



Chapter 1: What is Simplified Practical Neurology (SPN)?

0.1 Definition of SPN

"Simplified Practical Neurology (SPN) is a brain-based healing technique developed and tested to rebalance and normalize Autonomic function, decrease Dural tension, stimulate Vagal tone and efficiency which effectively improves all neurologic function.

When the SPN technique is properly applied, the result is a dramatic decrease in pain and an increase in function in a fraction of time normally expected from other techniques or procedures. This allows hope to be restored for the patient early on, resulting in better patient trust, compliance, retention and clinical outcomes.

"Simplified Practical Neurology is a predictable brain-based functional neurologic analysis and correction that our profession has always wanted and needed to consistently produce the best, the fastest and the longest lasting clinical improvements and miraculous results with all forms of neurologic imbalances, dysfunctions and diseases.

SPN's ONE goal and purpose is Optimal Neurological Expression and SPN delivers on that goal big time. This breakthrough technique is unique, simple to learn, easy to use and adaptable to every patient". Dr Bob Hoffman



0.2 Introduction

Simplified Practical Neurology (SPN) is a cutting-edge chiropractic technique rooted in the principles of functional neurology. It provides practitioners with a streamlined, effective framework to assess, diagnose, and address neurologic dysfunctions.

This methodology empowers chiropractors to integrate advanced neurologic principles into their practice, ensuring optimal outcomes for patients in a time-efficient manner.

0.3 What is SPN?

SPN stands for Simplified Practical Neurology.

It is designed to help chiropractors effectively address not only mechanical issues but also neurologic cases with excellent clinical outcomes.

SPN is a functional neurology technique that simplifies and makes practical the concepts taught by renowned functional neurologists such as Dr. Carrick, Dr. Melillo, and Dr. D'Onofrio. It incorporates knowledge from Applied Kinesiology and Quantum Neurology. Combined with Dr. Manuel Mazzini's 31 years of clinical experience, SPN offers a unique, replicable, and easy-to-use approach for chiropractors. The core philosophy of SPN revolves around simplicity, practicality, predictability and effectiveness.

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“A discovery is said to be an accident meeting a prepared mind”.

DR. ALBERTSZENT - GYÖRGYI'

DISCOVERY OF VITAMIN C

By focusing on the most relevant neurologic principles and their direct applications, SPN allows practitioners to:

- Understand the underlying neurologic mechanisms of dysfunction.
- Develop targeted interventions that promote healing and functionality.
- Enhance the patient's overall well-being through precise, individualized care.

04. The Mission of SPN

The mission of SPN is to democratize access to functional neurology by making its principles accessible, teachable, and applicable to a wide range of practitioners.

By doing so, SPN aims to:

1. Improve patient outcomes through evidence-based and targeted interventions.
2. Equip practitioners with tools to address a variety of neurologic challenges effectively.
3. Promote a holistic understanding of the brain and nervous system and their role in health and disease.



0.5 Why SPN?

Traditional neurology can often be perceived as overly complex, requiring years of specialized training to master.

While these in-depth approaches are invaluable, they may not always be feasible for chiropractors and other practitioners who seek a more practical and immediate way to integrate neurologic insights into their care.

By using SPN, chiropractors can treat a wide range of conditions and achieve consistent results in a straightforward manner.

This technique empowers all doctors within a clinic to provide effective care and achieve similar outcomes. Its key advantages include:

- **Efficiency:** SPN provides methods that can be seamlessly incorporated into everyday practice without extensive time investments.
- **Effectiveness:** By targeting the root causes of neurologic dysfunctions, SPN interventions produce tangible and lasting results.
- **Adaptability:** The techniques can be customized to suit the unique needs of each patient, ensuring a personalized approach.

0.6 The Core Principles of SPN

SPN is built upon several foundational principles that guide its methodology:

1. **Neuroplasticity:** The nervous system's ability to adapt and change in response to targeted stimuli is at the heart of SPN.
2. **Functional Assessment:** Understanding the functional state of the brain and nervous system provides insights into areas of dysfunction and guides intervention.
3. **Holistic Integration:** SPN considers the interplay between the nervous system and other bodily systems, ensuring comprehensive care.
4. **Patient-Centered Approach:** Each patient is unique, and SPN emphasizes tailoring interventions to meet individual needs.

0.7 New Frontiers for Chiropractic

The triune of healing comes from balancing and optimizing the autonomic nervous system, the dura mater, and the Vagus nerve.

What Is Your True INTENT When You Adjust Your Patients?



1. To correct vertebral subluxation
2. To normalize posture
3. Restore joint mobility
4. Reduce pain
5. Improve spinal curves
6. Balance leg lengths
7. Improve neurological function

0.8 The true subluxation lies in the Central Nervous System.

The phenomenon of subluxation distorts your perception of the world around you and compromises your ability to respond to it.

Your results are limited or created by where you focus your attention.

Whoever conquers stress will own the future of healthcare.

Your well-being is dependent on a fully functioning and adaptive nervous system.

In 1994, in his Presidential lecture for the Society for Psychological Research, Stephen Porges introduced the Polyvagal Theory, which is based on a new understanding of the function of the Vagus nerve.

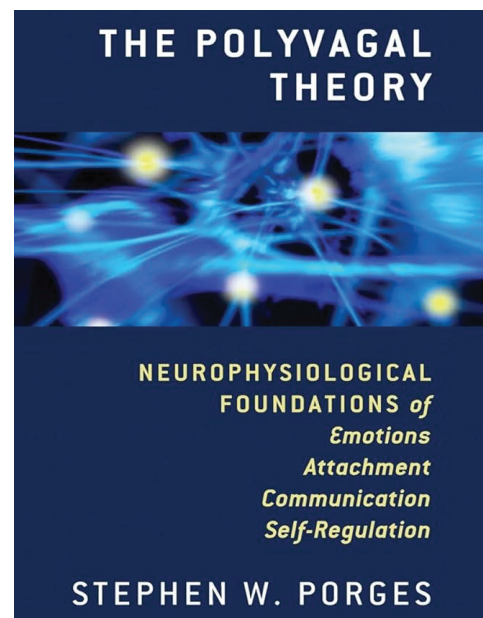
The Polyvagal theory tells us that the autonomic nervous system consists of three neural circuits:

1. The Ventral Branch, responsible for positive states of relaxation and social engagement.
2. The Sympathetic Spinal Chain, which controls fight/flight/freeze responses.
3. The Dorsal Branch, which controls slowdown and depressive behaviours.

According to Stephen Porges, five cranial nerves must function properly to attain a desirable state of social engagement and true health:

- Cranial nerve 5 (Trigeminal nerve)
- Cranial nerve 7 (Facial nerve)
- Cranial nerve 9 (Glossopharyngeal nerve)
- Cranial nerve 10 (Vagus nerve)
- Cranial nerve 11 (Accessory nerve)

Common problems related to cranial nerve dysfunction include tense muscles, migraines, back pain, clenched teeth, eye tension, cold hands and feet, unwarranted sweating, nervousness, dizziness, irritability, lack of energy, anxiety, restlessness, sleep difficulty, poor concentration, forgetfulness, shortness of breath, irregular heartbeat, high blood pressure, poor





digestion, constipation or diarrhea, ulcers, ADHD, difficulty in making decisions, and skin problems.

"The Vagus nerve connects our three brains: the gut microbiome, the heart, and the brain. Your body is self-regulating and self-correcting, but your brain is not." Dr Bob Hoffman

Dysfunction of cranial nerve #11 often leads to pain and stiffness in the neck and shoulders and can result in migraines, forward head posture, breathing difficulties, sympathetic chain activation, chronic dorsal Vagal state, and shortened life expectancy.

The Role of C1 and C2 Alignment - When C1 and C2 are in alignment, it relieves tension on the vertebral arteries, providing better blood flow to the brain and brainstem. People who are socially engaged have a well-positioned C1 and C2 and a well-functioning autonomic nervous system. C1 and C2 move the instant that our **psychological** state shifts in moments of happiness, satisfaction, fear, anger, or withdrawal, or when our **physiology** shifts between dorsal Vagal activation or spinal sympathetic activation.

Improved alignment of C1 and C2 improves blood flow to the brain and usually brings a rapid improvement in the function of the five cranial nerves necessary for optimal health and social engagement.

Measuring Success in Patient Care - Are you measuring your "success" with your patients based on how they feel or how they function? If you agree that it should be based on how they function, how are you measuring function? Heart Rate Variability is the gold standard to test and monitor the autonomic nervous system.

Here is a new way of thinking and a new way to produce the best clinical outcomes.

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"We can't solve problems by using the same kind of thinking we used when we created them".

ALBERT EINSTEIN

Doing less on each visit and seeing the patient more often is more effective than doing more on each visit but seeing the patient less often.

0.9 The Keys to Healing:

The password to SPN is EMPATHY. Every day in our clinics, we see patients who have already consulted with multiple other doctors and healthcare practitioners with little to no success. They are severely ill, frightened, hopeless, and suicidal. We need to be empathetic with them, show them that we deeply care about them, and deliver the promise of hope by offering our best treatments to them.

Above all, it is vitally important to restore hope to the patient as soon as possible. **Hope is the first step in the healing process.**



Hope means you now have the patient's full cooperation physically, emotionally, and mentally, and they can help facilitate their own healing with your assistance.

Simplified Practical Neurology is a revolutionary approach that redefines how practitioners address neurologic challenges. By prioritizing simplicity, practicality, and precision, SPN offers a pathway to improved patient care and professional excellence. This first chapter serves as an introduction to the foundational concepts of SPN, setting the stage for deeper exploration in subsequent chapters



The Disease-Wellness Scale in the SPN (Simplified Practical Neurology) manual visually illustrates the real health continuum, helping both practitioners and patients understand the difference between the absence of symptoms and true optimal health. Here's how it works: The Scale:

- -5 (Death): The worst possible state of health. This represents a total failure of the body's systems.
- -4 to -1 (Disease and Dysfunction): These levels represent varying degrees of illness and dysfunction, where the body is in a state of decline. Symptoms may be severe (-4) or moderate (-1).
- 0 (Neutral/Asymptomatic): This is the point where patients often believe they are "healthy" because they are free of symptoms. However, this is merely a neutral state and does not indicate true health.
- 1 to 3 (Good Health): At this level, the body is functioning well, and symptoms are minimal or absent. The patient is on the path to better wellness.



- 4 to 5 (Optimal Health): This is where the body achieves optimal neurological expression and performance. Individuals here experience excellent physical, emotional, and neurological function.

5+ (Peak Wellness): A state of thriving health where performance, resilience, and vitality are at their highest.

1.0 Key Takeaways:

1. Symptom-Free Does Not Equal Health: Many people assume they are healthy at the "0" point because they feel fine. However, this is just a baseline.
2. Optimal Health Requires Effort: To truly thrive and perform at your best, you must move beyond "good health" (levels 1-3) and aim for the range of 4 to 5+, which reflects peak wellness.
3. The Practitioner's Role: The goal is to guide patients through treatments, life style changes, and neurological optimization to progress up the scale.

This framework shifts the focus from symptom management to a proactive approach to health, encouraging patients to strive for their highest potential.