

# THE UPLINK

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

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In this issue of *THE UPLINK* (*THE UP*date on the *LINK*s Between the Nervous System and the Body Chemistry) we continue our discussion of the acupuncture head points (the so-called "B & E points.") In Issue 8 we included a chart of these points and discussed LQM Technique which stands for "Location, Quality, & Memory." There are numerous other uses of the acupuncture head points including for emotional recall (see Issue 2), set point technique, and others.

## **B & E POINT RECURRENCE**

In many patients, the same acupuncture head point(s) will be positive repeatedly. This could occur in the course of one office visit where multiple acupuncture head point techniques require treatment of the GB-1 point, for example. Or it might be that the same point, say GB-1, recurs from visit to visit. *The LINKS...* has identified neurotransmitters (NTs) related to each of the B & E points as listed below. When a point recurs, unilaterally or bilaterally, it is usually due to a nutritional need for one of the precursors and/or cofactors which are essential in the synthesis of the related NT.

Neuro-Metabolic Assessment (NMA) by oral challenge with the appropriate NT (if available) and one or more of its nutritional components will negate the B & E point findings, whether it be straight TL, two-point TL, or TL to negate a challenge such as in LQM technique. If the other findings in the patient's case warrant it, the nutrient should be supplemented.

## **DRUGS, NTs, AND B & E POINTS**

Many prescribed medications function by affecting NT activity. Antidepressants affect primarily serotonin and/or norepinephrine pathways. Tranquilizers affect GABA pathways. Theophylline, and similar anti-asthma drugs (xanthine derivative bronchodilators) affect cells by enhancing the activity of norepinephrine. So do adrenergic bronchodilators. And so on.

In many patients a particular NT pathway is in need of stimulation. This may be done by the use of a drug, or preferably by a combination of structural (CTS or B & E techniques) and nutritional therapies.

The acupuncture head points are a great clue as to the NT status of our patients. Below is a list of the B & E points, their associated NTs, and the nutrients which are necessary in the production of these NTs.

## **B & E PT.**

SI-19  
TW-23  
LI-20  
BL-1  
GB-1  
ST-1

## **ASSOCIATED NEUROTRANSMITTER**

NOREPINEPHRINE ( $\beta$ -ADRENERGIC)

NOREPINEPHRINE ( $\alpha$ -ADRENERGIC)

GLYCINE  
or  
GABA

SEROTONIN

ACETYLCHOLINE

HISTAMINE / or ACETYLCHOLINE

## **NUTRIENTS (Other factors)**

Tyrosine, B-6, folic acid, niacinamide, iron, ascorbic acid, tyrosinase, copper. (Caffeine)  
Same as above. (Inositol)

Glycine, folic acid, B-6, manganese, B-2

B-6, Citric acid cycle factors (B-1, B-2, B-3, lipoic acid, pantothenic acid, manganese, magnesium, biotin.)

Tryptophan, B-6, folic acid, Fe, niacinamide.

Pantothenic acid, choline, G, wheat germ oil

B-6, folic acid / or Same as GB-1 above.

■ **EMOTIONAL STRESS RELATED NUTRITION:** In my 1987 *Digest of Chiropractic Economics* article "But What If There's No Water In The Hose?" it was recommended that **folic acid, vitamin B-6, and/or pantothenic acid** be used in patients with emotional stress. In issue 2 of *The UPLINK* "Emotional Recall Quick Fix" was discussed. Part of this technique involves checking the B & E points and then treating the associated NL with IRT. A look at the chart on the bottom of the previous page will now make it clear why, in 1987, **folic acid, B-6, and pantothenic acid** were suggested. Note on the chart on the previous page that one or all of these three nutrients are important in the synthesis of each of the NTs listed.

Some patients seem to have a multitude of emotional stress related issues. It seems like you could do emotional recall all day long and never finish. Other patients have a recurrence of the need to treat the same acupuncture head points and related NLs over and over to correct their emotional stresses. Most of these patients will be greatly aided with their emotional stress issues as well as their other health problems by proper nutritional supplementation.

In fact, any of the nutrients listed on the previous page may be necessary to negate numerous or recurrent emotional stress reactions. For example, a patient with several stressors being negated by GB-1 may need choline, along with or instead of pantothenic acid, in order for the body to make adequate levels of acetylcholine to support the correction in that pathway.

In recurrent or multiple emotional recall patients, start by checking for **folic acid, B-6, and pantothenic acid**. If none of these negates the emotional recall induced weakness, investigate the other NT related nutrients which correspond to the associated acupuncture head point.

■ **AK RESEARCH REFERENCES:** I am often asked for the major references to scientific journal articles on AK. Here they are...

Leisman, Gerald, Shambaugh, Philip, and Ferentz, Avery H., Somatosensory evoked potential changes during muscle testing. *Intern. J. Neuroscience*, 1989. Vol 45. pp. 143-151.

Leisman, Gerald, Ferentz, Avery, Zenhausern, Robert, Tefera, Tesfaye, and Zemcov, Alexander. Electromyographic effects of fatigue and task repetition on the validity of strong and weak muscle estimates in applied kinesiology muscle testing procedures: I. *Perceptual and Motor Skills*, 1995, 80:963-977.

Perot C, Goubel F, Meldener R, Quantification of the inhibition of muscular strength following application of a chiropractic maneuver. *J biophysique et de biomechanique* 1986, 10(Supp 1).

Lawson, A and L Calderone. Interexaminer reliability of applied kinesiology manual muscle testing. *Perceptual and motor skills*, 1997, 84, 539-546.

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