfilled hope of a pain-free lifestyle. I have found that not only does NCR work better, but it is also much more cost effective. I received complete relief from my pain in only one series of treatments. My posture is corrected, my thoughts are 200-300% clearer, making decision-making a smooth and painless process. There is NO "I should have...." Instead I experience more, "I'm so happy I decided to do that..." which elevates my self-esteem and reassures me that my life is worth living. I am now blessed to be alive, being the one living there, eliminating the severe depression I lived in for years on end prior to receiving your treatments. Thank you for taking such terrific caring care of my family."

Susan Casey

"For several years, I lived with continual pain. Muscles throughout my back, shoulders, neck, and head were in continuous spasm. My eyes hurt from unrelenting pressure, and my vision was gradually deteriorating. Sleeping was extremely difficult, because I couldn't find a comfortable position. Because of the pain and exhaustion due to the pain, I slept a lot. My brain was often on half function. I was groggy much of the time. Although I had been a brilliant academic achiever in my youth, I had turned into someone who was confused, absent minded, and ungrounded. I couldn't work, nor could I create music and art as I'd done years earlier. I was barely functioning. I located good chiropractors, but they gave me only temporary relief. I tried massage therapy too, but it would help only temporarily. I also tried nutrition, Neuromuscular work, Rolfing, and Upledger work [craniosacral therapy]. My muscle pain remained. I finally had NCR with Dr. Howell. Immediately I felt an electrical surge of energy, as if my whole system was waking up. I breathed a huge, clear breath—amazing! Getting up from the table, I looked at myself in the mirror. My narrow face was wider, rounder. My eyes were set differently and my face was softer—not so angular. Not that tightened look of pain. Again, amazing! I had cheekbones I never knew I had. The energy and freedom I began to feel brought me tremendous elation. I had more energy than I knew what to do with and danced around like a little girl. For years, I hadn't felt this awake and alert so that I had a hard time going to sleep that night. For the first time, it wasn't because of the pain, but because I was so incredibly awake. I felt energy rippling through my teeth, all over my head, and my brain/mind suddenly feel light and clear. Now I'm sleeping better than in years—no pain! The pressure behind and above my eyes has abated, so it is more comfortable to fully open my eyes. Every day has brought some new discovery about my change as my posture shifts to more balance. My muscles, tired or not, show new tone. I feel younger

and more energetic and adventurous than ever. I get a kick out of being mistaken for a 30-something, even though I'm over 50. This may also be due to the facelift effect of NCR, as my new expanded cheekbones pulled up some saggy skin. My self-image has improved, and my personality is stronger and more confident. My brain function has improved. My concentration and short term memory is better—I'm remembering people's names and getting more organized! My husband Francois experienced a healing of his internal parental drive to please and succeed. He saw slightly better and had an instant loss of his dyslexia. Now he doesn't have to think about right or left. He just responds instinctively the correct way. He doesn't even transpose numbers anymore. Life is easier for him now! And, from a wife's perspective, I appreciate his improved good looks and sexy posture. Our meditations improved as well. We feel it has something to do with the cranial opening, allowing improvement and integration of our brains' functioning. We are both much more intuitive and creative. The new quality and intensity of our visualizations and dreams has especially been rewarding. A sense of electricity, of magic, has seeped into our daily consciousness. Of course, with brain changes, consciousness changes come more easily. This is probably one reason why old emotional traumas release so quickly now. It has now been four years since my first series of treatments with Dr. Howell. The long-term effect of NCR has been to give me my life back, restore my immune system, and reopen possibilities/Visions/Dreams long closed. Sometimes, when you look back at your past and its experiences, you'll find one event or marker that stands out as a significant turning point. I have this with NCR because I can say that my life took a new direction then. I became a new person, gaining new types of life experiences, and finding freedoms lost. Conclusion: This is perhaps the most extraordinary and fast healing method available. Used proactively, it can avoid vast amounts of human suffering and limitation. You'll never know what I'm talking about unless you experience NCR for yourself. And what if you don't? You may be missing a key to your life, your health, and your happiness. Don't miss this experience.”

Ginger Chalford, Ph.D.

“I can smell things I used to be able to smell as a child and lost as I got older. My eyesight has improved and so has my hearing. My mind is more responsive to things around me, and it has mellowed out my temperament. I don't feel depressed now like I used to feel a lot. My smile is straight now, and my eyes are level with each other. I hear from Mom and others that as time goes on after the treatments, I will feel and see more improvements in many ways I can't foresee now. When Dr. Howell performs NeuroCranial Restructuring, the head bones position themselves in a natural balance as nature's design intended. I was just doing the therapy because I wanted to see what it would do for me. I thought I did not really need it because in my mind I was doing just fine. But now after those treatments, I know I have made a great improvement in many ways I did not think was possible. Dr Howell does NCR for many people all around the world. People who have it done RAVE about how good they feel, and I am now part of the living proof. If you know people who are having problems of any type with their minds and bodies, I recommend telling them about NCR because this treatment is really something. It works.”

Robert Chamberlin