

# USE OF MYOTATIC REFLEXES TO RESOLVE PAIN AND BIOMECHANICS OF CHRONIC NEURO-MUSCULAR-SKELETAL CONDITIONS [TTAPS PART 1]

SEMINAR REGARDING: PATIENT TREATMENT BY MYOTATIC, WITHDRAWAL, CROSSED EXTENSOR REFLEXES, REFLEXES OF POSTURE AND LOCOMOTION, RECIPROCAL INHIBITION

**\*\*\*16 Hours of CO, CT, IA, ID, IL [formal], IN, KS, MA, MD, MT, ND, NE, NY, OH, OR, RI, TX [includes 4 required hours] UT, VA [Type 2], VT Continuing Education\*\*\***

**7:30a-7p Saturday, 7:30a-12:30p Sunday**

**16 CEs certified by California Board of Chiropractic Examiners**

## CALIFORNIA

**November 3-4, 2018**

**Moreno Valley/Riverside**

**La Quinta Inn and Suites**

23090 Sunnymead Blvd

Moreno Valley, CA 92553

(951) 486-9000

Group Discount Code **TTAPS**

**November 10-11, 2018**

**San Jose**

**Courtyard San Jose N./Silicon Valley**

111 Holger Way

San Jose, CA 95134

(408) 383-3700

Group Discount Code **TTAPS**

**November 17-18, 2018**

**Walnut Creek/Oakland/Concord**

**Crown Plaza Concord/Walnut Creek**

45 John Glenn Drive

Concord, CA 94520

(925) 825-7700

Go online for best room rates

**December 1-2, 2018**

**La Palma/Orange County**

**La Quinta Inn Buena Park**

3 Centerpointe Dr.

La Palma, CA 90623

(714) 670-1400

Group Discount Code **TTAPS**

**December 8-9, 2018**

**San Diego/La Jolla**

**Embassy Suites Hilton Dan Diego La Jolla**

4550 La Jolla Village Drive

San Diego, CA 92122

(858) 453-0400

Booking Link: go online

**December 15-16, 2018**

**Bell Gardens/Los Angeles**

**Quality Inn and Suites Bell Gardens**

7330 Eastern Ave

Bell Gardens, CA 90201

(562) 928-3452

Group Discount Code **TTAPS**

**January 5-6, 2019**

**Van Nuys/ Los Angeles**

**Holiday Inn Express IHG Van Nuys**

8244 Orion Avenue

Van Nuys, CA 91406

(818) 989-5010

Booking Link: go online

**January 12-13, 2019**

**Sacramento**

**La Quinta Inn Sacramento Downtown**

200 Jibboom Street

Sacramento, CA 95811

(916) 448-8100

Group Discount Code **TTAPS**

Website for doctor and patient comments for efficacy of these techniques:  
ttapscenter.com also see Chiropractic Economics: <https://www.chiroeco.com/ttaps/>

**TO RESERVE YOUR SEMINAR SEAT**

**CALL: 469-268-2944**

**ACCEPTING PAYMENTS BY CREDIT/DEBIT CARD**

**\$295 up to 2 days prior to seminar [includes CE Certificate]**

**\$395 thereafter**

**TRIPLE YOUR MONEY BACK GUARANTEE**

**If I, and you, can't perform substantially as claimed in this flyer, at the seminar-**  
**- AND KEEP THE HOURS! This Seminar is Based on Results!**

Normally get someone off a cane or walker in one or two visits or standing up out of a wheelchair in just a few visits, if it's due to weakness instead of paralysis

- Immediately restore a significant range of motion
- Understand how reciprocal innervation can immediately help restore function in distant parts of the body
- Correct **foot drop** in the majority of cases, **cogwheel rigidity of arm and leg** of most stroke victims and **improve hearing and tinnitus** in most cases

## **If you think you've seen it all, think again...**

In *most* cases, quickly and *significantly* reduces or eliminates the following symptoms, usually on the same visit:\* \*Fulfills the ACA: "Evidence Based Medicine and Best Practices" as official policy:

- **Fibromyalgia pain**
- **Sciatica** (Laseque's)
- **Necessity of using a Cane or walker to walk (from leg weakness)**
- **Herniated or Bulging Disc** (Milgram's)
- **Unoperated Rotator Cuff and Frozen Shoulder Syndrome**
- **Regional Pain Syndrome (formerly RSD)**
- **Cranial Nerve symptoms** (Nystagmus, Strabismus, Weber's)
- **Hearing Loss of Differing Frequencies**
- **Tinnitus**
- **Foot Drop**
- **Carpal Tunnel or Thoracic Outlet Syndrome** (Phalen's, Reverse Phalen's, Tinel's, Adson's)
- **Cold or Burning Hands or Feet**
- **Raynaud's Syndrome**
- **Burning Tongue Syndrome**

- **Burning Pain in Lower Extremities or Genitals**
- **Female Cyclical Menstrual pain**
- **Vaginal prolapse**
- **Numb Hands and Feet**
- **Loss of Vibration Sense in Feet/Toes**
- **Dizziness and Vertigo**
- **Positive pinwheel test**
- **Bladder leakage**
- **Dropped Transverse and Cuboid Arches**
- **Polyhydrosis**
- **Hyperhydrosis**
- **MS symptoms**
- **Parkinson's symptoms**
- **Cogwheel rigidity [stroke]**
- **ALS symptoms**
- **Guillain-Barre symptoms**
- **Seizures**
- **And MUCH, MUCH MORE...**

**Techniques are:**

- Not Reflexology, AK, CRT, PNT, TBM, Transverse Friction Massage, Spinal Reflex Therapy or Contact Reflex Analysis
- Based on known tenets of acupuncture, trigger point therapy, reflexes and Neurology
- Found in laws and tenets in Dorland's Illustrated Medical Dictionary, Chusid's Neurophysiology and Guyton's Textbook of Medical Physiology, and others, as taught in all CCE-accredited Chiropractic Colleges
- Treatment effects are verifiable by Standard Orthopedic and Neurologic examination
- I am published in **JMPT** and **Chiropractic Economics** on techniques being taught
- Former Adjunct Faculty Member, Postgraduate Division, Texas Chiropractic College

**Dr. Bonebrake has been in practice for 38 years, treated 40,000 patients from 96 countries and all 50 states, including over 800 professional athletes from more than 12 professional teams, including NFL, NBA, CFL, NHL, MISL, MSL, and 3 foreign soccer teams; over 3,000 high school and collegiate/university athletes; professional bodybuilders and powerlifters; was the first chiropractor asked to treat athletes at the NFL Run For Daylight and NFL Fastest Man competitions; was invited to and treated athletes at a Cowboys/Raiders training camp.**

**He hosted a radio show for 15 years on his techniques, and has been the object of numerous newspaper and magazine articles, radio and TV news programs.**

**He co-authored several Research studies on Carpal Tunnel Syndrome, and authored several articles appearing in The American Chiropractor and the Texas Chiropractic Journal.**

**Some chronic conditions doctors at seminars and patients were cleared from using TTAPS:**

**Doctor Oberhelman** brought a patient to the class who had an arm drawn up in contracture from a **stroke at age 16, 31 years earlier**. After about 2 minutes of treatment, the arm was straight and the fingers extended and commented that her arm didn't hurt from the treatment.

**Dr. Knedler**, an MD from New Mexico was treated in class (about 2 minutes) and commented on a great reduction of her **Renaud's Phenomenon!**

**Dr. Eaton's sweaty hands and feet** noted a 75% improvement from a 5 second treatment!

**Dr. Bohosky** noted a 1 minute treatment released his **esophageal spasm and reflux** when lying down and he was able to sleep through the night without getting up.

A doctor's long-standing **CTS, Phalen's and Tinel's** resolved in just a few minutes!

Doctor Hendricks with MS **couldn't feel a prod poking the bottom of one of his feet** [his foot had been numb for years], and within a few minutes of when the treatment began, he could feel everything, his **foot drop** improved and his **pitting edema** resolved!

His patient with MS with **foot drop of several years duration** was able to walk without foot drop within a few minutes after the treatment at the seminar!

A patient who had previous upper cervical trauma followed by an operation had severe numbness with loss of grip and pinch strength. Within minutes after the treatment began, the numbness was gone and full grip and pinch strength had been restored!

A doctor brought an elderly patient in Utah who hadn't been able to jog for a year, and had difficulty walking because of **Parkinson's**. **Within minutes** after the treatment **began**, we had him jogging in the seminar room!

**Dr. Pomeroy: "My feet feel great"!**

**Dr. Wahl: "I was simply amazed my right knee being much less symptomatic even before we got to knee protocols!"**

"My patient was helped in a very dramatic way in her feet and knees. She was able to walk much better!"

**Dr. Temple:** "My patient had very recently had a **seizure**. He states it would take at least 1-3 weeks for him to recover and "feel normal". **Within minutes of your treatments he stated he felt back to normal**. He said that was the fastest he had ever recovered."

**Dr. Detwiler:** "After treatment my **hamstring, pulled** for 3 months, I could immediately touch my toes!!!"

**Dr. Albers:** "After your treatment my energy improved by 70-80%. I felt clear and more mentally alert. My **balance difficulties I had for 23 years after a car accident** have **improved by at least 60%** with just that one treatment. Totally amazed!"

**Dr. Hurst:** "Always battle upper trap tension after being worked on-noticeable difference and improvement after your treatment."

**Dr. Joyce** reports that "not only is her **voice noticeably stronger**, the burping associated with her **hiatal hernia** has drastically, noticeably reduced, local **throat pain has dissipated**, it's **easier to swallow, throat congestion has abated**.

(The history of the throat issue: **10 years ago**, she was teaching at the local college, so lots of lecturing. Developed a respiratory problem with lots of coughing. Took months to get over. Residual problems: infrequent cough, slight hoarseness, slight left throat pain, at times hard to swallow. Increase in hiatal hernia issues.)"

She was treated with my external throat and Superior Mediastinal maneuvers.

**Dr. Kim** reports:

Thank you! I've been using a lot of your work.

One woman had vertigo and sensory overload and she was working with a PT on it. She also had an inability to stop her urine stream and a weak pelvic floor. I checked the tuning forks and she could only hear most of them from the Rt ear. We did the eye adjustment, TTAPS on the eyelid and the canal maneuver as well as released pelvic, diaphragm and chin trigger points. She could instantly hear all of the tones from both ears, she was no longer nauseated doing the eye focusing exercises, and she emailed me that day saying she could stop her urine stream. She thinks I'm a miracle worker!

**One doctor** brought his girlfriend the second day who had been in 3 auto accidents. Since the 3rd one, she had been hurting badly for the past **15 years!** Her back hurt and she couldn't stand and extend more than 5 degrees, and she had pain in all 4 extremities, especially in the hands and feet.

After treatment she stood and leaned backwards-no pain! And none in any of her limbs, hands or feet! She walked across the room to get some water, and her whole gait had changed because she was not guarding herself! She was dumbfounded, and the class was rightly impressed!

**Dr. Beth** reports "Dr. Bonebrake worked on my thyroid cartilage and mediastinum...the next morning was the first time I had brushed my teeth without gagging in months. I also slept better and can stand up with better posture without pain. He also released scapular pain that had been constant for over a year."

**Dr. Slater** stated "Left trap pain – post adjustment 3 months ago [by another doctor] – burning sensation is 90% improved [after your treatment] – and getting better with self exercises. Yours is the first treatment that didn't make my elbow worse afterwards!"

**Another doctor** stated "My left shoulder was quite restricted and painful with certain motions. Your [shoulder and other] treatments greatly improved the range of motion and ultimately the pain decreased as well."

**Another doctor** was experiencing **Nystagmus**. I treated him and his side to side eye movement got immediately, noticeably smoother and he exclaimed that it indeed was noticeably smoother to **him**.

**Another doctor** was tested with **Weber's test** and 5 different tuning forks. Before treatment he couldn't hear 2 of them. When the tuning fork was placed on the middle top of the skull post-treatment he could hear both of them.

If you caught it, both of the above were **central nervous system lesions**.

**Dr. Randa** was avoiding standing because of **severe, ongoing hip socket pain of 4 years duration**. One of the simple maneuvers I taught was applied to his hip and he stood up and couldn't believe that the severe pain had already left his hip! "Since you worked on my hip in Denver, I am walking with no discomfort (a first in four years!)"

**Dr. Williams** had ongoing **cold hands and nose**. I taught a technique that immediately corrected the situation and his hands and nose were warm for the first time in years! "I was amazed! I had tinnitus and some hearing difficulties before the seminar. It was much improved after." He shared the following of "too many to count:

One "with **back pain for 47 years had no pain after 2 treatments!**", and another 85ish woman who came in monthly came back after a week and showed him that she **could rotate her neck to both sides for the first time**, and asked him to do it again!

"A patient who **has not been able to work for over 30 years**, he pretty much was unable to do much of anything and has lived with his parents said he had not felt that good for 30 years. He called the next day to say he was still feeling great and the next week came in excited because he felt so good. I was shocked, so was my staff and his family."

We had a lady come in crying because of **pain 'all over my body'**, couldn't sleep, sit or stand in any position that gave relief. Said it was "a miserable existence" and didn't want to be here anymore. After the first time she said she was able to sleep all night, and most of the pain was gone in her neck and back. Was in today and said she was able to "walk normal", the pain from the **neuropathy** is markedly reduced, neck and back pain almost all gone."

We had a man come in **on a walker** in so much pain he could not lie down on the table. He said "my first thought was, what the hell is that supposed to do but when I got out of my bed I noticed **I didn't have to use the walker**".

**Dr. Lewin** couldn't put pressure on his wrists, as in a push-up motion, which he demonstrated. He had a **positive Reverse Phalen's** test. Immediately post-treatment he could put pressure on his wrists and the Reverse Phalen's was no longer positive. He kept trying both tests repeatedly, not believing that they had normalized so quickly when he had suffered with it for so long.

**Dr. Deiter** had “**Right groin pain of 8 years duration**, all forms of treatments not much help...is subsiding! Inguinal ligament and psoas pain decreasing thanks!!” He took one of the principles I teach and applied it to himself when he got home!

**WHAT DOCTORS FROM 32 STATES SAY:**

I brought a female who had had an upper cervical operation after an injury years earlier, and had numbness and grip and pinch weakness in her left forearm and hand. To my surprise and hers, Dr. Bonebrake guided me through a treatment that lasted about 2 minutes, and her grip and pinch strength were fully restored, and the numbness was gone! **Dr. Burklee, California**

We graduated in 1987 and 1997. Thank you for an excellent seminar! We both learned a lot and thought it was one of the best seminars we've had post-graduation. **Drs. Novak, Colorado**

I went back to practice after the seminar and a patient who had a cow head-butt her in the chest had been hurting in the chest and back for a week. I followed the procedures and her chest and back pain left immediately! Pressure in my own ears was relieved at the seminar. **Dr. Lee, Idaho**

I was impressed with the ease of the TTAPS technique! My right hip released with the beginning move! My pelvis has been locked because of 33 years of adjusting others! **Dr. Howard, Iowa**

I have been in practice 26 years and have taken numerous soft tissue and manipulation courses and can say that I learned more in 1 weekend that I could use Monday morning than all those other courses combined. From back and neck pain to hearing loss, visceral problems, sleep difficulty...you name it you can explore a New and amazingly simple method of treatment that is validated by Medical Literature. This information dissected and presented by Dr. Bonebrake is an absolute must. Can't wait to take the next level! **Dr. Albers, Kansas**

One of the most knowledgeable Chiropractors of our time is Dr. Alan Bonebrake. His seminars are stimulating with knowledge that you can implement, and immediately start helping your patients! His knowledge about nutrition, trigger points and holistic health care are second to none! Your time is well spent....! **Dr. Goldman, Kentucky**

Amazing! Treatments were very applicable and they had references to back them up! **Dr. Stramel, Missouri**

The seminar was very impressive! I went home and thought I would use the material on a few patients, but after treating an MS patient with one bad leg and seeing her immediately walk so well I couldn't tell which was the good leg, and other similar astounding cases, I am using TTAPS on most of my patients, and with great results! **Dr. Crane, Montana**

My chronic right knee pain, which was actively aching before treatment, fully went away after treatment! **Dr. Edwards, New Mexico**

I slept a lot better, do not have phantom lateral hip pains, and hands aren't sweating as much. From treatment at the seminar, my dad's hips and low back are better and a patient who fell on a screwdriver on his coccyx said his pain levels were much more tolerable. Dr. Crane, **Oklahoma**

I learned more from this seminar than any seminar I have ever attended. He covered all areas of his practice in great detail and backed them with references... The investment in this seminar will result in a large return on your money and greater patient satisfaction. Dr. Viernow, **Texas**

I'm having fun in practice again! I was treating a patient's hand to affect the **upturned toes** on his foot, and as he watched his toes flatten out he said "how are you doing that? The results are great, and easy to remember. Thanks so much! Dr. Fiagle, **Utah**

**Dr. Bergevin:**

Shingles down my legs that I was having to tylenol 3x's per day for are gone, pain and flat foot from service days is corrected, sciatica I had for 5 years is gone and pain from a fractured vertebra in my neck when I was 10 [58 years ago] is gone!

**Dr. Bischof:**

Continual sinus drainage has lessened significantly and whiplash pain from when I was 19 [45 years ago] is 70% better!

**Dr. Murphy:**

Thanks for the seminar this weekend. I have to say, although it was a lot of info in a short time, it was one of the more enjoyable seminars I've attended!

Did Poupert's and the leg maneuver for a member with long-standing sciatica, he stood up and said "no sciatica, no knee pain...Wow!" His wife was amazed! Pretty cool stuff, Doc!

**Dr. Toney:**

I wanted to let you know the miraculous progress a stroke patient of mine is making. I have been using the TTAPS techniques. Honestly, this was my first stroke patient and I was a little apprehensive. In a month, I have witnessed a rigid and contracted arm, straighten and become functional. A lifeless leg without feeling is now moving, warm and sensitive to touch. I never know exactly what the result will be when I apply the TTAPS techniques but it is amazing.

I just wanted to let you know before I forgot to tell you. Thank you for teaching these techniques. They are life changing.

I also have a diabetic patient that has no feeling in his legs. I used the prod and the mobilization techniques on his legs and feet. I tested for sensation again, after treatment and

he had feeling on the bottom of one of his feet. He was amazed. I continue the treatment and am excited to see the changes each visit.

**Dr. Labig:**

I want to thank you again for getting us to think outside the box. We, too, have our own black boxes of stagnant ideas that you have dispelled. I look at the patient much differently. I had a man in today that had cervical (total) fusion, his head is tucked forward with a great muscular swelling on the right side. He likes to golf, but he can't swing normally. I did a little swiping and tapping on and around his upper trapezius and the swelling completely reduced. I was amazed. He noticed a greater range of motion and want more treatment to help his golf swing. Could not have done that last week! Thanx and I can't wait to see what you can show us next time.

**Dr. Seitz:**

Compromised circulation in left big toe cleared up after stimulating face reflexes!

**Dr. Brown:**

8 years of flank pain reduced by 90% with your treatment, also changes in my gait!

**Dr. Rank:**

Posture improved instantly, increased arches, leg pain after sitting much improved!

**Dr. Besecker:**

3 week left leg radicular pain and paresthesia with partial foot drop improved 60%!

**Dr. Labig:**

Left longitudinal arch pain fixed!

**Dr. Oetzel:**

I definitely have increased energy!

**Dr. Fritz:**

Chronic SI pain was relieved w/ increased ROM, slept great w/o waking up!

**Dr. Daney:**

Major health problems better and ROMs increased!

**Dr. Kreger:**

Increased flexibility, ROM and mobility!

**Dr. Hedges:**

Tinnitus reduced 50% in right ear, double vision gone when watching TV!

**Dr. Smith:**

At age 2 1/2 I was paralyzed from the waist down with polio. after initial recovery the muscles of my feet did not grow properly, resulting in hammer toes resulting in reconstructive surgeries at age 10 and then 27. I have had weak dorsiflex of the feet for 65 years. My feet slap when I walk because of this and I stumble a lot with fatigue. After treatment my gait changed and I had less foot slap or foot drop. My quadriceps were more sore because of the gait change, which is a good thing!

**Dr. Fox:**

My shoulders have much increased ROM!

<b>WHAT PATIENTS SAY:</b>
---------------------------

When I initially came to Dr. Bonebrake, **I had to use a cane to get around for 7 years due to MS**, and my **speech was very slow** and **I was extremely tired all the time**. After the first treatment, he had me walk across the room without my cane, and after 3-4 treatments, I didn't even need the cane to walk across the parking lot. **3 years later I still don't need the cane and my speech is 3-4 times quicker.** Jeffrey Olmstead

When I first saw Dr. Bonebrake, I **hadn't taken a step without my walker for over 2 years**, and **was mostly in a wheelchair for over 2 years**. 6 MDs told me I **had 3 herniated discs in my lower back** and **couldn't avoid surgery**. In a standing position, he tapped me in a few places around my pelvis and low back, and told me to walk down the hallway. **After the second and last treatment, I was able to put the walker in my closet.** Sharon Jones

I had a **stroke** and **hadn't bent my knee, nor been able to unclench my hand or straighten my arm in 6 1/2 years** or focus my gaze with my right eye. My **pain was a level 10**. **After one treatment the pain went to a 5**, and after **the 2<sup>nd</sup>**, my **knee easily bent to my buttock** and my **arm relaxed to a near-straight position** and my **hand and wrist relaxed with my fingers unclenched!** **After just one eye treatment, I could focus my gaze again!** Audra Whitaker

I first went to Dr. Bonebrake with severe shoulder pain which radiated into my arm and prevented me from sleeping well, reaching and lifting, and also asked about possible help with my **diabetes** (my blood sugar rarely fell below 100 with medication. After 2 treatments and nutritional advice, my flexibility and strength returned to pretty normal, and with no meds my sugars generally read in the mid 80's and mid 70's. Simply amazing! Carland Whitaker

My health is paramount for my profession. When I initially came to Dr. Bonebrake, I was experiencing **Nystagmus** (especially turning my head to the left) and **Meniere's Disease**, which gave me balance issues and brain fog. I also had headaches and pain head to toe on occasion and was having difficulty sitting for long periods of time. After seeing **4 MD's** for my condition with little or no help from **4 different prescription drugs** my ability to operate in my chosen profession was literally at stake. My balance began to improve with the first treatment and the pain began to noticeably recede with additional visits. I have had no major issues for some time

now. It is a very methodical and exacting approach to have a step-by-step treatment, recovery and strengthening regimen, and most importantly, it works!  
Robert Dombrowski

One of the most recent issues I encountered was shortness of breath and pain when I was **breathing and fatigue**. It went on for a year and got very severe. My dad is a Chiropractor, and he and Dr. Bonebrake figured out I was having some **Anemia issues**. I was in such pain and difficulty breathing and was so upset that I verbally wondered if I would get to see my children grow up or see my grand children. After several lab tests, Dr. Bonebrake suggested a few more and found iron storage capacity issues. I was instructed in breathing exercises, taking some very specific supplements, altering my diet, and had several adjustments and muscle treatments. My health improved dramatically, and I felt close to normal in just a couple of weeks!

In college Dr. Bonebrake came to one of my softball games. My friend was having some right shoulder issues and he worked on her left hip to help relieve her pain. She was flabbergasted!  
Dena Geier

I am an athletic trainer. I was having major problems getting in and out of bed and vehicles. I fell several times and had not seen anyone prior. Dr. Bonebrake quickly concluded the issue was more muscular than anything else. We went into exercises and I was much better when I walked out the door. Several years earlier I was having severe **Gall Bladder pain** and Dr. Bonebrake performed what he called a “Gall Bladder Pump” to help pass a Gal Stone, and it worked in just a few minutes.  
Jeff Geier

My medical doctor wanted to inject steroids into my **degenerated hip**, but Dr. Bonebrake had it asymptomatic in just a few treatments. Later on he put pressure below my eye to immediately relieve **severe knee pain**. Then he rid my tongue and gums of **pain and swelling from an oral surgery just 3 hours afterwards** that **my dentist said would take several weeks to recover from**. I struggled with high cholesterol and high blood pressure, which was normalized by his dietary advice.  
James Coston

I had **severe pain and swelling from a deviated septum surgery** that the **surgeon said would last 12-14 months**. The **first treatment** by Dr. Bonebrake a week after the surgery got **85% relief, and 2 more treatments in the next 2 days got rid of them**. The surgeon and his nurse had never seen anyone recover anywhere close to that fast! I ate some hot sauce and my **tongue** wouldn't quit **burning** severely, Dr. Bonebrake treated and just a few minutes caused the burning to subside, plus I noticed I could bend over and touch my toes, which I hadn't been able to do for years, though he hadn't treated my back!  
Debra Coston