

THE UPLINK

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

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NEUROLOGIC TOOTH? or IRT TOOTH? or TOOTH SET POINT?

We are all aware of the effectiveness of neurologic tooth corrections on dental, TMJ, and headache problems. But often, a patient complains of tooth pain, tooth sensitivity, or head pain and the tooth in question will not therapy localize or challenge. This is usually an indication of an IRT problem or a set point problem with the tooth.

A tooth IRT will only TL to strengthen a weak muscle (whereas a neurologic tooth will TL and weaken a strong muscle as well as strengthen a weak muscle.) An IRT tooth will only weaken a strong indicator muscle while the tooth is Tled with the neck in extension. Correction is IRT (by atlanto-occipital flexion) while the patient TLs the tooth.

A set point (SP) problem with a tooth may only show up with two hand TL: one finger on the tooth and the other hand TLing an acupuncture head point (almost always St-1.) When two hand TL is positive, correct by having the patient maintain the tooth TL while you tap St-1 about 100 times.

Is it possible to find combinations of a neurologic tooth involvement, IRT tooth, and a tooth SP? Yes, and this is often the case. When a neurologic tooth is found and corrected first, recheck the tooth with TL in neck extension for IRT and with two hand TL with St-1 for the SP.

We often teach patients to do tooth IRT and tooth set point technique at home or recommend these over the phone. It has proven to be a very effective therapy in decreasing tooth pain or temperature sensitivity as well as referred pain headaches. Of course, if any tooth involvement continues to recur, referral to a dentist is usually necessary for dental intervention, either above or below the gum line.

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. 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.

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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.

■ **FREE (*or \$5) FOR THE ASKING** A 30 minute audio tape summary of "INJURY RECALL TECHNIQUE" and "3 TYPES OF MUSCLE TESTING" for those who may be unfamiliar with the techniques. IRT plays a huge role in many of our latest techniques. The 3 variations of muscle testing make identifying the source of a patient's problems quick and accurate. There are still a few who are unfamiliar with these clinical tools, so we decided to make this tape to bring everyone up-to-date. Of course, we still have the comprehensive audio-video-notes package of the one-day IRT seminar available for purchase. (See order form.) By the way, on the reverse side of this tape we are including "Chiropractic Terminology Update 9/94" which many of you have already heard.

*(Free with any order or attendance at any seminar. Otherwise \$5 to cover shipping and handling.)

■ **AK INNOVATORS QUIZ-Match Groups A & B**

<u>Group A</u>	<u>Group B</u>
A.Aerobic/Anaerobic Repetitive Testing	1. Dave Walther
B.Aerobic/Anaerobic Challenge Technique	2. George Goodheart
C.Ligament Stretch Adrenal	3. Art Holmes
D.Deimbrication Technique	4. Phil Maffetone
E.Cranial Vector Challenge	5. Gerald Deutsch

Answers: A - 2; B - 4; C - 5; D - 3; E - 1