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# THE UPLINK

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

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## THE IMMUNE SYSTEM REVISITED

We have discussed various clinical features of the immune system in several previous issues of *THE UPLINK*. In Issue #6, we discussed TL to determine the main immune circuit involvement in infections. In Issue #7 we introduced the Immune Challenge Technique. Issue #17 presented the idea that many cranial faults and TMJ problems are secondary to the immune system. In this issue we will elaborate on this pattern of primary immune system involvement.

### HIDDEN IMMUNE PROBLEMS - REVIEW

To briefly review the concepts of Issue #17, when there is a cranial fault which shows an IRT pattern (about 80% of them do) or a positive IRT to a TMJ, these usually indicate immune system involvement. The IRT cranial fault or the IRT TMJ indicator is secondary and will be negated by TLing one of the three immune circuits (thymus, spleen, or lower sternum) which is the primary. The associated muscle (thymus-infraspinatus; spleen-lower or mid trapezius; lower sternum-both pectoralis minor muscles) will be weak in the clear. (Recall that the lower sternum is associated with chemical sensitivity problems as first discussed years ago by Michael Lebowitz, DC.)

### IMMUNE SYSTEM VRPs

Now, instead of having the patient TL the NLs, we have *streamlined* this process by the doctor rubbing the visceral referred pain (VRP) areas for the thymus and the spleen (or rubbing the lower sternum) to identify which immune circuit is underlying the cranial or TMJ problem. The VRP for the thymus is over the right first rib. The VRP for the spleen is on top of the left shoulder. For the lower sternum, we use the skin over the lower sternal area as the indicator. The thymus and spleen VRP locations (and all other VRP locations) may be found on a chart in the "Guides" section of [www.theuplink.com](http://www.theuplink.com).

### RIGHT IS RIGHT AND LEFT IS SPLEEN

Another observation which was not presented previously is that there seems to be a "sidedness" to the cranial / TMJ / immune pattern. *Right-sided* cranial or TMJ IRT patterns are associated with the *thymus* and a *right* (or both) infraspinatus weakness.

*Left-sided* cranial / TMJ / immune patterns are associated with the *spleen* and weakness of the *left* (or both) lower or middle trapezius muscles.

Either right or left cranial / TMJ pattern may be associated with the lower sternum involvement and bilateral pectoralis minor inhibition. This is far less common than thymus and spleen involvement.

### HYPOTHALAMUS & THE IMMUNE SYSTEM

Does the immune system influence the hypothalamus or does the hypothalamus influence the immune system? Both! The hypothalamus (HPT) and the immune system are intimately linked. During infections, HPT cells fire at a greater rate. Destruction of HPT cells causes alterations in immune responses such as antibody formation, anaphylaxis, and infections. We can use these principles and HPT glandular tissue to make important penetrations into the understanding of our patients' immune systems AND nervous systems.

When one of these cranial / TMJ / immune patterns is present, the immune effects will be mediated by the HPT. The HPT response will result in many other muscle weaknesses and organ involvements including ICV problems, switching, and just about any other thing. This can be seen by having the patient taste HPT tissue and observe how many muscles strengthen. You will be surprised.

Treating (rubbing) the immune Chapman's reflex will correct all of the problems which were negated by the hypothalamus tissue as well as the cranial or TMJ indicators. This is not only a great *time saver*, but a more appropriate correction by getting to the core of the patient's problems. It should be done *early in the treatment process, each time the patient is seen*.

As discussed in the past, correcting one immune problem often unveils another cranial / TMJ related immune problem. So if you did not find the spleen, and you fix the thymus, recheck the spleen afterwards. It will often be present – like peeling an onion – one layer hides the other. Or vice versa...

## PROCEDURE FOR CRANIAL/TMJ/IMMUNE:

1. IRT TO CRANIAL BONE or TMJ POSITIVE
  2. NEGATED BY RUBBING IMMUNE VRP
  3. (OTHER WEAK MUSCLES STRENGTHEN ON ORAL HPT TISSUE)
  4. RUBBING CHAPMAN'S REFLEX CORRECTS CRANIAL, TMJ, & OTHER MUSCLES
- (Note: We will continue this discussion in Issue #33.)

■ **CONGRATULATIONS: DR. STEVE GANGEMI** (Dr. Schmitt's office mate) for winning the 2003-04 Alan Beardall Memorial Award from ICAK-USA for his paper entitled "The Thymus Visceral Referred Pain Area" the location of which is described on the previous page. An updated VRP chart including the thymus and spleen VRPs can be found on our web site [www.theuplink.com](http://www.theuplink.com). Another 2003 ICAK-USA paper by Dr. Gangemi entitled "The Other 49% of the 51%er" plays a major role in our treatment of patients. Read it if you get a chance – it is 2 ½ pages but very important.

■ **"AWESOME"** was the comment frequently heard following the recent *Critical Concepts for Effective Care (Adrenal, Immune, GI Tract)* seminar in Dallas. The seminar is sort of like a 'Session 9.' It summarizes all of the material in Dr. Schmitt's 100 Hour AK Course, adds three new unifying concepts (*including this issue's topic*), and presents a practical protocol for using all of the 100 Hour AK Course materials in clinical practice. *The complete protocol is applied on 3 "patients."* Professionally recorded DVDs are now available as *This Issue's Special Offer*. This seminar will not be repeated. Order these DVDs now while they are at a special price.

### **THIS ISSUE'S SPECIAL OFFER!**

#### **DVDs of the June, 2004 Seminar:**

#### **CRITICAL CONCEPTS FOR EFFECTIVE CARE (ADRENAL, IMMUNE, GI TRACT)**

This 2-day 'Session 9' seminar presents a practical protocol for using the entire 100 Hour AK Course in clinical practice and includes the complete protocol being applied on 3 patients.

**\$250**

(Normally \$325)

*Includes Shipping & Handling (Seminar notes also included)*

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

Offer ends August 31, 2004

■ **100 HOUR AK COURSE IN NC IN 2004-05:** Dr. Schmitt's Special 100 Hour Basic AK Course will be presented in Chapel Hill starting on October 9-10, 2004. The course is being sponsored by the North Carolina Chiropractic Association. Chiropractic CE credit is available for NC, SC, WV, and GA. The NCCA has set fees for non-members at \$100 per session higher than the member fee. But for doctors who do not live in NC, *YOU CAN JOIN THE NCCA AS AN ASSOCIATE MEMBER FOR \$150 (plus a one-time \$25 application fee) WHICH WILL PAY FOR ITSELF BY THE SECOND SESSION. WE HIGHLY RECOMMEND THAT YOU DO THIS if you are considering coming to more than one of the sessions.* See Seminar Schedule for dates, etc.

■ **FREE AUDIO DOWNLOAD ON WEB SITE:** Go to [www.theuplink.com](http://www.theuplink.com) and listen to or download the 50 minute long audio recording of a lecture entitled "The Neurological Basis of AK & Chiropractic." This May, 2004 talk was given to students on the campus of the Southern California University of Health Sciences and was sponsored by the SCUHS AK Club.

■ **NEW 100 HOUR AK FORMAT IN DALLAS:** Dr. Schmitt's Special 100 Hour Basic AK Course will be taught again in Dallas starting this September by Dr. Schmitt and two other ICAK Teaching Diplomates who have been personally authorized by Dr. Schmitt to teach this special syllabus. Dr. Kerry McCord and Dr. Tom Rogowsky will split the teaching responsibilities with Dr. Schmitt. Each instructor will use Dr. Schmitt's PowerPoint program, notes, and other materials. In addition, short video clips of Dr. Schmitt presenting some of his unique perspectives will be interspersed throughout the sessions that he is not teaching. So as Dr. Schmitt says, "I will be there even when I'm not there!" This course is being sponsored by Nutri West Texas. See Seminar Schedule for dates and instructors.

#### ■ **DEGENERATION INTERVENTION IN PHILLY**

Dr Schmitt will present a special seminar with the primary focus on nutrition on October 16-17, 2004 at the Crowne Plaza Hotel in the city center of Philadelphia. There is something in this seminar for anyone practicing clinical nutrition. 12 hours of chiropractic CE have been applied for in the surrounding states through Logan College Postgraduate Division, and DACBN recertification approval has been given for this seminar. Message from the American Clinical Board of

Nutrition: *This seminar has been approved for Diplomates in nutrition certified by the American Clinical Board of Nutrition as part of annual certification requirements.*

■ **BY POPULAR DEMAND - THE 11<sup>TH</sup> ANNUAL “SKI WITH WALLY” SEMINAR** will once again be in Snowmass Village, CO on March 10, 11, & 12, 2005. We were looking at Park City, UT but a number of regular skiers requested Snowmass once again. So place these dates on your calendar now. (For Utah lovers, we have Park City on the agenda for 2006.)

■ **2 NEW BOOKS:** *Fix Your Feet* by Dr. Phil Maffetone is another one of Phil’s unique and well-researched perspectives. The book is designed for patients and the introductory chapters are clearly old hat for AK doctors. Of particular interest, however will be the sections on “Shoes” and “Being Barefoot.” To find this book, go to any bookstore, or [www.Amazon.com](http://www.Amazon.com), [www.BarnesandNobel.com](http://www.BarnesandNobel.com). If you would like to order in bulk for your patients, you may do so directly from the publisher ([michelle.brown@globepequot.com](mailto:michelle.brown@globepequot.com), Lyons Press, 203-458-4541.)

*Sign Language of the Soul* by Dr. Dale Schusterman is the result of twenty years of his personal investigations into the spiritual side of healing. Dale presents principles of the Kaballah or Tree of Life and practical applications of these principles. These applications encompass all the aspects of the Triad of Health with insights and correlations that are quite comprehensive. The book is peppered with case histories which bring the esoteric concepts into focus for the clinician. It may be obtained from 1-800-497-0037. See also: [www.SignLanguageoftheSoul.com](http://www.SignLanguageoftheSoul.com).