
THE UPLINK

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

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MOLYBDENUM – MY FAVORITE MINERAL

Almost 20 years ago, I published an article entitled “Molybdenum for Candida Albicans Patients and Other Problems” in the Digest of Chiropractic Economics 31:4, January-February, 1991. pp. 56-63. This paper is reprinted in *Selected Papers on Finding & Fixing Common Metabolic Faults*. At that time, very few multiple vitamins contained Mo (now most do) and very few companies had an exclusive Mo product (now some do.)

Molybdenum (Mo) is an essential trace mineral which means that it is necessary for life. Three essential enzymes (aldehyde oxidase, sulfite oxidase, and xanthine oxidase) are dependent on Mo. Some of these pathways were discussed in previous issues of *THE UPLINK* (#s 15, 26, 27, & 34.)

THE CANDIDA CONNECTION

Fungi (yeasts and molds) produce acetaldehyde as a by-product of their metabolism. Breakdown of aldehydes requires Mo, iron (Fe), B-2, and B-3 to activate the **aldehyde oxidase** enzyme. Fungal/yeast overgrowth in the gut often uses up our available Mo resulting in the build-up of the toxic aldehydes, which appear to further stress the gut mucosa and lower the gut resistance to dysbiosis. These aldehydes are also absorbed into the systemic circulation and affect tissues throughout the body.

STINKY SMELLS - ACHY MUSCLES

Patients who are hypersensitive to fragrances, odors, or other smells are often in need of Mo. Many of these patients have developed the need for Mo due to chronic Candidiasis or other fungal issues.

Some patients also report sore or achy muscles all over their bodies, similar to the body-ache of some influenzas. This is sometimes misdiagnosed as fibromyalgia. One of my patients had a dramatic improvement in her so-called “fibromyalgia” muscle soreness by taking Mo.

SULFATE – FOR JOINTS AND DETOX

Sulfate (SO₄) is necessary for **joint health** and **liver detoxification**. Sulfite (SO₃) is converted to sulfate by **sulfite oxidase** requiring Mo. Chondroitin sulfate is the major structural component of joint cartilage. One of the most important Phase 2 liver detoxification steps is sulfation. The detoxification of all of our endogenous (or exogenous for that

matter) steroid hormones and thyroid hormones includes sulfation. NSAIDs and many other common drugs also use this pathway. A need for Mo has also been seen clinically in patients with **homocysteine** excess where Mo is not often considered important.

Sulfites can be toxic. You will notice that many wine bottle labels say “Contains Sulfites” due to many peoples’ sensitivities to these chemicals.

Mo can help some **asthma** patients, particularly those who are sensitive to sulfites. In the past, restaurants used a metabisulfite substance to keep their salad bars from spoiling. This was banned because so many people reacted severely to the sulfites. I had two patients who collapsed in their food with severe respiratory distress after consuming a few bites of a salad in restaurants using sulfites.

AMMONIA EXCRETION

As discussed in *THE UPLINK* Issue #27, Mo (and Fe) are necessary for the enzyme **xanthine oxidase** which is one of the pathways for elimination of ammonia waste from the body. One might be cautious with Mo supplementation in gout patients due to its effect of helping to produce uric acid.

DIFFICULT ANEMIA

Mo and Fe are often found working together in nature. Some patients will show an iron-deficiency type anemia that will not respond to iron, B-6 or copper. For over 25 years, we have seen a number of cases with this type of anemia respond to Mo. Now, it is also reported elsewhere.

MO AND COPPER TOXICITY

Mo, zinc, and manganese are antagonists to copper. Most patients with excess copper require Mo and often Zn and Mn. Many copper toxic patients require folic acid and/or pantothenic acid as well.

WHEN TO TEST FOR MOLYBDENUM

In the **QUINTESSENTIAL APPLICATIONS Clinical Protocol** there are multiple steps that will identify the need for Mo (**QA** Steps 7, 8b, 8d, 9-11, & 19.) If the patient has yeast or mold problems, anemia, inflammation, heavy metal issues, joint symptoms, liver detoxification problems, or any indication of a problem with homocysteine, you will be guided to test for Mo during these steps. However, since Mo is an essential mineral, it is acceptable to test for it with any weak muscle *after* clearing injuries in **QA** Step 4.

■ **A WEBINAR FOCUSING ON MOLYBDENUM** is scheduled for two live presentations on Wednesday, September 15, 2010 (1:00 PM to 2:00 PM and 7:30 PM to 8:30 PM Eastern time.) It is sponsored by Biotics Research and entitled “*Injury, Inflammation, & Pain Relief: The Trace Mineral Connection.*” You may sign up for this free webinar by contacting Biotics Customer Service: biotics@bioticsresearch.com or calling (800) 231-5777. There will be much more information on Mo as well as other trace minerals in this webinar.

■ **OTHER UPCOMING FREE LIVE WEBINARS:** On Wednesday, September 22, 2010, Dr. Kerry McCord will present “*Injury, Inflammation & Pain Relief –What To Do First, Next & Last.*” On Wednesday, December 8, 2010 Dr. Schmitt will present a webinar entitled “*Fatigue: The Most Common Patient Complaint.*” The times for both will be 1:00 PM to 2:00 PM and then repeated again live at 7:30 PM to 8:30 PM Eastern time.

■ **ARCHIVED WEBINARS:** Drs. Schmitt & McCord have taught several previous webinars that were recorded and are available on-line. Simply go to www.bioticsresearch.com and log in. (If you have not been there before, you will have to click on “Login / Register” and make up a user name and password.) Click on “Professional Info Center” and scroll down to “Educational Videos.” All of our previously recorded webinars are listed on the right side of the screen.

■ **“JUST CALL IT MOLY”:** Many patients have difficulty pronouncing “molybdenum.” My grandfather owned a foundry where they used Mo in their grey iron castings. One day I asked him how he communicated with his foundry workers about molybdenum since it is difficult for so many to pronounce. He said that it was no problem – they all just called it “moly.” So I tell my patients and staff the same thing: “Just call it ‘moly.’”

■ **“CLINICAL PEARLS” NUTRITION SEMINARS** by Dr. Schmitt are being taught in several locations with several different sponsors and in several different formats. These are not AK seminars. The procedures taught are applicable to all types of practices. The remarkable thing about the “Clinical Pearls” seminars is that over 80% of those present have achieved some positive health benefits from the hands-on workshop procedures during the seminar. See seminar schedule.

■ **DR. SCHMITT RECEIVES AWARD:** The first ever “President’s Lifetime Achievement Award” was presented to Dr. Schmitt by Denis DeLuca, president of Biotics Research Corporation at a reception during the Florida Chiropractic Association’s National Convention in Kissimmee, Florida in August.

■ **17TH ANNUAL SKI WITH WALLY SEMINAR:** At the Stonebridge Inn in Snowmass, CO. March 10-12, 2011. The title is “*Nothing is Good for Everybody.*” Mark your calendars now. See www.theuplink.com.

■ **2 WAYS TO “JUMP INTO” QA: 1) SESSIONS 1-7 REVIEW IN CHICAGO:** Dr. McCord will use his special talents for summarizing and simplifying the QA concepts in a mainly hands-on QA Sessions 1-7 Review in Chicago on Oct. 23-24. **2) The “Enroll at Home Special”** has been extended indefinitely. (See Order Form.) More and more doctors are studying QA by Distance Learning by DVDs. In fact, this method of studying QA has proven so valuable that we are incorporating a combination of Distance Learning by DVDs and live on-site seminars in Chicago. See below.

■ **QUINTESSENTIAL APPLICATIONS SESSIONS 8-15 IN CHICAGO** continue with a combination of distance learning by DVDs and live, on-site seminars. Even numbered sessions (8, 10, 12, & 14) will be learned by Distance Learning using the professionally recorded QA DVDs. Odd numbered sessions (9, 11, 13, & 15) will be taught as “live” seminars in Chicago. This will be the third time Drs. Schmitt and McCord have used this format and it is gaining in popularity. Doctors save travel time and costs, hotel and other on-the-road expenses with the Distance Learning by DVDs, yet still receive personal instruction at the “live” seminars.

THIS ISSUE’S SPECIAL OFFER!

Selected Papers on Finding & Fixing Common Metabolic Faults

Includes: Molybdenum for Candida Albicans Patients and Other Problems; Glutathione: The Most Important Molecule; But What If There’s No Water In the Hose, Ammonia Sniff Test, Clorox Sniff Test, & other papers

\$35

(Includes S&H) (Save \$10)

Call (919) 545-8829 or Fax Order Form to (919) 419-9049
Offer ends November 15, 2010

■ **LOS ANGELES SEMINAR–IMMUNE SYSTEM: WHAT TO DO FIRST, NEXT & LAST** will be taught by Dr. Schmitt in Los Angeles on October 2-3, 2010. He has “translated” immune system physiology into the simple AK body language of muscle testing. This seminar will allow you to be on the cutting-edge of AK procedures & nutrients for your patients.

■ **TWO ONE-DAY SEMINARS IN ORLANDO:** On October 2, 2010, Dr. McCord will teach “*Injury, Inflammation & Pain Relief – Acute & Chronic Pain.*” On November 6, 2010, Dr. Schmitt will teach “*Immune Modulation: Simplifying Complex Concepts.*” These two seminars are designed for a general audience and both AK and non-AK methods will be taught so that all doctors may attend and benefit their patients.

■ **3RD ROCK SUN BLOCK IS NOW AVAILABLE:** This product was based on AK testing of ingredients by Dr. John Schmitt. Call (888) 863-0087.