

THE UPLINK

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

Issue No.38

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“SAVING” OUR PATIENTS’ LIVES

We have mentioned homocysteine (Hcy) in three previous issues of *THE UPLINK*. In Issues #24 and #25, we focused on activated B vitamins which are necessary for Hcy metabolism. In Issue #26 our discussion of the Bleach Sniff Test included sulfur amino acid (including Hcy) metabolism.

Inadequate metabolism of Hcy is common, critical to patients’ health, and easily corrected. Hence, there are numerous places in the *QA Protocol* that guide you to investigate this pathway. Hcy problems will be resolved as a matter of course in the *QA Protocol*.

WHO TREATS THIS BESIDES US?

Most doctors have no clue about their patients’ Hcy levels, much less how to guide the patient nutritionally to normalize this metabolism. Hence, most susceptible patients are left unprotected from the degenerative effects of elevated Hcy which include *heart attack, stroke, cancer, neurological disorders*, and other diseases. We are in the best position to change these patients’ lives.

HOMOCYSTEINE AND THE BRAIN

Parkinson’s Disease, Alzheimer’s Disease, and other neurodegenerative disorders are associated with elevated Hcy. Excess Hcy converts to homocysteic acid with excitatory neurotransmitter effects similar to aspartate (ASP) and glutamate (GLU). ASP, GLU, and homocysteic acid are excitatory to the N-methyl D-aspartate (NMDA) receptor. A vicious cycle is generated that ends not only in that cell’s death, but also in a spreading cell death of surrounding cells.

The process: RECEPTOR DEPOLARIZATION → CALCIUM INFLUX → FREE RADICALS/NITRIC OXIDE → INTRACELLULAR DAMAGE → *CELL DEATH BY APOPTOSIS* → GLU RELEASE OUTSIDE CELL → EXCITATION OF ADJACENT CELLS → CALCIUM INFLUX → ... and so on...

HOMOCYSTEINE IN THE QA PROTOCOL

We do not want to miss the opportunity for finding and correcting elevated Hcy. It is so important, so prevalent, and so under diagnosed, that we have built its identification into the *QA Protocol* in the following steps:

STEP 7: Bleach Sniff Test – When taurine negates the bleach-induced weakness, we will analyze the sulfur amino acid pathway and identify Hcy.

STEP 8d: When chondroitin sulfate strengthens in joint related problems, we investigate the possible need for sulfate, hence the sulfur AA pathway.

STEPS 15, 16, & 18: In hyperadrenia and endocrine problems, excess hormones can deplete the sulfate reserves during detoxification, as discussed next.

STEP 19: During liver detoxification, the Phase 2 pathways of sulfation, methylation, and conjugation with glutathione are all related to sulfur AAs.

HE COMES IN FOR A SHOULDER PROBLEM AND YOU SAVE HIS LIFE

Take an example of a patient who presents with a shoulder problem. There could be an inflammatory process (STEP 7 - Bleach Sniff Test), cartilage damage (STEP 8d), and/or a weak PMS from a liver problem (STEP 19), any or all of which could direct you to identify a problem with Hcy. By guiding the patient to the proper nutritional program, you will not only get a rapid response to the shoulder problem, but you will put him on a path to avoid or postpone the onset of his eventual health downfall.

HCY CHALLENGE PROCEDURE

- 1. Challenge with Homocysteine in Mouth – Two Possible Outcomes:**
 - a. Global Weakness and TL to Involved CR(s) (Chapman’s Reflexes) Negates Weakness***
 - b. Weakness ONLY with TL to Involved CR(s)***
- 2. If Challenge Positive: Test Hcy Lowering Nutrients for Strengthening Weak Muscle: B-12 / Methyl B-12, Folic acid / 5-MTHF, B-6 / P-5-P, Methyl Donor (Betaine, Choline.) Also Mo.**
- 3. Treat by IRT to Involved CR(s) with Hcy**
- 4. Retest with Homocysteine in Mouth to Confirm Correction**

www.drwallyschmitt.com

5. Supplement Appropriately

***Most Common Chapman's Reflexes:** Liver, Brain, Heart, Thymus, Spleen

DR. TOM ROGOWSKY'S ADDITION

In one of the best paper presentations at the June, 2005 ICAK-USA meeting in Chicago, Dr. Tom Rogowsky presented his findings of a specific Chapman's reflex that should be rubbed in the elevated Hcy patients. Using an Hcy challenge, these reflex areas are rubbed bilaterally above the anterior costal cartilages – just above the quadriceps Chapman's reflexes.

■ **DL HOMOCYSTEINE IS AVAILABLE** for testing and challenging from your local Nutri West distributor. The NW home office phone number is (800) 443-3333. Homocysteine 6x is available from Metabolics USA: (866) 682-2624.

■ **HOMOCYSTEINE LAB NORMALS** vary but most labs recommend less than 11-12 micromoles / liter. However, the risk for vascular disease increases progressively with homocysteine concentrations greater than 9 umol/L. This would seem to be a more optimal high normal value. A methionine load challenge can also be used. Contact your laboratory for challenge protocols.

■ **TESTIMONIALS FROM THE QA CLASSES** in Philadelphia and Milan (both written and video) are at www.theuplink.com. Below are a few excerpts from doctors who have taken the course:

- *"I believe this course is the opportunity of a lifetime."*
- *"Thank you for putting this material together and saving me years of work..."*
- *"QA is the best thing I've found for my own personal health as well as the health of my patients."*

■ **STUDY QA AT YOUR OWN PACE, IN THE COMFORT OF YOUR OWN HOME OR OFFICE:** This is now possible as the entire course is available on professionally recorded DVDs. Drs. McCord and Schmitt are working on further enhancing the distance learning experience. Watch for future announcements.

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■ **MORE VIDEO CLIPS OF THE QA DVDs** are now available on-line at www.theuplink.com. Look for "QA

VIDEO CLIPS" under "Important Links." At present, there are 25 video clips from various sessions. Most are 1-3 minutes long. They may take a few seconds to download, even on high speed connections.

Clips include both Dr. Schmitt and Dr. McCord with comments that range from philosophical to technical. Check out the quality of the audio and video on these professionally recorded DVDs and the wide scope of the **QA** program. *"Everything typically encountered in clinical practice is covered in this program."*

■ **LAKE GARDA, ITALY** will be the site for a 3 day conference taught (in English) by Dr. Schmitt. *"Pain Control Techniques; Simple and Efficient Hands-on Methods"* is the topic for Dr. Schmitt's presentation to the Association of Italian Chiropractors in historic and beautiful Desenzano del Garda, Italy. For more information, see www.theuplink.com or the Seminar Schedule on the next page.

■ **QA DOCS REFERRAL LIST** is now available on line at www.quintessentialapplications.com and at www.theuplink.com. Doctors who have completed the **QA** Level 1 and Level 2 Proficiency Requirements are listed there. These doctors are all trained in the use of the **QA Protocol** and how to cover all the bases necessary for simple yet comprehensive patient care based on the neurologically and biochemically driven protocol.

As was stated in *THE UPLINK* Issue #36: *"Imagine. You refer a patient to another AK doctor who provides the same comprehensive care. QA provides, for the first time, this opportunity."*

■ **QA PROFICIENCY REQUIREMENTS:**

- Attend all 15 **QA** Sessions AND/OR own the DVDs for Sessions not attended
- Own the **QA** Reference Manual
- Own the **QA** Audio CDs "The Neurological Rationale for a Comprehensive Clinical Protocol Using Applied Kinesiology Techniques"
- Pass Level 1 and/or Level 2 Proficiency Exams
- Produce brief case reports based on the **QA Protocol**.
- For full requirements, see www.theuplink.com under "Quick Launch" in the left hand column.