
THE UPLINK

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

Issue No. 41

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HORMONES – TOO MUCH!

“Too much or not enough nerve energy is disease” said D. D. Palmer in *The Chiropractor’s Adjustor* in 1910. Similarly, one might say that “too much or not enough body chemistry is disease.” In our classes we teach “Diagnose the Process, Not Just the Name.” (See next page.) In saying this, we recognize that patients’ problems are related to “too much or not enough” activity in one or more of the body’s normal processes, all of which have neurological ramifications that can be measured by AK manual muscle testing procedures.

Endocrine system problems seem complicated, but they also arise from “too much or not enough” hormones. “Too much” hormones occur when the body either over produces or under converts (under detoxifies) hormones. Liver detoxification is addressed in the QA Protocol at Step 19. In this issue we will focus on the essential, but simple parts of the detoxification process for steroids (cortisol, estrogen, etc.), many drugs, and other molecules.

GENERAL DETOXIFICATION PRINCIPLES

There are two steps in the detoxification of most molecules. These are called Phase 1 and Phase 2. Phase 1 “halfway” detoxifies most molecules. In this process free radicals are produced creating a need for antioxidants in the liver. Phase 2 pathways add a specific substance to the “halfway” detoxified molecule (conjugation) to make it water soluble for ease of elimination (bile / stool, kidney, perspiration.)

SPECIFIC DETOXIFICATION

The two most common detoxification problems we encounter are less than optimal Phase 2 activity for adding glucuronic acid (glucuronidation) and/or sulfate (sulfation) to the “halfway” detoxified molecules from Phase 1. **Glucuronidation** and **Sulfation** are the detoxification pathways responsible for all steroid hormones (cortisol, estrogen, testosterone, etc.), thyroid hormone, and many of the more commonly used medications, prescribed and over-the-counter.

Glucuronic acid is produced from glucose in abundant quantities by glycolysis (Emden-Myerhoff pathway) and requires *magnesium* for its synthesis.

Sulfation depends on the availability of sulfate molecules that can be ingested in the diet or produced from the sulfur-containing amino acid cysteine. CYS is synthesized from methionine in the methylation pathway (which also detoxifies steroids) and requires the same nutrients that are needed for homocysteine. The QA Protocol addresses this incredibly important pathway in five different steps including QA Step 19.

THE QA PROTOCOL: ABBREVIATED STEP 19

The following is an excerpt from QA Step 19 focusing on sulfation and glucuronidation.

If Pinching or Rubbing Liver VRP Strengthens ANY Weak Muscle:

1. **Identify Liver Detox Screening Substance(s) that Strengthen(s) Weak Muscle:**

Phase 2 – **Cysteine, Glucuronic Acid (Mg),**

2. **If Detox Screening Substance(s) Strengthen(s): TL to Liver Chapman’s Reflex with Associated Challenge Substance(s) Weakens Strong Muscle:**

Phase 2 – **Steroid Hormones, Many Meds**

3. **Test Specific Detox Pathway Related Nutrients for Strengthening Weak Muscle**

Cysteine: MSM, MET, folic acid / 5-MTHF,

B-12, B-6 / P-5-P, Mg, Mo

Glucuronic acid: Mg

4. **If Pinching Liver VRP Strengthened: IRT Liver Chapman’s Reflex with Indicated Challenge Substance(s) in Mouth**

CASE EXAMPLE

A 42 year old female health care professional had monthly premenstrual symptoms with breast swelling and irritability. Her laboratory findings included a higher than normal estrogen level during the second half of her 28 day menstrual cycle. AK muscle testing procedures demonstrated that the neurological pathways related to her ovaries (where estrogen is produced) were normal, but that there was stress in her liver. She was tested for and given a sulfur-containing nutrient (the amino acid L-cysteine) at a dose of 500 mg. per day starting two weeks before her period and stopping with the onset of her menstrual flow. The monthly on-and-off supplementation with L-cysteine permanently stopped her premenstrual symptoms.

■ **QUINTESSENTIAL APPLICATIONS—ATLANTA continues**

with a combination of distance learning and on-site seminars. To limit travel costs and travel hassles for everyone, we are offering a “Study at Home by DVDs” program for Sessions 8, 10, 12, & 14 and on-site seminars on Life University campus for Sessions 9, 11, 13, & 15. See Seminar Schedule...

■ **...QUINTESSENTIAL APPLICATIONS—ATLANTA BEGINS**

AGAIN: QA Session 1 will be January 24-25, 2009 on campus at Life University in Marietta, GA. All 15 Sessions have been scheduled. Dr. Schmitt and Dr. Kerry McCord will share teaching duties. See the Seminar Schedule for dates. Chiropractic CE credits are available for a number of states. 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 7 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.

■ **LEFTOVERS FROM ISSUE #40: STATINS, CHOLESTEROL, AND VITAMIN D:**

In *Issue #40*, we discussed Vitamin D but did not include the following important observation regarding lowering cholesterol with statin drugs. Dr. Schmitt has now seen several patients who have shown both laboratory and muscle testing signs of Vitamin D deficiency that appeared to develop as a result of prolonged and/or high dose statin intake. Two of these cases developed when the dose of statins was increased in an effort to lower already normal or low cholesterol levels. Since cholesterol is the precursor to Vitamin D, lowering it appears to have the effect of creating a “deficiency” in cholesterol as the precursor to Vitamin D, hence a Vitamin D deficiency results.

Steroid hormones are also synthesized from cholesterol and we have seen some low adrenal problems that may be related to statins decreasing the cholesterol precursor to the essential adrenal hormones.

■ **VIDEO TESTIMONIALS BY QA DOCS** can now be seen on www.theuplink.com at “Important Links.” See what doctors are saying about their experiences studying the QA Protocol and how it has changed their practices, and in some cases, their personal lives.

If you have a background in muscle testing and basic AK and you are familiar with IRT, you may jump into the QA program at any session. Several doctors have joined the seminar series in the later sessions with good success for their practices.

■ **QA ONE DAY – CHICAGO – “WHAT TO DO FIRST, NEXT & LAST” - NOVEMBER 22, 2008:**

Organize your techniques with highlights from the QUINTESSENTIAL APPLICATIONS Clinical Protocol as Dr. Schmitt teaches this one-day overview seminar. 8 Hours of chiropractic CE have been applied for in IL and surrounding states.

■ **T-SHIRTS: “FRIENDS DON’T LET FRIENDS EAT PARTIALLY HYDROGENATED FATS” are back!** Due to many requests, we have once again produced our famous T-shirts with the above slogan on the front and the universal sign for “No Trans Fats” on the back. See www.theuplink.com on the far left hand side under “Pictures” for a photo of these T-shirts. All sizes are available from Small up to XXXL.

THIS ISSUE’S SPECIAL OFFER!

“FRIENDS DON’T LET FRIENDS EAT PARTIALLY HYDROGENATED FATS” T-SHIRTS

*\$16 each (Normally \$20 each)
Includes US Shipping & Handling*

See www.theuplink.com for pictures of the T-Shirts

Call (919) 419-9099 or Fax order form to (919) 419-9049
Offer ends October 31, 2008

■ **LIFE UNIVERSITY LYCEUM/HOMECOMING:** Dr. Schmitt will be a speaker on October 25, 2008 at this fall’s Life University Lyceum / Homecoming. Dr. Carl Amodio deserves credit for his efforts in establishing AK on campus at Life where there is an AK Club, a popular AK elective class that he teaches, and the QA course available on campus through Life Postgraduate. Additional recognition is due to the forward looking Postgraduate Department head, Kathy Stavovy and her assistant Leila Russell-Tatum for their support of AK education.

■ **“DIAGNOSING THE PROCESS... NOT JUST THE NAME”** is at the core of our clinical philosophy for optimal care of patients’ problems. Now the original article by this name has been revised and expanded. Dr. Schmitt’s new version, applicable to doctors and patients alike, can be found on our web site www.theuplink.com under the “Guides” at the bottom of the home page.

■ **15th ANNUAL SKI WITH WALLY SEMINAR** will once again be held at the popular Stonebridge Inn, in Snowmass Village, CO on March 12-14, 2009. Our block of guaranteed rooms is limited, so call Claudia Rabin-Manning at Trump Travel at (800) 937-3878 or e-mail: Claudia@trumptravel.com to insure your accommodations at next March’s seminar. Contact Michelle to register. We are planning another provocative yet useful topic for your seminar enjoyment.

■ **8th ANNUAL WAT SKI SEMINAR IN TAOS, NM** will be taught by Drs. Wally Schmitt, Andy Specht, and Tom Rogowsky January 29, 30, & 31, 2009 at the Alpine Village Suites in Taos Ski Village. Hotel space is VERY limited. See www.theuplink.com for details. Contact Michelle to register.