
THE UPLINK

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

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3 TIPS FOR DAILY PRACTICE

In this issue of *THE UPLINK* (*THE UP*date on the *LINK*s Between the Nervous System and the Body Chemistry) are three useful tips which you will find apply to many patients. Your positive feedback on *THE UPLINK* is much appreciated and I will continue try to incorporate your ideas. -WS

1. EMOTIONAL RECALL QUICK FIX

Those of you who have already taken "The Next Step..." Part 1 seminar are aware of this technique, but it is so important that I feel it bears repeating in *THE UPLINK*. Emotional recall will cause general muscle weakening. Have the patient continue the emotional recall and tap each pair of the acupuncture head points (i.e., B & E points) until you find the ones which negate the weakness. We usually find one pair (eg., both St-1) which negates the weakness. Then, have the patient TL the NL(s) associated with the acupuncture head points which Tled. For example, if St-1 negated the emotional recall, see if the stomach NL, spleen NL, or pancreas NL also negates the weakness. Treat the positive NL(s) with IRT while the patient continues the recall. That's it! Emotional recall of that event is negated.

Of course, don't forget any other more in-depth approaches to this side of the triangle which you have found useful. But this "quick fix" does get the job done if it is a simple problem or if you are in a hurry and don't have time at the moment to penetrate the problem at a deeper level.

2. CHEMICAL SWITCHING

In the first issue of *THE UPLINK*, we discussed the fact that K-27 switching is related to a vertebra (often C-1) serving "too many masters." This results in uncoupled spinal motion due to aberrant intrinsic muscle activity. Since K-27 is the common NL reflex for the spinal intrinsic muscles, both K-27 points will TL in these cases.

Any imbalance (structural, chemical, or mental) which affects neural signals to the intrinsic spinal muscles can result in these small muscles getting too many confusing inputs with the result of uncoupled vertebral activity. Systemic chemical imbalances (which are monitored by the hypothalamus and affect the descending reticulospinal tracts) are often that extra input, that "one too many master" which overloads the intrinsic muscles resulting in the confusion of uncoupled motion and switching.

Allergens, bad fats (trans fats or lard), caffeine, sugar, and other common offenders will cause a recurrence of K-27 TL with the substance in the mouth. Recorrect C-1 with IRT with the offender in the mouth. (Also check other spinal and NL areas for IRT with the offender in the mouth.)

3. ADRENAL STRESS UPDATE

Watch out for oversupplementing your adrenal stress patients. What was good for them in the early stages of care may now be interfering with their progress.

As I have discussed in my seminars and tapes, many stressed patients who we previously thought to be hypoadrenic are actually hyperadrenic. That is, patients in the resistance stage of the general adaptation syndrome (GAS) usually present with excess cortisol production (and lowered DHEA output) when measured by the salivary adrenal stress index test.

Previously we have cautioned against overstimulating already hyper adrenal glands by the use of adrenal tissue supplements. The same excess stimulation of cortisol can occur from overstimulation with such nutrients as pantothenic acid or vitamin C. In other words, it is possible to over-supplement our patients and support them further into their excess cortisol problem.... It is like running an engine too fast but continuing to put more and more fuel into the gas tank. It seems better for a while, but eventually you burn out the engine.

Be careful to closely monitor adrenal supportive nutrients. When they stop strengthening the patient, be willing to drastically decrease or stop these nutrients as the patient returns through the GAS toward normal.

■ "TWO HEADS ARE BETTER THAN ONE, unless they are on the same person." So said Dr. Goodheart many times when explaining to a patient why a consultation was necessary. Well then, imagine how much better 50 or 100 heads would be. The ICAK-USA private e-mail system is available to members and has a question and answer file where any participant can take advantage of the expertise of everyone else on the system. I strongly urge all to join ICAK-USA and

to get on the e-mail system. This benefit alone provides so much useful clinical information that it is worth the price of membership.

■ AK SPORTS QUIZ - Match Group 1 with 2.

Group 1

- A. Triathlete Magazine 1995 Coach of the Year
- B. First official US Olympic Committee chiropractor
- C. Helped bicyclist win Olympic gold medal in 1984
- D. In 1992 Olympics 9 of his patients won 13 medals
- E. Kansas City Chiefs 1995 team chiropractor

Group 2

- 1. George Goodheart
- 2. Phil Maffetone
- 3. Evan Mladenoff
- 4. Bob Blaich
- 5. John Bandy

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Answers: A - 2; B - 1; C - 4.; D - 5; E - 3