
THE UPLINK

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

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THE BLEACH SNIFF TEST REVISITED

I first presented “The Clorox Sniff Test” at the ICAK meeting in Santa Monica, California in May 1985. At that time, and still today, we consider the olfactory challenging with the hypochlorite solution, which is the main ingredient in bleach, as an excellent screening test for free radical pathology.

In light of more recent understandings of homocysteinemia as a risk factor in so many degenerative and chronic diseases, we now consider a positive “bleach sniff test” as a guide for us to consider the possibility of excess homoCYS and other important factors in those patients. So in this issue of *THE UPLINK* we will review the “bleach sniff test” with this and other related factors in mind.

STEP-BY-STEP PROCEDURE

1. Bleach olfactory challenge (sniff) causes inhibition of a strong muscle.
2. Find a muscle that is weak in the clear. Use this muscle to orally test the following nutrients. (The order listed below is recommended based on our clinical experience of probability of occurrence.)

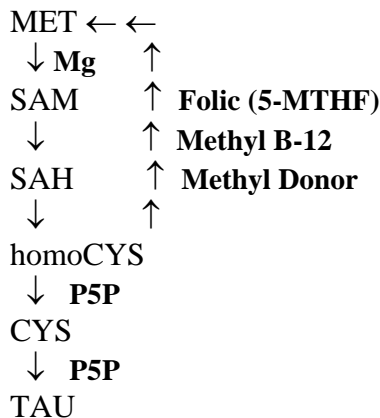
- 1) TAURINE (& COFACTORS)-See next column
- 2) NIACINAMIDE, “G”
- 3) SELENIUM
- 4) VITAMIN E
- 5) ESSENTIAL FATTY ACIDS
BCSO, SSO, FSO, EPA
- 6) VITAMIN C
- 7) QUERCITIN
- 8) ADRENAL SUPPLEMENTS / NLs
- 9) OTHER ANTIOXIDANTS (SOD, etc.)

3. If a nutrient strengthens the weak muscle, keep that nutrient on the tongue and have the patient sniff the bleach again and test the strong muscle to ascertain that it will negate the bleach-induced inhibition.
4. Remove nutrient & TL Chapman’s reflexes to find which one(s) will negate the bleach sniff inhibition.
5. Treat these Chapman’s reflexes with IRT immediately after the patient sniffs the bleach again. (Visceral Challenge Technique)
6. Supplement those nutrients above which block the weakening effect of the olfactory bleach challenge.
7. Recheck the bleach olfactory challenge on subsequent visits. If it still causes inhibition, continue testing nutrients working down the list above.

IF TAURINE STRENGTHENS

Hypochlorite free radicals (OCI) are released by white blood cells as part of the normal immune response. Taurine (TAU) acts as a specific antioxidant for quenching OCI. WBCs contain ten times more TAU than any other cell in the body, presumably to protect the cells from this potent free radical which they produce.

When TAU strengthens a weak muscle, the first question to ask is “Why isn’t the body making enough TAU on its own?” To answer this, we can look at the synthesis of TAU from methionine (MET), a process requiring optimal function of this entire methyl donor pathway. The cofactor nutrients Mg, folic acid (in its activated 5-MTHF form), B-12 (in its active methylated form), and a methyl donor are necessary for the recycling of MET, and B-6 (in its active P5P form) is necessary for the onward conversion to cysteine (CYS) and ultimately to TAU.



TOTAL HEALTH IMPLICATIONS

When the bleach sniff test weakens and is negated by TAU and its cofactors, we are lead to several other related factors which are critical to the prevention of degenerative illness and to our patient's total well-being. Sulfur amino acid metabolism must be optimal for homoCYS related problems, which leads us to investigate activated B vitamins as discussed in Issues #24 & #25. Also dependent on this metabolic pathway are liver detoxification (CYS and glutathione which is derived from CYS), joint cartilage synthesis and repair (which depends on sulfur from CYS), heavy metal problems (which binds CYS), and many others.

So the simple bleach sniff test was way ahead of its time when first introduced in 1985.

■ **WHEN THE BLEACH SNIFF STRENGTHENS:** On occasion, sniffing a bleach solution will strengthen an inhibited muscle. This suggests a *sluggish immune system* where the body actually needs more free radical production to keep its defenses at optimal levels.

These patients will usually have a positive thymus finding: either a weak infraspinatus, and/or another weak muscle which strengthens when Tling the thymus area directly over the upper sternum. The weak infraspinatus (or other muscle) will respond to oral challenge with **thymus tissue** and/or **niacinamide**, and possibly other immune system supporting substances.

Niacinamide (in its coenzyme form, NADPH) is necessary for the "respiratory burst" in phagocytes which generates superoxide free radical (O⁻) and from that, other free radicals including OCI. Treating the Chapman's reflex for the thymus and supplementation with the appropriate nutrients will negate the bleach sniff strengthening effect on subsequent office visits.

■ **THROAT INFECTION OR FREE RADICALS?** Some years ago there was a study of family doctors diagnosing strep throats by observation and symptoms. Before antibiotics were prescribed, cultures were performed and about two-thirds of the patients were found to have no infection despite the red, purulent, inflamed oral pharyngeal region. So if there was no infection present, what caused the sore throats?

Possibly, there had been the beginnings of an infection trying to get a foothold in the patients' throats, but the immune system reactions were powerful enough to kill the microbes. However, in the presence of an antioxidant deficiency, the immune system's inflammatory response can attack the body's own tissues, furthering the inflammatory process and producing signs and symptoms which will be mistaken for an infection.

Whenever a patient has an infection and fails to respond to antibiotics, do the bleach sniff test. I have seen these "pseudoinfections" clear up with appropriate antioxidant therapy in the throat, lungs, sinuses, and even the urinary tract.

■ **ANY INFLAMMATION & AUTOIMMUNITY:** Understanding the contributions of free radicals to the inflammatory process expands our options for the treatment of pain and inflammation beyond the use of essential fatty acids (which may negate a positive bleach sniff) and proteolytic enzymes. **Do the bleach sniff test.**

It is also often positive in allergy and hypersensitivity which contributes to free radical production, and gives us another tool in treating these patients.

The same free radical process is the source of tissue destruction in autoimmune diseases. (This explains why allergies are almost always a factor in autoimmunity.) This includes rheumatoid and osteoarthritis, Chron's disease, lupus, scleroderma, some cases of fibromyalgia and chronic fatigue syndrome, multiple sclerosis and other neurodegenerative diseases. **Do the bleach sniff test** in any named or unnamed chronic condition.

■ **9TH ANNUAL "SKI WITH WALLY" SEMINAR** will be held in **Snowmass Village, Colorado** on Thursday, March 6th, Friday, March 7th, and Saturday March 8th, 2003 from 4:00 PM to 8:00 PM each day. For the second year in a row, we will return to Snowmass and the Stonebridge Inn, about 75 yards from the edge of the mountain. The meeting room is on the top floor and has a beautiful view of the slopes.

The topic will be **"Right Brain-Left Brain 2003."** *Chiropractic Continuing Education is being applied for through Logan College of Chiropractic* using the more formal title: "Somatic and Visceral Manifestations of Brain Hemispheric Dominance Patterns." This topic is a fascinating blend of principles of chiropractic neurology and applied kinesiology

based on Dr. Schmitt's observations over the past few years. You will learn how to identify and treat problems associated with Emotions, Sleep Disorders, and Digestive problems including difficult Ileocecal Valve Syndromes.

Once again Claudia Rabin-Manning is handling hotel and travel arrangements. Call her at Trump Travel, (800) 937-3878 for **group rate** hotel and skiing information. Make your airline reservations early as flights into Aspen airport in March are at a premium. (It is also possible to fly into Vail/Eagle and drive 90 minutes to Snowmass.) Hotel rooms at the group rate are also limited on a first come-first serve basis and ***all hotel reservations must be made by January 15th, 2003.*** Don't wait too long to make your plans.

THIS ISSUE'S SPECIAL OFFER!

Sources of information related to this issue's main topic:

Selected Papers on Finding & Fixing Metabolic Faults

(contains the original "The Clorox Test" paper)

\$35 (normally \$45)

Degeneration & Sulfation (Audio-Video-Notes Package)

\$65 (normally \$85)

Liver Detoxification (Audio-Video-Notes Package)

\$65 (normally \$85)

Order All 3 - \$150

Call (919) 419-9099 or Fax order form to (919) 419-9049

Offer ends January 31, 2003

■ **SPECIAL 100 HOUR AK COURSE IN DALLAS:** Dr. Schmitt is planning to take his Special 100 Hour AK Syllabus to Dallas starting in September, 2003. This will be a one time presentation in 2003-2004 with no plans to return to Texas in the near future. The first four dates are tentatively set (see Seminar Schedule) and the last four dates will be determined in the near future. So keep your eyes open for all of the dates for this 8 session program in future issues of *THE UPLINK* or on our web site, www.theuplink.com.

■ **NEW LA SEMINAR REGISTRATION PHONE:** Call Michelle at (919) 545-8829. Our previous seminar registration person, Sara, moved to the West Coast when her husband was transferred there by the Army. So we are fortunate to have Michelle come on board to help us with seminar registrations and questions. She will also help keep our web site, www.theuplink.com up to date.