
THE UPLINK

Merging Contemporary Chiropractic Neurology and Nutritional Biochemistry in the Tradition of Applied Kinesiology

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EMOTIONS & THE *QA* PROTOCOL

Many doctors have expressed their surprise that emotional stress challenging is relegated to Step 24 of the *QA Protocol*. There are many therapies in Steps 1-23 that address factors associated with emotional stress that are often effective in correcting it. Some of the most obvious steps include treating small intestine issues related to bad fats (Step 5) or food allergies (Step 6) which corrects psychological reversal patterns, and heart focused activity (Step 13).

Correction of injuries (IRT, NSB, set point) in Step 4 helps to balance right brain – left brain function and affects emotional stress patterns in some patients. Improving neurotransmitter (NT) function with nutritional therapies can also produce significant emotional changes. In Step 8b for example, identifying the need for folic acid (or its activated 5-MTHF form) can have profound effects on NT synthesis and hence, brain function.

WHEN EMOTIONS ARE PRIMARY

Even considering these factors, we still see patients whose emotional stressors seem to be at the forefront of their clinical presentation. In these patients, the *QA Protocol* will lead us to address the emotions directly with emotional recall techniques much earlier than Step 24.

It is common knowledge that emotional stress can have profound impact on the immune system. When emotional stressors are causing immune system distress, we identify the need for emotional recall techniques early on in the *QA Protocol* during immune system assessment in Steps 9, 10, & 11. We will also find positive TL to the emotional Bennett's (neurovascular) Reflexes (for the stomach) during these *QA Protocol* steps as described below. Note that we must first have cleared out injuries in Step 4 and also any small intestine patterns (Steps 5 & 6) to insure the elimination of psychological reversal.

QA STEPS 9, 10, & 11 – REVISITED AGAIN!

About 80% of the time, cranial and/or TMJ faults (identified in *QA Protocol* Steps 9, 10, & 11) are secondary to immune system involvement. When the immune system itself is secondary to emotional stress, the "early" need for emotional recall techniques is found during testing the weak immune related muscles that are found in Steps 9, 10, & 11

(infraspinatus, lower/mid trapezius, and/or pectoralis minor.) Simply TL to the emotional Bennett's (NV) Reflexes on the forehead and test a weak immune related muscle. When TL to emotional NVs negates this weakness, emotional recall techniques are immediately indicated. Treatment will negate the immune related muscle and the related cranial or TMJ fault. This clearly demonstrates how emotional stress can have extensive negative effects in some patients. (NOTE: Test immune related nutrients prior to immune muscle correction. See next page.)

TREAT THE CORRECT EMOTION

Once the emotional NVs are found positive, end the TL. Then tap the pairs of the Acupuncture Head Points (B & E points) to identify which negate the weak immune muscle. This is NOT an optional step. Only one set of AHPs will negate the weak muscle. The appropriate emotional stress correction must be related to these points.

Many patients have multiple emotional stressors, but one specific emotion will have the most significant effect. Correcting this one emotion will have the optimal effect. In fact, treating the major emotional stressor (with Emotional Recall Quick Fix – *QA* Step 24 or other emotional techniques such as NET, etc.) will usually correct many secondary ones.

Ask a patient to think of various stressors. After each one that weakens, tap the previously positive AHPs. These points should negate the emotional recall. If not, this emotional stressor is not the primary one at the moment and you must search until the primary one is found. Often, after correction of the primary, the other emotional recalls will not cause weakening indicating their secondary nature.

PROCEDURE SUMMARY

When Addressing Systemic Structural Factors Steps 9, 10, & 11, if Immune Driven Cranial or TMJ Dysfunction is Present Consider the Impact of Emotional Stress as a Source of Immunosuppression:

1. **Does TL to Emotional Neurovascular Reflex Strengthen Immune Related Muscle?** If YES:
2. Which AHPs Strengthen Immune Related Muscle?
3. **Perform Emotional Quick Fix (Step 24)** Note: Emotion Treated Should Be Corrected By Same AHPs That Strengthened Immune Related Muscle
4. **Recheck Immune Related Muscle**

■ **QUINTESSENTIAL APPLICATIONS – ATLANTA** will begin on January 19-20, 2008 on the campus of Life University in Marietta, GA. Sessions 1-7 have been scheduled and Dr. Schmitt will share teaching duties with Dr. Kerry McCord. The dates are listed on the Seminar Schedule in this issue. The **QA** Level 1 Proficiency exam will be given at the end of Session 7 for those who have attended or purchased the DVDs of all seven sessions. This is the only on-site offering of the **QA** program scheduled at the moment. Call Michelle and/or see www.theuplink.com for more details.

■ **QA ONE-DAY SEMINAR IN ATLANTA - \$99:** Not sure what the **QA Clinical Protocol** is all about? Not sure if it is right for you, your practice, and your patients? Just want to get your toes wet before jumping in to Sessions 1-7? Then attend the “**QA One-Day**” seminar with Dr. Kerry McCord in Atlanta on December 1, 2007. This seminar, which will be held on the campus of Life University, will be an overview of the **QA Clinical Protocol** and allow you to begin to employ some of the valuable **QA** tools immediately in your practice. To encourage participation, Dr. McCord is charging only \$99 for doctors and \$49 for students.

■ **IF YOU CAN'T ATTEND ALL 7 QA SESSIONS** in Atlanta, you can still qualify for the Level 1 Proficiency exam by purchasing and watching the DVDs of missed sessions. Registered buyers of the **QA** DVDs can qualify for the proficiency test as long as they have also attended some of the sessions in person and have passed the **QA** Level 1 Practical Exam. The entire 15 Session **QA** course is now available on professionally recorded DVDs and a number of doctors are learning at their homes or offices by watching one session a month.

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■ **OUR UNDERSTANDING OF VITAMIN D** has increased dramatically in the past few years. It has become clear that many, many people need more Vitamin D. Vitamin D has recently discovered impact on many body functions including important positive influences on immune function. Traditionally in AK, Vitamin D is related to the quadriceps and the tensor fascia lata muscles. Relying only on these two indicator muscles will cause you to miss many patients who need Vitamin D. We now recommend that, when testing immune system related nutrients in the presence of an infraspinatus and/or middle-lower trapezius (**QA** Steps 9, 10, & 11) Vitamin D is included. Vitamin D will be the main topic the next issue of THE UPLINK.

■ **“BEYOND IRT” IN PHILADELPHIA & LA:** *Beyond IRT: The Neurological Consequences of Injury (Including AK Biofeedback)* is the most requested of Dr. Schmitt's individual weekend seminars. In these two presentations (See Seminar Schedule) Dr. Schmitt will explain the underlying neurological patterns that allow IRT injuries to occur, and rarely, recur. Demonstrations and workshops will teach how injury patterns are affected by the central nervous system and autonomic functions. This will be accompanied by applications of this knowledge to daily practice to correct both routine and difficult spinal and limb problems.

An introduction to Dr. Phil Maffetone's **AK Biofeedback (AKBF)** will be taught as well. This abbreviated presentation of AKBF will allow for immediate use of this remarkable technique in your practice.

■ **“the hiSTORIES OF AK” NOW ON DVDs:** In the spring of 1999, Dr. George Goodheart presented a remarkable seminar of history, healing, humor, and humanness. Dr. Goodheart recounted many personal and professional memories - some you have heard, many never told publicly before. This timeless seminar is “*This Issue's Special*” and a must for any clinician, AK or otherwise. See www.theuplink.com for more details.

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■ **PAIN RELIEF TECHNIQUES IN ITALY:** Dr. Schmitt will be guest speaker for the annual convention of the Association of Italian Chiropractors in Desenzano del Garda (Lake Garda), Italy. The 3 day conference will be taught in English and is entitled “*Pain Control Techniques; Simple and Efficient Hands-on Methods.*” The dates are October 12-14, 2007. For more information, see www.theuplink.com or the Seminar Schedule on the next page.

■ **7th ANNUAL WAT SKI SEMINAR IN TAOS, NM** is scheduled for January 24, 25, & 26 with Drs. Wally Schmitt, Andy Specht, and Tom Rogowsky. Space is VERY limited. Watch www.theuplink.com for details.

■ **THE 14th ANNUAL SKI WITH WALLY** will be held in Steamboat Springs, CO at the Sheraton Hotel (ski-in / ski-out.) The focus will be the immune system.