



CRANIOBIOTIC TECHNIQUE

DR. BEN ERLANDSON



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DEDICATION

I would like to dedicate this booklet to Dr. Tony Smith, founder and developer of CranioBiotic Technique, for passing on a great gift to me to help others. I appreciate all of his insight and knowledge. Thank you!

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I would like to thank my wife Kari for being a wonderful spouse and a great resource for patients in our clinic.

1 MY PERSONAL HEALTH STORY

Up until I was 29 years old, I had never experienced any true health problems. I had never taken any prescription medicine and always exercised and lived a fairly healthy lifestyle. As I got out of bed one day, I began noticing that my feet were sore in the morning. At first I attributed this to working out and using a new pair of shoes. However, I experienced the pain even on days when I wasn't wearing the new shoes. Initially I just passed it off as a side effect of the rigorous training regiment I was on in preparation for a running race. My energy at this point was still good for the most part.

I had also sustained a back injury during training that was quite unusual. Having grown up in a chiropractic family and being a practicing chiropractor, I had always utilized chiropractic care for wellness. All other injuries or slight discomforts were relieved with minimal chiropractic care. This time it was different. I continued to get my adjustments, but I just was not responding. It seemed unusual, but I attributed it to just getting older.

Once the race was over, I was quite tired as I am after every big race, but anticipated that feeling would subside in a day as it always had before. However, one day soon grew into weeks of fatigue even though I had been taking a break from my workout routine to rest my body. I came to realize that something more serious was

probably wrong with me.

During this same period I was in the first year or two of my business and began thinking I was just having some burn out from my busy career, although I really loved being a chiropractor. I began sleeping more frequently with my usual fifteen to thirty minute lunch time power naps turning into several hours a day. Added to this fatigue was some joint discomfort, and at this point I suspected I had lyme disease.

I made an appointment with a medical doctor in Madison, Wisconsin, who was known for an alternative type of testing that had helped many of my father's and my patients. This doctor diagnosed me with mononucleosis (mono) which made sense to me. However, when I returned for my follow up appointment my symptoms had not improved. A new round of testing was completed, and I was then diagnosed with candida. A new round of treatments brought no change; and so after another round of tests, I was diagnosed with lyme disease. With three diagnoses in two months, I was reluctant to take the antibiotics, but I felt they might finally help me. Unfortunately, after three weeks on antibiotics, there was still no change; and my doctor informed me that he didn't think he could help me with his methods.

I continued to decline with stamina and joint discomfort becoming worse. I was searching for all kinds of answers for my problems. Being a practicing chiropractor, I knew

there was a cause of my problems; and I just had to identify it. I read some books about adrenal fatigue, and mercury toxicity. I decided to do a heavy metal test which showed high mercury and lead. This finding, plus the facts that I had never had the bulls eye rash and had tested negative twice on the standard medical lyme tests, led me to believe heavy metals were the source of my problems rather than the lyme disease. My symptoms also matched mercury toxicity. I later found out lyme disease affects one's ability to detoxify mercury and other heavy metals causing higher levels in the body.

Soon other new symptoms presented themselves. By this time I had abandoned all workouts due to becoming so fatigued, I could not function for a few days after I exercised. I started to really resent my job which I had loved so much. All I wanted to do was sleep, which I did for ten to twelve hours at night only to wake up with no feeling of being refreshed and even more tired than when I went to bed. I suddenly was in a constant brain fog in which mundane easy tasks, like opening and responding to emails, became very difficult. My vision became poor, and I felt as if I was seeing in 2d and very blurry. My libido went to almost zero. I started to become more and more irritable. I also could not tolerate alcohol anymore. Even drinking one drink would make me feel horrible for days. I had frequent neck pain and headaches. I also was starting to get more back problems with nerve system involvement. I would get shooting pain down my arm and leg. These were

both new symptoms for me. My back became so inflamed that it was impossible to have anyone touch or rub my back without causing pain like a sunburn. Memory and concentration became very poor and single pages of books had to be read eight to ten times. I developed a lot of confusion and disorientation even in my hometown. I would leave home to go to work and close the garage door only to have to return five or six times to double check that the door was closed. I felt like my body was aging at an extremely fast rate, and I was dying.

Then the psychological problems started. I slipped into a deep depression. I thought for a while it was because I was just tired of being tired, but I could literally feel something was affecting my brain and my health. My wife and I were on our honeymoon in Hawaii, and I remember sitting on one of the most beautiful beaches in the world saying to myself I did not want to be there or anywhere else for that matter. It is an odd feeling to not to want to be anywhere. I could understand if I said I didn't want to be doing chores or something undesirable, but I didn't want to be doing anything—sleeping, work, exercising. By this time I had given up all my hobbies, I knew something was mentally wrong. I really had become a different person and lived with very dark, negative thought patterns. I was not a pleasant person to be around. But luckily my wife was able to put up with me for the most part. I still to this day don't know how she did, but I was blessed by her love and patience.

I had really cut my practice down to working part time grabbing ten to fifteen second rests between patients, but every time I would return to standing, I became so dizzy. In fact just turning my head made me dizzy which made driving a dangerous proposition. My digestive system was also in disarray. I had done all kinds of testing by this point and realized that my thyroid, adrenal glands, brain and many other endocrine organs were not functioning well. Liver function was very poor, and I developed chemical sensitivity. If I were to walk down the street and a car passed, I would almost choke and couldn't breath. Going into a retail store was almost impossible as the chemicals in the store were so overwhelming to me. My detoxification system of my whole body was shutting down.

At night I would just lay in the bed so tired with a fatigue known as “weight of the earth” fatigue. By now I felt if I didn't wake up in the morning, I would have been just fine with that. Imagine having the worst hangover of your life and a really bad flu day after day after day. I was starting to literally go crazy now. I would have hallucinations, almost out of body experiences, and extreme social anxiety which would not allow me to be comfortable in groups, even family. It was almost an embarrassment because I was living in a shell of my normal self. I told myself that I probably had only three more months until I would not be able to work at all.

At this point I was reading the bible almost everyday. I was so sick of being tired that I just prayed for a

recovery, but also was at the point where I was willing to accept my condition if I had to live out my life this way. That is when things turned around and I was told by a colleague and friend about a doctor name Dr. Tony Smith in her hometown in Coure D' Alene, Idaho. She said that he has had good results with very sick people, and the community had a lot of positive responses from his care. I wasn't even sure if I had lyme disease because I had already tested negative two times and equivocal once from a lab called Igenix. I talked to Dr. Tony Smith via email, and he told me that he could at least tell me if I had lyme or not. I thought this would be worth the trip since I was getting sicker by the day and probably was going to have to close my practice within three months if things kept going downhill.

When Dr. Tony was examining/treating me I had no idea what he was doing. In fact, I probably annoyed him a little bit because I kept asking questions. I was quite familiar with most treatments in traditional and alternative medicine, but this was something different. I told my wife I didn't know what he was doing, but he had a lot of confidence. After seeing many other doctors it was refreshing to see a doctor who could tell me what was wrong, and that he could most likely help. I wasn't skeptical of the technique he was using, but I had been let down so many times before I didn't want to get my hopes up in case it didn't work. This can be very draining to someone who has tried many different treatments. I also knew that I had to keep trying to get well, because I know if the cause of my illness was

corrected I would recover. Dr. Smith identified and corrected many infections, including lyme.

On the way home from Idaho I remember that it was a Sunday, and usually I would be wiped out and dreading going to my office in the morning. But, in fact, I was actually somewhat motivated to go into my clinic, and I also drove home from the airport which I wouldn't have been able to do before. By the next Tuesday I woke up in the morning and felt like I had actually slept for the first time in over a year. I didn't feel more tired in the morning than when I woke up after sleeping for 12+ hours. Then within two weeks most of my psychological problems left. To say this was a huge relief would have been a big understatement. I started to be able to see again in 3D as the brain fog lifted. Energy and stamina were low, but light years better than before and continued to improve each week. I was so happy, but told myself that I wanted to wait six weeks of feeling better to really see if this was a miracle recovery. I had previous weeks where I had felt somewhat better, so I didn't want to chalk it up to chance. Week after week I continued to improve, with no regression. Dr. Tony said I was a very fast responder to his treatment. I was truly amazed and thankful that I had my life back. I have known many patients who had chronic health issues, and I have recommended Dr. Tony Smith's methods called Lymestop and Craniobiotic Technique. They took the trip to Idaho, and most of them had positive results as well. To this day I am so thankful for having the opportunity to meet Dr. Smith.

After being sick for several years and having an amazing recovery I was then trained personally in CranioBiotic Technique (CBT) by Dr. Smith at his clinic in Idaho. Dr. Smith told me when he taught me the technique that no one will believe the effectiveness in the method just by telling them, but I would get many referrals because of the results patients would attain. I have found this to be true. The technique is a natural form of healthcare that can be used on all ages safely. The technique is not a chiropractic technique, but does work directly with the nervous system and brain to correct health conditions. In our clinic in Onalaska, WI, we have had great success with getting the majority of people to resolve their health issues. Most patients who are candidates for this care have been to many doctors and have had no resolution of their health problems. Typical patients have allergies, digestive problems, mental conditions, fatigue, respiratory problems and mystery illnesses. If a patient has been to many healthcare providers and is still having major health issues, then they may be a candidate for CBT because it will pick up specific problems that are often not found on traditional blood tests or scans. The method has helped many patients restore their health naturally. It does not require for a patient to discontinue other alternative or western medicine treatments they are currently doing.

2 HOW CRANIOBIOTIC TECHNIQUE WORKS

CranioBiotic Technique (CBT) works with the body's own natural immune system and ability to heal itself. Many times when our health declines there are a variety of health stressors that can cause one single problem. When the body has multiple stressors it is difficult for our bodies to heal. Health stressors can be an infection, allergy, toxicity, deficiency, intolerance or physiological dysfunction. CBT is designed to identify many health stressors and their associated reflexes on the body and then get the body to naturally correct the different health stressors. I often times tell patients that if you had 12 nails in your foot, it is going to cause a problem. If you take out 4 of the nails your foot is going to be better off, but the key for your foot to heal is to have all 12 nails pulled out. Then the foot can heal. CBT is much like this analogy, in that most health problems are caused by multiple health stressors. The key to achieving wellness is to remove all the health stressors and the body then can heal itself.

CBT works directly with the brain and neuroimmune system. Through the extensive research of Dr. Tony Smith, he identified points on the body and cranium associated with different stressors. These points will be tender to the touch typically and they will also test positive using a reflex testing called muscle response testing (MRT). MRT is a common technique used abroad

in Germany and other international countries. In the United States many alternative and progressive medical doctors use MRT, but the standard tests are typically blood tests and imaging such as X-rays, MRI, and CAT scans. These medical tests are extremely valuable too, but MRT is a very sensitive and specific way to identify problems in the body that blood work and imaging sometimes may not identify. A diagnosis of a disease/infection/allergy can only be done by an allopathic medical doctor in the United States. CBT practitioners do not diagnose or treat specific diseases/infections/allergies, but rather the associated reflexes and the way the immune system responds to these stressors allowing the body to heal itself. MRT is performed by testing the nervous system through a muscle. Typically the deltoid (shoulder) muscle is used as the testing muscle. When a test is positive, the patient's arm is weak as they resist the practitioner's downward pressure. If the test is negative, the patient will be able to resist the pressure applied by the doctor.

Dr. Tony Smith, the founder and developer of CranioBiotic Technique(CBT), has identified points on the body, which can identify and treat specific reflexes associated with health stressors. These points on the body are typically tender to the touch and will also show a positive with muscle response testing (MRT). There are also points on the cranium related to the brain, as well as other points that correlate to various organs or systems in the body. These points are similar to acupuncture points, however they are unique points as

discovered by Dr. Smith's research while treating thousands of patients. The points are electromagnetic and are located on the surface of the skin throughout the body.

Dr. Smith found that he could enable the brain to identify health stressors by stimulating the cranium points, CBT points, and organ/system points. This creates a neurological connection with the brain, immune system, and the health stressors. The brain and immune system can then instantly identify the stressors and begin to eliminate them from the body naturally.

CBT uses the practitioner's hands and/or the patient's hands to stimulate the points. Ceramic magnets can be used in place of the practitioner's hands to stimulate the points as well. This treatment is a natural method, placing nothing into the body. It is carried out entirely by hand without the use of any machines, devices, or blood tests. This testing is extremely accurate for identifying health stressors through their associated reflexes. It is completely natural, painless, and safe for all ages.

CBT treatments generally require only one treatment. The body typically takes 6-8 weeks to heal from health stressors. Healing time can be longer in severe cases.

DISCLAIMER: CBT is not a allopathic medical diagnostic procedure, and therefore does not diagnose or treat a disease or replace allopathic medicine. The identification

of allergens, infectious agents, or organ dysfunction requires specific medical laboratory procedures, which the CBT evaluation is not a substitute for. Rather, the CBT evaluation is a means by which the body's natural reflexes are used to determine what substance(s) or dysfunction(s) may be causing health problems. CBT treatment is then used to greatly enhance your body's awareness of those specific substance(s) or dysfunction(s) so that it can effectively correct them.

This Pastoral Medical Association (PMA) Practitioner does not practice medicine. This practitioner does not: examine, diagnose, treat, offer to treat, cure, or attempt to cure; any physical or mental disease or disorder, or any physical deformity or injury. Nor does this practitioner prescribe or recommend any drugs or medicine.

3 HOW CAN CBT HELP?

CBT can help with a wide variety of complex health conditions, the most common of which are airborne and food allergies, fatigue, respiratory issues, digestive issues, skin problems, and mental disorders. CBT may help the body heal from all of these conditions by allowing the body to correct various health stressors. Most health conditions respond very well to CBT treatments, and the recovery is often a gradual improvement over several months.

Patients that we frequently see are very sick and have either been told that nothing is wrong with them or have been struggling with a certain chronic health issue. There is a rule in health of cause and effect. If you can identify the cause of a health problem and eliminate it the body will self heal. The challenge for any doctor is to find the cause of health problems rather than treating the symptom.

Allergies are a common problem in our society. Allergies occur typically when the immune system has become oversensitive to a substance such as pollen. People also can be allergic to a wide variety of foods and other airborne allergens. If patients have seasonal allergies, they typically have a respiratory infection that is chronic and low grade that is promoting inflammation and altering the immune system. Often times, respiratory

infections are driving seasonal allergies. Dysfunction of the liver or digestive system may also often contribute to food allergies. It is common for the immune system to be compromised by an underlying infection, which drives the allergic response. We often see, once the infections are successfully eliminated, the allergies become much less severe or disappear without any additional treatment. If allergies continue, we then do CBT treatments on the specific allergen, which reprogram the nervous system and desensitize the body to the allergen. The treatments for allergies are about 90% effective that I have observed in my clinical experience. Only one treatment is typically needed to resolve allergy issues.

Fatigue is a frequent symptom observed in my practice. Mild fatigue can be caused by poor diet, improper sleep, or a variety of other issues. Moderate to severe fatigue suggests that something deeper is usually going on. This can range from lyme disease, chronic fatigue viruses, candida, nutritional deficiencies, or toxin overload to name a few. Many times we have identified infections to be the cause of severe fatigue. Having personally suffered with severe fatigue in the past, I know first hand how it can be a debilitating problem and affects every aspect of the human experience.

Respiratory issues such as sinus infections, asthma, and other breathing problems are often times related to viral, fungal, and bacterial infections as well as allergies. Respiratory cases are difficult, but rewarding to treat.

CBT has a long history with respiratory issues, as Dr. Tony Smith originally developed CBT to help with his own respiratory problems. We take our breathing for granted until we lose our ability to breathe normally. It is a great relief for patients to restore normal respiratory function.

Digestive problems, such as IBS, crohn's disease, celiac disease, constipation, diarrhea, and others are becoming more common as more foods are being altered from their original genetics. Digestive problems can be caused by food allergies and/or infections. Viral, parasitic, fungal, or bacterial infections in the digestive system disrupt normal function. Eliminating infections, allergies, and changing the diet can give fast and effective resolution to many digestive problems that plague our population today.

Skin problems such as hives, eczema, boils, rashes, and dry skin are common problems that can be helped with CBT. These conditions all have different problems, but often are related to infections or food allergies. Skin problems are really a reflection of our inner health as many toxins are excreted through a rash. Liver function and other organs can affect the skin as well. It is common with skin issues to have allergies to chemicals and solvents. Many skin conditions clear once the internal body is healthier and heals.

Some of my most rewarding cases have been mental disorders such as depression, bipolar disorder, and anxiety. Many patients who have been diagnosed with

these conditions are given the diagnosis, without being told the cause of the problem. Medications are often prescribed to reduce or cover up the symptoms, without addressing the cause of the issues. There is a cause to all health problems and once identified they can be most often be rectified. Having suffered from severe depression from a brain infection I know how it feels to have mental issues. Often times, mental conditions are caused by an infection such as a virus, protozoa, parasites or bacterial infection in the brain. If that is the cause of the brain imbalances CBT can be very effective for resolving these issues. To my knowledge CBT is one of the few methods that can effectively and safely address brain infections causing mental problems.

CBT is not a chiropractic method or technique. CBT is a separate and distinct healing art. I see patients utilizing CBT alone, as well as in conjunction with chiropractic care depending on the health problems and goals. Many of our patients travel long distances for CBT treatments and then are encouraged to see their local chiropractor if any chiropractic related issues are identified. CBT works well with chiropractic because both are natural methods. CBT doesn't interfere with any allopathic medical treatments or alternative treatments that a patient may also be doing.

4 FAQ'S

The following information was written by Dr. Tony Smith. Dr. Smith is the founder and developer of CBT.

Health problems often persist because your brain (autonomic nervous system) is unable to accurately identify and correct the underlying causes of those problems. This can occur for many different reasons.

CBT uses gentle and effective Muscle Response Testing (MRT) to obtain feedback from your body concerning the presence of any hidden “health stressors” that may be causing your problem(s). These stressors can include: allergies, infectious organisms, toxins, and physiological dysfunctions.

Once a stressor has been revealed, the doctor can then relay this information to your brain. This is accomplished by the gentle stimulation of specific neurovascular “reflex points” on your cranium and upper body. As soon as your brain accurately recognizes the stressor, it can then immediately begin to correct it.

What Diseases Can CBT Help?

Your brain is a powerful “bio-computer” that is capable of correcting a wide variety of health problems. However, CBT itself does not diagnose or treat “diseases”. Diseases are simply words that describe the

symptoms of health problems. They do not establish the causes. Some examples include: **acid reflux, chronic fatigue, allergies, hypothyroidism, irritable bowel, sinusitis, asthma, eczema, ect..**

When you suffer with health problems, medications may help you feel better by suppressing your symptoms. However, these drugs typically do not address the health stressors that may be causing your symptoms. If left uncorrected, these stressors can often result in medication toxicity and/or the chronic impairment of your health potential.

How is CBT different?

The purpose of CBT is to enable your brain to recognize – and then correct – the underlying causes of your health problems. This can produce the natural resolution of your symptoms, and the restoration of your optimal health and function

For example: A grass allergy can create the “disease” of sinusitis. These unpleasant symptoms can usually be suppressed with antihistamine drugs. However, the cause of your symptoms is your brain's erroneous “tagging” of grass as a dangerous substance. Once this misidentification is corrected, your symptoms will resolve and your sinuses can regain their normal, healthy function.

How long will my first appointment take?

You should plan on being in our office for about 1 ½ hours.

How many CBT treatments will I need for each problem?

Only one treatment is usually necessary for each allergy and most health stressors.

How many office visits are usually necessary?

We usually allow enough time to treat several health stressors after your initial exam. Some people require additional office visits to complete their treatments. If you are in town for only one day, we can schedule extra time to provide you with all the care that you may need.

How long will I benefit from CBT allergy treatment?

CBT has been around since 2002, and very few people have required more than one treatment per allergy. It could very well last indefinitely for most people.

At what age can a child be tested and treated with CBT?

Even a newborn can be painlessly tested and treated.

Do I have to believe in CBT for it to work?

No you don't. Some of our most dramatic results have been with patients who were openly skeptical.

Is CBT effective for everyone?

There is no technique that can correct every condition for every person. However, CBT can provide your body with its best opportunity to return to optimal health.

Is CBT compatible with my medical care?

CBT will not conflict with your medical care, and you will not have to discontinue taking any medication. Your medical doctor is always a significant part of your health care team. But please note that unless your doctor has received CBT training, they will not be able to provide an informed opinion regarding your CBT treatment.

5 TESTIMONIALS

“Before seeking help with CranioBiotic Technique(CBT) I generally felt tired and anxious at the same time. I couldn't figure out what foods were causing my constant stomach problems. I felt stressed even when I wasn't under stressful conditions or situations. I had a lot of muscle and joint aches and pains as well. I heard about CBT about a year ago but was doubtful that it would help. I looked into more expensive and time consuming allergy treatment plans and compared it to this one. I figured I had nothing to lose and trusted Dr. Erlandson over the other clinics.

After the CBT treatments I had lowered inflammation, lost 14lbs, and had more energy. My eyes look “brighter”. I don't feel tired. I feel more educated about how my body works and what I need to do to get well. People tell me I look great. One person said I seem very calm and less stressed. It's easier to have a positive attitude when you feel good! I would recommend CBT. My biggest positive impression of this was that Dr. Ben did not try to sell me anything like cleanses or expensive shakes or supplements. He simply treated me and told me what foods to eat and what to avoid. I did purchase probiotics and vitamin D3 supplement but would have anyway. I just knew that his would be high quality and trusted his advice.

Others have noticed the changes in how I look and feel. I have lost weight naturally and gotten rid of the stomach aches and bloating. I don't feel anxious or stressed. This worked for me. Don't wait like I did-do this for yourself. Life is short-spend it feeling well instead of sick!"

--Jen C.

"Before Craniobiotic technique I was not feeling well. I was coughing all the time, losing my voice many times. I had fatigue, muscle aches, many allergies, brain fog, weight gain, constipation, digestive problems, and blurred vision. I didn't know about Craniobiotic Technique until my niece had told me Dr. Ben was performing the technique.

Since CBT treatments I don't have anymore allergy problems, I feeling much better with more energy. NO more brain fog or constipation or digestive problems. I have recommended CBT to many. For the last three years I have tried many drugs, allergy shots with no results. This technique has really been great for me. Dr. Ben thank you very much for taking care of my many health issues."

--Linda C.

"Before I had Craniobiotic Technique(CBT) I would have severe headaches, body pain, chills, flu like symptoms including nausea and vomiting. I had severe allergies. I

didn't know about CBT existing until a friend told me about it. Thought about it, and tested Dr. Ben to see if he knew what I was allergic to and he nailed it right on the head.

I have had none of the symptoms I used to get, also no more allergy medicine. I tell everyone about the technique who has allergies. Simply put it works!"

--Eric R.

"When I moved to La Crosse, I experienced severe seasonal allergies for the first time. I was sneezing, itching and had nasal congestion. I tried several medicines and didn't get complete relief. I had never heard about Craniobiotic Technique. I was skeptical at first, but I was trying so many allergy medicines that I thought something more natural would be worth a try.

My seasonal allergies are nearly non-existent now. I am not sneezing, itching or getting watery eyes. If you have tried other treatments and are still suffering, this technique is definitely an option. I have had nearly no symptoms since this treatment."

--Andrea B.

"Before starting Craniobiotic Technique I had extreme headaches every day for a year, fatigue, and weight gain. I felt horrible; I couldn't concentrate or focus and would have mood swings. If I would have known about it

sooner I would have done it right away!

My experience with Craniobiotic Technique was amazing! I had instant relief with my headaches! After performing the advised home treatments for 2-3 weeks my headaches were gone! I would and already recommend Craniobiotic Technique to others! It is incredible and nothing else helped me; I finally received the help I needed with Craniobiotic Technique! It is simply amazing and it works!”

--Stephanie D.

“Before coming to Dr. Erlandson I struggled everyday with fatigue, headaches, lack of focus, and food sensitivities. Everyday it was a struggle to stay awake in classes and it wasn't uncommon for me to be sleeping while in class. I never knew about this technique until one day my mom's friends told us about Dr. Ben and what he had done for her.

After the treatments now I don't fall asleep during class or have problems with my food sensitivity, headaches, or lack of focus. Overall I feel a lot better!

I liked how he gets to the root of the problem and doesn't just put me on medicine for something. I highly recommend coming to Dr. Ben to anyone having health problems.”

--Trece F.

“I never had allergies when I was younger, but as the years went by my seasonal and environment allergies grew stronger and more constant. I was to the point that all year round I was suffering from some symptom due to my allergies, such as itchy dry eyes, runny nose, sinus pressure and constant drainage. I would take allergy medication every day if I remembered, and even consulted my Primary Care Provider and received nasal spray. However the medication and spray would make me feel drowsy all day and would dry out my sinus to much that I would have bloody noses almost every day. My sinus cavities would feel so dry that it would keep me up at night.

In addition to the allergy symptoms, sometimes my drainage would become so bad, it would turn into a sinus infection, which then would turn into an upper respiratory infection. I would suffer from at least 3-4 of these infections a year and they would take about 3 weeks each to clear up. I was to the point I felt I would have to live with allergies and infections for the rest of my life. Then my mom told me about a new treatment she received at her chiropractor which cured her allergies almost immediately after getting treated. I was very skeptical of this as I had heard of pressure areas chiropractors would do on sinuses and most people said it was only a band aid on a chronic issue. Also for my mom to say that her allergies were cured, I felt was a very bold statement and left me wondering what my mom had gotten herself into. She explained it wasn't

anything like that and she wanted me to try it out. I was getting married that year and she explained she didn't want me to still be suffering from allergies on my wedding day. She made an appointment for me. (Which Dr. Ben was kind enough to come in on a Saturday to meet me and do the evaluation and treatment) As the treatment started, Dr. Ben explained how it worked and what it does. It was definitely something I had never heard of, however the testing of the elements I had experienced at a conference once with negative and positive energy, so I was aware of how the body reacts. I was amazed at the elements and areas of inflammation Dr. Ben was able to point out, without me even advising him of my history and areas I felt might be an issue. I ended up having a list of areas and allergens I had issues with and decided to get everything treated right away. Immediately after the treatment, I could feel the pressure in my sinuses being released and had immediate drainage. I describe it as a feeling of air bubbles going through you nasal sinuses and as strange as that sounds, it was a great feeling! In the past year I have had to be retreated a few times, however as of today I'm happy to say I'm allergy free! I can go outside and breath in clearly, I can mow my yard without my eyes swelling up and having multiple sneezing episodes, and I'm able to enjoy every day without sinus pressure or headaches. I am forever grateful for the CBT treatment and Dr. Ben for helping me!"

--Emily C.

“Our daughter had been diagnosed with food allergies and candida. She had reflux type of symptoms and stomach aches that affected her energy and overall outlook on life. A friend recommended us to Dr. Erlandson and CBT after being treated for Lyme disease. We were ready to change treatments because our daughter's health and symptoms were so up and down and the current treatment was getting us nowhere.

After her treatment, we have our daughter back! And she has her life back! She has energy. She no longer has stomach aches and reflux/vomiting issues. She can enjoy friends again and focus on school/work again. I would recommend CBT. It worked for our daughter and we are so thankful she can enjoy life again. The cost of CBT is reasonable and Dr. Erlandson and Kari have been wonderful to work with.”

--Louise S.

“Before starting CBT I had bad allergies. I almost could not even open my eyes. I wish I would have found out about it sooner, but I didn't know about it and didn't think it would work so well. I don't have to take pills everyday, and just feel good overall. I would recommend it to others and I already have. They said it has been a night and day difference for them as well. I wish I would have tried this sooner.”

--Cody S.

“I suffered from allergies - itchy, watery, swollen eyes, and an achy throat. Since having the CBT treatments now I don't have to rub my eyes at night, no itching or swollen eyes. I no longer have to use eye drops or allergy medication. I would recommend CBT because it works! You will save money on doctor visits, allergy medications, eye drops, ect.. You will feel better. I would recommend CranioBiotic Technique to anyone who suffers from allergies. I was very skeptical during treatment. You will see it does work.”

--Carleen M.

“I had indigestion, sleeplessness, and no energy. I felt depressed and in general not good. My niece told me about CBT and how well she got from it. After the treatment I felt great and was able to do homework and gardening again. I would recommend CBT because it is a technique that works to get back to good health. Dr. Erlandson and his wife are very caring people and make you feel at ease.”

--Patsy R.

“I was tired all the time. Even after 8 or 9 hours of sleep, it was still hard for me to get up in the morning. I felt I had to drag my feet to work. I had no energy for exercise and try to avoid social events. Every time I would ride in the car with my husband, half of the trip I would be sleeping. I didn't realize I had health issues, but just being stressed out by owning a business. I also

thought my age just reduce my energy and motivation for exercise.

It has totally amazed me that how much energy I have now. I can go out and do things with my husband and be more efficient at work. My vision has also improved a lot. The best part, I didn't take any medication for this, which always has some nasty side effects on our bodies. I'm very thankful to have met Dr. Ben and for his abilities to help people.”

--Lucy L.

“Before starting the Craniobiotic Technique I had digestive issues. I was also vomiting up phlegm daily. My health improved a lot after having the treatments. I no longer had the digestive issues. I also no longer had to deal with daily vomiting. I would definitely recommend this technique to others. It improved the quality of my general health by curing individual symptoms. “

--Katelyn R.

“I was looking for a doctor in Onalaska and learned of Ben Erlandson through a friend of mine who has been going to him. It was only then that I learned of Craniobiotic Technique. I had never heard of it before but something new in health is always of interest to me. I was very anxious to try this.

I had been having a lot of gastrointestinal problems for

some time. Always had to be careful of what I eat. Years ago I had a test that told me I was allergic to the casein protein in milk and that I was sensitive to gluten so I immediately discontinued all milk products and went gluten free in my eating as much as possible. I would get diarrhea a lot whenever I would eat something I was sensitive to. Lately I had been having a LOT of discomfort in my gut with gas, bloating, rumbling.

When CBT was performed by Dr. Erlandson, he discovered several parasites, infections, and mold. He cleared these out doing his procedure and what a difference it has made in how my gut feels. It certainly has quieted down. The chronic diarrhea I had been having has also decreased to almost nothing. What a relief that has been. I am so glad I learned of Dr. Erlandson and his CBT.

It has been a blessing and I highly, highly recommend it to anyone who is having any kind of health problems. Find out from him if CBT can be of help to you too.”

--Shirley M.

“I have had years of problems with my breathing. I had my first appointment with Dr. Ben about a year ago and symptoms changed right away and have kept getting better. I have had two check ups since then in a year. Before trying Dr. Erlandson I went to my medical doctor and was prescribed two inhalers that I had to use everyday for many years. Now I don't have to use the

inhalers anymore and my breathing is back to like it was when I was young.

It has been great now to have my problems anymore and not have to use my inhalers. I thought this was a progressive disease and now I am back to normal!”

--Bruce S.

“Before starting the Craniobiotic Technique I had occasional days of great depression and anxiety, and suffered with allergies for many years. My energy on some days was very low. I had terrible anxiety about going to big social events.

I had never heard of Craniobiotic Technique before starting with Dr. Ben for chiropractic care. One appointment came after I had a major melt down. Dr. Ben, of course, noticed something was wrong and proceeded to talk to me about the Craniobiotic technique. I was a little unsure of the cost but decided it was worth a try.

Lots of good things have come after Dr. Ben performed the Craniobiotic Technique. My bouts of depression and bad days have diminished to almost nothing. I have even attended a major social event. In the past, my anxiety would have caused me to cancel. This time I was calm and enjoyed myself. Incredible difference, in the past I would have been too nervous to enjoy myself. I also have been able to ween myself off of my allergy

medicine that previously I had taken 365 days a year.

I would absolutely recommend this technique. The cost will seem nominal when compared to the relief you get. Dr. Ben has given me my life back, and I wish I had found him sooner.”

--Susan G.

“I was tired and would wake up at night. I had symptoms of a diabetic and needed to modify my diet. My blood sugar was high and I urinated more than usual. My daughter was a success story with Dr. Erlandson, so I decided to give it a try.

Since seeing Dr. Erlandson my energy is better, and I get a great night's sleep. I have been working out more and I don't feel tired. I can add food back into my diet with no diabetic symptoms. I feel great! I recommend CBT because it is painless with no side effects and it was correcting the problems naturally. Dr. Ben and Kari are professional and great to work with!”

--Wayne S.

ABOUT THE AUTHOR

Dr. Erlandson is a practicing CranioBiotic practitioner in Onalaska, WI. He had his health restored with this amazing healing technique. His goal with his patients to help get to the root cause of their health problems so that they can live their lives with abundant health. Dr. Erlandson enjoys seeing patients of all ages and believes that CranioBiotic Technique is a revolutionary technique because it is fast, safe, and effective.

Dr. Erlandson is conventionally trained as a doctor of chiropractic with post graduate training in natural health care. He strongly believes that an effective system of health care is one that blends scriptural insight for health with science, a system referred to as Pastoral Medicine. Pastoral Medicine should not be confused with state regulated chiropractic services.

This Pastoral Medical Association (PMA) Practitioner does not practice medicine. More specifically, this practitioner does not: examine, diagnose, treat, offer to treat, cure, or attempt to cure; any physical or mental disease or disorder, or any physical deformity or injury. Nor does this practitioner prescribe or recommend any drugs or medicine.

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