

THE UPLINK

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

Issue No. 17

© Walter H. Schmitt, DC, DIBAK, DABCN

Spring, 2000

THE OTHER SIDE OF EMOTIONAL RECALL

Since 1968, when Dr. Goodheart first introduced emotional recall technique and the normalization of this mind-body spill over reaction by use of the emotional neurovasculars, we have always performed emotional recall and looked for a muscle weakening response (conditional inhibition.) Many techniques evolved using this muscle weakening observation.

However, by only looking for a muscle inhibition response, *we have missed as many as half of the emotional recall reactions in our patients!!!*

A full half of my patients show the following pattern: Emotional recall causes no inhibition, but it CREATES the following pattern of related findings: generalized over-facilitation, "all muscles strong," sympathetic, fight or flee, and anterograde.

This is easy to observe by performing emotional recall and simply challenging any strong muscle with Autogenic Inhibition (AI.) AI is Richard Belli's term for using muscle spindle cell (MSC) activity to inhibit (i.e., pushing with both hands in the muscle belly toward the middle of the muscle.) In these cases of emotional recall over-facilitation, etc., AI will not induce the expected inhibitory weakness.

LET'S CUT TO THE CHASE

Here is the summary of the procedure:

1. Ask the patient to think about something stressful.
 - a. If inhibition is induced, proceed as you wish.
 - b. If no inhibition is induced, challenge the MSCs of the indicator muscle toward the center of the muscle to induce autogenic inhibition.
2. If no inhibition is caused by this MSC challenge (i.e., the emotional recall creates an over-facilitation), continue the emotional recall and TL to both adrenal Chapman's NL reflexes will be positive.
3. Continue with the emotional recall and treat the Chapman's NL reflexes with IRT.
4. This corrects the emotional recall induced over-facilitation, "all muscles strong," sympathetic, fight or flee, anterograde spinal patterns.
5. Correcting this pattern for one over-facilitating stress usually corrects the pattern for all similar emotional recall induced over-facilitation patterns.

HOW WE GOT THERE

When no muscle will weaken with AI, we refer to this state of generalized muscle over-facilitation as an "all muscles strong" pattern. When an emotional recall creates this over-facilitation pattern, it creates the "all muscles strong" and the cascade of effects and procedures which are discussed on the next page. The net effect of working through these procedures is that you end up treating the adrenal Chapman's NLs with IRT with oral epinephrine (or occasionally norepinephrine.) Since these are the catecholamines that are released in emotionally stressful states, you can, as we said, simply "cut to the chase." Skip from the point of identifying the emotional recall induced over-facilitation right to treating the adrenal NLs with IRT while maintaining the emotionally stressful thought (in lieu of using oral epinephrine or NE.)

IMPORTANT HIDDEN IMMUNE PROBLEMS

www.drwallyschmitt.com

Using a new procedure, we have found a *shocking* number of patients with significant immune system problems which we had totally missed previously. These findings came by trying to get to the root of recurrent cranial and TMJ problems.

Infraspinatus and trapezius muscles test as normal but there is another weakness which is negated by TL to a cranial bone or a TMJ. Identify what type of cranial or TMJ fault is present (including IRT or set point to the TMJ or cranial bone.) Then see if TLing one of the 3 immune circuits (ICs -see *THE UPLINK* #6) negates this finding. **The positive IC TL will *not* negate any other weaknesses in the body, only the cranial or TMJ findings.** That is why we missed them in the past! Correction, however, corrects the cranial / TMJ findings *and all other weaknesses*.

Rub NLs for 60 seconds and recommend the appropriate nutrition including thymus and spleen glandulars, and in the lower sternum, molybdenum, selenium, or taurine. Rub the NL(s) for 60 seconds, and instruct the patient to rub it (them) daily simultaneously with tasting the supplement.

Note: Correcting one hidden IC problem often unveils another cranial / TMJ related IC problem.

■ **"ALL MUSCLES STRONG"** or generalized over-facilitation are the names we use to describe the pattern when no muscle will weaken to AI (MSC technique to inhibit.) Through the years Dr. Goodheart, Dr. Alan Beardall, Richard Utt, and others have identified various patterns related to this phenomenon. In our experience the most common pattern by far (and the only one discussed here) is the anterograde spinal pattern.

The anterograde spinal pattern of "all muscles strong" is the sympathetic dominant, fight or flee pattern. In this case, the entire spine tends toward flexion, just as in the arched back of the scared cat in sympathetic outflow. Challenge will be positive if you cover a group of spinous processes with your fingers and push the group caudalward. (The spinous processes rebound into a more flexed position, aggravating the fight or flee, scared cat position and any indicator muscle will test as inhibited for the moment, even though AI will not weaken any muscle.) As you can imagine, this is very common in stressed patients in whom there is difficulty finding anything wrong. This includes many hypertensive patients.

This spinous process caudalward challenge is negated by TL to the Chapman's NL for the pituitary which is at the glabella. Using concepts of Centering the Spine, we usually find that TL to the pituitary NL will only create an inhibition with cortisol or adrenal NL stimulation, as if the adrenals are hyper-functioning and inhibiting the pituitary.

The correction of this pattern is: Identify an oral challenge substance which is stressing the adrenals (caffeine, insulin, histamine, sugar, epinephrine, NE, etc.) and treat the adrenal Chapman's NL reflexes with IRT while the offender is held in the mouth. The net effect of this approach is to negate the generalized over-facilitation. This reveals the muscle inhibition patterns as expected by postural and gait assessment and by TS line analysis.

**INTRODUCING:
A NEW AUDIO-VIDEO-NOTES PACKAGE
"PROCEDURES AND PROTOCOLS"**

This package presents Dr. Schmitt's latest procedures (**including the two techniques discussed in this issue of *THE UPLINK***) and a brief summary of his step-by-step clinical protocol. 75 min. video, 90 min. audio tape, notes. ORDER NOW: \$75 includes US shipping.

Call (919) 942-8516, Fax (919) 942-9456, or mail order.

■ **THE UPLINK WEBSITE** may be reached at two different internet addresses: ***www.theuplink.com*** or ***http://216.27.34.182***. In the past, we have had some trouble with the first address. However, if it does not work, the second one will. We often make reference to other issues of *THE UPLINK*. If you do not have hard copies of these issues, all previous issues of *THE UPLINK* can be found on this site. Due to the launching of our new office (see following item) we have not had time to add anything or to tidy up the site, but all the information is there.

■ **CENTERS FOR INNOVATIVE CARE:** In February, 2000, we opened our brand new clinical offices on the 5th floor of our same building - the Europa Center in Chapel Hill. We now have five doctors in two professional corporations

www.drwallyschmitt.com

working in the offices under the name Centers for Innovative Care. The Europa Chiropractic Group, P.C. includes Walter Schmitt, D.C., Sam Yanuck, D.C., and Steve Gangemi, D.C. The Europa Medical Group, P.C. includes internist Tom Motyka, D.O, and family practitioner Ned Kelly, M.D.

We have a training room and a hardwood floored room with mirrored walls which is called various names (the Yoga studio, the Tai Chi studio, or the **Swing Dance studio**) depending on which one of us is speaking. (Guess what I call it!). We have created a center which provides a chiropractic practice and an integrative medical practice, each of which focuses on functional neurological and biochemical assessment, a center for referral of difficult patients, and a training center with classes for both patients and professionals. We believe that the name Centers for Innovative Care truly reflects our vision for our new venture.

■ **PHONE, FAX, AND MAIL CONSULTATIONS:** Due to the responsibilities associated with the new offices, we have put a new policy in place regarding doctors' questions and requests for consultations which are addressed to Dr. Schmitt. If the question is very short and can be answered briefly, one of our office assistants will phone or fax the answer. For longer or more complicated requests, Dr. Steve Gangemi will be the person who will handle these. Steve has studied with Dr. Schmitt for over four years, and is an amateur elite triathlete who has competed in and completed the Iron Man Hawaii Triathlon for the past 4 years. Dr. Gangemi will personally handle responses rather than Dr. Schmitt, but he will tap into Dr. Schmitt's experience if necessary. Thanks for your understanding about this new procedure.

■ **ATLANTIC BEACH, NC SEMINAR:** Also due to the responsibilities associated with the new office and related business, Dr. Schmitt has temporarily reduced his lecture schedule. But come join us at Atlantic Beach on August 12th & 13th for this NC Chiropractic Association sponsored seminar entitled "The Effects of Stress on the Female and the Male.