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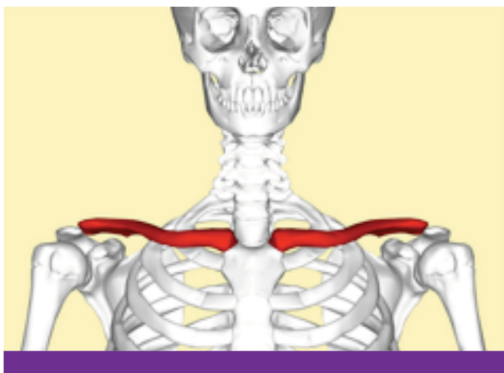
- Hanna Kroeger

## **RESETTING THE CLAVICLE**

Eighty-five percent of our bone structure is spiritual, while only 15% is physical material. The clavicle (collarbone) is considered to be the most spiritual bone in the body. Misalignments can be caused by physical causes, such as trauma, and by spiritual causes, such as trapped negative emotions.

A misalignment is identified by looking directly at the patient from the front (or looking at yourself in a mirror) with the patient standing or sitting straight. One side will be visually higher than the other. Other signs include tension or pain in the muscles on the inside of the arm, which indicates the collarbone is out of place (but not which side is higher).

Clavicle misalignment can affect the thyroid and the respiratory system.



### **To Adjust the Clavicle**

Step 1) Determine which clavicle is higher by having the person sit up straight in a chair. The chair must have a low back (so that the shoulders reach higher than the chair back) or the person must sit backwards.

Step 2) Have the person to be adjusted interlace their fingers with the thumbs pressed into the chest just below the clavicle bone, and hold their arms up so the elbows are out straight.

Step 3) Stand behind the person to be adjusted. Starting with the low-clavicle side, thread your hand under the upper arm (of the low side) and through the space to hold the wrist from the top. The other hand is placed on the back of the shoulder (of the same side) for support.

Step 4) Holding the wrist, twist the person backwards 3 times. This is done firmly and quickly, just past the point of resistance. There should be a slight upward pressure on the person's upper arm and a pressing of their hand into their chest.

Step 5) Repeat the twisting procedure on the high side, and then again on the low side. So the twisting pattern is 3 times low-side, 3 times high-side, 3 times low-side.

*Info taken from Hanna Kroeger's "Help One Another".*