
THE UPLINK

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

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In this issue of *THE UPLINK* (*THE UP*date on the *LINK*s Between the Nervous System and the Body Chemistry) we discuss immune system stressors, the parotid, and a great stress reduction technique which I have found very few doctors know about.

CHALLENGING THE IMMUNE SYSTEM

Several years ago I taught a seminar called Immune Challenge Technique (ICT). I only taught this information once or twice, but it is something I use every day on many patients. So it seemed appropriate to review it in this issue of *THE UPLINK*. ICT is useful in chronic adrenal stress patients, infections, allergies, autoimmune patients, cancer patients, pain patients, or any chronic problem which may implicate the immune system.

We all know the importance of the immune system. There are many nutritional support products available ranging from glandulars to vitamin C to herbal phytonutrients. Nutritional support is only half of the story, however. We must consider what is stressing the immune system and reduce those stressors by treatment and/or lifestyle changes. This makes the nutritional support factors more effective and often needed for a shorter time.

ICT IS VERY SIMPLE

1) The indication for ICT is when a weak muscle strengthens on TL to one or all of the three immune circuits (3 ICs): the upper sternum, the lower sternum, and the spleen NL reflex. See issue 6 of *THE UPLINK* for exact locations.

2) Test a strong indicator muscle and TL each IC with an immune system stressor on the tongue.

3) If weakness is created, correct each positive IC by injury recall technique, bilaterally, with the offender on the tongue.

Common immune system stressors include caffeine, cortisol, histamine, dopamine, GABA, arginine, stress neurotransmitters such as norepinephrine, and any drugs or hormones. Oftentimes the stressor is evident from the history, for example, excess coffee consumption. You may also get a clue from your examination findings.

For example, a patient with chronic stress should have ICT checked with cortisol since everyone knows that cortisol suppresses immune system function. Or a patient with allergies should have ICT checked with histamine. (Many times, only the spleen NL will challenge with histamine since it is here that much histamine is metabolized.)

If you do not have all of the hormones and other substances available, you may use the following substitutes.

For caffeine: use coffee.

For cortisol: use whole adrenal tissue or simply stimulate the adrenal NLs for a few seconds.

For histamine: use the amino acid histidine.

For dopamine: have the patient imagine aiming at a target. (Often found in viruses.)

For norepinephrine: have the patient retrace the jaw, which is part of the fight or flee reaction.

Correction of ICT should be accompanied by counselling the patient regarding the appropriate lifestyle changes to support the correction such as dietary restrictions or stress reduction techniques.

THE PAROTID GLAND AND SALT

In my book *Common Glandular Dysfunctions in the General Practice*, the importance of the parotid gland is discussed, especially in relationship to the thymus gland and to the thyroid gland. In parotid involvement, the parotid gland will TL behind and below the angle of the mandible making a weak muscle strong. The parotid rarely TLs to make a strong muscle weak without adding another factor.

One or all of the three following techniques will correct the parotid: 1) Treat the parotid NLs, located parasternally at intercostal spaces 2, 3, and 4.

2) Set point technique for the parotid: tap St-1 while the patient TLs the ipsilateral parotid gland.

3) Often the parotid will TL to weaken a strong muscle with salt (NaCl), or occasionally histamine. In this case IRT both parotid glands with the offender in the mouth. The parotid is especially sensitive to sodium - potassium imbalances since it is potassium which initiates the parotid's production of saliva.

RELAX WITH ROY G. BIV

Here is a simple but excellent relaxation technique which I have used personally and with my patients for over 20 years. It was originally taught to me by ICAK charter diplomate John Diamond, M.D. The colors of the light spectrum such as in a rainbow can be easily remembered by the mnemonic ROY G. BIV:

R = Red
O = Orange
Y = Yellow
G = Green
B = Blue
I = Indigo
V = Violet

Your brain interprets colors in this exact same order. The area for recognition of red is next to the area for orange is next to the area for yellow, and so on. By mentally focusing on each of the ROY G. BIV colors in this sequence, you automatically activate these areas of brain in a very orderly fashion. This creates a calming or centering effect which reduces the effects of stress. It can be done anywhere and in different ways. For example:

Imagine you are walking up a flight of steps. The first one is red. Do not leave it until you can see only the red step in your mind. Once you are totally focused on the red step, you may then step to the next step which is orange. Once you have totally focused on the orange step, you can step up to the yellow step. And so on through green, blue, indigo, and violet steps. At the top of the steps is a very bright white light which you can see after you have completed focusing on the violet step.

Other methods include imagining climbing a hill through fields of colored flowers or swimming under water in colored water pools. First feel immersed by the color red. Continue through orange, yellow, green, blue, indigo, and violet. At the end is great white light (like the sun) present as you emerge from violet.

You may find difficulty focusing on one or two colors. These probably represent stressed areas of your body or brain, and you should work extra hard on seeing and feeling these colors before you move to the next one. Sometimes, when achieving focus on one of these difficult colors, you may notice an involuntary deep breath or sigh take place. This is a good sign. You can take as long or as short a time as you like. Just make sure to completely focus on each color before you go on to the next one.

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