

SEMINAR SERIES MODULE 1

CRANIAL MASTERY

UNLOCKING THE 12 APOSTLES
OF NEUROLOGICAL HEALING

DR. JENNIFER BARHAM-FLOREANI & DR. SIMON FLOREANI

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DEDICATION

This book is dedicated to the extraordinary public we are blessed to serve, and to the chiropractors who know — deep in their bones — that they were made for more.

To those who feel the quiet pull toward mastery... who choose intuition over inertia, courage over comfort, and service over self.

To the healers rising as community leaders, changing lives, restoring hope, and helping people reconnect with the infinite wisdom that already lives within them.

To every chiropractor committed to becoming a clearer channel, a steadier presence, and a more powerful force for good in the communities they are privileged to serve — this work is for you.



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INTRODUCTION

NORTH OF THE ATLAS

Modern life has placed extraordinary pressure on the nervous system. Since COVID, brainstem overwhelm has become almost universal — nervous systems running on survival energy rather than regulation. We see it in posture, in breath, and in the quiet fatigue behind people's eyes.

Cranial Mastery begins here — recognising faulty neuroception through simple observation: how someone walks, how they hold their head, how their tone fluctuates between high and low. We explore the metabolic terrain that feeds the brainstem — methylation, nutrient utilisation, and the biochemical balance that allows true neurological scaffolding to rebuild.

When a single adjustment is made with precision and intention, the brain creates a memory of relief. That's how neural rewiring begins — through awareness, safety, and repetition.

**“CRANIAL WORK
ADDRESSES THE
FOUNDATIONS OF
NEUROLOGICAL
BALANCE.”**

— DR. SIMON FLOREANI



THE BRAINSTEM

ITS APOSTLES, AND THE FOUR GOSPELS

The brainstem is the conversation hub between brain and body — the sacred bridge where life intelligence expresses itself. When this gateway is overwhelmed, every downstream system falters.

Here lie the twelve cranial nerves — the 12 Apostles of the Brainstem. Each carries its own ministry of communication: balance, vision, hearing, smell, taste, and emotion. Together they determine how safely we inhabit our own bodies.

When these pathways distort, people lose calibration. They over-react, under-react, or drift into low tone. Chiropractors trained to read these signals can see overwhelm before the first touch.

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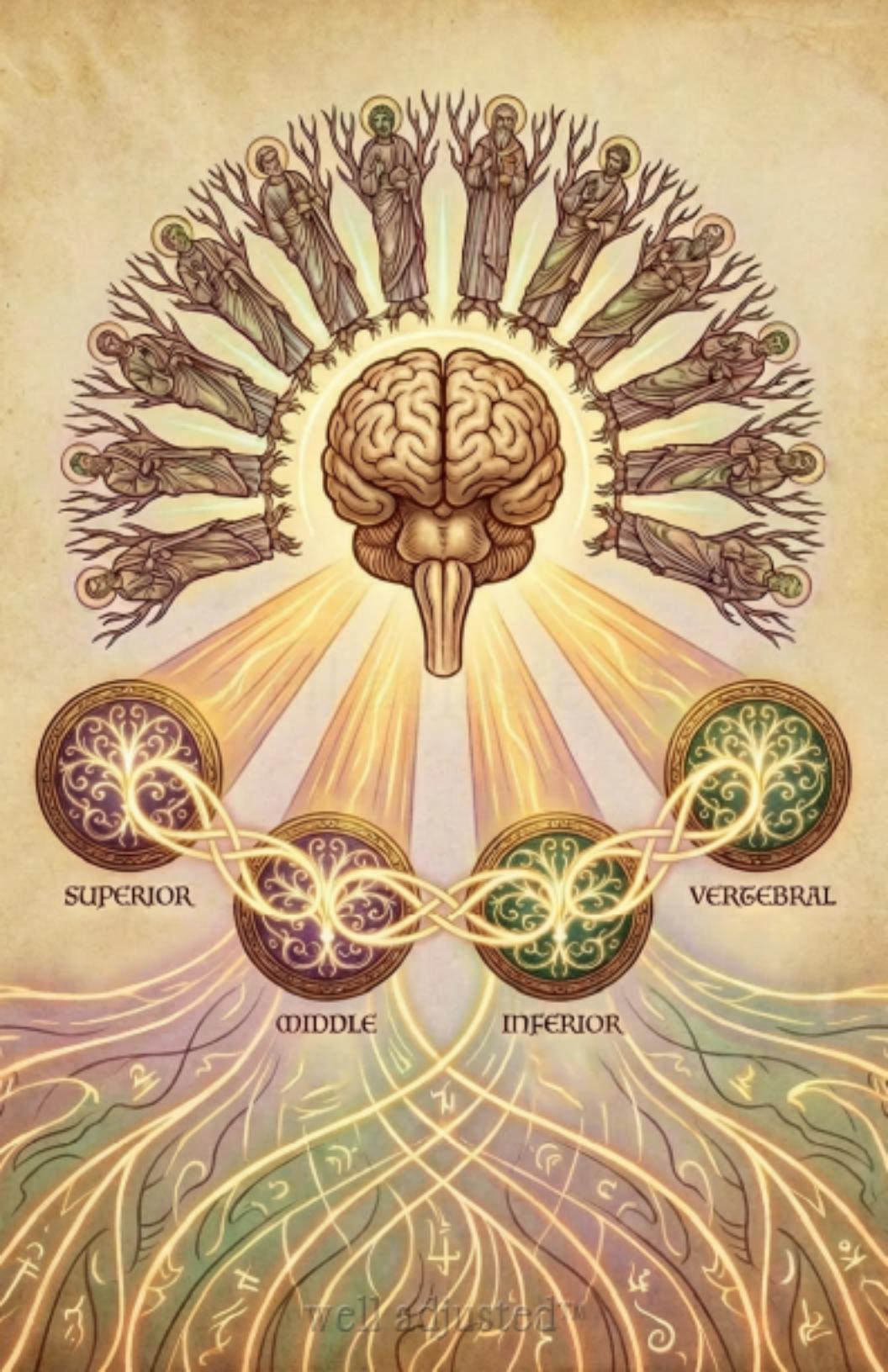
Key focuses:

- ❖ Brainstem overwhelm & autonomic dysregulation
- ❖ Over- vs under-reaction tone mapping
- ❖ Methylation dysfunction & neural repair
- ❖ One adjustment creates a memory of relief

If the cranial nerves are the Apostles, the four cervical ganglia — superior, middle, inferior, and vertebral — are the Four Gospels. They interpret the brainstem's message for the body, orchestrating heart-rate variability, digestion, and emotional equilibrium.

When sympathetic tone dominates, the body forgets how to rest, digest, or heal. Through precise adjustments and breathwork, we restore balance to vagal tone — re-teaching the system to recognise safety and regulation.

This also explains why breathwork has become so popular and so widely effective: it provides a small taste — perhaps 10% — of what chiropractic adjustments offer when they directly recalibrate the brainstem and cervical gateways.



SUPERIOR

VERTEBRAL

MIDDLE

INFERIOR

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HANDS-ON CRANIAL TECHNIQUE

SKILL-BUILDING THROUGH GUIDED PRACTICE

Cranial Mastery is not theoretical — it's a day of sensory immersion. Chiropractors observe, practise, and embody technique until understanding lives in their fingertips.

Core Techniques

- ❖ Frontal Bone Adjustments – restore prefrontal-autonomic connection.
- ❖ Temporal & Trigeminal Work – relieve neuralgia, Bell's Palsy.
- ❖ Ear Pathways – hearing, tinnitus, ear infections.
- ❖ Tubarial Gland Resets – chronic sinus, nasal drainage.
- ❖ Tongue & Tonsil Integration – swallowing, thyroid axis.
- ❖ Sinus & Facial Ganglia Balancing – emotional and structural equilibrium.

Common presentations: ear infections, balance issues, tinnitus, TMJ pain, sinus pressure, headaches, thyroid imbalance, and plagiocephaly in infants.

**“WE PRACTISE UNTIL EACH
CHIROPRACTOR HAS
GENUINE PHYSICAL
MASTERY – NOT JUST
MENTAL UNDERSTANDING.”**

— DR. SIMON FLOREANI



THE PREFRONTAL CORTEX MODEL

UNDERSTANDING STRUCTURE-EMOTION INTERPLAY

Our work is guided by the Prefrontal Cortex Model — understanding the dialogue between the back side of the body (structure, support) and the belly side (organs, emotion).

Core Techniques

- ❖ **Lateral Lumbar Adjustments** — access lateral ganglia to re-establish autonomic balance.
- ❖ **Flank and Belly Access** — gentle manual contacts for organ mobility.
- ❖ **Fascial Unwinding of Abdomen and Pelvis** — enhances drainage and stability.
- ❖ **Visceral Rehabilitation** — home exercises to reactivate core and improve neural feedback.
- ❖ **Methylation Support** — nutritional foundations for neurological repair.

Common presentations: low-back pain, IBS, fatigue, bloating, constipation, PMS, urinary issues, and postural imbalance linked to gut stress.

Every subluxation carries physical, biochemical, and emotional roots. When we correct interference, innate intelligence resumes leadership and the system begins to reorganise itself.

When the nervous system feels safe, healing becomes spontaneous. The prefrontal cortex — the seat of awareness and regulation — once again takes charge, bringing coherence back to the entire body.

When we speak with patients from that place of presence, communication becomes effortless. We describe what we notice—the rise and fall of tone, the thresholds that tell us how their system is coping—and they begin to see their own story differently. Our role is simply to reconnect the master and the servant, to remind the body of its brilliance. With gentle guidance on rhythm of care, rest, and daily regulation, the healing keeps unfolding long after they leave the table.

**“CRANIAL WORK RESTORES
WHAT STRESS STEALS –
THE NERVOUS SYSTEM’S
ABILITY TO FEEL SAFE,
PRESENT, AND CONNECTED.”**

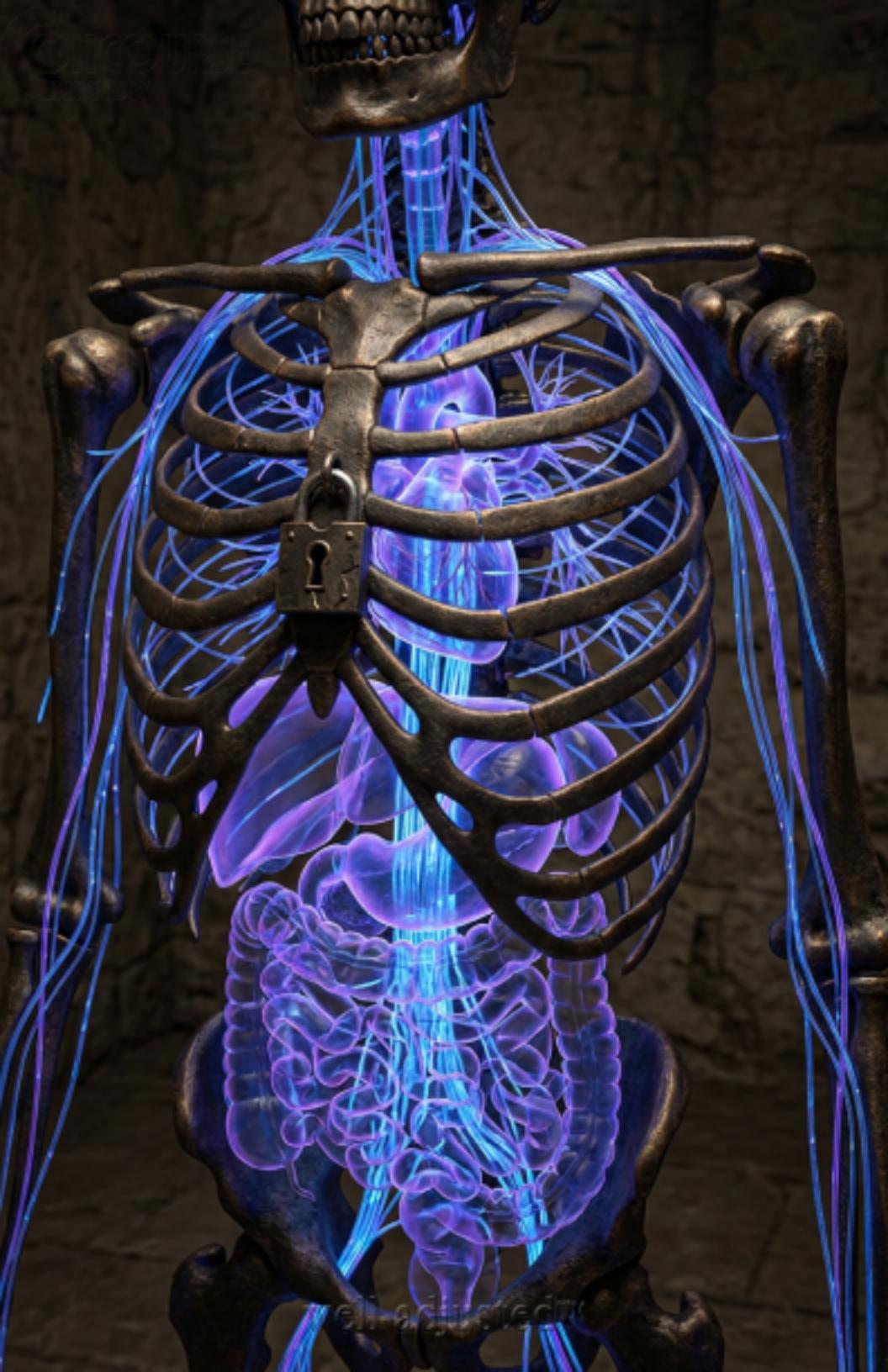
— DR SIMON FLOREANI



**“THE BONES DON’T RUN
THE BODY; THEY
PROTECT THE SYSTEM
THAT DOES.”**

— DR. SIMON FLOREANI





JOIN US IN PRACTICE AND PRESENCE

THE SACRED RELAY

Cranial Mastery reminds us that chiropractic is not a mechanical art but a sacred dialogue. Each adjustment whispers to the brainstem: You're safe now. Breath deepens, eyes brighten, tone returns. This is the work — restoring connection north of the atlas so that life can flow unimpeded once again.

If this work speaks to you — if you feel called to deepen your understanding of the brainstem, refine your touch, and reconnect to the heart of chiropractic — join us for a Well Adjusted Retreat.

These immersive experiences are where Holistic Spinal Mastery comes alive. You'll practise the techniques described here under direct guidance, share meals and insights with like-minded chiropractors, and leave re-energised in **body, mind, and spirit**.

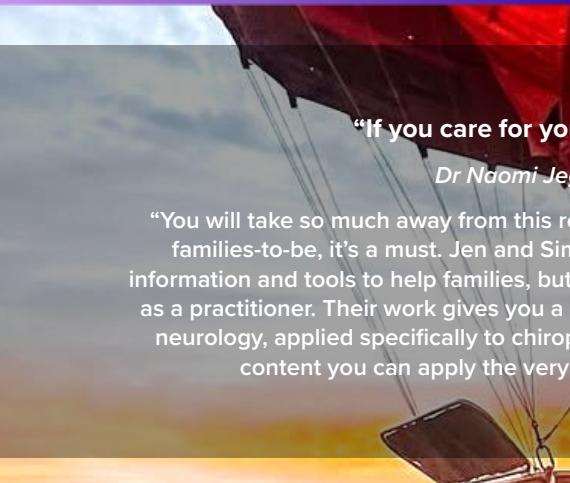
LEARN. INTEGRATE. REIGNITE YOUR PURPOSE.



“An absolutely incredible time...”

Dr CQ Long

“Thank you Simon and Jenn Floreani for all the learning. Your teaching, your insights, and the way you work with patients is beyond inspiring. I’m so grateful for the depth of understanding I gained.”



“If you care for your family...”

Dr Naomi Jegello

“You will take so much away from this retreat! If you care for families or families-to-be, it’s a must. Jen and Simon not only provide valuable information and tools to help families, but they also help you feel confident as a practitioner. Their work gives you a solid foundation of research and neurology, applied specifically to chiropractic. It’s practical, high-value content you can apply the very next week in practice.”



I can't wait for Part 2...”

Dr Markus Kuhlmann, M.Sc.

“The balance between clear explanation, practical demonstrations, and hands-on learning was exceptional. We observed paediatric cases treated with immense expertise and care. I also appreciated the holistic approach—nutrition, vitamins, and lifestyle insights that I could implement immediately. The following week, patient feedback was extraordinary.

I cannot wait for Part 2 of the seminar and highly recommend Dr Jen’s and Dr Simon’s programme.”



WANT MORE?

You've just explored one module within the **Holistic Spinal Mastery Series**.

If this work speaks to you and you'd like to experience it live, **register your interest, reach out directly**, or visit:

<https://welladjusted.co>

for upcoming dates, locations, and training opportunities.

Dr. Simon Floreani & Dr. Jennifer Barham-Floreani

Integrate What You've Learned

Before you move forward, allow this information to settle into your hands, your observation, and your intuition.

Cranial work teaches you to read the nervous system on contact — the breath, the eyes, the tone beneath your fingertips. It reveals the shifts between overwhelm and ease and shows you how quickly the brainstem can reorganise when given the right cue.

To embody this module:

1. Notice neuroception in motion.

Observe how patients walk into your practice. Look for the subtle signals of safety vs threat — eye tracking, head carriage, breath rhythm, micro-tone changes.

2. Watch the relationship between breath and brainstem tone.

Shallow breath often mirrors sympathetic dominance. Expansive breath often follows clarity and calibration.

3. Introduce one refinement to your cranial work.

This could be softer contact, longer listening, more emphasis on the temporal bones, or clearer sequencing with the 12 cranial nerves.

4. Capture the subtle shifts.

The softening around the jaw.

The return of colour to the face.

The brightness in the eyes after a single precise release.

This is the art.

This is how awareness becomes technique.

This is how technique becomes mastery.



YOUR HOMEWORK

Approach these steps with presence and curiosity:

1. Reflect on Your Own Brainstem Tone

Notice how your breath changes throughout the day. Observe when you compress, when you brace, or when your eyes narrow with focus or fatigue. Your own regulation becomes your greatest diagnostic tool.

2. Identify the “Calibrators” in Your Practice

These are the people whose nervous systems reorganise quickly — bright eyes, responsive breath, fast shifts from sympathetic to parasympathetic tone. They often become your barometers for clinical clarity.

3. Notice the Ones in Overwhelm

Watch for:

- ❧ tight jaws
- ❧ shallow breathing
- ❧ wide, uncertain eyes
- ❧ asymmetry in cranial motion
- ❧ fluctuating tone from high to low

These patients often live in chronic brainstem activation. Your presence, sequencing, and touch matter most here.

4. Reconnect With Your Health Leaders

Reach out, check in, and acknowledge what they’re moving toward this year. Regulated people elevate communities — and your practice grows in the presence of their leadership.

IF YOU ARE THE ONE WHO RECEIVED THIS BOOK...

If someone shared this module with you — a colleague, mentor, or friend — pause and feel into why.

Someone sees your sensitivity.

Someone recognises your attunement.

Someone believes you are ready to master one of the most profound and delicate systems in the human body — the brainstem.

Feel that spark behind your eyes, the quiet pull toward deeper work, the sense that you were built for this.

Answer it.

Lean in.

Take your next step.



**“EVERY CRANIAL
ADJUSTMENT IS A
CONVERSATION WITH THE
DEEPEST PART OF A
PERSON’S STORY. WHEN
YOU LISTEN WELL, THE
SYSTEM SHOWS YOU
EXACTLY HOW TO HELP IT
HEAL.”**

— DR. SIMON FLOREANI



I trust the process, my life is abundant, I am full of joy
I am full of joy, I live in truth, I have an abundance of vitality and

I love my life



well adjusted™

**“YOUR PATIENTS RISE
ONLY TO THE LEVEL OF
YOUR OWN GROWTH.
THE GREATEST
ADJUSTMENT YOU
WILL EVER DELIVER IS
THE ONE YOU GIVE TO
YOURSELF.”**

— DR. SIMON FLOREANI





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ABOUT THE PRESENTERS



Dr. Simon Floreani and Dr. Jennifer Barham-Floreani are internationally recognised healers, educators, and leading voices in vitalistic chiropractic. Known for their deep intuition, clinical mastery, and ability to transform both practitioners and families, they are widely regarded as being within the top tier of chiropractors worldwide.

For more than three decades, Simon and Jennifer have built and led multimillion-dollar family wellness practices, mentoring dozens of associate chiropractors, training teams, and creating thriving healing centres that have become models throughout the profession. Their life's work blends heart-centred service, clinical precision, business excellence, and an unwavering commitment to the innate healing potential of the human body.

Together

Simon and Jennifer are also the founders of Well Adjusted™ — a global education platform for families, practitioners, and health professionals seeking deeper clinical mastery, stronger intuition, and the capacity to create lasting health transformation.

Through seminars, books, online courses, and live events, they help chiropractors:

- ❖ Understand the nervous system on a deeper level
- ❖ Master advanced adjusting, intuition, and communication
- ❖ Build financially successful, values-driven practices
- ❖ Create longevity in the healing arts without burnout
- ❖ Serve families with clarity, compassion, and confidence

In every presentation they give and every practitioner they teach, Simon and Jennifer hold a simple mission:

Restore trust in the body, elevate the skills of the healer, and uplift humanity.



..WITH GREAT INTENT AND GRATITUDE

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