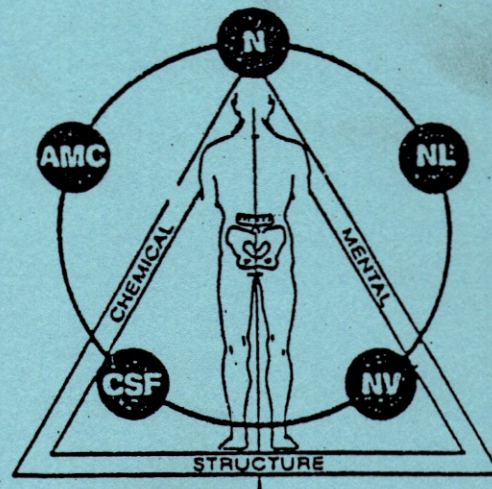


# BEING A FAMILY DOCTOR

George J. Goodheart, D.C.

A family doctor must consider all  
aspects of a patient's problems:

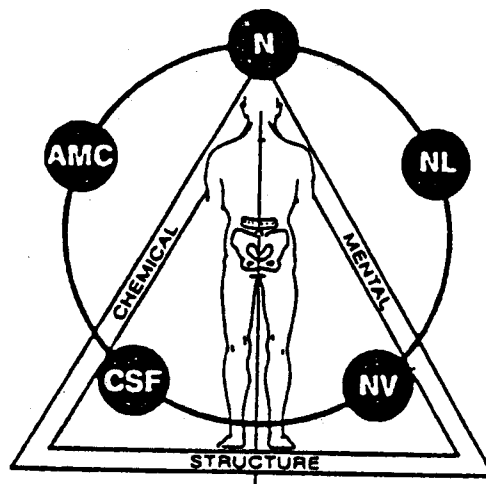


The common denominator is the  
nervous system, which monitors,  
interprets, and responds to  
any change in the body.

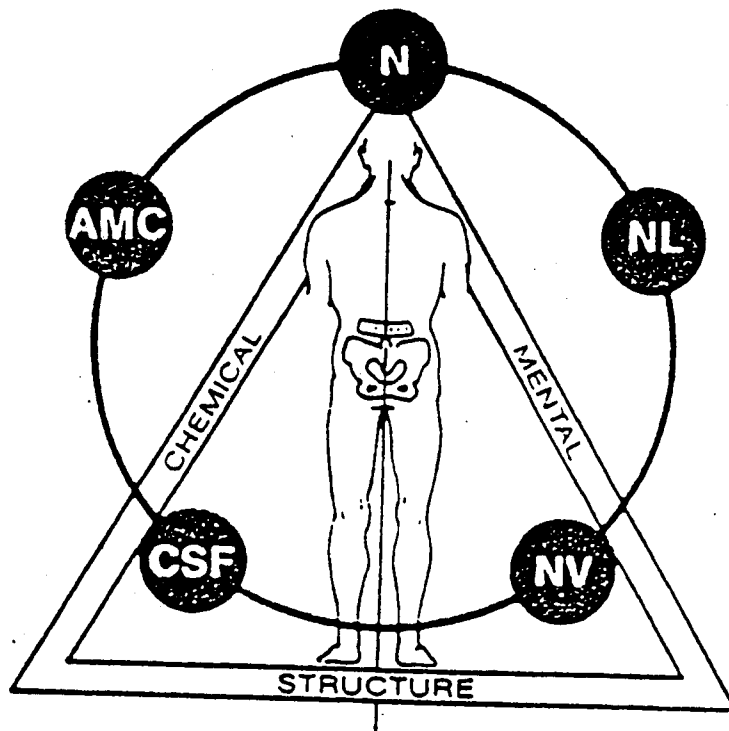
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## FAMILY PRACTICE

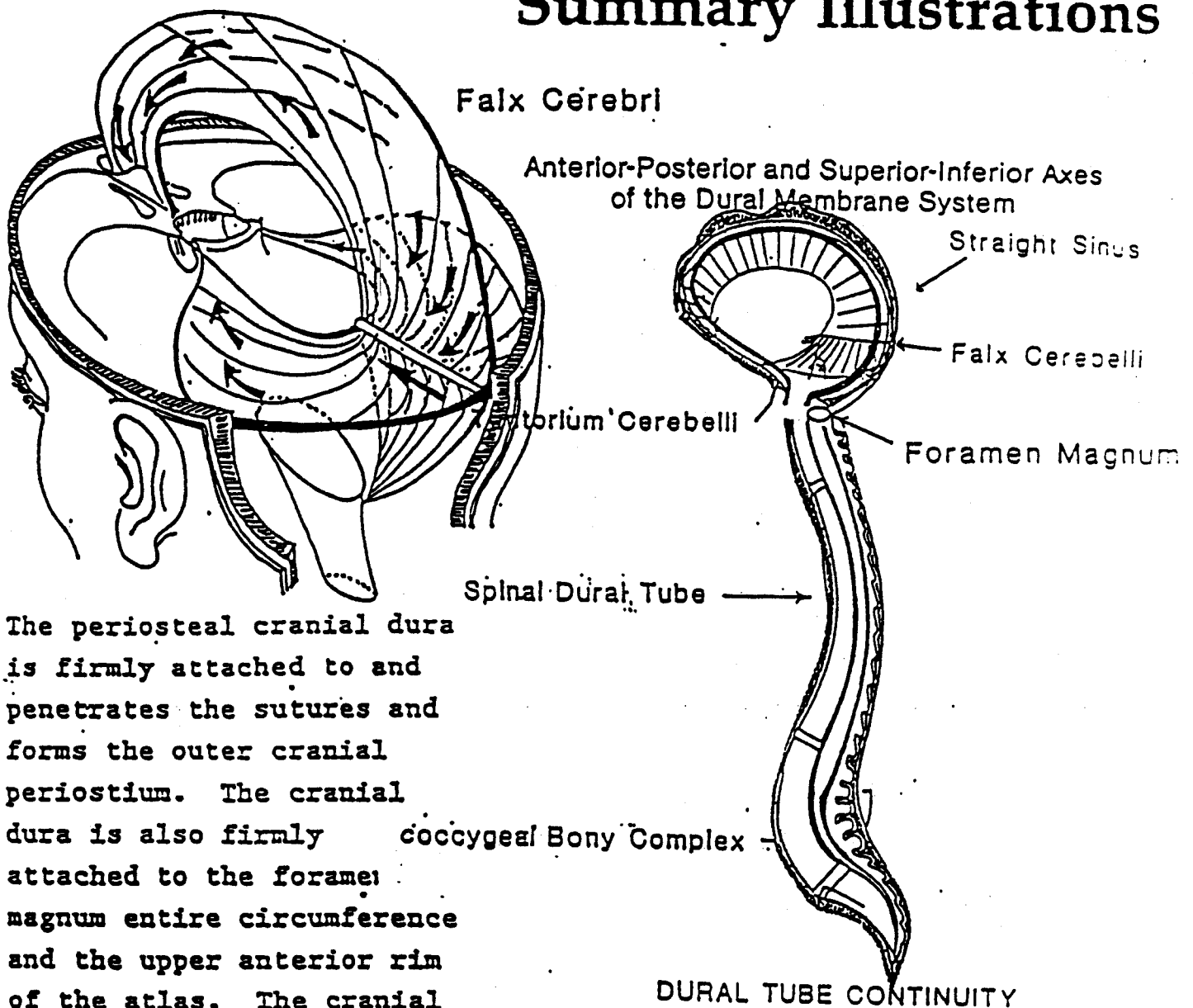
The information presented is from Dr. Goodheart's lectures, seminars, research tapes, and conversations with him. There are some exceptions, as specifically noted, Dr. Wright's *Book of Nutritional Therapy*, Jonathan V. Wright, M.D., with specific page references from which the information was obtained. Additional information may be listed under "Notes" on each description. Flow charts are from David Leaf, D.C., Plymouth, MA.

The nutritional recommendations discussed in this book are based on those products with which the author has had personal experience. They are by no means an exclusive list of products which are available to the professions. Please consult your nutritional representatives for further information.

"The information has been arranged alphabetically so it can be transferred to individual cards to form a card file to which you might add specific items or ideas as they appear. You would then have all this information at your finger tips for quick reference."

C. Lance West, D.C., D.I.C.A.K.

# Summary Illustrations



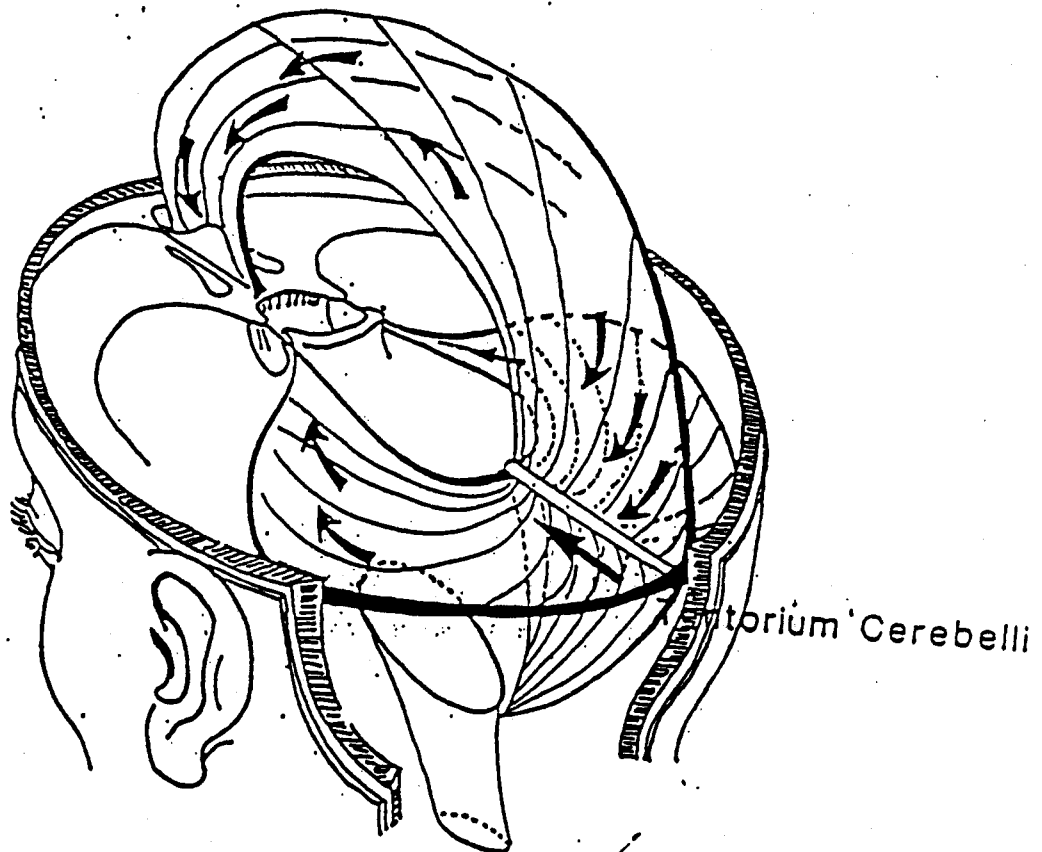
The periosteal cranial dura is firmly attached to and penetrates the sutures and forms the outer cranial periostium. The cranial dura is also firmly attached to the foramen magnum entire circumference and the upper anterior rim of the atlas. The cranial dural membrane is firmly

attached to the foramen magnum and becomes the lining or endostium of the vertebral canal. The brain's dural membrane is firmly attached to the foramen magnum and is firmly attached to the posterior of the axis and the third cervical vertebrae. Dentate ligaments loosely secure the cord until the firm cord attachment at the anterior of the second sacral segment below is the filum terminale non neural attachment to the posterior portion of the first coccygeal segment.

Essentially, there are three axes or dimensions to consider

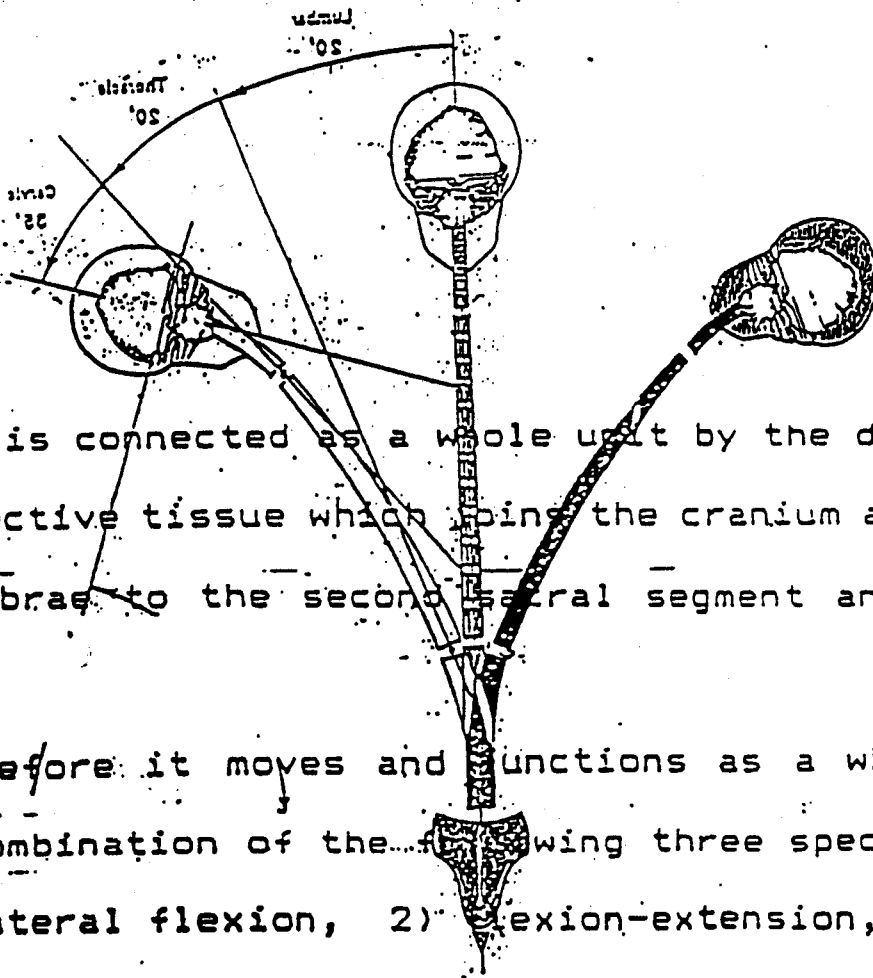
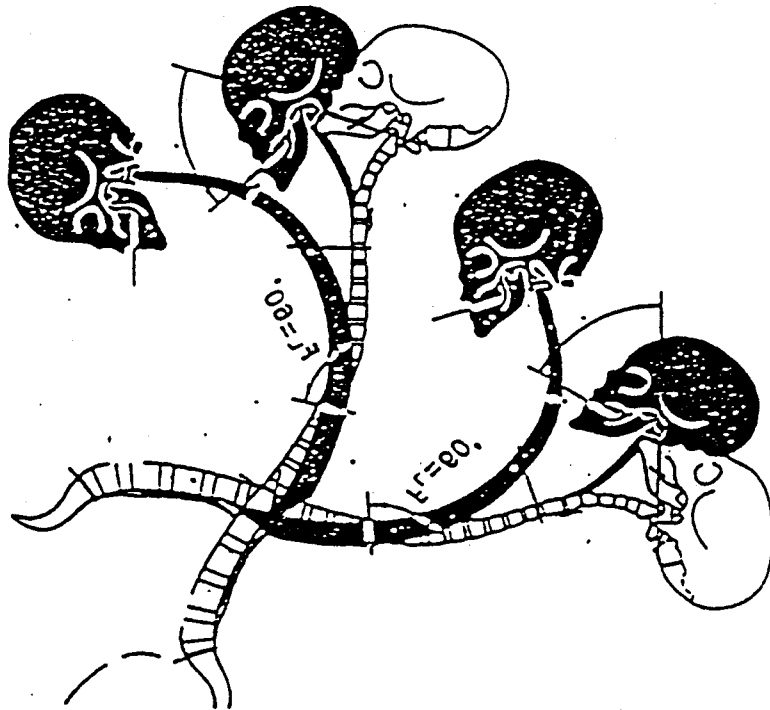
Anatomically, these axes are:

1. Anterior-posterior
  - a. glabella to internal occipital protuberance
  - b. sphenoidal clinoid processes and petrous temporal ridges to occipital internal ridges and straight sinus



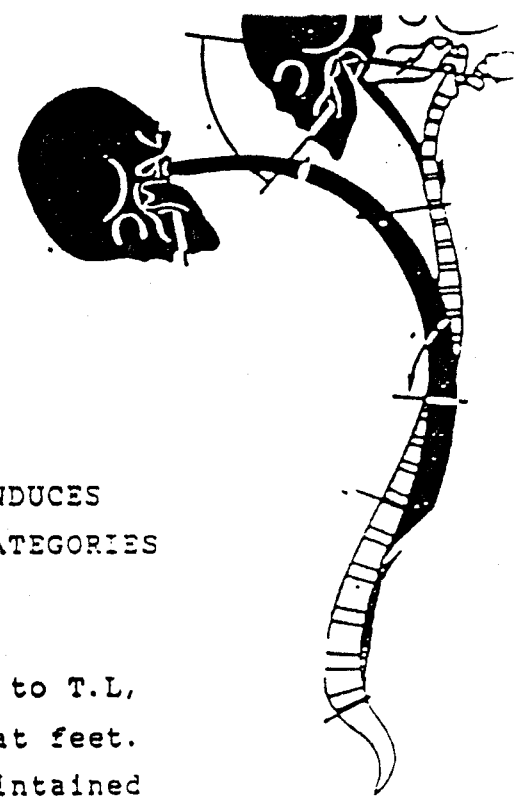
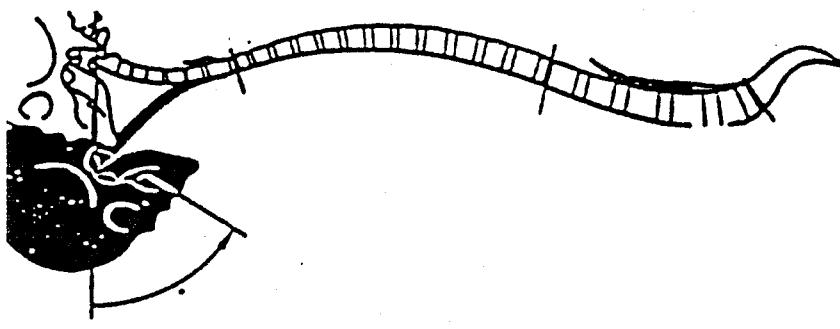
2. Superior-inferior
  - a. sagittal suture to foramen magnum, and to cribriform plate and notch of ethmoid-frontal bone complex
  - b. foramen magnum to sacrum and coccyx
3. Horizontal or transverse
  - a. temporal to temporal
  - b. parietal to parietal
  - c. occipital squamous to occipital squamous
  - d. foramen magnum to sacrum

# "BACK TO THE DURA - BACK TO BASICS"



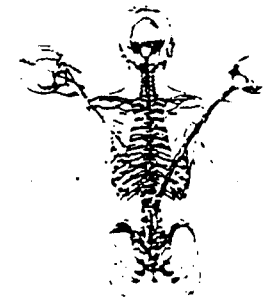
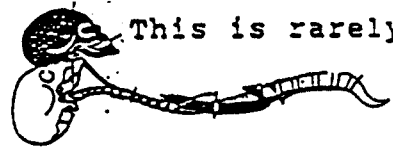
The spine is connected as a whole unit by the dura mater, an elastic connective tissue which joins the cranium and upper three cervical vertebrae to the second sacral segment and coccyx.

Therefore it moves and functions as a whole unit, and always in a combination of the following three specific planes of motion: 1) lateral flexion, 2) flexion-extension, and 3) axial rotation.



HEAD FLEXION, PRONE OR SUPINE OR WEIGHT BEARING INDUCES DURAL STRESS. THIS THEN BRINGS OUT T.L. OF ALL CATEGORIES EASILY, FOLLOW ROUTINE OUTLINED BELOW.

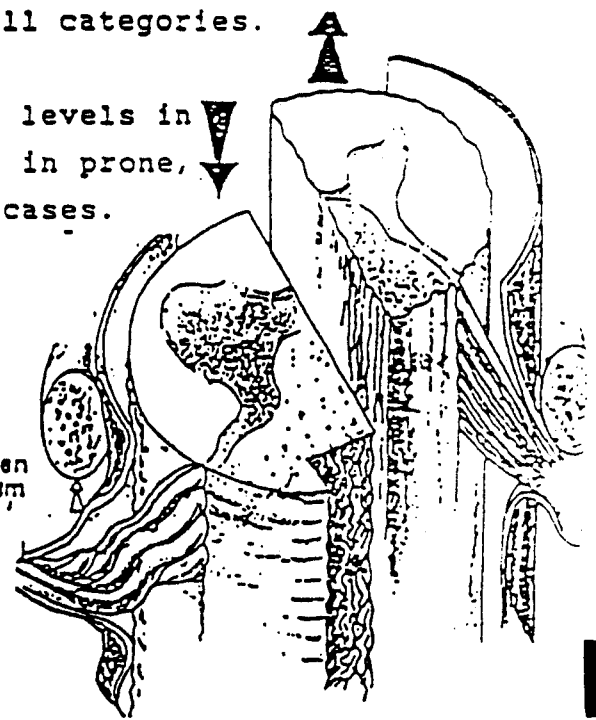
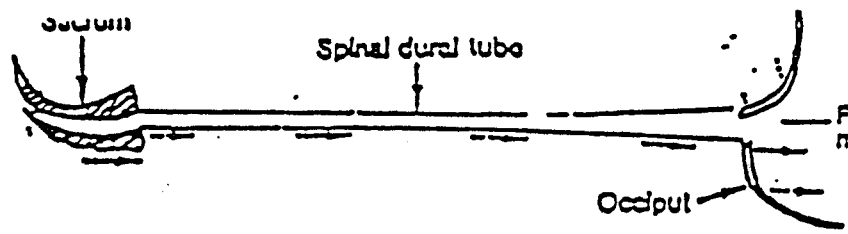
1. Test and treat in usual manner. If negative to T.L, request patient to raise head as if to look at feet. Now T.L. for categories with head flexion maintained during T.L. and muscle testing. Test also for head extension pattern. This is rarely encountered. Also lat. flexion.



2. Test also for femoral head internal and external rotation with head flexion maintained. This may be osseous, (ext.-int. P.S.S.) or muscular, psoas, or iliacus in hypotonus -hypertonus imbalance.

3. Test all attachments of dura, cranial, cervical one two, and three and sacral. This means all categories.

4. Test all dentate attachments--all spinal levels in difficult cases with head flexion. Test in prone, supine, and weight bearing in difficult cases. Results are excellent.



**CENTRAL DISC HERNIATIONS) AND SPINAL STENOSIS**  
 DR. VINCENT ESPOSITO

F

## BASIC DURAL PELVIC CATEGORIES

Any discussion of pelvic categories should include, primarily the function of the sacro tuberos and sacro spinous ligaments along with the pubococcygeus and the coccygeus muscles. As you know, the sacro tuberos and sacro spinous ligaments act as "tie-down stabilizers" of the S.I. joint and the pubococcygeus and the coccygeus muscles assist in this function.

Unbalanced-lifting, sudden unexpected trauma, falls, and attempt to avoid slips and falls precipitate disturbances in the S.I. joint. This many times is in addition to already present disturbances in the P.L.U.S. pattern as well as in the walking gait configuration including the piriformis and the iliacus muscles.

The sacro tuberos and sacro spinous ligaments are liable to stretch injury weakness similar to the ligament of the ankle or the knee and require diagnostic evaluation in all potential patient categorization. The random effect of trauma on these ligaments provide an equally random set of pelvic abnormalities and coupled with potential random weakness of the pubococcygeus and coccygeus muscles set the stage for the pelvic patterns described as Category I, Category II, and Category III.

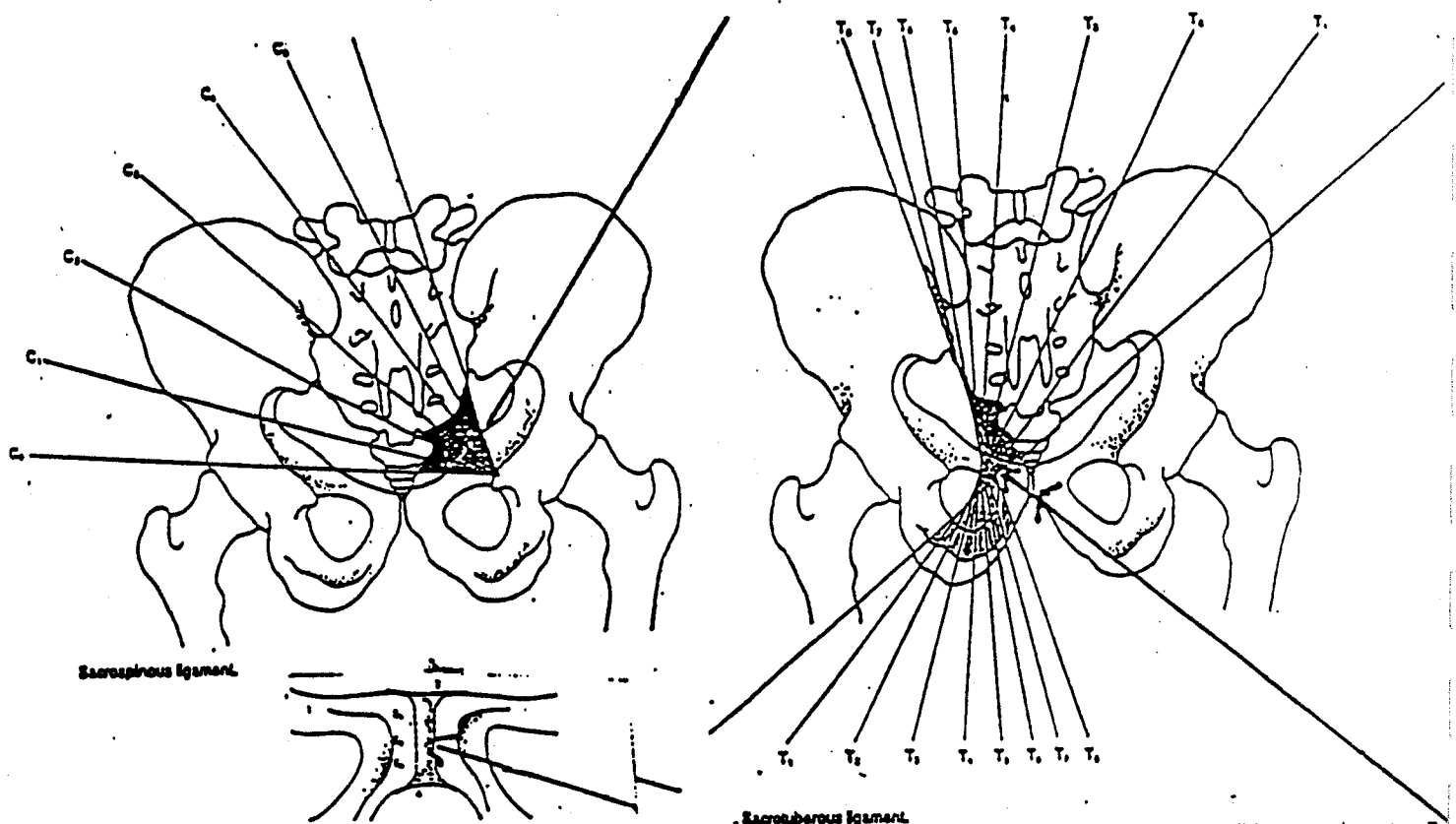
Diagnosis begins with Therapy Localization of the left and right symphysis pubis using the stress related sartorius muscle as an indicator. Weakness indicates a torsion or spread-slip of the symphysis pubis and should be followed by prone or supine Therapy Localization of the ischium and the coccygeus sacral area by a broad hand contact and subsequent testing of the sartorius muscle.

Weakness confirms the presence of a unilateral fault or



possibly in some cases, a bilateral fault of the ligaments involved.

The spondylogenic reflex area for the sacro tuberos and the sacro spinous ligament is well known. Dvorak and Dvorak give the S.R.S. area for the sacro tuberos ligament as the ipsilateral C-1 thru T-8 as per illustration of sacro tuberos ligament.



Sacrospinous ligament.

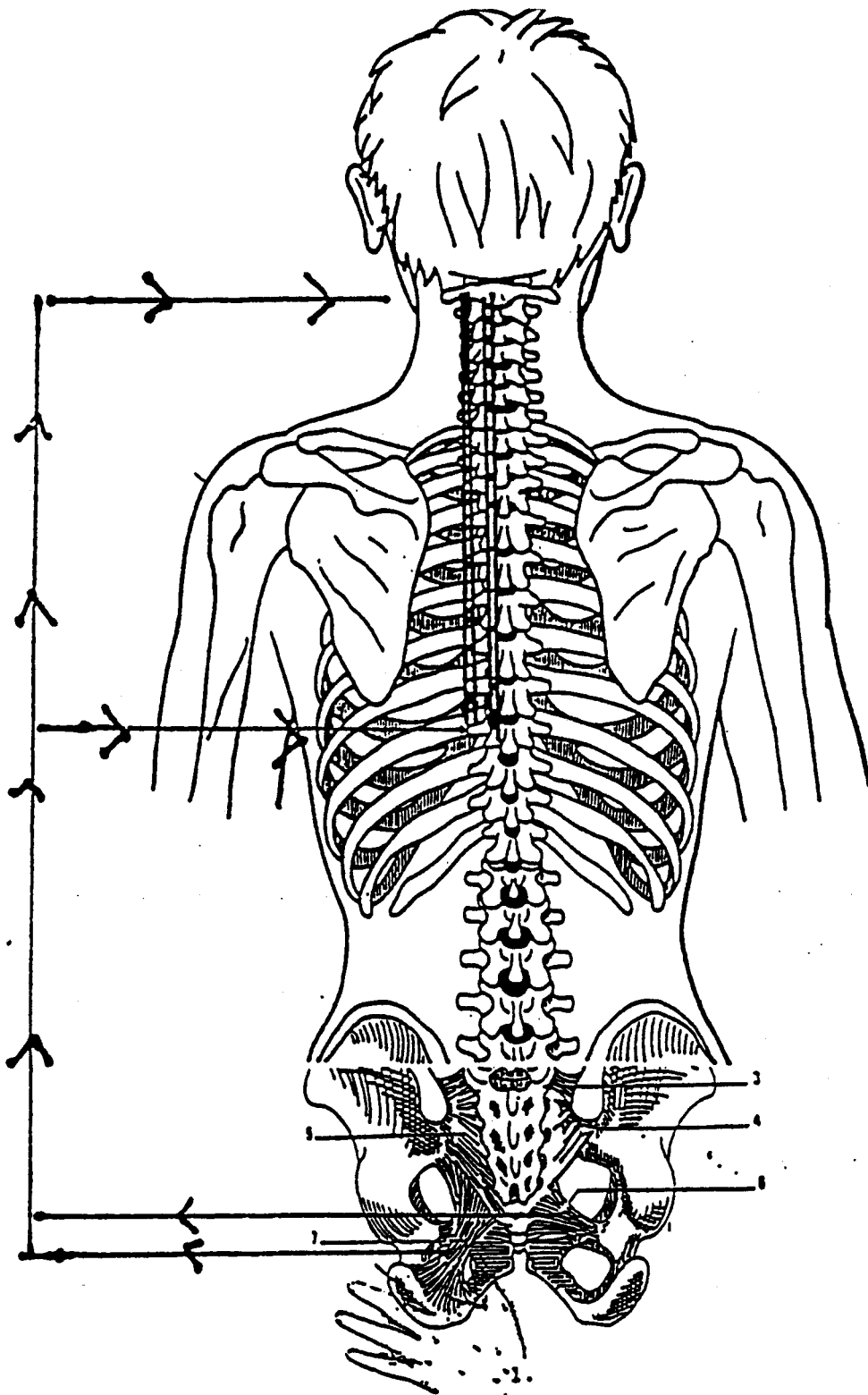
Sacrotuberous ligament.

1. Test and treat in usual manner. If negative to T request patient to raise head as if to look at feet.

Manual Medicine Thieme-Stratton, Inc.

Dvorak and Dvorak give the S.R.S. area for the sacro-spinous ligament as C-0 thru C-6 ipsilaterally, as per sacro-spinous ligament.

Therapy Localization is the primary diagnostic system using sartorius (stress) muscle as indicator.



Sacrotuberous sacro-  
spinous S.R.S. areas  
of reflex pain.

Dvorak and Dvorak give the S.R.S. area for the sacro-spinous  
ligament as C-0 thru C-6 ipsilaterally, as per sacro-spinous  
ligament.

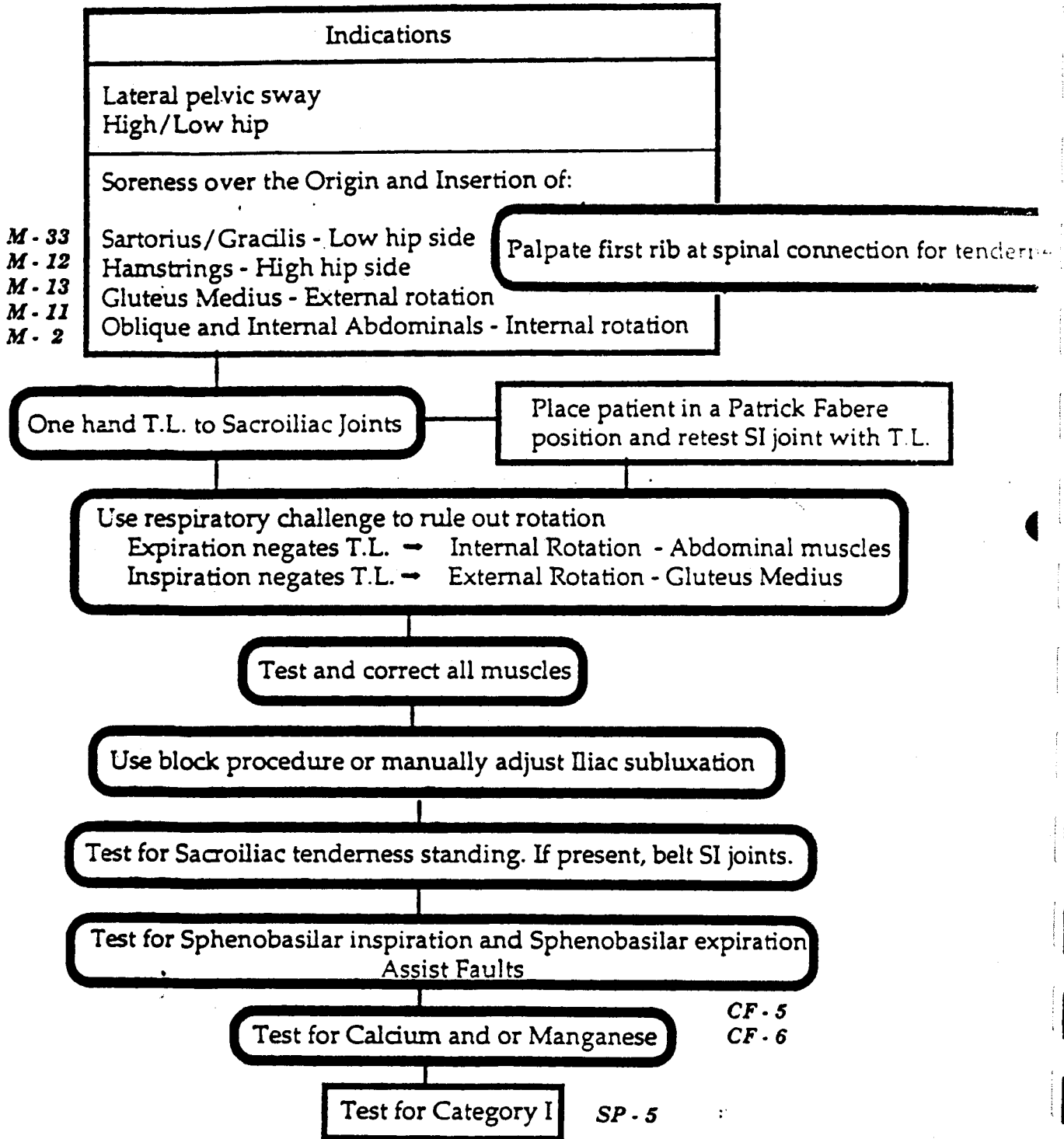
Sacrotuberous sacro-  
spinous S.R.S. areas  
of reflex pain.

Dvorak and Dvorak

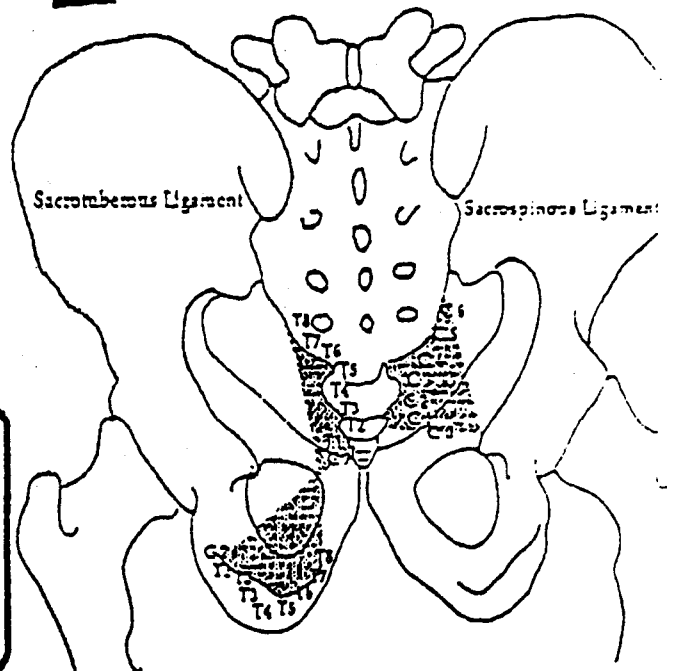
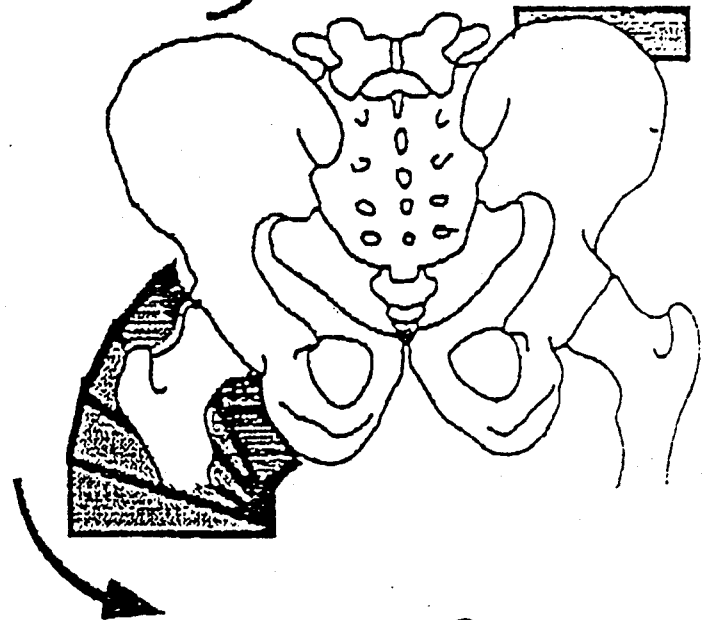
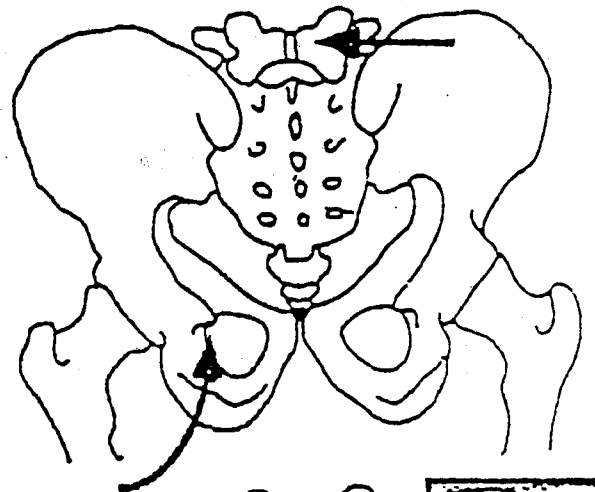
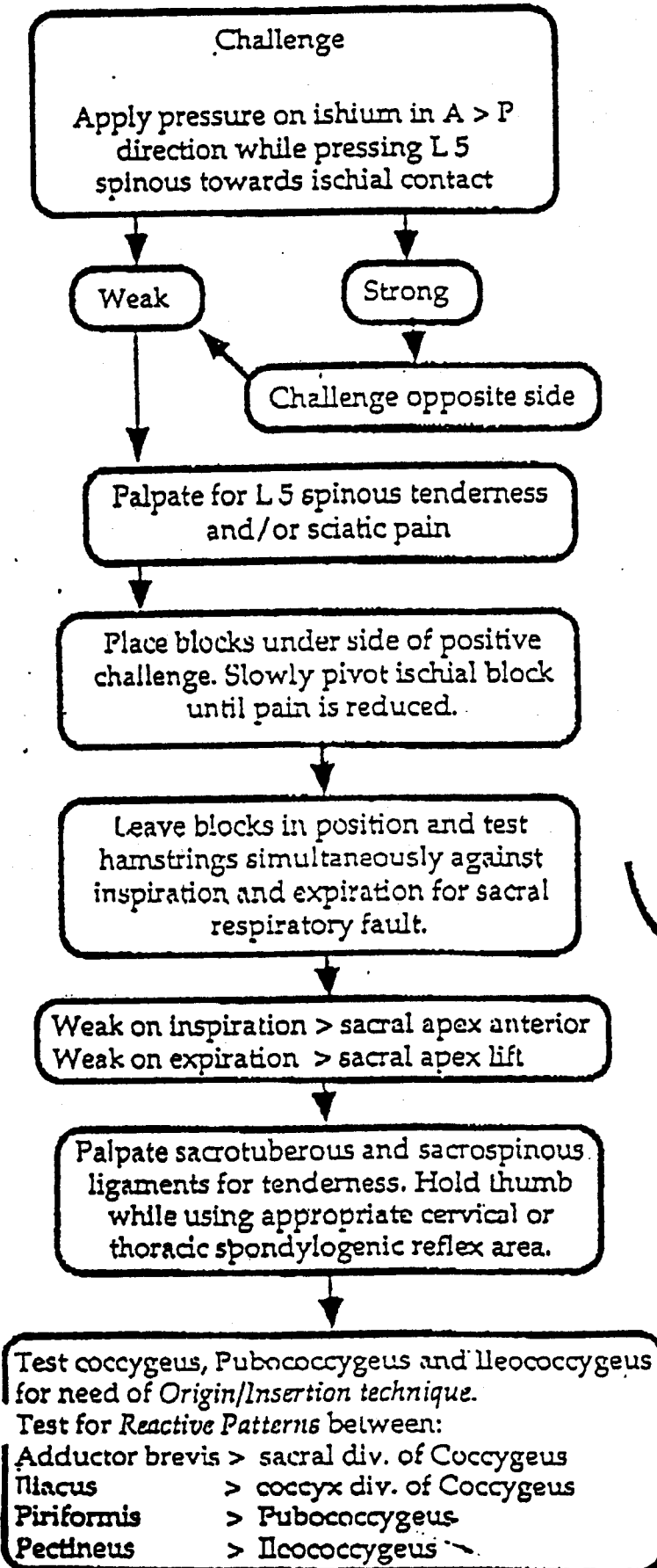
give the S.R.S. area for the sacrotuberous ligament as the

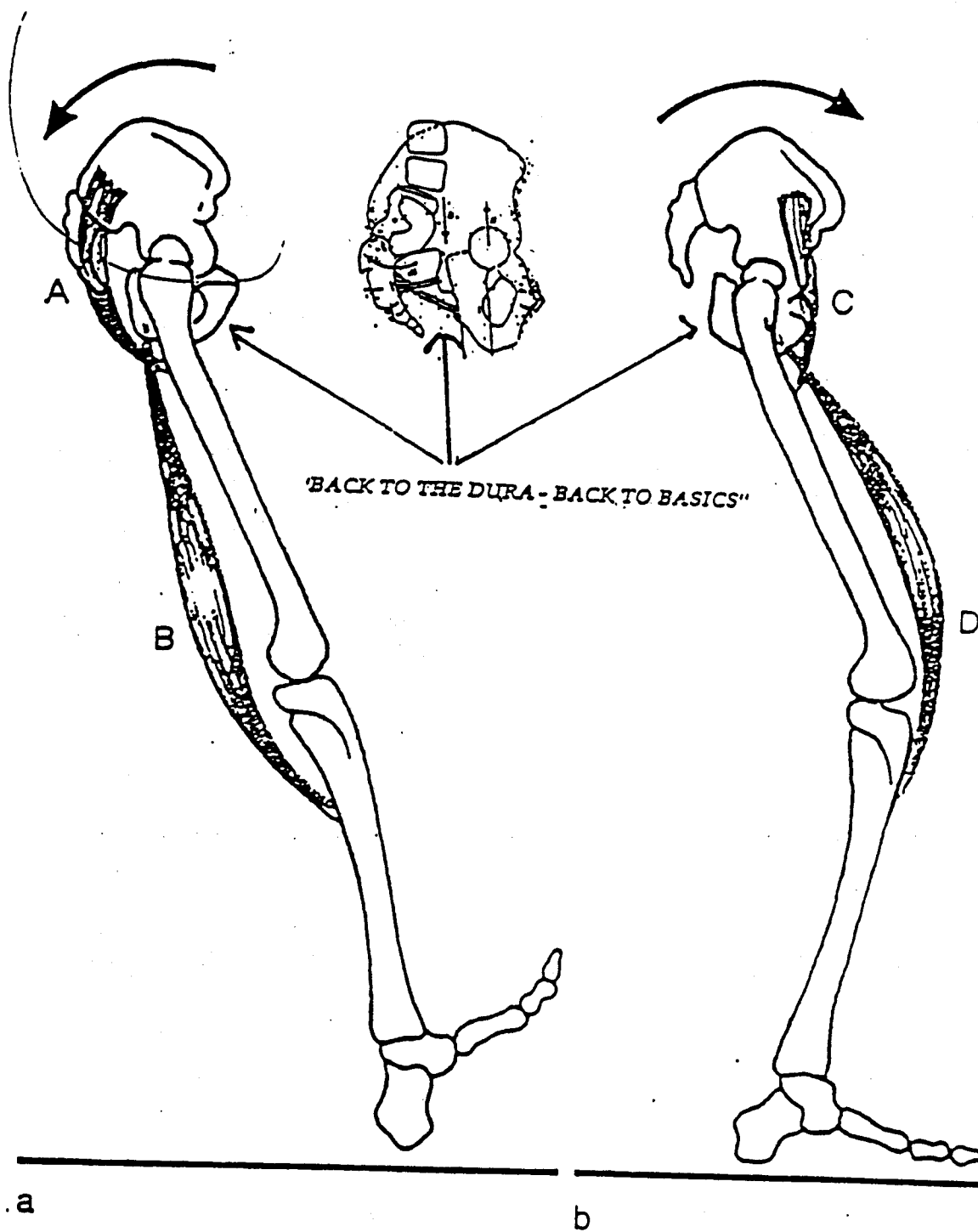
# Category II.

SP - 4



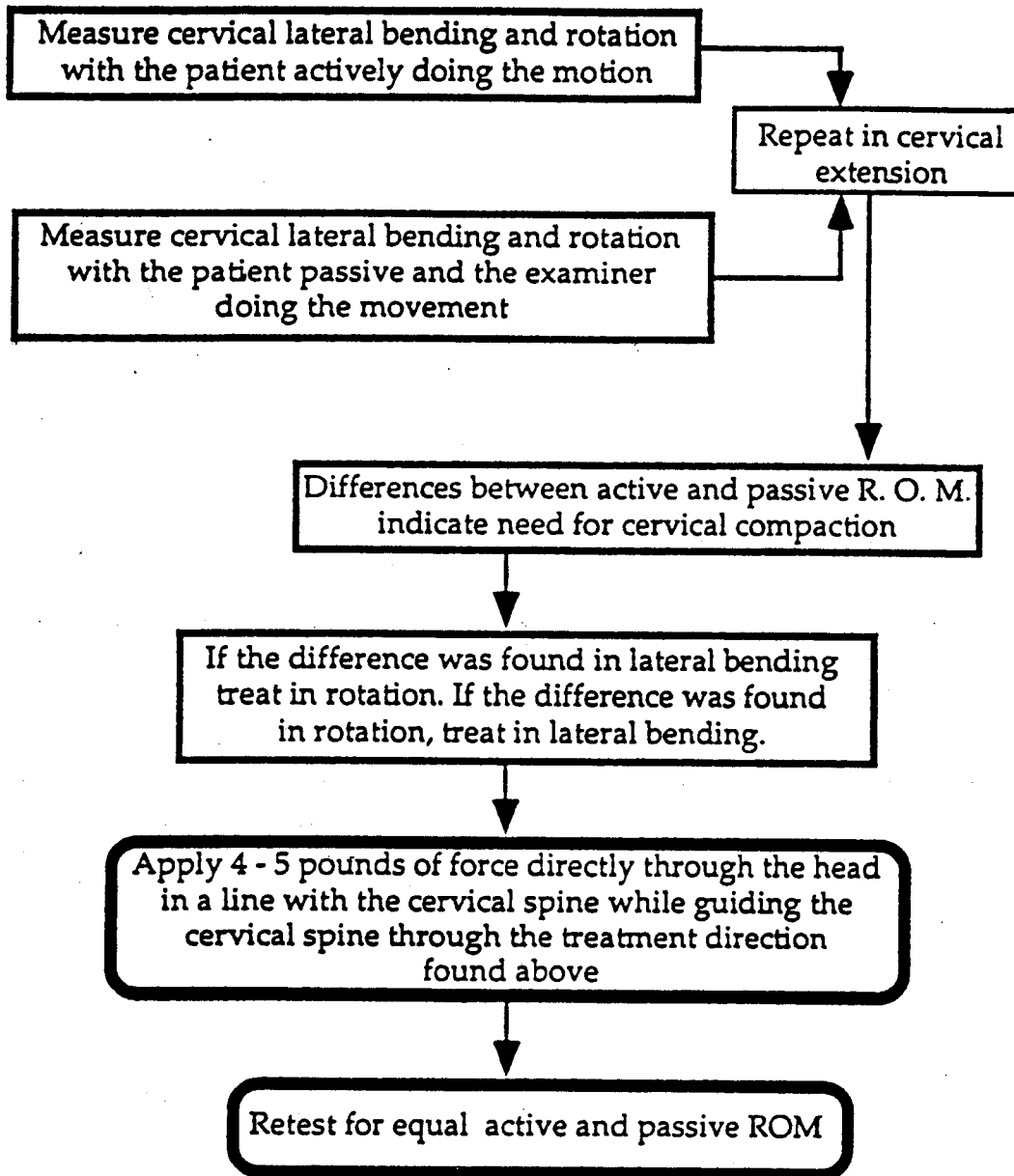
## Category III Procedure

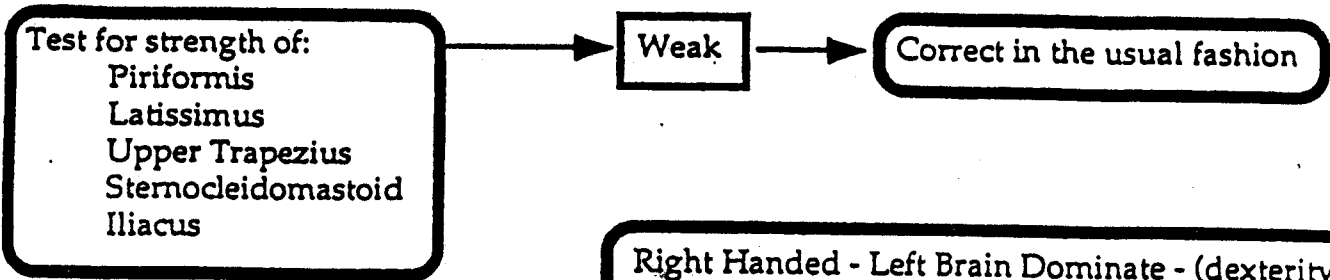




Therefore, it stands to reason to diagnose need for any category be supplied by testing W.C.G. and PLUS patterns in weight bearing positions. Some category situation exist only in weight bearing patterns or in variation of flexion, extension and side bending. In difficult and chronic patterns check in all positions especially if negative in prone or straight weight bearing.

# Cervical Compaction

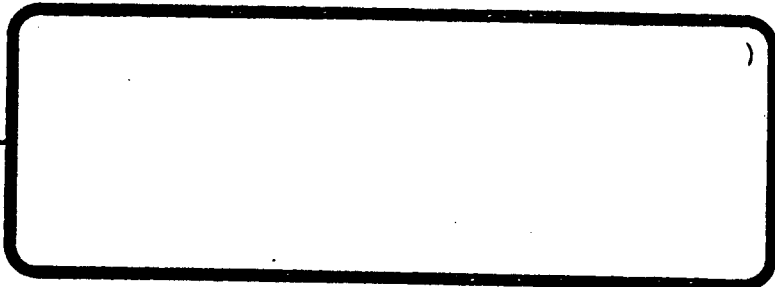




Strong

Right Handed - Left Brain Dominate - (dexterity)  
 Right Piriformis  
 Left Latissimus  
 Left Upper Trapezius  
 Right Sternocleidomastoid  
 Right Iliacus

Test the appropriate  
 muscles listed to  
 the right for the  
 patient



Test muscles with lumbar flexion of  
 30 degrees and again with extension  
 of 15 degrees.

Test lying, sitting and standing

Muscles should test weak in  
 these positions.

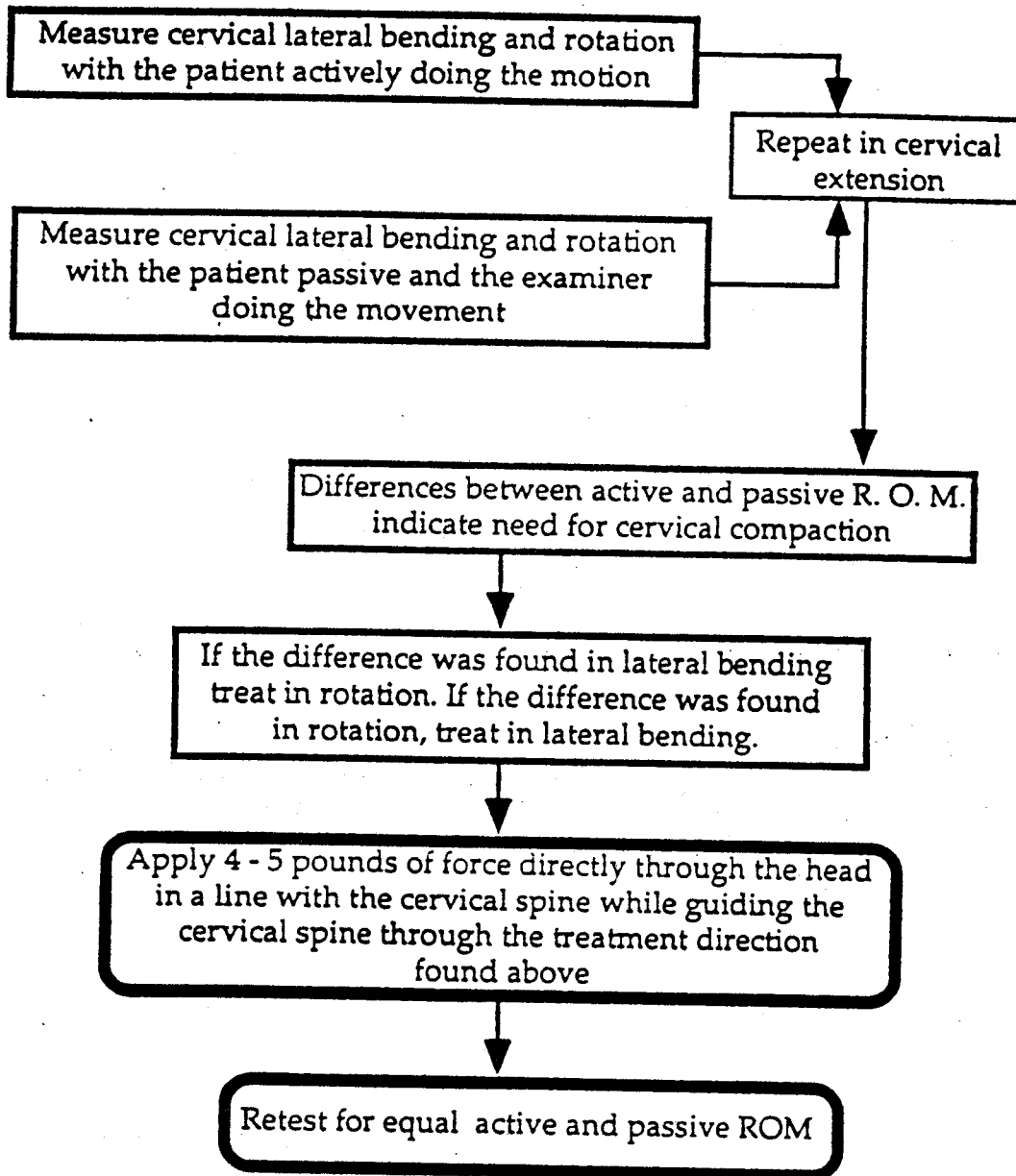
Strong

T.L. for:  
 Category I SP - 5  
 Category II SP - 4  
 Sacral fixation-subluxation  
 Occipital fixation " "  
 Upper cervical fixation " "  
 Coccyx " "

Test walking gait pattern with arms in both forward and backwards as in active walking, test piriformis-iliacus, Rt.-Lt. Test also in same configuration against deep inspiration-expiration. Test aux. dural attachment muscles in difficult cases.  
 Treat using appropriate rib pump area as per chart.

# Cervical Compaction

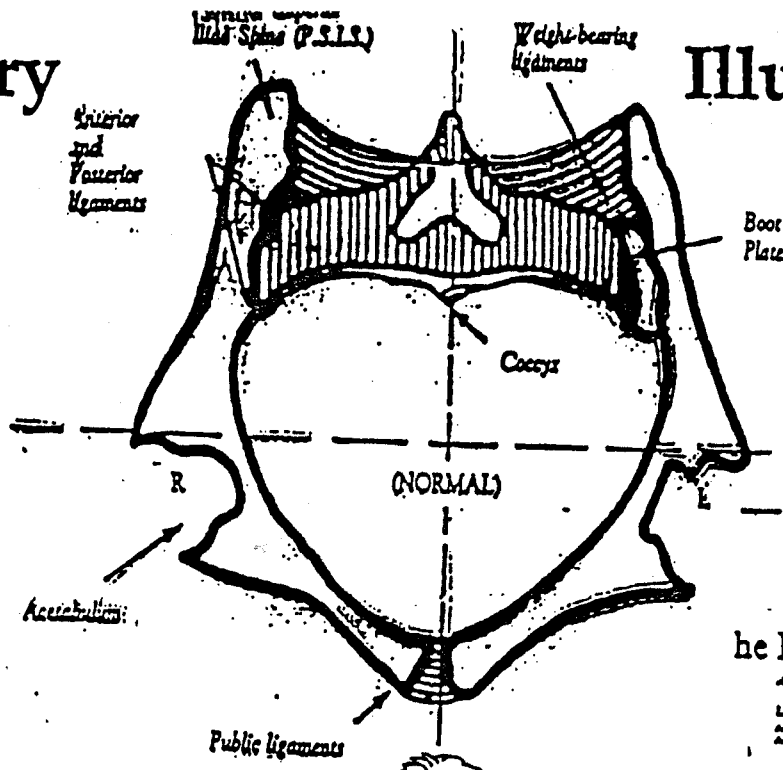
SP - 13





# Summary

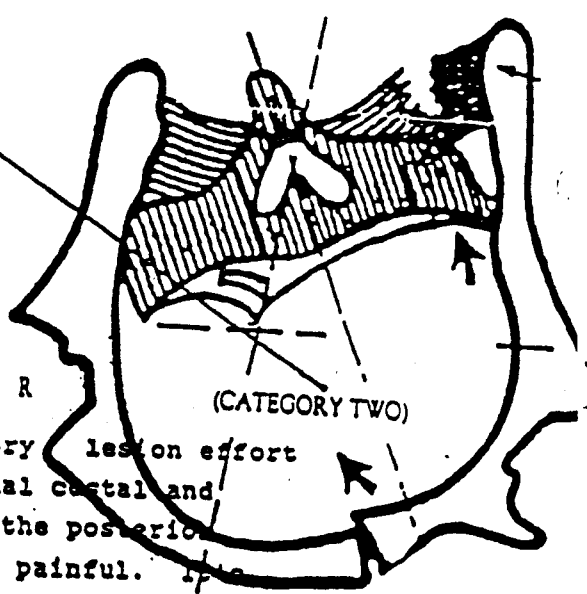
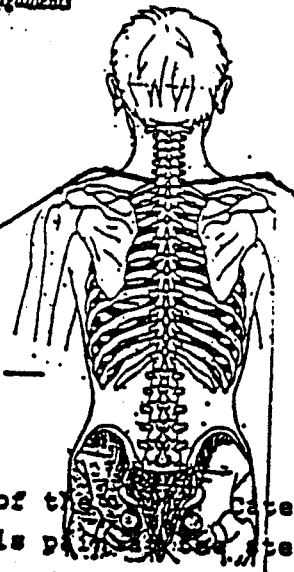
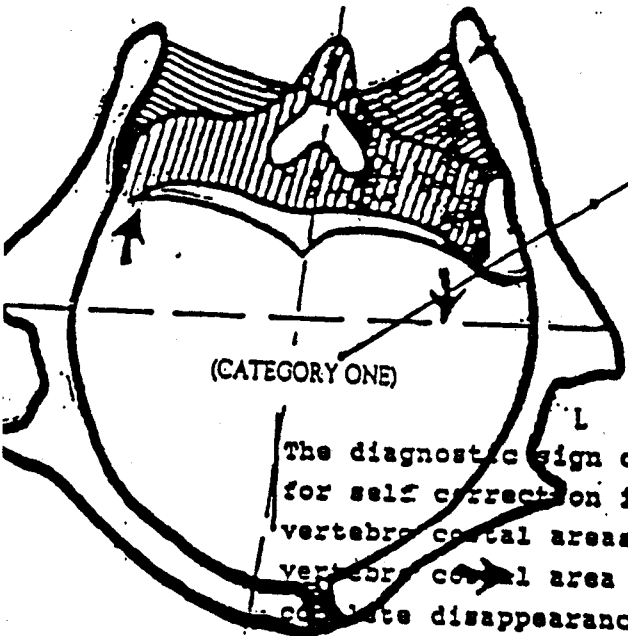
# Illustrations



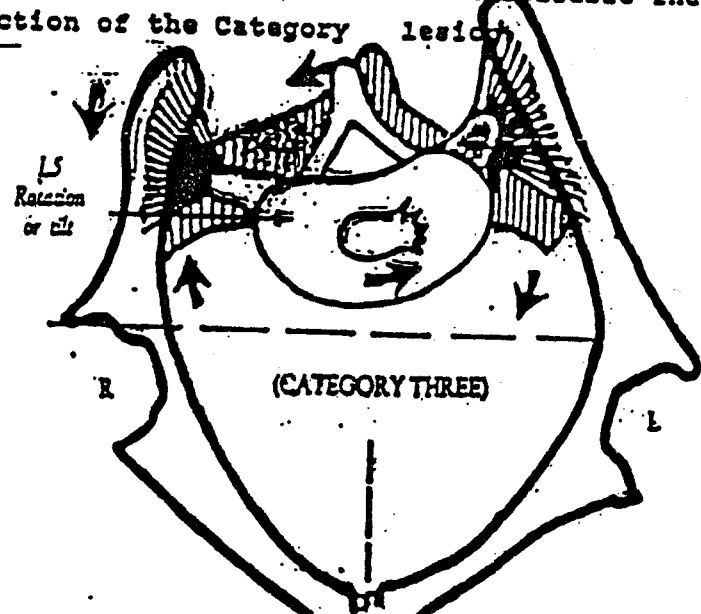
## The Physiology of the Joints

*Anatomical Diagrams of the mechanics of the human joints*

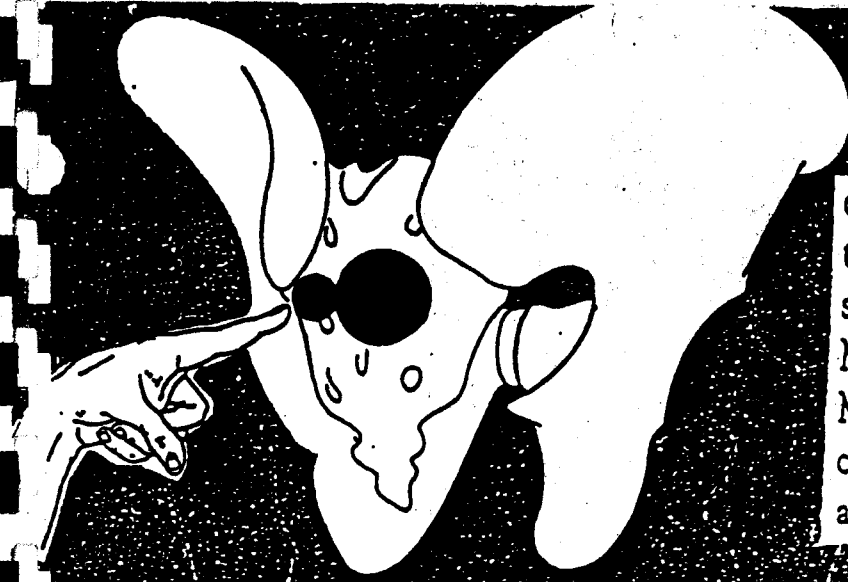
L. A. KAPANDJI  
 Senior Chief of Clinique Chirurgical  
 Anatomie des Membres de Paris



The diagnostic sign of the Category 1 lesion on effort for self correction is pain in the sternal costal and vertebral costal areas of the first rib, the posterior vertebral costal area is usually the most painful. The complete disappearance is the most reliable indicator of the correction of the Category 1 lesion.



### Category One



The point of irritability indicating this lesion is found under and on the sacral side of the posterior superior spine of the innominate in lesion."<sup>1</sup> Medically this triggerpoint is known as Mennell's Sign and if the tenderness is increased by pulling backward on the ilium and decreased by pulling forward,

### Category Two



The irritable point indicating this lesion is found one inch below the posterior superior spine of the innominate."<sup>1</sup>

### Category Three



The point of pain in acute lesions is at the exit of the fifth sacral nerve. In chronic lesions . . . diagnosis is made by palpating hard fibrous bands and nodules at the fifth sacral area."<sup>1</sup>

Figure 27: Ex-In Misalign-  
ed Pelvis, A-P View.

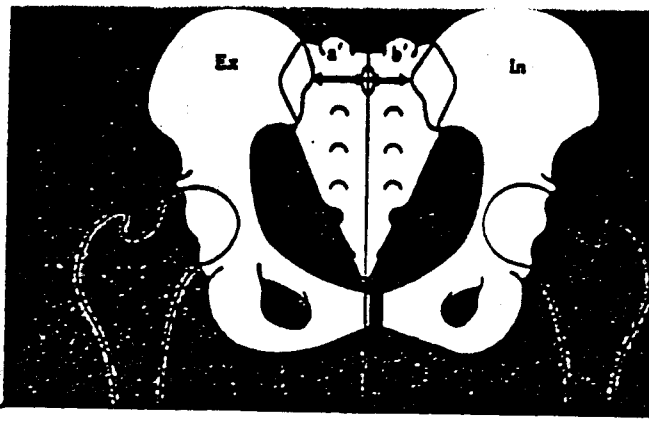
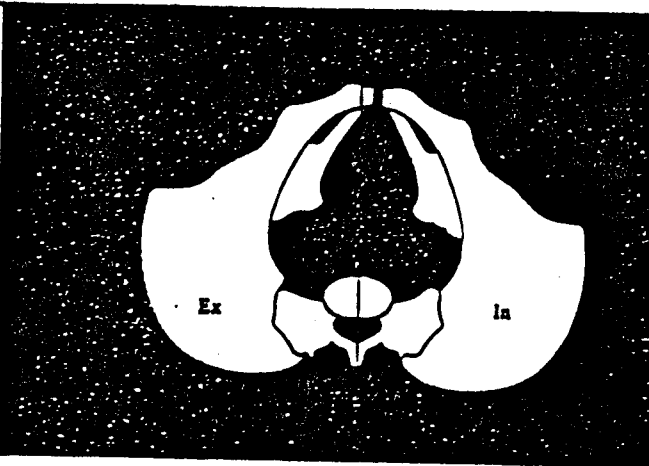
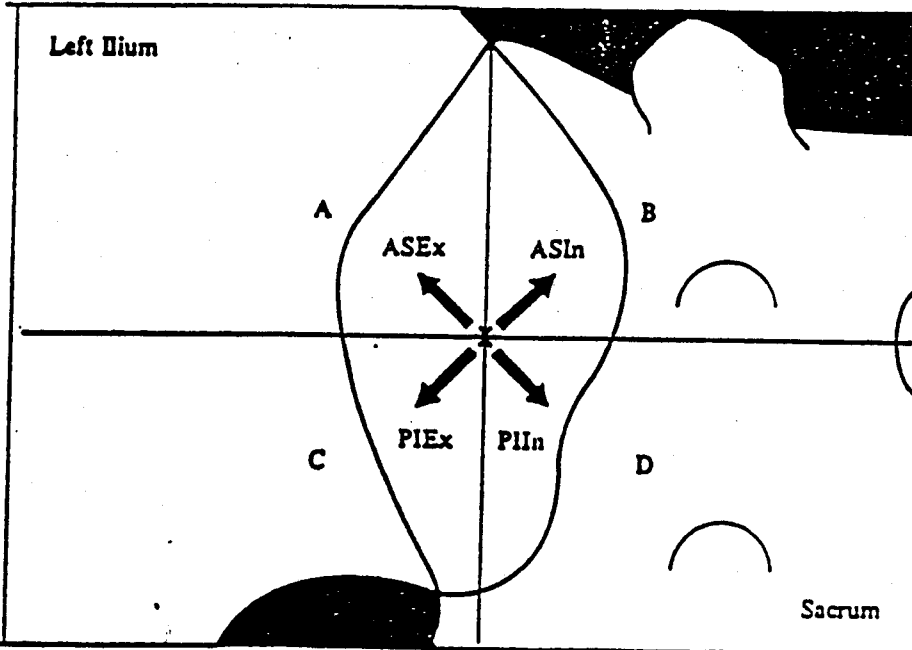


Figure 28: Ex-In Misalign-  
ed Pelvis, S-I View.



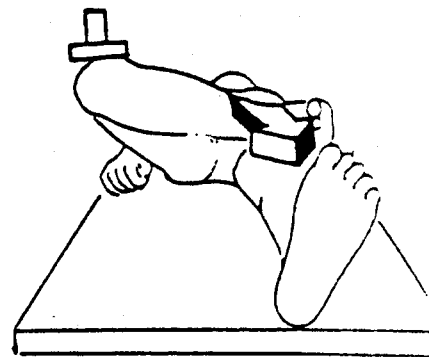
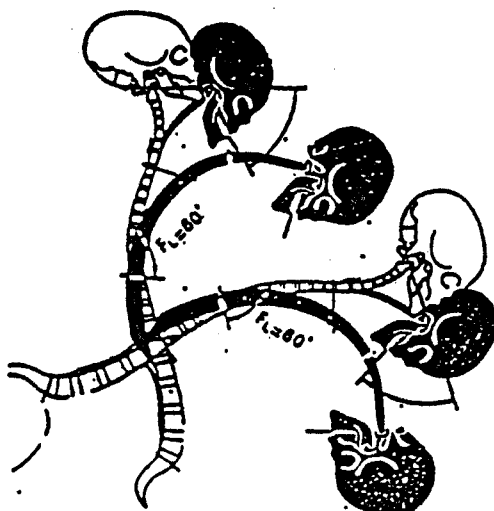
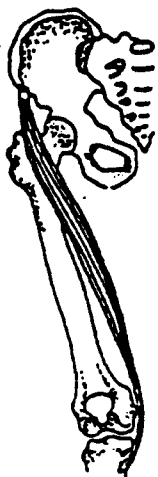
Left Ilium



The left sacroiliac articulation, showing the four possible directions of compound ilium misalignment.

The compensatory ilio sacral side as well as the lesioned side require diagnostic challenging-the presence or absence of the short leg is not a constant feature. Challenge with thumb contacts on P.S.S. and ischium, headward on P.S.S. -

810 A



MUSCLE: SARTORIUS 810

### SACRO-TUBEROUS, SACRO-SPINOUS LIGAMENT TECHNIQUE

I.T.L.LT. and RT. symphysis, test muscle, flex or extend head if negative retest muscle, if positive block as per diagram and use flexed knee tech while on blocks. Repeat five cycles of flexed knee tech-patient now turns over to prone position for thumb contact in belly of ligament to restore tone in relaxed sacro-tuberous ligament. This restores S.I. joint integrity.

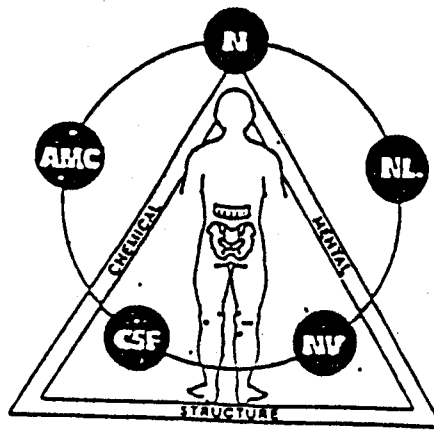
Check sacro-tuberous ligament T.L. in Cat.I and Cat.III as well as in non Cat. type pelvic disability. Micro-avulsive tech may also be needed.

### SACRO-TUBEROUS, SACRO-SPINOUS LIGAMENT TECHNIQUE

Start with long leg, flex knee, move flexed knee headward, move flexed knee lateral away from midline and move foot medial.

End with short leg, flex knee, move short flexed knee headward. Move knee medial and ankle laterally, cross flexed knee over extended opposite leg. Check for absence of pain pattern signs of Cat.II. Check also for lack of pain and T.L. at symphysis.

Patient prone-use firm thumb contact of ligament center of sacro-tuberous ligament on positive T.L. side press firmly headward and lateral until reflex pain as per diagram is



## FAMILY PRACTICE

### Nutrition and Structure Pregnancy

## Optimally Nourished Mothers Produce Stronger Babies

The first rule of good nutrition for a pregnant woman is one that will make food lovers happy: *Eat heartily*. Since your primary goal is to ensure good nutrition for your unborn baby, quantity, as well as quality, is important. *Do not skip meals, skimp on food, or attempt to diet during your pregnancy.*

This means that as long as you are eating nutritionally balanced meals, limiting the amount of weight you gain should never be a goal during pregnancy. If you start with a normal weight—not more than 20 pounds over what you should weigh for your height and bone structure—you must gain 25 to 35 pounds over nine months, simply to provide enough nourishment for your fetus to develop properly. Even if you are more than 20 pounds overweight at the beginning of your pregnancy, you must still gain from 24 to 27 pounds.

If you are able to digest them, dairy products are the best source of calcium for both you and your unborn baby. They are generally terrific sources of protein as well, so when you eat dairy products, you are getting two essential nutrients for the price of one.

Of course, whole-milk dairy products are high in fat, so low-fat versions are usually best.

- *I recommend four servings of dairy products, or the equivalent in high-calcium nondairy foods, every day of your pregnancy.*

• One serving of dairy products is

8 ounces of low-fat yogurt, milk, or cottage cheese

1½ ounces of low-sodium hard cheese.

*What if you have a lactose intolerance and can't digest dairy products?* You can still get plenty of calcium from other foods. Here are five nondairy equivalents to one serving of milk:

4 ounces of canned fish with bones (fresh fish won't give you the same amount of calcium unless you eat the bones).

½ cup of (fresh) kale or collard greens.

5 corn tortillas (the calcium comes from lime used in their preparation).

2 cups of dried beans—red or kidney beans, white or fava beans, or chick-peas.

⅔ cup nuts. Almonds and filberts are highest in calcium. Walnuts and pecans are only fair. Peanuts don't count, since they aren't really nuts at all. Pistachios have little calcium.

⅔ cup seeds. Pumpkin seeds are excellent, sunflower fair to good.

### *Fish, Poultry, and Meat*

• The key here for meat is lean and low-fat.

- *You should eat at least 6 ounces of fish, poultry, or lean meat, or a vegetarian equivalent, every day of your pregnancy.*

Try to eat at least 12 ounces (three 4-ounce servings) of fresh oily, cold-water fish—salmon, tuna, mackerel, herring, sardines, or bluefish—every week. These fish are rich in omega-3 EFAs, which are vital for the developing nervous system of your fetus, and may also be important for his developing immune system.

Your own immune system will be working for two, so you need omega-3 EFAs to keep it running properly. Research has shown that during pregnancy a woman's immune system becomes slightly depressed, probably in order to keep her body from rejecting the developing embryo as if it were a parasite.

## PREGNANCY DIET

You needn't deprive yourself of red meat. It has received a bad press lately because even lean red meat contains more fat, especially more saturated fat, than fish or poultry. But red meat is rich in iron and zinc—both of which are important in helping your body metabolize EFAs—and are crucial nutrients for your developing fetus. Dark meat poultry, also under a cloud because it is fattier than white meat, is actually more nutritious than white meat. If you like it, go right ahead and eat it. During pregnancy, you need to be more concerned with supplying essential nutrients for both you and your developing fetus than with protecting yourself against future heart disease. The fat in meat goes along with the nutrients you need. The idea is to avoid *added* fat, which contains no other nutrients. So buy the leaner cuts of steak, such as round, and trim the fat off; trim the skin off your dark meat chicken and turkey, if you wish, and enjoy the meat.

*What if you are a vegetarian, or simply want some alternatives to fish, poultry, or meat?* There are many good nonmeat sources of protein. You can substitute eggs, beans, or nuts, using the following guidelines:

For 1 ounce of meat:

1 egg

¼ cup of cooked dried beans

For 3 ounces of meat:

½ cup of nuts or seeds

Beans provide particularly good food value because they supply several essential nutrients and health factors besides protein, among them, as we have seen, calcium. Magnesium and copper in beans help your body process EFAs into the right prostaglandins. The fiber in beans helps prevent constipation. *You should eat at least 2 cups of cooked beans a week.* If flatulence is a problem, try soaking the beans overnight, discarding the soak water, and rinsing. This removes complex sugars that are the cause of flatulence for many. Or use bean curd (tofu) rendered more digestible by its processing. By pressing any type of bean through a strainer you can create a bean purée that is free of the skin. You lose fiber by this process, but this will usually eliminate flatulence.

## Vegetables

These are an important source of vitamins C and A, both crucial for your fetus's development and for your own immune system. Vitamin C is essential for prostaglandin production, while vitamin A helps your immune system produce the lymphocytes that identify and kill enemy invaders. While you are pregnant, your own lymphocytes are thinking for two, so you want to keep them healthy. Your own skin, eyes, and cells also need vitamin A.

- *You should eat four servings of vegetables every day of your pregnancy.*

The best vegetable sources for both C and A are tomatoes, broccoli, asparagus, kale, and peppers. Brussels sprouts and cauliflower are rich sources of vitamin C. Carrots, spinach, squash, and sweet potatoes are all excellent sources of vitamin A.

Vegetables are one of the most nutritious snack foods you can eat, and they contain almost no fat. Keep your refrigerator stocked with such vegetable crunchies as raw zucchini and carrot sticks, cauliflower florets, pepper slices, cherry tomatoes, and celery. Sweet, crisp, fresh snow peas make delicious snacks too, as do fresh young green beans.

## Fruits

Oranges, grapefruit, and strawberries are rich in vitamin C, a helper vitamin for EFAs. Apples and berries are good sources of fiber.

## Bread, Potatoes, Pasta, and Cereals

These complex-carbohydrate foods are important sources of fiber and B vitamins. Vitamin B-6 helps turn EFAs into prostaglandins, to keep your immune system in tune.

Complex carbohydrates also contain very little fat, except what is used to prepare them.

- *Eat four servings a day from this group of foods.*

One serving is the following:

1 slice of bread

½ cup of dry cereal

⅓ cup of cooked cereal

1 medium potato

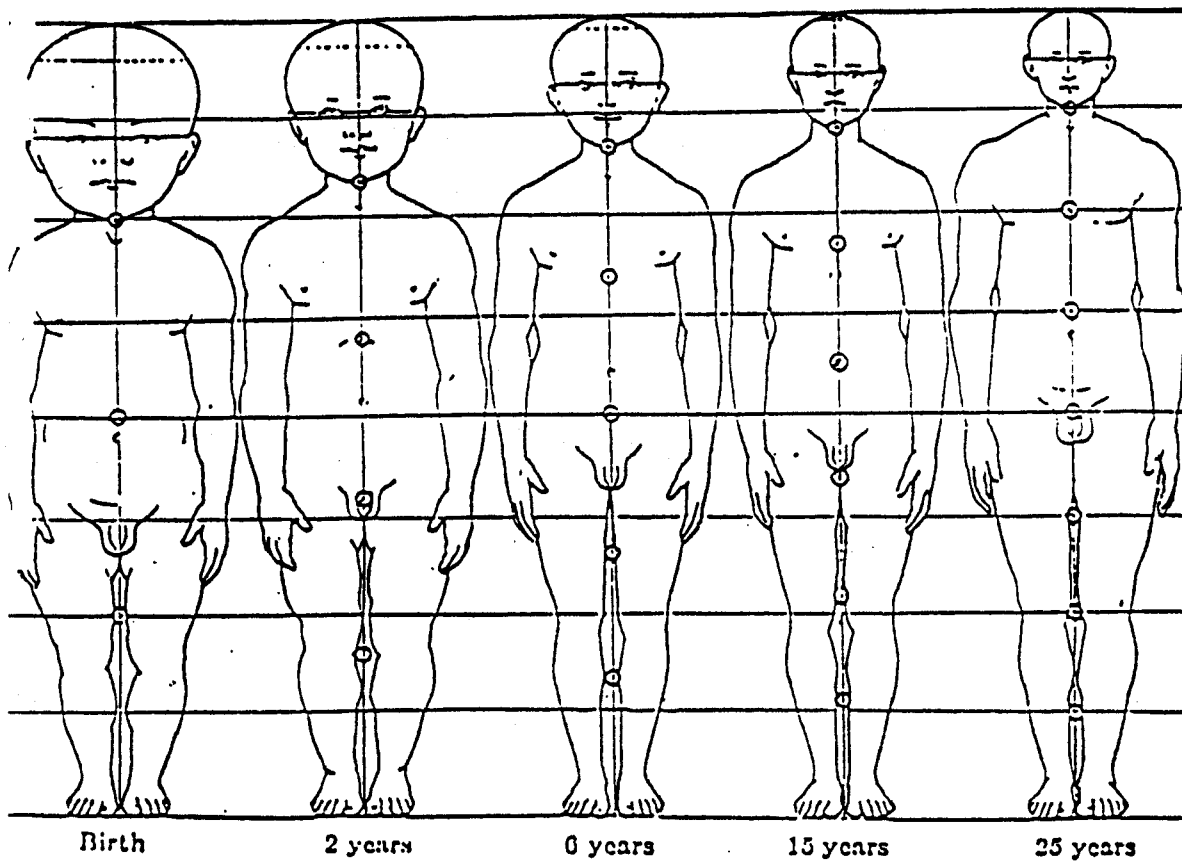
Read the ingredients list on any box of dry cereal, not only for sugar content but also for partially hydrogenated oil, an arch anti-nutrient, and salt.

Choose whole-grain breads and cereals (preferably those with no sugar added, such as whole wheat shredded wheat or homemade granola such as the one in the recipe section of Chapter 10), brown rice, barley, buckwheat groats (sold in supermarkets as kasha), whole wheat pasta, and our old friends dried beans

Eat potatoes baked, boiled, or roasted. Skip the French fries—they add unnecessary fat and they are a big source of anti-nutrient peroxides.

T





as in body proportions from birth to adulthood. At birth the body is four heads high, while in the adult it is eight heads high. (After Stratz, *Der Körper des Kinder*, 1904, 64.)

TABLE 11.—AVERAGE CIRCUMFERENCES OF THE HEAD AND THORAX IN THE FIRST FIVE YEARS OF LIFE\*

	HEAD		THORAX	
	inches	cm.	inches	cm.
Birth	13.7	35	13.7	35
2 months	15.8	40	15.4	39
4 months	16.8	43	16.7	42
6 months	17.4	44	17.2	44
1 year	18.4	47	18.3	46
2 years	19.2	49	19.4	49
3 years	19.6	50	20.3	52
4 years	20.0	51	21.0	53
5 years	20.3	52	21.7	55

\* Data adapted from Engelbach.

## CARE AND EVALUATION OF WELL CHILDREN

**TABLE 3.—WEIGHT AND STATURE INCREMENTS DURING SUCCESSIVE PERIODS FROM BIRTH TO SIX YEARS (BOTH SEXES)**

INTERVAL AGE (MONTHS)	WEIGHT INCREMENTS				STATURE INCREMENTS			
	MEAN		STANDARD DEVIATION		MEAN		STANDARD DEVIATION	
	pounds	kg.	pounds	kg.	inches	cm.	inches	cm.
0-1	1.4	.6	.63	.29	1.5	3.9	.33	.84
1-3	3.4	1.5	1.13	.51	2.4	6.1	.54	1.37
3-6	3.9	1.8	1.13	.51	2.5	6.4	.51	1.30
6-9	3.0	1.4	1.06	.48	1.8	4.6	.44	1.12
9-12	2.2	1.0	1.19	.54	1.6	4.1	.42	1.07
12-18	3.1	1.4	1.25	.57	2.6	6.6	.46	1.17
18-24	2.7	1.2	1.00	.45	2.2	5.6	.44	1.12
24-30	2.5	1.0	1.19	.54	1.9	4.9	.38	.97
30-36	2.1	1.0	.88	.40	1.7	4.3	.39	.99
36-42	2.3	1.0	1.00	.45	1.5	3.8	.32	.81
42-48	2.1	1.0	1.13	.51	1.4	3.6	.30	.76
48-54	2.4	1.1	1.25	.57	1.4	3.6	.33	.84
54-60	2.2	1.0	1.00	.45	1.3	3.3	.26	.66
60-66	2.5	1.1	1.25	.57	1.4	3.6	.28	.71
66-72	2.6	1.2	1.63	.74	1.5	3.9	.26	.66

Adapted from Robinow, M.: *Child Development* 13:161, 1942.

**TABLE 4.—WEIGHT AND STATURE INCREMENTS DURING SUCCESSIVE PERIODS FROM SIX TO FOURTEEN YEARS**

INTERVAL AGE (YEARS)	WEIGHT INCREMENTS				STATURE INCREMENTS			
	MEAN		STANDARD DEVIATION		MEAN		STANDARD DEVIATION	
	pounds	kg.	pounds	kg.	inches	cm.	inches	cm.
MALE								
6-7	4.9	2.2	1.88	.85	2.4	6.1	.50	1.42
7-8	5.2	2.4	1.80	.82	2.2	5.6	.54	1.37
8-9	5.5	2.5	2.02	.92	2.2	5.6	.50	1.27
9-10	5.9	2.7	2.14	.97	2.0	5.1	.45	1.14
10-11	6.5	2.9	2.35	1.16	2.0	5.1	.46	1.17
11-12	7.5	3.4	3.31	1.50	2.0	5.1	.54	1.37
12-13	9.0	4.1	4.14	1.87	2.2	5.6	.77	1.96
13-14	11.5	5.2	4.72	2.14	2.6	6.6	.99	2.51
FEMALE								
6-7	4.6	2.1	1.66	.75	2.3	5.9	.40	1.24
7-8	4.9	2.2	2.02	.92	2.2	5.6	.59	1.50
8-9	5.6	2.5	2.29	1.04	2.2	5.6	.52	1.32
9-10	6.1	2.8	2.77	1.26	2.1	5.3	.52	1.32
10-11	7.6	3.4	3.26	1.48	2.3	5.9	.63	1.60
11-12	9.9	4.5	3.91	1.77	2.5	6.4	.70	1.78
12-13	11.9	5.4	4.27	1.94	2.6	6.6	.75	1.91
13-14	11.9	5.4	4.15	1.88	2.0	5.1	.80	2.03

Adapted from

1. (Weight) Palmer, C. E., Kawakami, R., and Reed, L. J.: *Child Development* 8:48, 1937.

2. (Stature) Palmer, C. E. and Reed, L. J.: *Human Biology* 7: No. 3, 1935.

# Developmental Profile



BRAIN STAGE	TIME FRAME	VISUAL COMPETENCE	AUDITORY COMPETENCE	TACTILE COMPETENCE
VIII	<p>Superior 36 Mon.</p> <p>Average 72 Mon.</p> <p>Slow 144 Mon.</p>	<p>Heading with total understanding</p> <p><i>Sophisticated human understanding</i></p>	<p>Understanding of complete vocabulary and proper sentences</p> <p><i>Sophisticated human understanding</i></p>	<p>Tactile identification of objects</p> <p><i>Sophisticated human understanding</i></p>
VI	<p>Superior 18 Mon.</p> <p>Average 36 Mon.</p> <p>Slow 72 Mon.</p>	<p>Identification of visual symbols and letters within experience</p> <p><i>Primitive human understanding</i></p>	<p>Understanding of 2000 words and simple sentences</p> <p><i>Primitive human understanding</i></p>	<p>Ability to determine characteristics of objects by tactile means</p> <p><i>Primitive human understanding</i></p>
V	<p>Superior 9 Mon.</p> <p>Average 18 Mon.</p> <p>Slow 36 Mon.</p>	<p>Differentiation of similar but unlike simple visual symbols</p> <p><i>Early human understanding</i></p>	<p>Understanding of 10 to 25 words and two word couplets</p> <p><i>Early human understanding</i></p>	<p>Tactile differentiation of similar but unlike objects</p> <p><i>Early human understanding</i></p>
IV	<p>Superior 6 Mon.</p> <p>Average 12 Mon.</p> <p>Slow 24 Mon.</p>	<p>Convergence of vision resulting in simple depth perception</p> <p><i>Initial human understanding</i></p>	<p>Understanding of two words of speech</p> <p><i>Initial human understanding</i></p>	<p>Tactile understanding of the third dimension in objects which appear to be flat</p> <p><i>Initial human understanding</i></p>
III	<p>Superior 3.5 Mon.</p> <p>Average 7 Mon.</p> <p>Slow 14 Mon.</p>	<p>Appreciation of detail within a configuration</p> <p><i>Meaningful appreciation</i></p>	<p>Appreciation of meaningful sounds</p> <p><i>Meaningful appreciation</i></p>	<p>Appreciation of gnostic sensation</p> <p><i>Meaningful appreciation</i></p>
II	<p>Superior 1 Mon.</p> <p>Average 2.5 Mon.</p> <p>Slow 5 Mon.</p>	<p>Outline perception</p> <p><i>Vital perception</i></p>	<p>Vital response to threatening sounds</p> <p><i>Vital perception</i></p>	<p>Perception of vital sensation</p> <p><i>Vital perception</i></p>
I	<p>Superior Birth to .5</p> <p>Average Birth to 1.0</p> <p>Slow Birth to 2.0</p>	<p>Light reflex</p> <p><i>Reflex reception</i></p>	<p>Startle reflex</p> <p><i>Reflex reception</i></p>	<p>Babinski reflex</p> <p><i>Reflex reception</i></p>



Chairman  
and  
The Staff  
of  
The Institutes



THE INSTITUTES FOR  
THE ACHIEVEMENT OF  
HUMAN POTENTIAL  
8801 STENTON AVENUE  
PHILADELPHIA, PA. 19118

Using a left hand in a skilled role  
which is consistent with  
the dominant hemisphere

*Sophisticated human expression*

Walking and running in  
complete cross pattern

*Primitive human expression*

Walking with arms freed  
from the primary balance role

*Early human expression*

Walking with arms used in a  
primary balance role most  
frequently at or above  
shoulder height

*Initial human expression*

Creeping on hands and knees,  
culminating in cross pattern  
creeping

*Meaningful response*

Crawling in the prone position  
culminating in cross pattern  
crawling

*Vital response*

Movement of arms and legs  
without bodily movement

*Reflex response*

Complete vocabulary and  
proper sentence structure

*Sophisticated human expression*

2000 words of language  
and short sentences

*Primitive human expression*

10 to 25 words of language  
and two word couplets

*Early human expression*

Two words of speech used  
spontaneously and meaningfully

*Initial human expression*

Creation of  
meaningful sounds

*Meaningful response*

Vital crying in response  
to threats to life

*Vital response*

Birth cry and crying

*Reflex response*

Using a hand to write which  
is consistent with the  
dominant hemisphere

*Sophisticated human expression*

Bimanual function with one  
hand in a skilled role

*Primitive human expression*

Cortical opposition bilaterally  
and simultaneously

*Early human expression*

Cortical opposition  
in either hand

*Initial human expression*

Prehensile grasp

*Meaningful response*

Vital release

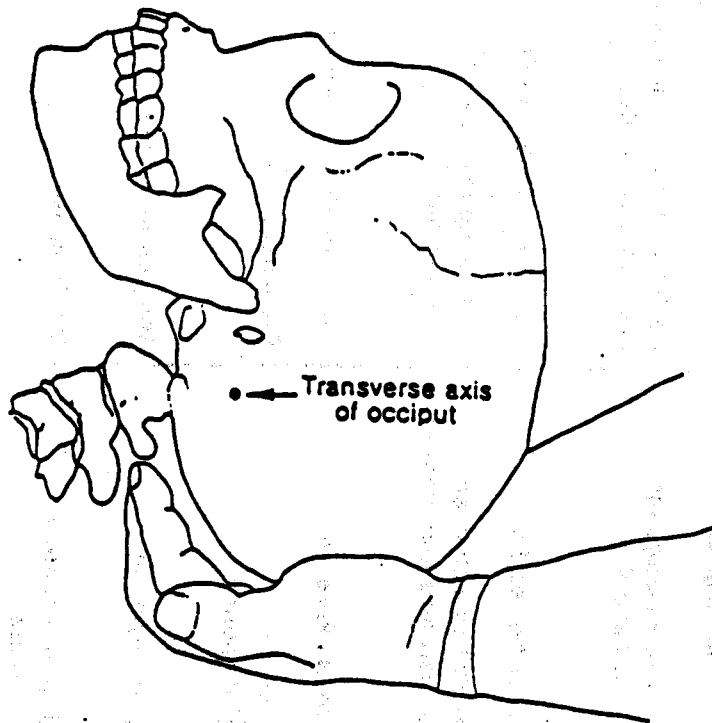
*Vital response*

Grasp reflex

*Reflex response*

# Jugular Foraminal Diagnosis and Treatment

## THE OCCIPITAL CONDYLES



### IXth Cranial Nerve

- Loss of gag reflex
- Slight dysphagia
- Loss of taste to posterior third of tongue
- Uvular deviation
- Loss of sensation to pharynx and posterior tongue
- Loss of motor control of posterior pharyngeal wall
- Increased salivation

### Xth Cranial Nerve

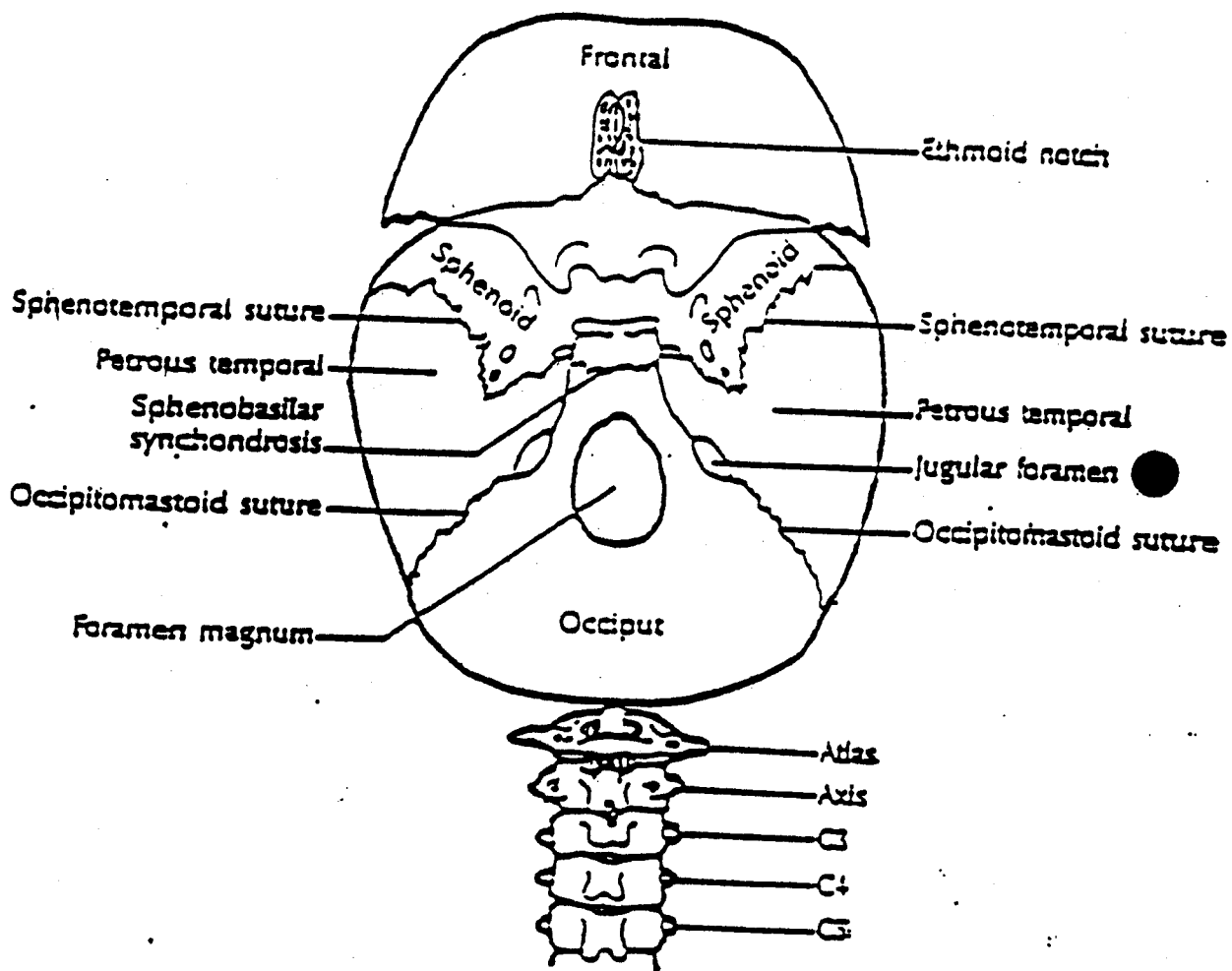
- Aphonia or dysphonia
- Dysphagia
- Regurgitation of fluid through the nose
- Pharyngeal and laryngeal spasms
- Esophageal spasms
- Cardiospasm
- Pylorospasm
- Paralysis of soft palate
- Pain, paresthesias or anesthesia of pharynx, larynx or external auditory meatus

Xth Cranial Nerve (Continued)

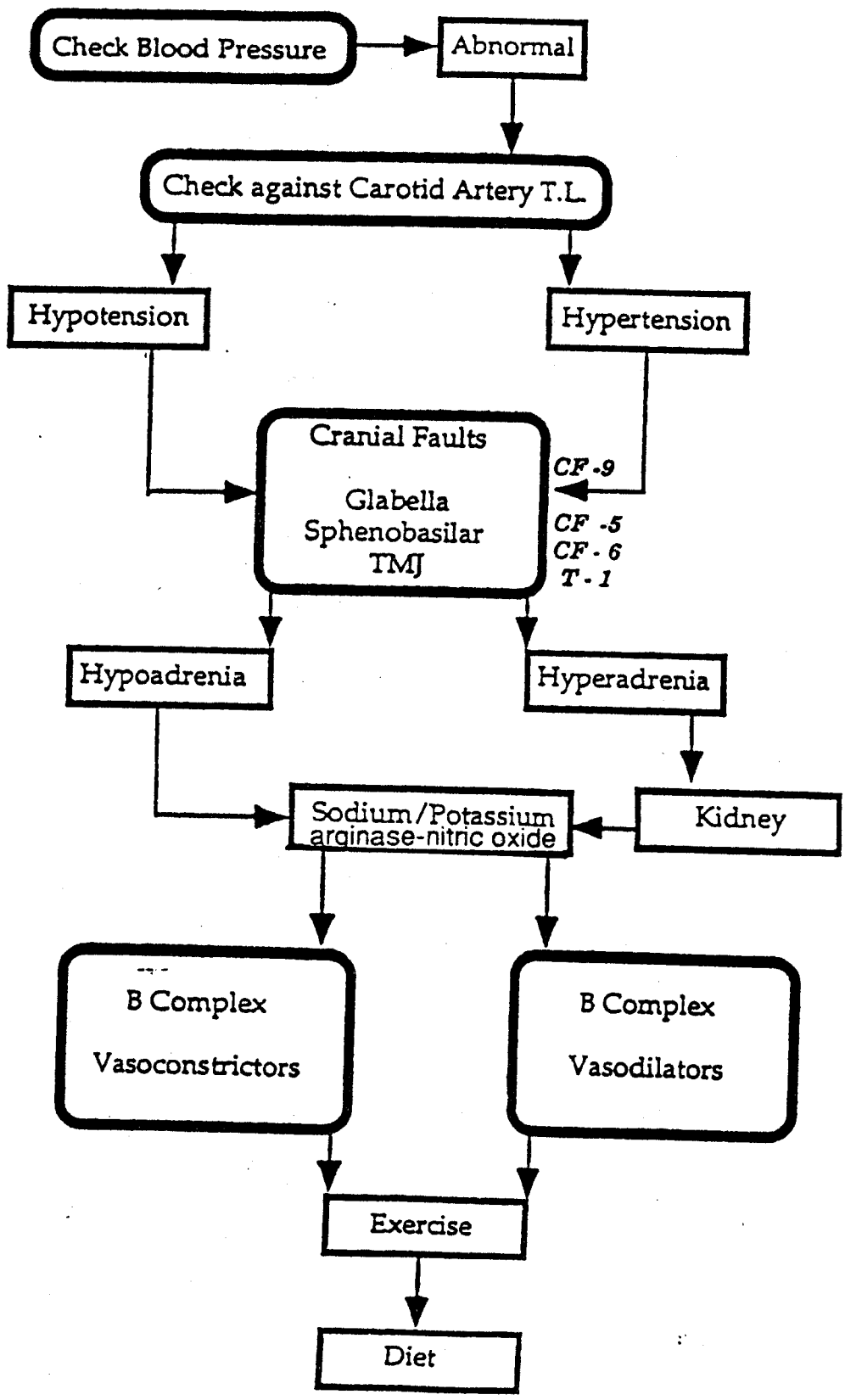
- Cough
- Respiratory disorders
- Salivary disorders
- Cardiac arrhythmias
- Gastric dysfunction
- Intestinal dysfunction

XIth Cranial Nerve

- Sternocleidomastoid muscle dysfunction
- Trapezius muscle dysfunction
- Hypertonus of cervical musculature (which further compounds the problem at the jugular foramen)

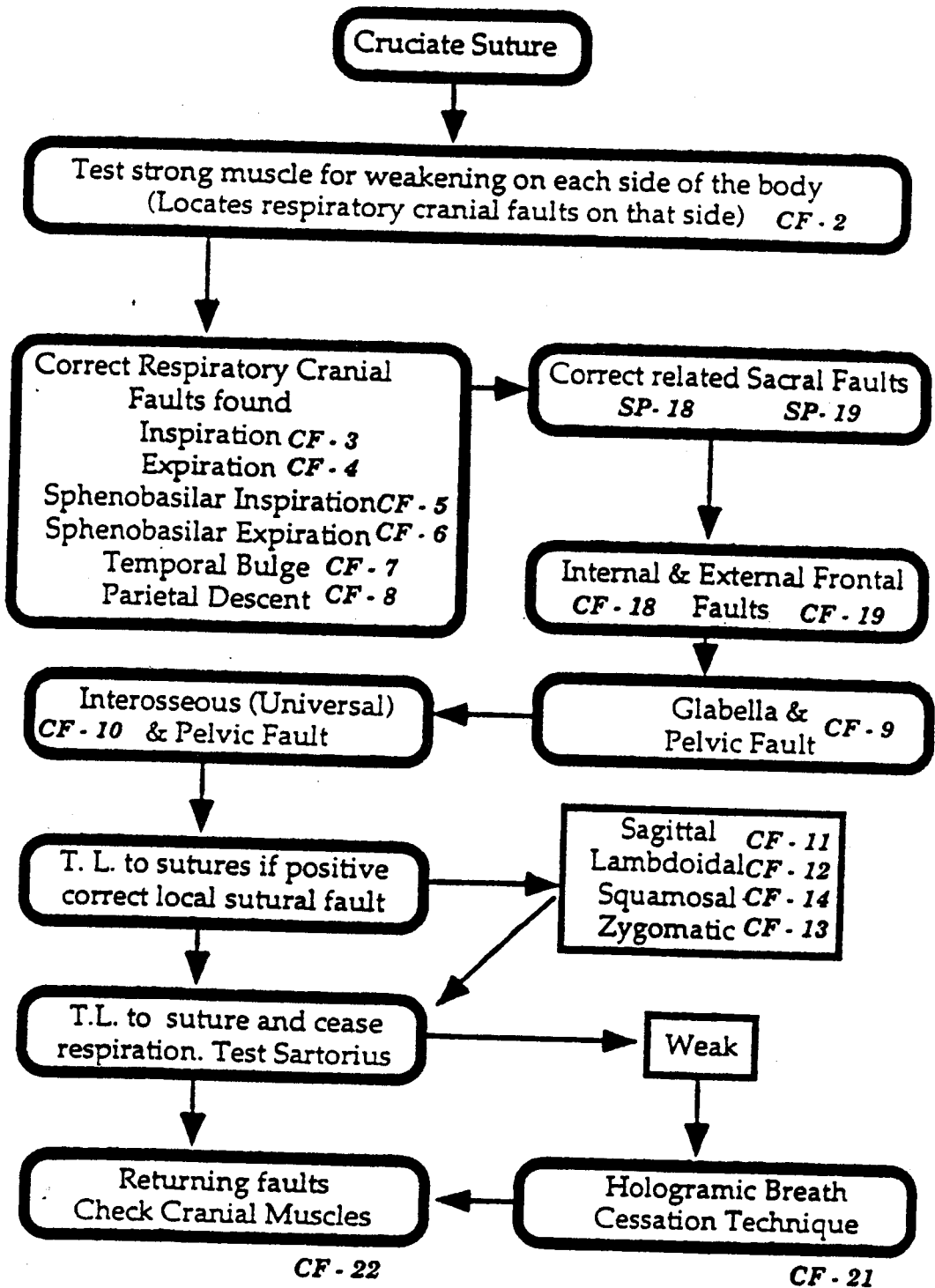


# Blood Pressure



# Cranial Flowchart

CF - 1





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**THE PREDOMINANTLY PROTEIN TYPE OF BREAKFAST:**

Raw egg or eggs beaten up in 5 or 6 ounces of orange juice makes a very efficient breakfast; or if you prefer a more formal breakfast, then:

Coffee or tea with cream but no sugar

Citrus juice

Eggs with butter, eggs with bacon, bacon or ham, or an omelet

(Fish or meats may be substituted for eggs)

(No toast; no bread or crackers, no cereals, no sweets.

at first I found this strange. After the habit was broken,

I enjoyed my breakfast more than ever.)

**THE PREDOMINANTLY CARBOHYDRATE TYPE OF BREAKFAST:**

Any whole fruit (but not citrus juice)

(There is a perfectly logical reason for this: Oranges or grapefruit may be taken with the carbohydrate meal, but not their juices. This is because, when the whole fruit is eaten, chewing tends to insalivate and partially neutralizes the acid; but when the juice is drunk, too much of the free acid reaches the stomach as such. Many people have found that fruit acids and starch produce the so-called "acid or sour stomach")

Cereal, preferably whole grain, with milk - not cream

Toast or bread or crackers, preferably whole grain, with jam, marmalade or honey - no butter

Sweet milk or tea or coffee, with sugar but no cream

(No fats, no acid solutions, no high proteins)

**THE PREDOMINANTLY PROTEIN TYPE LUNCHEON OR DINNER:**

Any thin soup or broth

Meat, fish or eggs (poultry comes under the heading of meats)

Liver, kidneys, sweetbreads, brains, tripe

Leafy vegetables (as cabbage, spinach, brussels sprouts, asparagus, dandelion or beet greens - see list of 5% and 10% vegetables)

Leafy salads, raw (as escarole, water cress, chicory, romaine, dandelion, green pepper, lettuce, cabbage, endive, celery, carrots and tomatoes)

Oil and vinegar for dressing (French, Mayonnaise, Russian, etc.)

Dessert limited to the three following:

Cheese

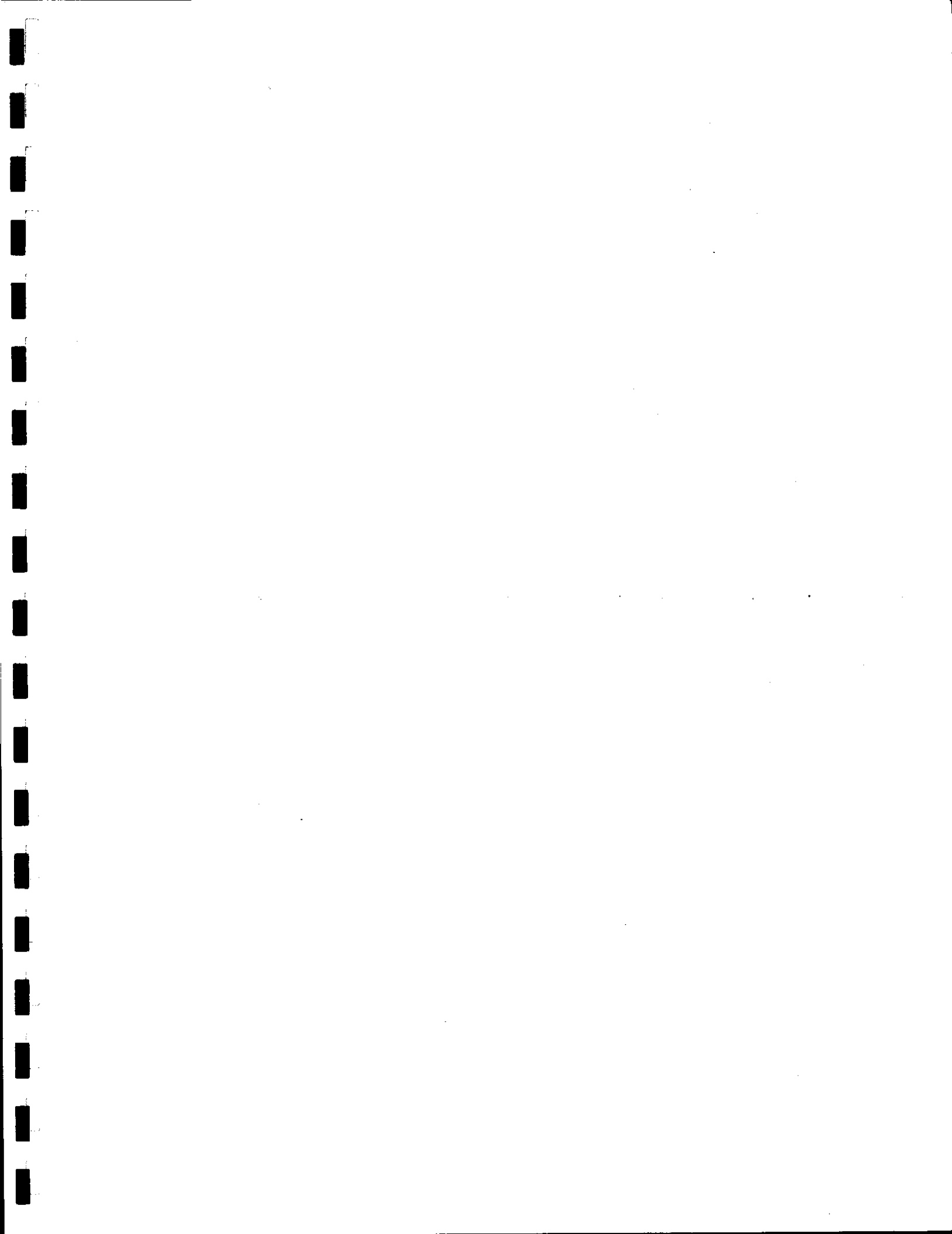
Gelatin with cream

Citrus fruit or other low starch fruit

Buttermilk, being acid, may be taken with meal (but not sweet milk)

Tea or Coffee with cream but no sugar (if desired had better be taken before eating)

(No high starches, no sweets)



## ABSORPTION

- *Signs and Symptoms:* Chronic gas, low-grade diarrhea, undigested food in the bowel movements, etc.
- Use **NEHT** analysis.
- Usually means a lack of stomach acid (hypochlorhydria). Take Betaine Hydrochloride or Glutamic HCl to increase the acid in the stomach. If the stomach feels bad or patient has heartburn, worse gas, pain, or any other symptoms, stop the HCl. Use 5-60 grains of HCl, depending upon the individual.
- Another possible solution is a lack of pancreatic digestive enzymes; try these. There aren't any side effects except for allergies; however, allergies are also related to a lack of stomach acid.
- If patient has poor absorption, he will have a history of health problems. Patient will have difficulty in digesting carbohydrates, fats, and protein.
- *Side Notes:*
  1. Don't ever take Betaine Hydrochloride or Glutamic HCl with anti-inflammatory drugs (i.e., Aspirin, Indocin, Butazolidin, or Cortisone). They increase the chances of ulcers.
  2. You can tell if the absorption is O.K. by the relief of signs and symptoms.

## ACIDOSIS

- *Signs and Symptoms:*
  1. Shortness of breath.
  2. Frequent sighing.
  3. Irregular respiration.
  4. Breathlessness.
  5. Tendency to be irritable.
  6. Tachycardia.
  7. Photophobia.
  8. Dysphagia.
  9. Insomnia.
  10. Restlessness with signs of dehydration (i.e., dry mouth, decrease in urine and sweating, and dry, hard stools).
- *Nutrition:*
  1. Calcium Lactate – pH 6.0 –7.0—3 tablets daily.  
– pH 5.0 –6.0—6 tablets daily.
  2. Alkaline minerals.
  3. Leafy vegetables.
  4. Cataplex A (S.P.) It regulates the pH.
  5. Restricted sodium can cause acidosis.
- Check the dorsals.

THE PREDOMINANTLY CARBOHYDRATE TYPE OF LUNCHEON OR DINNER:

Any of the following foods may be eaten at the same meal:

Thick or thin soup (meat soup, thin soup, may be taken with protein or carbohydrate type meals, since the broth of meat is principally the mineral extractives of the meat)

Any vegetables (including high starch vegetables such as potatoes)

Baked beans

Macaroni or spaghetti (a cheese sauce, or tomato, may be used for flavoring if you insist)

Any vegetable or fruit salad (when eaten plain and well chewed, it develops a wonderful flavor -- adding salt and pepper is all right and a little Russian dressing won't kill you)

Any sweet or starchy dessert (here is your chance to eat pie and strawberry short cake -- BUT NO WHIPPED CREAM)

Milk (sweet) or coffee or tea with sugar but no cream

(No fats, no acid solutions, no high protein)

A low-fat ice cream and ices are permissible

A cocktail, highball, wine or beer is quite permissible if you want it

AVOID THESE COMBINATIONS: (You will be surprised how easily this is done)

Bread with butter (use jam or preserves instead -- put the butter on the proteins)

Potatoes with butter (good potatoes need no butter -- use pepper and salt)

Rolls or toast with bacon (substitute any 5% vegetable, fried tomatoes or mushrooms)

Cereals with cream (use a little milk and sugar or honey)

Meat with potatoes and bread (the old reliable standby and one of the worst of all combinations)

Rolls and frankfurters (except when you go to Coney Island)

Hard sauce (you are better off without it, diet or no diet)

Rich ice cream (if made with much sugar and pure cream -- call it a vice)

Whipped cream -- or any cream -- on starchy desserts (use jam or preserves -- they taste better anyway)

Pork with baked beans (pork may be cooked with baked beans, for flavoring only)

Vinegar and oil dressings with starchy meals (very good, however, with protein meals)

THESE COMBINATIONS MAY BE EATEN FREELY:

Butter)

Cream ) with meat, fish or eggs

Bacon )

Buttermilk )

Vinegar and oil ) with meat, fish or eggs

Citrus fruit juices)

Jam sandwiches (also jelly, preserves or honey sandwiches)

Tomato and lettuce sandwiches

Cereals with milk and sugar

THESE COMBINATIONS MAY BE EATEN FREELY: (Continued)

Breads with milk

Sherbets or ices with carbohydrate meals

Gelatin desserts with either protein or carbohydrate meals are very good as they place little burden on the digestive system and contain amino acids. The amino acids are protein but they are already split up and ready for absorption.

Cheese instead of desserts is an excellent habit with protein meals

HIGH AND LOW STARCHES

Low starch Fruits and Vegetables are those in the 5% and 10% lists. The high starches are those in the 15% and 20% lists.

LOW STARCHES

HIGH STARCHES

5% Vegetables:

- |                  |               |
|------------------|---------------|
| Asparagus        | Okra          |
| Bean sprouts     | Olives        |
| Brussels sprouts | Peppers       |
| Cabbage          | Pumpkin       |
| Cauliflower      | Radishes      |
| Celery           | Rhubarb       |
| Cucumbers        | Sauerkraut    |
| Eggplant         | Spinach       |
| Endive           | String beans  |
| Greens           | Summer squash |
| Kohl-rabi        | Swiss chard   |
| Leeks            | Tomatoes      |
| Lettuce          | Water cress   |
| Mushrooms        |               |

5% Fruits:

- |                |            |
|----------------|------------|
| Lemon juice    | Watermelon |
| Honeydew melon | Muskmelon  |
| Rhubarb        |            |

THESE FOODS WITH PROTEIN MEALS IN THE DIETARY

10% Vegetables:

- |              |           |
|--------------|-----------|
| Beets        | Rutabagas |
| Carrots      | Squash    |
| Onions       | Turnips   |
| Oyster plant |           |

10% Fruits:

- |              |              |              |
|--------------|--------------|--------------|
| Blackberries | Gooseberries | Orange juice |
| Cranberries  | Grapefruit   | Peaches      |
| Currants     | Lime juice   | Strawberries |

THESE FOODS WITH THE 5% LOW STARCH FOODS ABOVE WITH PROTEIN MEALS IN THE DIETARY

15% Vegetables:

- Lima beans (young)
- Parsnips
- Peas

15% Fruits:

- Apples
- Apricots
- Blueberries
- Cherries (sour)
- Grapes
- Loganberries
- Mulberries
- Pears
- Pineapples
- Pineapple juice
- Plums
- Raspberries

20% Vegetables:

- Beans
- Kidney
- Lima
- Navy
- Corn
- Macaroni
- Potatoes
- Rice

20% Fruits:

- Bananas
- Grape juice
- Cherries, sweet

BREAD IS A HIGH STARCH FOOD

## ACIDOSIS (continued)

- Check upper cervicals.
- Check the liver.
- Check the pelvis.
- Can be caused by diabetes.

## ACNE

- Skin problems.
- Thymus and thyroid problems (Endocrine problems).
- Test for weak scalene muscles—use B6. B6 will make them strong. Use B6 cream locally.
- Allergy to foods, especially a food they like. Using muscle testing, check the foods they eat.
- Check need for zinc.

## ACROMIOCLAVICULAR JOINT

*How to Fix:* Tape the arm and shoulder (sticky sides together). Anytime you have pain in the injured shoulder, move the good shoulder back. This automatically forces the injured shoulder to come together.

## ADRENALS

- Use green beans and zucchini for adrenal problems (natural source of sodium); sodium is needed for the adrenals.
- With Sartorius, Gracilis, and Posterior Tibial weakness, if adrenal material doesn't improve strength, try Choline and/or Lecithin—3–12 tablets daily.
- Physical findings with Hypoadrenia:
  - 1 . Ragland effect—change in blood pressure.
  - 2 . Paradoxical pupillary dilation.
  - 3 . Rogoff sign.
  - 4 . Increased second sound over pulmonary area.
  - 5 . Weak adrenal muscles.
- *Nutrition:* Use adrenal gland nutrition, pantothenic acid, and chromium.

## ADRENALS—PHYSIOLOGY OF THE ADRENAL CORTEX

The hormones of the adrenal cortex influence the biochemical behavior of most, if not all, tissues of the body. They affect electrolyte and water balance; the metabolism of carbohydrates, protein, and fat; androgenic function; pigment metabolism; lymphoid morphology; the responsiveness of connective tissue; host resistance; and adaptation to stress. If the adrenal cortices are destroyed or removed and adequate replacement therapy is not supplied, profound physiologic changes ensue and death occurs.

The signs and symptoms associated with adrenocortical inadequacy include anorexia and GI dysfunction, weight loss, dehydration, hypotension, hypoglycemic episodes, weakness and easy fatigability, dizziness and syncopal attacks, increasing pigmentation, nervous irritability, and a striking decrease in resistance to all forms of stress.

A prominent feature of adrenocortical deficiency is the inability to retain salt and to maintain normal water and electrolyte balance. Excessive loss of sodium and chloride is associated with negative water balance and susceptibility to water intoxication. Plasma sodium and plasma chloride are decreased and plasma potassium is increased. Disturbances in carbohydrate metabolism include impaired gluconeogenesis and increased oxidation of glucose; consequently, liver glycogen is depleted and the fasting blood sugar is usually decreased.

-- *Indications:* Adrenal Cortex Extract is indicated in the treatment of patients with chronic primary adrenocortical deficiency (Addison's Disease) and secondary adrenocortical insufficiency induced by:

1. adrenal surgery,
2. adrenal vascular accidents,
3. overwhelming systemic infection (e.g., Waterhouse-Friderichsen Syndrome),  
or
4. the combination of a usually non-critical stress (such as anesthesia, surgery, infections, or trauma) and inadequate adrenocortical reserve.

Because of the multiple physiologic actions of the adrenocortical hormones and their essentiality for maintenance of normal adaptation to stress, Adrenal Cortex Extract may be of value in various conditions. In Addison's Disease, a satisfactory response to Adrenal Cortex Extract is evidenced by cessation of nausea and vomiting, increased appetite with weight gain, increase in energy, relief of asthenia and fatigue, elevation of blood pressure to normal, and decrease in nervous irritability. Maintenance therapy with Adrenal Cortex Extract should be adequate to prevent crisis as well as to sustain a good clinical response and should, therefore, be intensified during periods of intercurrent stress.

-- *Support:* (Available from BR Corporation)

- |                     |                     |
|---------------------|---------------------|
| 1. Vitamin C        | 4. Vitamins A and D |
| 2. B complex        | 5. Vitamin E        |
| 3. Pantothenic Acid | 6. PABA             |

## ADRENALS—PHYSIOLOGY OF THE ADRENAL CORTEX (continued)

7. Minerals

9. Pituitary Gland

8. Adrenal Gland

10. Tyrosine

Zucchini Vegetable Soup is a good source of organic sodium.

1 can or frozen package of french green beans

2 tablespoons honey

1 cup chopped celery with leaves

1 teaspoon paprika

1 medium zucchini—quartered

2 tablespoons dehydrated onion flakes

1 cup tomato juice

Pepper to taste

1 cup water

Combine and simmer until tender—about one hour. Serve hot or cold. Foods high in organic sodium are zucchini, squash, green beans, and celery.

### AEROBIC MUSCLE TESTING

- *Nutrition:* Iron.
- Red and/or dark muscles.
- With oxygen for long distance, endurance type.
- Burn fat—slow twitch—postural muscles.
- Slower testing than anaerobic testing—1 test per second.
- Exercise—80% of their maximum pulse! 12–15 minutes—4 times a week.  
(General rule: 180 - patient's age = maximum aerobic pulse.)

### ANAEROBIC MUSCLE TESTING

- Needs pantothenic acid and long NL work.
- White and/or light muscles.
- Without oxygen for short distance, speed type.
- Upper body muscles—fast twitch.
- Quick and short tests (faster than aerobic)—3 tests per second.
- These muscles burn glucose.

### ALKALOSIS

- *Signs and Symptoms:*
  1. Slow pulse.
  2. Night cramps.
  3. Dryness of skin with thickening.
  4. Burning, crawling, and itching-type sensations.



- |                                     |   |
|-------------------------------------|---|
| <b>5. Stiffness of joints.</b>      | <b>8. Rapid blood clotting time.</b>        |
| <b>6. Night cough.</b>              | <b>9. Patient feels worse after eating.</b> |
| <b>7. Circulatory disturbances.</b> | <b>10. Abnormally high hematocrit.</b>      |

-- **Nutrition:**

1. Phosphorous—Phosfood Liquid (S.P.)—10 drops in a glass of water, 3 times a day.
2. Acid minerals.
3. Non-citrus acids (i.e. cider vinegar)
4. Phosphorous and potassium.
5. Cider vinegar is a dilute solution of potassium.
6. Consider Cataplex A (S.P.). It regulates the pH.
7. HCl supplementation.

- Check upper cervicals.
- Check the dorsals.
- Check the liver.
- Guanidine is the most alkaline substance known.

### **ALLERGIES—ALKALINE**

- If patient is alkaline, acidify the large intestine by taking an apple cider vinegar enema (1 to 3 tablespoons to a quart of water).
- Fix cranial faults—temporal bulge—parietal descent.
- No citrus fruits or juices. Limit other fruits and juices.
- Eat more natural grains and yogurt.
- No refined sugar; or keep to a minimum.
- Check Bilateral Pectoralis Major Clavicular.
- Use Betaine Hydrochloride (S.P.), Cal-Amo (S.P.), and Phosfood Liquid (S.P.).

### **ALLERGIES—ENDOCRINE**

- Sartorius, gracilis, gastrocnemius muscles.
- Look for posterior ilium (Category II).
- **Nutrition:** Adrenal extract, vitamin C, sea salt, Drenamin (S.P.) (more complete support than Drenatrophin (S.P.)). No refined sugars.

## ALLERGIES —FOOD

- *Signs and Symptoms:* Itching, asthma, hives, eczema, arthritis, bursitis, low back pain, and anything else!
- **Anything that comes in a bag, box, or can, or if it is dried, fried, or laying on its side is dead food.** Take patient off the above and then give them a food intake form. Have patient record all food eaten. Take them off any food they eat three or more times a week; later, reintroduce it.
- Take food out of diet for a week and then put it back every fourth day. If you don't, the patient will develop a sensitivity to something else.
- Use a rotation diet.
- Pulse will increase with food allergies. Pulse testing takes time.
- Skin testing for food allergies is useless!
- Blood test RAST is very good but not foolproof. The test exposes the blood to allergens.
- Give up to 400 mcg. of selenium (SE-Zyme, B.R.)
- Give Antronex (S.P.)—2 tablets—3 times a day.
- *AK Testing:*

### Muscles:

Bilateral Pectoralis Major Clavicular  
Pectoralis Major Sternal  
Latissimus Dorsi  
Infraspinatus  
Rectus Femoris  
Sartorius

### Organ:

Stomach	Thymus
Liver	Small Intestine
Pancreas	Adrenal

- *Side Notes:* Check any chronic muscle that is weak. In a bad allergy, all muscles will be weak. In an allergic-type patient, check Histadine on tongue—all muscles will weaken. Then place Antronex (S.P.) on tongue, and all muscles will become stronger.
- **Big Offenders—Foods:**
  1. Coffee, colas, chocolate, and black tea.
  2. Nightshade family of foods cause joint pain and arthritis. These foods are tomatoes, green peppers, egg white, potatoes, tobacco, and paprika.
  3. Dairy products: cheese, milk, and eggs. Patient may react to one kind of dairy product, but not another.

## ALLERGIES —FOOD (continued)

4. Spices.
5. Salt.
6. Mayonnaise (kind and type may have an effect).
7. Meat (check different kinds).
8. Bread.
9. Grains.
10. Sugar in any form.

## ALUMINUM

Stainless steel pots and pans are much healthier than aluminum, but the steel people can't say that legally. Aluminum removes the phosphorous from the phospholipid sheath that protects cells.

## AMENORRHEA

- Fix lumbar and sacral areas.
- S-1 joint problems.
- Normal body fat—22%. If below that, they need the fat of endocrine production.
- Expose skin to sunlight or full spectrum light as much as you can.
- Failure of maturation of the graafian follicle which would be due to the reluctance of the anterior pituitary gland to elaborate follicle stimulating hormone.
- *Signs and Symptoms:*
  1. Severe emotional stress.
  2. Cranial lesion.
  3. Chronic illness—endocrine depletion.
  4. Very poor nutrition—protein deficiency.
  5. Major structural faults.
  6. Pituitary drive technique, pineal, light therapy. When the lights are on, the pineals are on. When you turn off the lights, the pineals turn off. May also be a TMJ problem.
  7. Fluid retention—use B6. Estrogen inhibits B6 dependent enzymes.
- Athletic Amenorrhea (specifically runners) tends to have a decreased level of estrogen resulting in a Ca problem and should increase Ca levels to 1,500 mg. per day (same as postmenopausal females).

## ANEMIC

Often, these patients don't need iron; they need to acidify their often alkaline gastrointestinal tract—use Lactic Acid Yeast (S.P.).

## ANTACIDS

- Interfere with vitamin and mineral absorption.
- Supplement with vitamin B1—10–20 mg Bio-B Complex (B.R.).
- Take calcium and phosphorus.

## ANTIBIOTICS

- They kill unwanted and wanted germs. Some of the wanted germs don't always return on their own.
- A common, recurring problem for women is the vaginal yeast infection. This usually occurs after antibiotic therapy which kills all of the unwanted germs but also kills the wanted germs, and then the yeast or other germs take over the vaginal area and cause trouble. See "Yeast Infections" section for more information.
- They also kill off normal intestinal bacteria. This causes diarrhea, especially in children. Problems that occur are decreased synthesis of vitamin K and decreased utilization of Ca, Na, folic acid, and vitamin B12. Patients can avoid this by taking Lactobacillus Acidophilus every day they are on antibiotics (or eat homemade, unsweetened plain yogurt), and continue taking it for a week to ten days after the antibiotic therapy has stopped.
- If diarrhea develops after their use, use Zymex Wafers (S.P.).
- After their use, use acidophilus, buttermilk, or plain yogurt enemas.

## ANTI-INFLAMMATORIES

"Aspirin, Butazolidin, and Indocin are usually used for arthritis, bursitis, tendonitis, and rheumatism problems. If patient is on any of these, use B Complex and 1-2 grams of vitamin C per meal."

Dr. Wright's Book of Nutritional Therapy, J.V. Wright, M.D., Page 369.

## ANTIVIRAL

Use Selenium.

## ARMS

- If arms feel heavy, check deltoid. Also, check PMS (liver) and PMC (stomach).
- If arms feel like lead (very heavy), check the infraspinatus.
- Armpits: sweaty—don't perspire enough other places. Use a lemon on your skin. Take a pint of hot drink with lemon, and soak in a hot bath with lemon (also, wrap the body in a plastic sheet to increase general perspiration).

## ARTHRITIS

- Liver problem—check Betacol (S.P.).
- Arthritics have very sluggish livers.
- Arthritics usually are constipated, caused by Guanidine (the most alkaline substance known) in the liver which creates an alkaline body, which causes the blood to be alkaline, which causes Ca decrease, which causes calcification.  
Therefore, the treatment should be:
  1. Acidify the body.
  2. Detoxify the body.
  3. Get rid of the constipation.
- Don't use mineral oil because it is indigestible and vitamin A is soluble in it. Vitamin A cannot be reclaimed and vitamin A tends to protect against arthritis.
- Needs B6.
- Precipitated Ca in the bone-arthritis-phosphorous deficiency.
- Use vitamin C as a preventative and cure!
- Allergic arthritis. This is an allergy which manifests itself with arthritis signs and symptoms.
- Degenerative arthritis—don't use milk.

## ARTHRITIS—OSTEO

- Use Ammonium Chloride—(Betaine Hydrochloride or Cal-Amo (S.P.)).
- Osteoarthritis patient with calcium deposits.
- There is more Ammonium Chloride in Cal-Amo than in Betaine HCl.
- Use Ostarplex (S.P.) for stiffness and swelling of the joints. It contains 30% Betacol, 30% Phosfood Liquid, 20% Ostrophin PMG, 10% Cal-Amo, and 10% Cataplex G.
- *Diet:* Don't eat any citrus fruits or high carbohydrate foods (i.e., natural or refined dates, figs, honey, etc.)

## ARTHRITIS (continued)

-- *Ear:* Fresh vegetables and fruits (most desirable are bananas and potatoes). Raw potato juice is excellent. Whole grain cereal is good. As much as possible, proteins should be from fish and fowl. Yogurt is excellent when constipation is a problem.

-- *Nutrition (Standard Process):*

1. Betacol—joint pain, rheumatic swelling, inflammation. Take 1– 3 times a day.
2. Thymex—rheumatoid, inflammatory condition. Take 1– 3 times a day.
3. Drenamin—allergy. Take 3 times a day for 3 days; then 6 to 9 times a day thereafter.
4. Arginex—liver and kidney. Take 6 times a day; then 1 to 3 times a day.
5. Use Calcium Lactate.
6. Use Rumaplex—contains Ca, B, bone protomorphogen, and protein. Ingredients: 20% Cyroplex, 10% Ostrophin, 8 1/3% Calcium Lactate (fortified), 16% Arginex, 10% Calcifood, 8 1/3% Brewer's Yeast, 16 2/3% Betacol, and 10% Prost-X.
7. Check Nutrimere. This is a whole protein product.

-- *From Product Bulletin\* (Standard Process):*

1. Ferrofood—take 1– 3 times a day.
2. Cyruta-Plus (inflammatory condition)—take 1– 2 times a day.
3. Biost—take 1– 4 times a day.
4. Thymex—rheumatoid inflammation—take 1– 3 times a day.
5. Drenatrophin—joint inflammation—take 1– 3 times a day.
6. Ostrophin PMG—take 1– 4 times a day.

\*To order *Product Bulletin*, send check for \$20.00 to AK Printing, Box 551, Geneva, OH 44041.

## BELCHING

-- *Signs and Symptoms:*

1. Lack of Betaine HCl.
2. Hiatal hernia.
3. Vasomotor disturbance.
  - Blood pressure: (1) less than 120, (2) 120-140, and (3) more than 140.
  - Put pressure at side of right D5, both sides of D10, and both sides of L2.
  - For (1) and (2) blood pressure: take this as the standard blood pressure. Run your fingers down the TP; use cold on areas that are red, and hot on white areas; or use a hard adjustment. For (3) pressure, use heat only.
  - Less than 120 blood pressure: cool red spots or use a hard adjustment. Heat white spots.
  - 120-140 blood pressure: same as above.
  - More than 140 blood pressure: use only heat.

## **BILE**

- Can be thinned with A-F Betafood (S.P.).
- Betaine (Betafood (S.P.)) increases metabolism of some bacteria. Don't give to a patient with an infection (respiratory, etc.).
- Bile salts dosage (with heavy meal): 1 the first day, 2 the second day, and 3 the third day.
- Bile salts thicken thin mucus.
- There is a caution to using Betaine with an infection (Betafood (S.P.)). Because the Biotics product Beta-Plus is made from organic whole beets it may be a good idea to caution its use here as well.

## **BLEPHAROSPASM**

- Patient usually has a problem with occiput posterior.
- Use PRYT (pitch, roll, yaw, and tilt technic).
- Give chelated trace minerals.
- Comes and goes.
- Electron poisoning EBA—e-Poise (S.P.)

## **BLISTERS**

Very small on the palm of the hand—use bile salts.

## **BLOOD**

- Copper and iron are needed together (a balance).
- Lack of folic acid creates problems.
- Use Folic Acid-B12 (S.P.). When giving folic acid, use B12 with it to prevent possible Pernicious Anemia. (Folic Acid 800, B.R.)

## **BLOOD INFORMATION**

The ratio of phosphorous to calcium is 4 to 10.

## **BLOOD PRESSURE**

- High Blood Pressure Symptoms: flushed complexion, headache, overweight, high cholesterol, and high triglycerides.

- High diastolic—look to the kidneys. The prostate could be putting pressure on the bladder; this pressure is forcing the urine back into the kidneys. Decrease salt consumption to zero.
- Run your fingers down the sides of the spine and look for red and white areas. Cool the red areas and heat the white areas.
- Ragland Test—blood pressure goes up 20-30 points—usually indicates a highly-excited state.
- Use garlic to decrease blood pressure. It decreases dizziness, headaches, and lowers serum cholesterol.
- Elevated systolic/diastolic—consider Antronex (S.P.). Give patient 2 tablets; wait 10 minutes and take the blood pressure again. If it has decreased, the cause is partly due to a congested liver. Do not forget carotid sinus protocol.
- New, recent information, high systolic/diastolic—check against Arginine. If patient weakens on Arginine, check patient against Arginase (Arginex—S.P./L-Arginine-B.R.), Calsol (S.P.), Folic Acid-B12 (S.P.), and SOD. A source of SOD (Dismuzyne Plus-B.R.) may also be necessary to maintain proper blood pressure levels.
- Low blood pressure—use Cataplex B (S.P.). Adrenal support if indicated.

## **BLOOD VESSELS**

"To increase elasticity, try magnesium."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Page 330.

## **BODY ODOR**

- "Needs Calcium Lactate and Magnesium Chloride (especially magnesium) for 3-4 weeks.
- If magnesium doesn't work, try zinc."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 328-331.

## **BREASTS**

- Lumpy—fibrocystic disease. This is a lumpy breast without cancer.
- One-half of all women have lumpy breasts.
- Lumps:
  1. Fibroadenomas—smooth, round, solid, and freely movable (like a marble). They should be removed. They won't go away. They increase in size during pregnancy and lactation.
  2. Pseudolumps—distinct in a lumpy breast and change in size with menstrual cycle. They are sore and tender in women in their thirties.
  3. Cysts—fluid-filled sacs. They are painful and appear overnight; are common in women in their forties; are benign; and can be treated (drained) with a needle by their M.D. or D.O.



4. Cancer—hard and usually not tender; are movable or fixed in postmenopausal women; and need a biopsy.
  5. Check fascia lata—use N.L. for correction.
- With lumps, stop caffeine consumption for a month or two. Expect a reduction in the size and/or fewer lumps. This is an allergic response.

### BRONCHITIS

Shortness of breath—usually D1 left, TP to left inferior, SP to right.

### BRUISING

Use Chlorophyll Complex Perles (S.P.), bioflavonoids, Cyruta-Plus (S.P.), vitamin C, and vitamin K (Chlorocaps-B.R.).

### BURNS

- Use Chlorophyll Ointment and Wheat Germ Oil (an antioxidant).
- Put burn under cold water as soon as possible.

### BURSITIS

- Needs HCl in the tissues. Use Cal-Amo (S.P.)—1 every hour.\*
- This is a spot, a hot spot. Very, very sensitive; not a general shoulder ache. Needs to be acidified. Use Cataplex ACP and Cataplex E (S.P.)—6 per day. Limit the motion; use cervical collar; needs taping.
- Check the liver, adrenals, and kidneys.
- Bursitis can occur in the spinal area as well.

\*Too much Cal-Amo (S.P.) will cause diarrhea, a burning sensation in the throat, or yawning (Acidosis).

### CALCIUM

- Serum Phosphorus/Calcium ratio should multiply to 40.
- Patient who is nervous and jumpy needs calcium.
- With a deficiency, patient gets infections and colds easily. Use Calcium Lactate.

## CALLUSES

"Very heavy calluses on the feet or any part of the body (i.e., elbows, hands, etc.)—consider using vitamin A."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 287-293.

## CALVES

- If you squeeze the calf and it is tender, patient needs Cataplex B (S.P.) or transferred form (example: Cocarboxylase Pyradoxyl 5, phosphate, etc.). (Biotics Bio B-100)
- Check gastrocnemius, posterior tibialis for adrenal support.
- Check for possible Hidden Cervical Disc.

## CANKER SORES

- Use Calcium Lactate and Cataplex F (S.P.).
- Test for B6 need (B6 phosphate, B.R.).

## CARPAL TUNNEL SYNDROME

- Use Biost (S.P.) and B6.
- After mechanical correction, use a wrist support.

## CATARACTS

- Use Cataplex B (S.P.) (includes B4).
- Precipitated Ca in the eyes—phosphorous deficiency—sulphur, use glutathione (Dismuzyme Plus 5000, B.R.).

## CHLOROPHYLL CAPSULES

"They are a good source of magnesium and potassium."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Page 329.

## CHOLECYSTITIS (GALLBLADDER)

- Check with Murphy's Sign.
- Thin the bile with Iodine and A-F Betafood (S.P.).
- Acute:
  1. Stop all food.
  2. Drink a lot of hot water (as hot as you can stand it). This dilutes the bile.

3. Use a cold pack over the gallbladder.
4. Enemas—repeat several (acid) to clean out the gut (one quart water and juice of one-half lemon).

-- Chronic (with or without stones):

1. A-F Betafood (S.P.).
2. Bile salts to promote function (Beta-Plus (B.R.) contains purified bile salts and whole bet concentrate (betaine).
3. Olive oil and lemon juice in equal amounts.
4. Zymex Wafers (S.P.) for change in bowel flora.

## CHOLESTEROL

"Try magnesium to decrease cholesterol."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Page 330.

Nitric Oxide routine using Arginex (S.P.), Ca, Mg, folic acid, and SOD (Dismuzyme Plus, B.R.).

## COLDS

- Take Calcium Lactate (S.P.) and vitamin C so the cold won't take hold.
- Check need for Cataplex A-C (S.P.).
- Fast—use spring water—whole fruit sparingly.
- Don't drink citrus juices. They make the gut alkaline; you want to acidify it. Use Ascorbic Acid and Betaine Hydrochloride.

## COLITIS

- Emergency measure: mono-diet—one food per meal, then use a rotation diet (every 4 days).
- Use chlorophyll for local irritation.
- Latonex (from drug store—needs to be refrigerated). Can be used orally and rectally.
- Selenium (SE-Zyme, B.R.)—patient may show a need for this.
- Look for an allergy problem.
- Use Vitamins A, D, and B complex.
- Restore pH and intestinal flora.
- Check: lumbar, pelvis, pituitary gland, adrenal gland, and electrolyte support.
- Check for alkaline urine and the need for K source.

## COLITIS

- "Increase bran. Use 2 rounded tablespoons on breakfast cereal.
- Replace white flour with whole grain flour.
- Take a dose of lactobacillus acidophilus per day (liquid or capsule).
- No sugar.
- Use whole animal intestinal substance."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 92-93.

## COLITIS—ULCERATIVE

For relief from pain, use 1 teaspoon of Gastrex Powder (S.P., although the compfrey has been removed from this product, also use Gastrazyme, B.R.) in warm water and drink it. If it tastes bad, use some honey in it. Expect quick results.

## CONSTIPATION

- Stretching the buccal membrane often will increase peristaltic action.
- Upon rising, drink 8 ounces of cold water.
- Increase physical activity; walk a mile daily.
- Sluggish thyroid.
- Sluggish liver and gallbladder. May need some bile salts.
- For chronic constipation, use Lactic Acid Yeast (S.P.), Disodium Phosphate (S.P.).
- Needs dietary fiber—raw, whole vegetables. Put through food chopper and eat them. The food chopper is important.
- Needs digestive enzymes and/or HCl and/or Zinc.
- May need Essential Fatty Acids.
- Dilated colon—needs vitamin B (transferred form--Bio-B100, B.R.).
- Patient seldom needs a laxative. A laxative leads to depleted bile—leads to inadequate absorption of fats—burns sugars—decreased sugars—craves sweets—decreased roughage (unrefined CHO)—laxatives.
- Emotional—if you have to go, go! Get into a regular habit.

## CONTRACEPTIVES—ORAL

- *Signs and Symptoms:* Mood swings, depression, sleeplessness, complexion problems, dry or flaky skin, fluid retention, hair loss, "lifeless" hair.

-- *Nutrition:* B6\*, a high potency B complex, and multiple minerals (P.M.T., B.R.).

\*Use transferred form pyridoxyl 5 phosphate (B6 Phosphate, B.R.).

## CORTISONE

- "Side Effects: gastrointestinal ulceration, delayed wound healing, hypertension, and suppression of natural immunity.
- If patient is on Cortisone, use the following supplementation: Vitamin A 50,000 I.U. a day; Vitamin E—100-200 I.U. a day; and Chelated Zinc 50-100 mg. a day (Zinc stimulates enzymes involved in wound healing).
- Long-term use can cause osteoporosis; therefore, add Calcium—800-1200 mg. a day, and Vitamin D to utilize the calcium."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 369-370.

## COSTO-CARTILAGE

If there is tenderness, give Iodine; it works like a miracle. Use Iodex Ointment locally.

Dry Cough: D1, therapy localize and challenge—usually left TP to left and superior and SP to right.

## CRAMPS

- Calf muscles at night—give iodine and calcium. Check and correct pronation.
- Calf muscles, anytime—give sodium and calcium. Check and correct pronation.
- Hamstrings—need calcium and HCl.
- Leg—restless leg:
  1. Vitamin E and Selenium.
  2. Check lingual C; then C.
- Leg, stomach, etc.:
  1. Give calcium (needs acid media) and magnesium.
  2. Cramps accompanied by a body odor—use Calcium Lactate and Magnesium Chloride.
  3. In one foot—give phosphorus.
  4. Cataplex E-2 (S.P.) is good for all cramps but best for heart cramps. It works within 10 minutes. For speedier relief, have patient chew Cataplex E-2 (S.P.) and Cataplex G (S.P.) (vasodilator).
- Avoid tea, coffee, and chocolate.

## CRYING

- Needs iodine and/or Cataplex G (S.P.).
- Chlorine in water will kick out iodine.

- Riboflavin and niacin deficiency (Bio-B 100, B.R.).
- Check parotid gland.
- Use Iodex—rub it into the root of the neck.
- Check manganese and calcium.

### **CYSTITIS**

- See "Urinary Infection" section.
- See book "Cystitis" by A. Klinmartin.
- Check need for Cataplex A (S.P.).
- Check for allergies.
- Check for K need.

### **DANDRUFF**

- Check for allergies.
- Stop frequent hair washing; brush instead.
- Give vitamins A, B6, Cataplex F (S.P.), E, and Selenium (S.E.-Zyme, B.R.).

### **DANDRUFF**

- "Give Essential Fatty Acids, Zinc, and vitamin B.
- No sugar."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Page 29.

### **DEODORANTS**

Some deodorants have aluminum in them. This penetrates the skin and destroys the phospholipid material which protects the nerve cells. The muscles are short-circuited and the person stops perspiring. As soon as the person builds more protective phospholipids around the cells, he starts perspiring again.

### **DEPRESSION**

Check need for Tryptophan and B12.

## DIABETES

- Use Pritikin Diet.
- Use Chromium (CR-Zyme, B.R.).

## DIABETES MELLITUS

One of the first symptoms is numbness in the fingers and toes.

### DIARRHEA

- Chronic, low grade—may be an absorption problem. Fix the small intestine.
- HCl and Thymex (S.P.) are excellent for stopping diarrhea even if it has been in existence for years.
- Use Lactic Acid Yeast (S.P.), also Zymex (S.P.), also Kaolin and Pectin.

## DIET

- "Men need more vitamin C than women (2 grams a day for men and 1 gram a day for women).
- Men have more heart attacks than women.
- Eat onions and garlic. They are anti-heart attack diet foods.
- Don't drink milk. It increases the chances for heart attacks.
- Take Lecithin—1 tablespoon a day; Vitamin E—400 I.U. a day; Essential Fatty Acids—1 tablespoon a day of either safflower oil, sunflower oil, wheat germ oil, linseed oil, or corn oil; and Vitamin C.
- For the prostate—give Zinc and Essential Fatty Acids. Pumpkin and sunflower seeds are a good source of both. Eat seafood, liver, and mushrooms or take 20-30 mg. of Chelated Zinc daily.
- Side Note: always take Vitamin E with Essential Fatty Acids."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 400-433.

## DIET—ALLERGIES

Take vitamin C to body tolerance doses; B6 (50 mg.) helps to avoid kidney stones; pantothenic acid (1 1/2 grams plus) (best source in food is leafy vegetables); and B complex (50-200 mg.).

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D.

Use compatibility diet—write to Dr. Goodheart's office for copy.

## DIET—CANCER

- "Include nuts in your diet (peanuts are a legume, not a nut) along with millet, berries, fruit, three or four peach/apricot kernels daily, lentils, chick peas, and beans.
- Need a high fiber diet. There is a lower rate of cancer in vegetarians.
- Don't eat foods with synthetic chemicals, flavors, colors, or preservatives.

- Take the following supplements daily: Vitamin C (1-3 grams or more), Vitamin E (400-800 I.U.), B Complex (10-20 mg.), and Vitamin A (has antitumor activity - 20,000 I.U.)."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 425-426.

Older patients—check Arginine and Lysine (B.R.) for low thymolin..

### DIET—DEGENERATIVE ARTHRITIS

- "Avoid the nightshade family of foods (tomatoes, potatoes, peppers, eggplant, and tobacco).
- Eat foods rich in B vitamins and also take Vitamin B Cataplex (20-50 mg.).
- Take Vitamin C\* (1-3 grams) and a good source of calcium and magnesium.
- Look for an allergy problem."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 426-428.

\*N.B.: Cataplex C (S.P.) in high numbers is ususally very effective. GJG

### DIET—DIABETES

- Eliminate refined sugars and processed foods.
- Take brewer's yeast and eat liver for chromium. If you take chromium tablets, you will need 1,000 mcg. or 1 mg (CR-Zyme, B.R.).
- Get internist consultation.

### DIET—HYPERTENSION

- Cut down on salt. Eliminate bacon, ham, cottage cheese, most other cheeses, lunch meats, olives, pickles, and sausage. Most important is eliminating the salt shaker.
- Increase foods with potassium (fresh fruits, vegetables, and fruit juices).
- Supplemental foods: brewer's yeast, wheat germ, blackstrap molasses, and sunflower seeds.
- Don't drink softened water.
- Eat more vegetables than red meat.
- Try to control and change the sodium/potassium ratio.

### DIET—KIDNEY STONES

- "Take Magnesium—50 mg.; B6—10 mg.; and Vitamin A\*—20,000 I.U. They are better than a low calcium diet.
- Magnesium is found in nuts, seeds, and whole grains.
- B6 is found in liver, nuts, seeds, beans, lentils, brewer's yeast, and wheat germ.
- Vitamin A—a good source is deep green and yellow vegetables."



**\*N.B.:** Low-dose Cataplex A (S.P.), high-frequency also very useful. GJG

### **DIET—OLD PEOPLE**

- "B Vitamins—especially Niacin, B12, Folic Acid, and Choline—50 mg. tablet—2 times a day.
- *Side Note:* Niacinamide doesn't give a vascular flush like niacin does!
- Choline—may be anti-senility vitamin. Lecithin is a good source—1 tablespoon a day.
- Vitamin B12 injections decrease chronic tiredness and increase mental alertness. Patient should learn how to inject himself (cheaper).
- Folic Acid injections—2-4 mg. per month.
- Vitamin E\*—800 I.U.—don't take if you have hypertension. Use 200 I.U. maximum for rheumatic heart disease.
- Protect from osteoporosis and prostate problems.
- Concentrate on vitamin-rich foods first; then supplements.
- Alfalfa and kelp are excellent sources of minerals (watch the salt in kelp if patient is hypertensive).
- Brewer's yeast is a good source of B vitamins and other nutrients.
- Wheat germ, desiccated liver, and rice polishings are good sources of concentrated nutrients.
- Eyes—need Vitamin A\*\*—50,000 I.U., and Zinc—50 mg."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 420-423.

**\*N.B.:** Lower dose Cataplex E (S.P.) may often suffice—2 units 10 times daily. GJG

**\*\*N.B.:** Lower unit level Cataplex A (S.P.)—1,500—often useful. GJG

### **DIET—OLDER WOMEN**

Supplement diet with calcium. It decreases the chances of Osteoporosis and Osteomalacia.

### **DIET—OPTIMUM**

1. "Highest nutrient foods are nuts, seeds, beans, and whole grains. They have all the nutrients for growth.
2. Fresh, raw vegetables. Eat a wide variety without chemicals or wash them thoroughly.
3. Fruit and berries. Eat a wide variety without chemicals or wash them thoroughly.
4. Good water.
5. Seafood. Eat a wide variety. Put shellfish at the bottom of the list.
6. Eggs—fertile if possible.
7. Chicken, turkey, and rabbit.
8. Milk, pork, and beef. Milk should be kept at a minimum; pork and beef should be at the bottom of the list.

## DIET—OPTIMUM

Items 1-4 are the best. The number represents the acceptability. If it is difficult to comply with the above recommendations, try to stay as close as possible.

**Don't eat foods with:** synthetic food chemicals, artificial flavors, colors, preservatives, sugar (refined), white flour, or other highly processed foods."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 428-433.

## PREGNANCY SCHEDULE\*

### *Daily Nutrition (Standard Process):*

1. Catalyn—3 (Multiple essential food factors)
2. Calcium Lactate—6-18 (Ionizable and diffusible calcium)
3. Chlorophyll Perles—3 (Sex hormone precursors; prothrombin factor)
4. Biost—3-6 (Biologically active uncooked veal bone calciumprotein-enzyme complex)

*Note:* Some researchers feel that a low phosphorus intake is indicated in pregnancy, especially the last trimester when phosphorus levels rise, probably due to thyroid stimulation.

### *Physiological Considerations:*

There is probably no time that the responsibility of the parents is greater towards the health of their children than that regarding the nutritional care given during the prenatal period. If possible, nutritional programming should begin several months before conception.

One factor is very evident and that is that the diet requires very careful consideration. Plain foods high in natural vitamins, minerals, and other nutrients should be recommended. All synthetic and highly refined foods should be removed from the diet. This includes white flour and sugar and all processed or synthetic fats.

There is probably no better discussion of the results of malnutrition in pregnancy than that given by Dr. Weston A. Price, D.D.S., in his famous book "Nutrition and Physical Degeneration." Note particularly pages 408 and 411, which gives pictures of some cases in point and results of nutritional therapy in 540 obstetrical cases.

\*Excerpted from the *Therapeutic Food Manual*. To order, send check for \$35.00 to AK Printing, Box 551, Geneva, OH 44041.

## DIET—WOMEN

- Try to eat like a primitive man (i.e., natural, fresh, raw foods).
- Need more iron during the menstrual years.
- *Special needs:* foods containing iron such as liver, organ meats, meats in general, fish, beans and other legumes (lentils, peas, chick peas), potatoes, dried fruits, blackstrap molasses, and wheat germ. Iron will absorb better with animal rather than plant food. Iron foods and Vitamin C (combination) will double the absorption. Good for anemia (best way to determine need is

## DIET—WOMEN (continued)

with a blood count). Iron—30–50 mg. a day of chelated or ferrous gluconate is right for most women.

- Do not take Vitamin E, Vitamin A, or Essential Fatty Acids with iron. Separate them by 3–4 hours.
- B6 and B Complex for menstrual problems/hormone problems. Eat whole grains, nuts, seeds, beans, lentils, liver, organ meats, wheat germ, and brewer's yeast.
- Good sources of calcium\* are milk, cheese, and other dairy products. Other sources are deep green leafy vegetables (especially beet tops, dandelion greens, swiss chard, kale, parsley, turnip greens, and watercress); soybean products; salmon; and sardines. Take a calcium supplement balanced with magnesium.
- Sugar—none—it is refined and lacks nutrients. It also uses up the B vitamins.
- Take these supplements: Iron, Calcium, B vitamins, Vitamin E (400 I.U. without iron), and Vitamin C\*\* (1-2 grams)."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 407-412.

\*N.B.: Many people do not tolerate cow's milk sources of calcium. Oddly enough, many of those can tolerate cheese products. GJG

\*\*N.B.: Low-dose Cataplex (S.P.) products also very useful. GJG

## DIGITALIS

- Found in the Foxglove plant.
- Supplement diet with foods rich in potassium: bananas, orange juice, other fruit juices, and fresh green vegetables.
- Give vitamin C—2 to 3 grams a day (Bio-C Plus 100, B.R.)\*.

\*N.B.: Cataplex C used frequently relieves breathlessness. GJG

## DILANTIN

- If used long enough, it will cause: (1) convulsions, and (2) a deficiency of folic acid.
- Will interfere with vitamin B12 and folic acid absorption.

## DISC

- For disc problems, take 2 to 3 grams of vitamin C, (Bio-C Plus 1000, B.R.).
- Use A-C Carbamide (S.P.) to dehydrate a swollen disc.
- Use manganese to strengthen disc capsule and ligaments.

## **DISEASES—DEGENERATIVE**

- Use Super-Eff (S.P.).
- Avoid using products containing aluminum. It destroys the phospholipids which protect nerve cells. There is aluminum in deodorants which destroys the protective sheath around the cells.
- Source of galactosides from safe, raw milk. (Biolac from Nutri-West)

## **DIURETICS**

If a patient must take diuretics, use the following diet: foods rich in potassium (raw vegetables, fruits, and nuts); magnesium (nuts, whole grains, and greens); B complex (wheat germ, liver, and beans); and vitamin C (fruits, melons, and peppers). These foods should be eaten daily. If patient takes diuretics because of menstrual problems, use B6 (50-100 mg. a day, B6 Phosphate, B.R.).

## **DREAMS**

- For nightmares, use AC Carbamide (S.P.) (a diuretic). There could be a kidney function problem. Check for psoas weakness.
- Check for NH<sub>4</sub> (ammonia) by smelling.
- No dreams—patient needs vitamin B6.

## **DYSMENORRHEA**

- After you adjust everything, give zinc for back pain and magnesium for front pain.
- Use a diffusible calcium for about a week before menses.
- Failure to produce progesterone:
  1. Needs available Ca, may be assisted with HCl, and Cataplex F and Cataplex D (S.P.).
  2. Needs adequate supplies of protein and iron.
  3. Needs pituitary and thyroid support.
  4. Could need cranial corrections.
  5. Structure (typically sacrum).
  6. Toxic elimination—look for source.
- There are five possible causes:
  1. Ca metabolism—use Calcium Lactate—1 every hour or 1 every 15 minutes until pain stops.

## **DYSMENORRHEA (continued)**

2. Spinal and pelvic subluxations—adjust.
3. Visceroptosis—dropped uterus. Use uterine lift technic.
4. Ileocecal Valve Syndrome.
5. Endocrine and hormonal imbalances—check for adrenal/thyroid and/or estrogen/progesterone imbalances. Use ovary, uterus, and pituitary supplements. Check liver, large intestine, vitamin B levels, etc.

## **EARS**

- Check the upper trapezius and lower trapezius muscles.
- *Nutrition:* Cataplex F, G, and C (S.P.).

## **EARS—INFECTIONS**

- Upper cervical structure.
- Allergies.
- NL drainage for ears including throat.
- Use of specific hot and cold packs on ears and throat.
- Finger drainage of throat lymphatics.
- Use dry or moist heat locally—for pain relief only.

## **ECZEMA**

- Allergy—usually in the bowel—caused by dairy products.
- HCl production is low; poor calcium absorption.
  1. Glandular support—adrenal, pituitary, etc.
  2. Use Unsaturated Fatty Acids, and B6 (B6 Phosphate, B.R.).

## **ECZEMA**

"For the type that appears in front of the elbows, behind the knees, sides of the fingers in the "web" space, palms of the hands, wrists, forearms, down the legs, and behind the ears, give the following nutrition:

## ECZEMA (continued)

- Chelated zinc—50 mg. - 3 times a day.
- Vitamin C—1 gram - 2 times a day.
- Cod liver oil—1 tablespoon a day.
- Vegetable oil (soy, safflower, sunflower, etc.)—1 tablespoon a day.
- Pancreatic enzymes—2 tablets per meal."

Dr. Wright's Book of Nutritional Therapy. J. V. Wright, M.D., Pages 32-43.

## EDEMA

Check the liver.

## ELBOW

Tennis elbow: wrist extensor, supinator, extensor carpi radilai, extensor ulnaris. Also, check adductors—therapy localize elbow against opposite knee, fix least sensitive—push hyoid to side treated at the same time.

## ENEMAS

- Coffee (fresh ground)—1 quart water plus 1 cup coffee—for liver problem.
- Acid cleansing—1 quart water plus 1/2 lemon—as an acidifier and detergent.
- Salt—1 quart water plus 2 teaspoons salt—for mucus.
- Water—for hydration.
- Apple cider vinegar—1 teaspoon to 1 quart water—to acidify the bowel.
- Lemon—for cleansing.
- Chamomile tea—1 cup tea to 1 quart water—to detoxify.
- *Side Note: Preparation should be in stainless steel or glass container only! Never use aluminum container! They are toxic!*

## ENERGY

Check occiput, diaphragm, ileocecal valve, and dorsal lumbar fixation.

## ENURESIS

- Check meridians—check cervicals and trapezius.
- Low back mechanics—trapezius and diaphragm.
- Relates to allergies—dairy products.
- Other possible factors: Calcium and B complex deficiency (Bio-B 100, B.R.), cranial, and emotional.
- Check thyroid, PMC, etc.—treat to stimulate thyroid.

## EPILEPSY

- Occipital lesion—check B&E technic.
- Cranial extension.
- Allergy—hypoglycemia—always the ileocecal valve.

## EPISTAXIS (NOSEBLEEDS)

- Allergies—give vitamins A and C.
- May need light-touch silver nitrate stick.
- Check need for vitamin P (Cyruta Plus (S.P.) has more vitamin P).
- Check blood pressure.
- Eat green vegetables for vitamin K. Deep green are best (spinach, cabbage, turnip greens, broccoli, etc.).
- Use Chlorophyll Complex (a natural source)—fat soluble.

## ESSENTIAL FATTY ACIDS

- Good source is safflower oil—1 teaspoon a day.
- Linolenic Acid cannot be produced by the body. It restores growth and prevents dermatitis.
- Best sources of essential fatty acids are seeds and nuts from which the vegetable oils are derived (sunflower, safflower, soy, and sesame are only a few). Be careful that seeds, nuts, or their oils are not **exposed to the air** because this will make them rancid.

## EXTREMITIES

- Burning and swelling of feet accompanying hot weather—use thiamine.
- Cold hands and feet—faulty protein metabolism.
  1. Treat liver and thyroid.
  2. Check cranial.
  3. Check hydration.
- Sweaty hands and feet—failure of proper kidney elimination.
  1. Problem usually in the pituitary and hypothalamus.
  2. Check cranial.
  3. Hydrate patient regardless of symptoms. Check tongue for moist condition.

## EYES

- Blurred vision, accommodation, sensation of "sand", redness of palms of hands, veins showing on chest and abdomen—use Cataplex G (S.P.) and consider Organic Minerals (S.P.).
- Blood shot eyes—generally need Cataplex G (S.P.).
- Heavy liddedness—check for protein deficiency.
- Night blindness—use vitamin A (Bio A-E Mulsion, B.R.).
- Disorders—use Cataplex A-C (S.P.) and/or Cataplex A-C-P (S.P.).
- Use Iplex (S.P.).
- Color blindness is a trace mineral deficiency.
- Use Oculotrophin PMG (S.P.) (don't use if inflammation is present).
- Brilliant, blinding flashes of light across the visual field—give bile salts.
- Check the quadriceps and upper trapezius.

## EYES—INFECTION

- Check upper cervical structure.
- Correlate with liver congestion and treat.
- Use vitamins A and E (Bio-A-E Mulsion, B.R.).
- Use Boric Acid or Sodium Bicarbonate as an eye wash—1 teaspoon to 1 cup of water (usually requires bicarbonate).



## FASCIAL FLUSH

- When needed, test a strong muscle. Then stretch the same muscle. Now test it again. It will test weak. Therefore, patient needs fascial flush work. Iron the muscle out—any direction—just iron it out.
- Don't roll every muscle; only those that need it.
- Check the stomach and liver.
- *Nutrition:* use 15 mcg. of B12 and folic acid.

## FAT ABSORPTION

- For poor-fat absorption, use Beta Carotene (Bio A-E Mulsion, B.R.).
- Check small intestine NEHT.

## FATIGUE—CHRONIC

### Diaphragm:

- Hold breath (should not be less than 40 seconds).
- Lead toxicity.
- Psoas test.
- Therapy localize diaphragm.
- Snider test (blowing out a match).

Fatigue in the morning, look for a tender spot on the sternum and use strain-counterstrain (spot is around the fourth rib).

- Check PMS—strong.
- Cross arms (anterior). Check for anterior dorsal.
- Use strain-counterstrain.
- Good for adrenal-type patient.

In order to have energy and prevent fatigue, the pancreas, liver, and adrenals all must function well together.

## **FEET**

- Sweaty and odors—kidney problem. Patient needs more water!
- While standing, three-quarters of weight should be on the heels.
- Cracked heels—thyroid problem. Patient needs Cataplex F and Iodine.
- Toes—numbness of toes and fingers usually is the first sign of Diabetes Mellitus. Numbness could also come from Carpal or Tarsal Tunnel Syndrome.

## **FEVER**

- Fever is a symptom and is not an enemy, but a friend. Therefore, the use of drugs in infections to bring the fever down has unexpected disadvantages.
- The temperature of a small infant may decrease seven degrees during a cold bath. A crying spell may increase it two or three degrees.
- The pulse increases by ten for each one degree of temperature.
- There are three types of fever: (1) continuous—elevated all during the day; (2) intermittent—daily fluctuations (two degrees or more); and (3) remittent—normal, then up, then normal for days.
- Adaptive—from work, climate, hormones, etc.
- Pyrogenic—from disease.
- The key is hydration.

## **FINGERS**

- Snapping fingers—Tenosynovitis—tendon with "ball" on it and it won't slide easily. Give B6—150 mg. a day for 1 1/2 months and eat pecans.
- Numbness and stiffness in the morning—usually C7—therapy localize and challenge TP and SP (usually SP to right and TP to left).
- Check appropriate rib pump.

## **FIXATIONS—VERTEBRAL**

- Use Octacosanal which is found in Wheat Germ Oil—three perles a day. This is especially indicated with fixation throughout the spine and pelvis.
- If there are chronic fixations even with using Chlorophyll Complex, look to the cranials.

## FLATULENCE

- Fix the Tensor Fascia Lata. Use Cyro-Yeast or Lactic Acid Yeast, Zymex Wafers, and Betaine HCl for intestinal bacteria balance.
- Use Cyrofood Tablets and/or powder (powder is crude form of Catalyn and one-third Calcifood).
- Use A-F Betafood—usually for liver and gallbladder.
- Use Betacol.
- Use Gastrex.
- Use Cholacol II for detoxification of the colon. Foul-smelling stools is a sign that colon is toxic.
- Use Zymex II.
- Use Zypan—HCl with pancreatic enzymes.

*Note:* Products listed are from Standard Process.

## FLATULENCE

- "Chronic gas may be an absorption problem.
- Use pancreatic digestive enzymes - two or three tablets with each meal."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 290-291.

## FOOT LEVELERS

- Scaphoid pads are for temporary use.
- Good for prevention if you are on your feet a lot.

## FREE RADICALS

- To neutralize free radicals, use Taurine, Cysteine, Methionine, Magnesium, B12, folic acid, and B6. The nutrients indicated are contained in Bioprotect and Bio-B 100 from B.R.
- Free radical quenchers: Niacinamide, Selenium, Essential Fatty Acids, vitamin E, vitamin C, bioflavonoids, and Super Oxide Dismutase (SOD)(Dismuzyme Plus, B.R.).

## GAIT

- Can be tested in a supine position—dorsiflex and plantar flex—the foot.
- Correct (sometimes) by correcting fixations that are found—with eyes into distortion.

-- *Nutrition:* Use EBA and/or trace minerals.

-- *Gait Point:*

1. Recurrent switching problems.
2. Walking.
3. Running.
  - a. You should consider 1, 2, and 3 in gait problems.
  - b. Anterior muscles flexors—lateral muscles abductor.
  - c. If you find more than one, look for a foot problem.
  - d. The points to be rubbed can be palpated.
  - e. Major source of incoming information.
  - f. Use an Acu-Aid on these points.

### GALLSTONES

- To help dissolve, cook the green leaves of the red beet. Then either eat the green leaves or mix 50% of the beet juice with 50% tomato juice. Drink one-half glass per meal for 48 hours. All symptoms will be relieved.
- Too much of the above juice will act as an irritant because of the Oxalic Acid (impairs Ca assimilation).
- Gallstones are cholesterol.
- You can also use a little olive oil, but the beet juice is best.

### GANGLION

Try B6.

### GLAUCOMA

Check A-C Carbamide (S.P.) product.

### GOUT

- Check Arginex (S.P.) (good for high levels of uric acid).
- Avoid protein.
- Use Folic Acid-B12.
- Premature loss—look at the thyroid function.

- Analysis—the minerals usually reported are Ca, Mg, Fe, Cu, Zn, Chromium, and Manganese. If five out of these minerals are low, suspect poor absorption.

## HEAD

- If head perspires, use vitamin D—400 units, 2 to 3 times a day.
- If hand is red, there is a liver problem—needs bile salts.

## HEADACHE

Temporal Area—hypotonicity of temporal muscles:

- Pain on top of head—uterine or prostate.
- Pain worse in morning—liver and thyroid.
- Pain in morning—check need for Cyruta (Standard Process).
- Pain and pressure behind eyes—pituitary swelling.
- Pain on one side of head—gallbladder.
- Switching from one side to the other side—gallbladder, pancreas, allergy.
- Pain at back of head—toxic headache related to liver, kidneys, bowels.
- Pain covering entire head—muscular strain. Use strain-counterstrain technic.
- If patient gets headaches when reading, have patient read, test muscle, then read backwards, and then test muscle. Could indicate switching.

## HEADACHE—MIGRAINE

- Upper cervicals.
- Allergies—usually affecting the pancreas, liver, gallbladder, and small intestine.
- Parietal Descent Technic—other cranials as indicated.
- Avoid the following foods: wheat, oranges, eggs, tea, coffee, chocolate, milk, beef, corn, cane sugar, and yeast.

## HEALTH PRINCIPLES

- "All of our food should be whole, unrefined, and cooked as little as possible.

- Avoid all synthetics in the diet.
- Beware of possible adverse reactions to even wholesome, natural food.
- Diet supplementation is always necessary for good health:
  1. A high-quality multiple vitamin and mineral supplement.
  2. Additional Ascorbic Acid.
  3. Additional Vitamin E.
- Recognize stresses in your life; don't ignore them. Find a way to eliminate them or adjust to them.
- See your Chiropractic Physician for regular checkups."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 356-365.

## **HEARTBURN**

- Use Gastrex Powder (S.P.). Mix 1 teaspoon of powder with warm water and drink. Patient will feel the difference immediately! If it tastes bad, use a little honey in it.
- Consider Phosfood Liquid (S.P.). If this increases the burning sensation in the stomach, this may mean that the patient has an ulcer.
- Often caused by hiatal hernia—treat accordingly.

## **HEART PROBLEMS**

- Irregular heartbeat—use Cataplex B (S.P.) (B1 and B4).
- Fibrillation—use Cataplex B (S.P.).
- Bundle Branch Block—use Cataplex B (S.P.).
- Low blood pressure—use Cataplex B (S.P.).
- Potassium and magnesium—occasionally effective in precordial and postcardial tap technic.

## **HEEL LIFT**

To evaluate correctly, evaluate after the patient has stood on the heel lift for 30 seconds.

## **HEMATOMA**

For a very bad hematoma, use pancreatic enzymes for four or five days (no longer than that because they can affect the folic acid levels). Cells can't heal without folic acid.

## HEMORRHOIDS

- Portal system congestion; lymphatic congestion.
  1. Hypothyroid, liver sluggish.
  2. Pelvic mechanics.
  3. Trigger point releases on anterior apex of Coccyx.
  4. Dilate rectum—use rectal ointment.
- Drink six to eight glasses of water per day.
- Check need for Collinsonia Root and A-F Betafood (S.P.).
- Check need for Cataplex A-C-P (S.P.).
- Check need for vitamin K (Chlorocaps, B.R.).

## HEPATITIS

- "Signs and Symptoms: swollen lymph glands, slight tenderness in the stomach area between the ribs, slightly enlarged liver, skin and eyes turn yellow, brown urine, and whitish diarrhea.
- For family prevention, get a gamma globulin injection.
- Give 25-50 grams of Vitamin C (Na Ascorbate) intravenously - 3 to 5 times. Side Effects: It acts as a chelating agent and removes Ca and other minerals from the bloodstream; therefore, IVs should have Ca in the solution. IV treatment is safe as long as Ca is included in the solution.
- Take as much Vitamin C, orally, as possible.
- Keep everything used for the patient separate bathroom, etc.)"

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 252-263.

- Check all five IVF factors for bowel and liver.

## HERNIA

- Fix abdominals O and I, SC, GTO, and Fascia. Neurological factor, stretch weakness, B12.
- Release Pectineus (entire muscle is usually short).
- Stimulation of muscle around hernia.
- Use Cataplex F (S.P.)—a low dose—often.

## HERPES

- Check need for HCl.
- Check adrenals.
- Adjust area of the lesion; look for rib lesion (on forced inspiration).
- Herpes Simplex: Give Ca, Cataplex F (S.P.), Essential Fatty Acids, HCl, and Lysine.
- Herpes Simplex II: use Wheat Germ Oil and Zinc.
- Herpes Zoster: Use Cataplex B (S.P.), B12, celery juice (large amounts—two quarts a day).
- Check strain-counterstrain in local area.
- Check acupuncture meridians.
- Glycerine—might work but Ca is better.
- Limit vitamin D.

## HICCUPS

- Look for ligament-interlink. Knead between the xiphoid process or the coccyx—a general diaphragmatic problem.
- Use a Uvula lift, limited costal respiration.

## HOT FLASHES

- Vitamin F, especially during menopause. Use Cataplex F (S.P.)—3 times a day for 3 weeks.
- Use bioflavonoids—100 mg.—3 tablets—4 times a day (Bio-C Plus, B.R.).
- Use Adrenal and Iodine.
- Check the L-3 Hologramic.

## HYDROCHLORIC ACID

- If you have to use hydrochloric acid for more than six months, check need for zinc, B transferred form (Bio-B 100, B.R.).
- Hydrochloride Products (Standard Process):
  1. Cal-Amo—used to acidify patients.
  2. Phosfood Liquid—used to acidify patients.



3. Betaine Hydrochloride—used to help digest protein and acidify patients.
4. Cal-Amo is the primary acidifying product.

## HYPOGLYCEMIA

- *Signs and Symptoms:* Unexplained tiredness, shakiness, foggy mind, extreme forgetfulness, depression, fits of anger, crying spells, headaches, mental confusion, and the desire to eat between meals.
- Primary hypoglycemia thought to be an insulin secreting tumor.
- Secondary hypoglycemia is what you hear about most of the time.
- Stimulants for hypoglycemia are: sugar, coffee, tobacco, colas, and alcohol. These should be avoided.
- *Diet:* High protein, low carbohydrate, with B vitamins, vitamins C and E. Eliminate all refined sugars and carbohydrates, all artificial colors, flavors, and preservatives. Patient needs zinc, calcium, and manganese.

## ILEOCECAL VALVE

- *Causes:*
  1. Upper cervical subluxation.
  2. Diaphragmatic hernia.
  3. Intestinal intoxication.
  4. Check WGC-Plus--Correct
- Therapy localize liver.
- Check kidneys.
- Smell breath of patient (lungs).
- Therapy localize entire bowel (rectum).
- Check hyperpsoas.
- Acidify the patient.
- Opened—may need acid and Chlorophyll Complex (Chlorocaps, B.R.).
- Closed—may need acid and calcium.

- Needs a proper pH; therefore, a high dose of vitamin C will close it very tight causing a closed situation.
- With acute problem, take a lemon enema after a bowel movement every day for as long as two weeks. Then, introduce good flora (lactobacillus acidophilus).
- Trick: with a closed ICV, have patient push back with abdomen, then release the pressure and really open it.

### IMBRICATION

- Shingle-like overlapping; something is jamming; a nagging, constant pain in the area where it exists.
- Predisposed by weak abdominals, hamstrings, etc.
- Can happen anywhere in the spine.
- Can be seen on an oblique film—Hadley's S Curve.

#### Challenge

1. Pull leg (hands above knee) down (foot between doctor's knees).
2. Check for a strong muscle becoming weak.

#### Correction

1. A very sharp thrust caudally with block just above imbrication.  
\*Don't do with a disc problem

### INFECTIONS—CHILD

#### "Recurrent Infection Recommendations:

1. No sugar (in or on anything). Honey is O.K.
2. No white flour. All breads and cereal products should be whole grain.
3. Avoid refined foods. Foods should be whole, natural, and fresh.
4. Supplements: Vitamin C (500 mg. with each meal and more when child is ill); Vitamin B Complex (should contain 10-20 mg. of each B vitamin—1 with each meal); Vitamins A and D (10,000 I.U. of A and 400 I.U. of D take 3 times a day); Zinc (chelated—25 mg. a day); and Thymus (1 tablet 3 times a day)."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 70-79.

### INFECTIONS—GENERAL RECOMMENDATIONS

- Fast.
- Allow only water and juices.
- Liberal use of enemas:
  1. Lemon enema for cleansing.

2. Apple cider vinegar.
  3. Coffee for liver detoxification.
- Acidify the system—usually with vitamin C (Mixed Ascorbate Powder, B.R.) to diarrhea limit.
  - Take a hot bath with a lemon rub to induce sweating and fever. Use a box of epsom salt in bath water. Rub the cut surface of a lemon all over the skin and immediately take a hot bath, followed by getting into bed and sweating.
  - Localized use of contrast packs—hot, cold—over a specific area of infection.
  - Treat the infection specifically.
  - Check need for Cataplex A-C (for colds, infections, etc.).
  - Infection Products (Standard Process):
    1. Cataplex A-C.
    2. Cataplex A-C-P.
    3. Cataplex C.
    4. Calcium Lactate.
    5. Thymex.
    6. Potassium Bicarbonate (not a Standard Process product—available at most pharmacies).

## INFLUENZA

- Take high amounts of vitamin C to diarrhea limit to acidify the body.
- Acidify the small intestine with HCl.
- Spleen—persistent, recurring low-grade fever. Use glandular extract to strengthen system.
- Liver—high fever—hydrate patient. Be very strict with diet.
- Any of the above may have a specific need for thymus or adrenal support.
- Use one bottle of citrate of magnesia—early—regardless of diarrhea.

## INSOMNIA

- Use Ca tablets—chew them just before you fall asleep.
- If patient can't get to sleep, use Ca and Tryptophan (Ca Lactate, Ca Orotate, Glycerol Phosphate).
- Think sleep!
- If patient always wakes up at the same time every night, check for a meridian problem; but usually it's a B complex problem.

- Decrease motion.
- Don't eat protein before going to bed. Carbohydrates allow better tryptophan availability.

### INTERMITTENT CLAUDICATION

- Patient can't walk more than a block without stopping. Therapy localize and challenge L1 and L4—usually SP of L1 to right, TS to left. Usually the same for L4.
  - Test the pulse at the ankle, behind the knee, at the hip, arms, and neck to determine if the flow of blood is "normal."
  - Can be caused by lack of a good blood supply.
  - Supplements per Wright: vitamin E\* (2,000 I.U. daily) or 2 units 10 times daily; Chelated Zinc (50 mg.—3 times a day); Chromium (1 mg.—2 times a day); vitamin C (1,000 mg.—3 times a day— increase a gram daily until diarrhea); Ca Pangamate (50 mg.—3 times a day—may be called B15 or Pangamic Acid).

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D.,

\*N.B.: Cataplex E (S.P.) 10 times daily—very adequate. GJG

### INTESTINAL GAS

- Gas forming microorganisms can only exist in an alkaline gastrointestinal tract. The bowel should never be alkaline.
- Check need for Lactic Acid Yeast (S.P.).
- Use Zypan (S.P.) or Hydrozyme (B.R.) Dosage: first day—3 with supper; second day—3 with lunch and supper; third day—3 with breakfast, lunch, and supper. Reduction should take place in the same order. Then stay on 2-3 tablets with supper.

### IODINE

- Iodine should not be taken with iron. It should be separated by 12 hours.
- Thick and heavy secretions in the sinuses or other areas in the body (vagina, etc.)—give iodine.
- Iodine increases mucinase in patients with thick mucus.
- Check need for parotid gland substance.
- Too much or too little iodine is bad.
- Iodomere (conch extract) from Standard Process is an excellent source of iodine and is somewhat antifungal.
- When the nose starts to run, back off.

- Bile thickness needs iodine.
- Iodine is needed when secretions are too thick. Secretions will be thinned out with iodine. Too thin—requires bile.

## IRON

- Iron should not be taken with iodine (separate from other supplements by 12 hours).
- Need for iron is determined by Bilateral Tensor Fascia Lata weakness.
- If nails are lined or if an infant's nails are turned up, give iron.
- Women need more iron during the menstrual years.

## ITCHING

- Rectal itching is a sign that HCl is needed.
- Vaginal and skin itching—use HCl.
- Take apple cider vinegar bath.
- Use USF Ointment (S.P.) for itching caused by exposure to the sun.
- Eyes (hay fever)—take 1,500 I.U. of vitamin A every 15 minutes and give HCl.
- May need zinc.
- Take Cataplex F, Calcium Lactate, Thymex, Cataplex A-C-P, and Dermatrophin (S.P.).

## JUICES

- Carrot—helps eliminate mucus.
- Alfalfa —rich in chlorophyll. Should be mixed with carrot juice because it is too strong alone. Good food for excessive gas and sinuses (mucus buildup—i.e., bronchial and asthmatic conditions including hay fever).
- Asparagus—contains large amounts of asparagine. Good as a diuretic when combined with carrot juice. It is also good for glandular and kidney problems.
- Beet—very powerful if taken alone. Take no more than two or three ounces with carrot juice, two times a day. Good for building the blood and cleansing the liver. Good for PMS and menopause.
- Carrot, beet, and coconut juice combination—good as a cleanser of the kidneys and gallbladder.

- Carrot, beet, and cucumber juice combination—very good as a cleanser and healer of the gallbladder, liver, kidneys, prostate and sex glands. Hot water and lemon juice is also good for these conditions.
- Cabbage—contains chlorine, sulfur, and iodine. The chlorine and sulfur cause cleansing of the mucus in the stomach and small intestine (must be raw cabbage juice without salt). It will form lots of gas if the small intestine is toxic.

### **KIDNEYS—INFECTION**

-- General:

1. Urine too alkaline—acidify. Check for K levels.
2. Pelvic mechanics—lumbar, sacrum, or coccyx.
3. Bowel congestion (possible allergy). Diet too high in sugar.
4. Needs adrenal support—Albaplex (S.P.) (high dose).
5. Use Arginex (S.P.) for detoxification of kidneys.

-- Acute Phase:

1. Use vitamins A and C—hourly.
2. Use juice of 1/2 lemon and 1 teaspoon of baking soda in 8 ounces of water —2 times a day.
3. Stop all protein foods.
4. Use unsweetened cranberry juice—2 glasses daily.
5. Increase water intake, and take Albaplex (high dose).

### **KIDNEYS—NEPHROPTOSIS**

- Psoas weakness equals occiput subluxation equals SCM imbalance equals strain-counterstrain.
- Side posture technique for kidney lift; leg pendulum technique.

### **KIDNEYS—STONES**

- Stones are usually oxalate—sometimes sulfate.
- Usually the problem is that the urine is too alkaline (usually due to an alkaline diet)\*; rarely is it too acid. Put patient on an acid ash diet (foods).
- Use orthophosphoric acid—30-90 drops per day.
- Give vitamins A, C, and E.

- Use Cataplex A from Standard Process because it is made from beef kidney lipids.
- Precipitated CA in the kidneys—phosphorous deficiency.
- For pain, use a towel dipped in cold water and place it over the painful area.
- \* Check ammonia/potassium axis.

## KIDNEYS—STONES

- "Take magnesium for calcium oxalate stones (it makes calcium oxalate more soluble).
  1. Chelated magnesium—100 mg.—2 times a day or magnesium oxide—100 mg.—3 times a day.
  2. B6—50 mg.—2 times a day.
  3. No more than 2 to 3 grams of Vitamin C daily.
  4. Eliminate high oxalate foods from diet especially spinach and rhubarb.
  5. Calcium limitation not necessary after a few weeks."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Page 268.

## KNEE

- Check for problems with: Sartorius, Tensor Fascia Lata, Quadriceps, Gracilis, Adductors, Hamstrings, and Gastrocnemius.
- Runner's Knee: check Knee Extensors, Rectus Femoris, and Quadriceps. Patella Bursitis.

## LACTIC ACID YEAST (Standard Process)

- *Signs and Symptoms*: Constipation (hard, dry stools), weight loss, foul smelling stools, body and breath odors, gas, and diarrhea.
- Produces lactic acid by fermentation of sugars and starches, thereby inhibiting the growth of toxic bacteria in the alimentary system.
- Acts to correct persistent alkaline stools—the major cause of chronic constipation. Patient may have to use it indefinitely.
- Very good for failure to gain weight.
- Will ferment any carbohydrate.
- Acts to acidify the large intestine.

## LACTOBACILLUS ACIDOPHILUS

- Good to use with antibiotics. Use three times a day during the time patient is taking antibiotics and for a week to ten days after.
- Lactinex tablets (may be able to purchase this from a drugstore) or Lactozyme (B.R.) or Lact-Enz (S.P.)—3 to 4 tablets with meals during the time patient is taking antibiotics and for a week to ten days after.
- Try to get refrigerated lactobacillus acidophilus.
- A good source is Ultradophilus from Metagenics

## LAXATIVES

Don't ever use them. Use bran instead!

## LEARNING DISABILITY

- *Program:* (1) put children on a "good" diet; and (2) take children off the medication (usually a stimulant).
- *Switching:* (1) Ocular lock—reading problems—do eyes work together; (2) therapy localize K27—palmar and dorsal surfaces; and (3) therapy localize cross K27—check gait, cranial. Check B6 and niacinamide. Consider Cross Crawl exercise.
- Check limbic—therapy localize bridge of nose. If muscle weakens, tap the nasal area bilaterally for 60 seconds. Recheck. Check for limbic subluxation at C7—1st rib. Adjust as needed. May also be subluxation at T12 —12th rib.

## LIGAMENTS

To tighten ligaments, use manganese for poor functioning ligaments (all of them). Success syndrome: (a) more adrenal stimulation than normal, (b) all five factors, (c) heavy dose of adrenal—six a day, and (d) zucchini every day increases sodium.

## LIGAMENT —INTERLINK

- Sacroiliac joints—sternal costal joints.
- Xyphoid—coccyx and sphenoid bone.
- General test for: any strong muscle (start with SCM). Therapy localize: knee, elbow; and knee and elbow. Push hyoid bone to 1 while they are therapy localizing the knee and elbow. Now whichever side, left or right, makes the muscle strong again, that's the side you treat with intermittent stimulation—30-40 seconds and holding the hyoid in that direction (the one that made



it strong); or, which one point is least tender (treat that side with the intermittent pressure for 30-40 seconds).

- *Nutrition:* use Cataplex G (contains riboflavin and niacin) and SOD (super oxide dismutase, Dismuzyme Plus, B.R.).

## LIVER

- Sluggish—there are two types:
  1. If fat gives the patient stress—give A-F Betafood (S.P.).
  2. If patient has arthritis and a bloated liver—give Betacol (S.P.).
- Check need for Cataplex B, C, G and Amino Acids.

## LUMBAR

Low back pain:

1. Deep muscular massage (with elbow) in Sacrospinalis muscle.
2. Thrust SP A-P from both sides using lumbar roll.
3. Exercises—pressure with hand on knees, with knees crossed.
4. Check WGC-PLUS—correct.

## LYMPH

- Lymph is actually blood plasma which escaped from the blood vessels by hydrostatic pressure (lymph vessel pressure is very low).
- Inactive patients should have massage and/or manipulation.
- Use Pectoralis Minor Technic (retrograde).
- *Nutrition:* Cataplex A (S.P.)—3 daily.

## MAGNESIUM

Good for cardiovascular disease, angina pectoris, lowering cholesterol levels, increasing blood vessel elasticity, irregular heart beat, balancing potassium and sodium, and body odor.

## MEMORY

- Poor memory—use RNA.
- A quick change in memory—look at the Supraspinatus muscle.

## MENORRHAGIA

- It is profuse bleeding at the time of menses which is a sequel of excess estrogen without the counter-balancing presence of progesterone.
  1. Failure of estrogen breakdown by liver.
  2. Toxic system producing secondary toxic elimination by way of the uterus.
  3. Allergies, bowel congestion, and structural problems.
  4. Emergency use—1,500 units of A 10 times daily—Cataplex A (S.P.).
- Put cold towel over abdomen.
- Give massive doses of Cataplex E (S.P.)—1 every 15 minutes (for excessive bleeding). 20 units daily.
- Needs Cataplex E, B, and Calcium. Vitamin B is a must (natural and high frequency dose). Biotics B-100, (B.R.).

## MENSTRUAL PERIOD—GENERAL

- Menstrual flow:
  1. Light: Hypothyroid—check for anemia. Excessive progesterone deficiency of estrogen.
  2. Heavy: Progesterone deficiency—excessive estrogen. Take Ovex from Standard Process.
  3. Irregular: On the 14th, 15th, 16th, and 17th nights of cycle, keep a small wattage light on at night.
- Weakness and fatigue with period: patient is anemic and also needs adrenal support.
- Cramping: use uterine lift for immediate relief. Take ionizable calcium, example Cal-Ma Plus (S.P.). May need zinc if cramps are in the back and magnesium if cramps are in the front. Check Ileocecal Valve.
- Headache: therapy localize and challenge L4 and C4. Usually L4 left TP to superior and SP to left inferior. Use same procedure for C4 (sometimes reversed).

## MENSTRUAL PERIOD

"Use B6. Dermatologists say it helps acne before the menses—used internally and externally. It also helps depression."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Page 6.

## **METABOLISM—FAT**

- Products to help in the metabolism of fats: A-F Betafood, Cyrofood, and Choline (S.P.), Phosphatidylcholine and Inositol (Rice Source) (B.R.)
- If a person burps immediately after eating a fatty meal, check the gallbladder.
- If patient has gas several hours after meal accompanied by foul-smelling stools, use Cholacol II (S.P.).

## **METRORRHAGIA (BLEEDING BETWEEN MENSTRUAL PERIODS)**

- Bleeding between menstrual periods can be due to either ovulation or failure on the part of the Corpus Luteum to supply progesterone.
- Chronic vitamin E deficiency—also vitamin A deficiency.
- Give thiamine and iodine as needed and indicated.

## **MILK**

- Cow's milk contains 300% more casein than human milk. It's the mucus-forming portion of milk.
- When you need milk, try to get raw goat's milk. It is best for humans. It will not produce mucus, but it must not be heated above 118° Fahrenheit and/or pasteurized.
- Best milk for humans is mother's milk; then goat's milk.
- Signs and symptoms of milk intolerance are excessive gas, then constipation, and/or a little diarrhea.

## **MINERAL OIL**

- It is indigestible, but anything that is soluble in it (i.e., vitamin A) cannot be reclaimed by the body. Therefore, eat a different oil which is not indigestible!
- Don't ever use it. It blocks absorption of vitamins A, D, E, and K.

## **MISCARRIAGES**

- If a miscarriage is threatened, give Cataplex E (S.P.) every hour; Octocosanol (Wheat Germ Oil), Bioctaso! (B.R.) every hour.
- If patient has this problem, check thyroid function.

## MOUTH—DRY

Patient needs alkaline ash minerals, especially potassium.

## MUCUS

-- Excess:

1. Give Ascorbic Acid. It dries out mucus.
2. Increase Organic Iodine—1/2 tablet daily until problem is gone.
3. Give Zymex II (S.P.) for upper respiratory mucus.

-- If mucus is too thick, give iodine.

## MUSCLES

-- When you stretch a muscle, it should get stronger.

-- Aerobic—slow—red fibers.

-- Anaerobic—fast—white fibers.

-- If there is a weakness in the muscles, it indicates that the fascia is too short—needs fascial flush and 5 mg. of B12.

## MUSCLE TESTING

-- When muscle is ratchiting (vibrating when being tested), there is a major subluxation.

-- When muscle is weak with repeated muscle testing, there are NL problems.

-- When muscle is weak with repeated muscle testing, use the following nutrition:

1. Fast—give pantothenic acid for white muscle fibers.
2. Slow—give 18 mg. of iron for red muscle fibers. Give Ferrofood (S.P.)—2 daily.

## MYXEDEMA

This is a thyroid problem which is characterized by body swellings of the face and hands, slowing of the pulse rate, dryness and wrinkling of the skin, and reduction of the basal metabolic rate.

## NAILS

-- Nail biting—patient needs Organic Minerals.

- Soft nails—use calcium.
- Lined nails—use iron.
- Turned-up nails in infants—use iron.

### **NERVOUSNESS**

- Check Brachioradialis—work the NL over the entire pectoralis muscle (very good results).
- Use Cataplex C (S.P.) to relax the nervous system.

### **NEUROCEPTORS**

- Proprioceptors—muscles, joints, fascia, skin, equilibrium, etc.
- Chemoreceptors.
- Baroreceptors—pressure, carotid sinus.
- Thermoreceptors.
- Nociceptors.
- Electromagnetic—cones of eye, acupressure.

### **NEUROLOGIC DISORGANIZATION**

- Gait—foot dysfunction.
- Check switching after walking.
- Check Cloacals.
- Check Cranials.

### **NIACIN VERSUS NIACINAMIDE**

- Both are forms of B3.
- Niacin will dilate the blood vessels, causing a flush. Niacinamide will not.
- Niacin will lower serum cholesterol. Niacinamide will not or maybe just a small amount.
- Niacin will increase blood sugar (helpful in Hypoglycemia). Niacinamide will not or maybe just to a small degree.

- Use Niacin (500 mg.—1- 4 times a day—after eating food). If you use more and don't want the flushing, use Niacinamide; but the flush isn't so bad and maybe patient will feel better (especially true with an alcoholic).
- Prolonged use in megadose quantities results in nausea and will affect the liver.

### **NIGHT BLINDNESS**

- Use vitamin A—Improve lymphatic drainage use Cataplex A from Standard Process because it is made from beef kidney lipids (good for kidney problems)
- Improve lymphatic drainage from the liver. This may remove the need for vitamin A.

### **NIGHTMARES**

- Liver toxicity.
- Excessive dreaming with a lot of action—use manganese.
- Usually kidney problem—give AC Carbamide (S.P.).

### **NIGHTSHADE**

- Foods in this family are tomatoes, potatoes, peppers, eggplant, and tobacco.
- The above foods contain Solanine (a toxin) which causes some people to have arthritis symptoms.

### **NOSE**

- Runny— therapy localize and challenge SP and left transverse of C4 usually C4 transverse on left. adjust to inferior SP (varies).
- Clogged—C5 SP usually to the right, TP to left.

### **NUTRITION**

- Cataplex A-C-P (S.P.) is good for urinary infections.
- AC Carbamide (S.P.) is very good for headaches. It is a detoxifier.
- Antronex (S.P.) is a natural antihistamine.
- A-F Betafood (S.P.) is good for the liver and gallbladder.
- Calcium is good for cramping.

- Cataplex D (400 units) or Bio-D Mulsion (400 units) with calcium is good for deep bone pain.
- Use Adrenal Gland Extract, Pantothenic Acid, and vitamin C for adrenal gland support.
- Use Iodine for thick mucus.

## OBESITY

Obesity is a **disease** common only to man and domesticated animals that are fed mankind's food. Wild animals that eat naturally and domestic animals that are fed properly don't become obese. Obesity is not caused only by overeating. You know many fat people who are small eaters and many skinny people who are tremendous eaters. Obesity is caused by abnormal body metabolism which permits retention and storage of fats and fluids. In other words, it is further evidence of the faulty food habits of our civilization.

## OSTEOPOROSIS

- *Symptom:* a persistent pain in the mid-back.
- In aged patients, use respiratory corrections when adjusting. Also, use X-rays to see the degree of Osteoporosis.

## PAIN

- Use cold water (cold and wet is good) so the body sends more blood to the area. With heat, the body doesn't send blood to the area.
- Use very high doses of Calcium (CA-Zyme, B.R.) and vitamin C (Bio-C Plus 1000, B.R.).
- Use extra meridian pain control technique.
- Use vitamin D for bone pain.
- Use DLPA (DL—Phenylalanine) for chronic pain and arthritis pain.
- Dimethylsulfoxide (DMSO):
  1. Use 50% DMSO as the carrier\*, and 50% SOD and Catalase (Biotics). Apply externally to dramatically relieve pain. Paint it on the joints for acute pain (wrist, finger, knee). Do not use on a large area.
  2. Tell the patient that DMSO causes bad breath (oyster smell).
  3. DMSO used as a first aid will decrease pain by 70-90%.
  4. Don't use it on a chronic problem.
  5. Use Melzack Wall technic.

\*If legal within FDA boundaries.

## **PALM**

If palm is red, check for a liver problem—needs bile salts.

## **PANCREAS**

Good product for support is Pan-5-Plus from Nutri-Dyn or other nutrient source.

## **PAROTID GLAND**

- The secretions from these glands are important in the deiodination of food while it is still in the mouth. This will have an effect upon the thyroid. Example: Weak Teres Minor—therapy localize to parotid and check the Teres Minor again. If it strengthens, give parotid tissue.
- First—chew parotid tissue; second—chew iodine; and third—eat your meal.
- Also, consider these glands when there is a testicular problem (i.e., hard, enlarged, damaged sensitive, etc.).

## **PECTORALIS MINOR**

Chronic weakness:

- Check reactivity.
- Check hyoid bone.
- *Nutrition:* folic acid-Folic Acid 800 (B.R.), Thymus and/or Cataplex A (S.P.).

## **PERSPIRATION**

- Excessive perspiration: check need for kelp/organic iodine.
- Armpits: If there is a lot of sweat, rub cut lemon on the rest of the body. Then, drink one pint of a hot lemon drink while sitting in a hot epsom salt bath.

## **pH**

- Normal Oral:
  1. Adult—7.6, Child—7.8.
  2. (Caries free Adult—7.6, Child—7.8.)
- Check TMJ external and internal ptyergoid. Treat—recheck pH.



## **pH (continued)**

- To increase oral pH, eat natural fats and oils.
- pH capsule: you swallow it and it will radio out the pH of the stomach. It is called Gastric Analysis by Radiotelemetry and is made by Telefunken in Germany. The pH is determined and then test solutions are ingested and the recorded changes are observed. Then another test solution is ingested, etc.
- Normal rectum pH—neutral.

## **PHOSPHOROUS**

- Serum Phosphorus/Calcium ratio should multiply to 40.
- If patient is without energy all the time, he needs phosphorus.
- If patient finds saliva on the pillow, patient needs phosphorus.
- If accelerator foot cramps, patient needs phosphorus.

## **POLYURIA**

With no signs of infection:

- Nephroptosis—see section on "Kidneys."
- Riboflavin deficiency—use Cataplex G (S.P.).
- Bile salts elimination acting as irritants.
- Visceroptosis.
- Give Cataplex A (S.P.)—1 every 1/2 hour.
- If only nocturnal—give natural thiamine (not synthetic)—Cataplex B (S.P.) or Bio-B 100 (B.R.).

## **PREMENSTRUAL SYNDROME (PMS)**

- There are four types of PMS: 1-4 (the fourth is suicidal).
- Check the function of the liver.
- Look for sources of stress such as cranial, toxicity, and poor nutrition.
- Pituitary and adrenal functions are low.

- Can't handle refined carbohydrates.
- Check need for Zymex II (S.P.) and B6 (B6 Phosphate, B.R.).
- Give B6—100 mg.—4 times a day. Use for water retention, anxiety, nervousness, tension, and acne. For acne, use a cream with B6 in it. B6 is needed if patient is taking oral contraceptives.
- Give Cataplex B (S.P.) (a natural source of thiamine) with Cataplex G (S.P.) or Bio B-100 (B.R.)—as needed.
- Estrogen inhibits many pyridoxine—dependent enzymes, particularly those that help to transform the amino acid tryptophan to niacin.

## PROSTATE

### --Enlargement:

1. Chelated Zinc—50 mg.—1 tablet, 3 times a day (check finger nails for white spots). The more alcohol consumed, the more zinc needed.
  2. Essential Fatty Acid Capsules—400 mg.—1 capsule, 3 times a day (reduces the size of the prostate).
  3. Prostate Gland tablets—2 tablets—3 times a day.
  4. Bee Pollen tablets—3 a day. Bee pollen is used in Europe by naturopathic doctors.
- Diet: no refined sugars, no white flour, eat mostly fresh foods, and increase the sources of zinc (i.e. pumpkin seeds and oysters).

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 278-286.

## PROSTATE PROBLEMS

### *Nutrition:*

- Cataplex F—6 a day for 3 days; 4 a day for 14 days; and 1- 2 times a day thereafter.
- Organic Iodine—3 a day.
- Prost-X—1- 3 times a day.
- Prostate PMG—1- 3 times a day.
- Consider Pituitary, Adrenal, Thyroid, Calcium Lactate, Parotid, Cataplex F Perles, and Arginex.

### *From Product Bulletin\*:*

- Cataplex F—night urination, dribbling, back pain, etc.
- Prost-X—pain of arthritis, stiff joints, sore muscles, dribbling, leg and back pain, decrease in libido, male climacteric, and aging processes. Take 1 - 3 times a day.

## PROSTATE PROBLEMS (continued)

- Prostate PMG—nocturia, dribbling, low back pain, leg pains, fatigue, loss of libido, and constipation. Take 1 – 3 times a day.
- Iodine—prostate diseases.

Check the Thyroid: possibly a predisposing factor in prostate disease.

\*To order *Product Bulletin*, send check for \$20.00 to AK Printing, Box 551, Geneva, OH 44041.

## PRURITUS ANI

- HCl needed.
- Pancreatic Enzymes are needed for protein digestion.
- Parasites: rare—obtain by placing scotch tape on the anus, sticky side out. Look with microscope or magnifying lense. Use acid enemas. Eat figs, almonds, and walnuts.

## QUADRICEPS

- For rehabilitation, use a Pogo Stick or bounce knee-bends several times a week.
- Be sure to test vastus lateralis, since vastus medialis can alter patella position. If vastus lateralis weak, treat and tape patella in medial position.

## SACROILIAC SUBLUXATION

Foot Levelers, Inc.:

- Manipulation.
- Physiotherapy—massage—decreases muscle spasm.
- Immobilization:
  1. Use adhesive strapping or an orthopedic appliance.
  2. Wear the above for two weeks; then restrict activity for four weeks.
- *Prognosis:* Especially with a young patient, one or two visits will get them out of pain; however, it takes two to six weeks to reestablish balance and stability. If this route is not taken, it will lead to a "weak back."

## SALIVATION

- Excess: needs more phosphorus .

- Dry: needs alkaline ash minerals (particularly potassium). Example: Organic Minerals (S.P.) or FE/CU Free Multi Mins (B.R.).

## SCALENUS ANTICUS SYNDROME

Related hypertonic muscles to possible visceroptosis—parietal descent technic, strain-counterstrain.

## SCHIZOPHRENIA

- H.O.D. Test: Bell Therapeutic Supplier, Inc. 396 Rockaway Avenue Valley Stream, New York 11581 Phone: 516-561-7665
- Switching problem.

## SEXUALLY-RELATED PROBLEMS

- Pelvic muscles—weakness—use vitamin E.
- Prostate—use zinc and associated trace minerals.

## SHIN SPLINTS

- There two types of shin splints: anterior and posterior.
  1. If patient jumps on his toes and gets pain, it is the anterior type.
  2. If patient jumps on his heels and gets pain, it is the posterior type.
- Usually:
  1. Anterior Tibia—use vitamin B (athletes need vitamin B because of excess sweating).
  2. Lesser extent—the Peroneus muscles.
  3. Posterior Tibia—do O-I and NL.

To Fix:

- Use hard, heavy pressure on the GTO to correct the microevolution.
- Reset the GTO.
- *Nutrition:* use vitamin B for anterior shin splints, and Adrenal for posterior shin splints.

## SHOULDER ELEVATION

Look for Hyperglycemia or Hypoglycemia.

## SINUS PROBLEMS

- Possible causes: cranial faults or nasal allergy.
- Thick and heavy sinus secretion—give iodine.
- Very thin secretion —patient needs better biliary function (use bile salts).
- Check or stop the use of milk.
- Nutrition (Standard Process):
  1. Drenamin.
  2. Chlorophyll Complex Perles.
  3. Drenatrophin PMG.
- Dry: take 2 tablespoons of a high-grade vegetable oil daily. Check need for B6 and vitamin E.
- Acne:
  1. Check for thymus need.
  2. Take B6 if it increases the strength of the Scalene muscles.
  3. Test for food allergies.
  4. See section on "Acne."

## SLEEP

- Patient constantly falls asleep: needs vitamin B and Cataplex G (S.P.). Check the small intestine.
- A good source of B vitamins is a cake of yeast. Have patient eat one cake every day and then check to see how patient feels.
- People who yawn a lot while talking need vitamin B and Cataplex G (S.P.) or Bio-B 1(X) (B.R).
- To maintain sleep, use Tryptophan.
- Give Calcium.

## SOYBEANS

- Soak for eight hours—using three or four different batches of clean water.
- To make soy milk, blend the above with some clean water.

## STIFFNESS

- Morning joint stiffness: acidify the patient. Use Cal-Amo (S.P.)—1 per hour until they start to yawn and then cut back. Take them off citrus fruits.
- Muscle stiffness from exercise: use Calcium and Cataplex F (S.P.).
- Check need for Phosfood Liquid (S.P.).
- Give Lecithin.

## STOOLS

- Bloody or black—could be ulcerative colitis.
- Bloody—could be hemorrhoids.
- Alkaline stool —needs bile and HCl.
- Clay-colored stool (acholic)—fat in stool—needs Cholacol (S.P.) or Beta-Plus (B.R.).
- Light-colored stool—needs bile salts except when blockage has occurred (indicated by jaundice).

## SUCCESS SYNDROME

- Therapy localize. Touch the S-I joints and the only muscle to go weak will be the Sartorius.
- To correct, use prolonged NL and NV work by doctor and patient.
- Eat zucchini soup once a day. Support adrenal nutrition.

## SUNBURN

- Use zinc oxide or a sunscreen.
- Use Cataplex F (S.P.).

## SUPPLEMENTS

- They are needed to correct nutritional deficiencies.
- Do not treat symptoms or conditions with supplements. Treat the whole patient since it is not what's got who, but who's got what.

## SWITCHING

-- When constantly switched, folic acid is needed.

-- Where to start:

### Structure

Cranial  
Gait  
PRYT  
Feet  
Cloacals  
Proprioceptors

### Chemical

Electron Poisoning  
Neurotransmitter  
Choline, etc.

### Mental

Right/left brain  
Cross K27  
Learning disability  
Emotional

-- Cross therapy localize to K27.

-- Cloacal Syndrome Technic:

1. Therapy localize labyrinthine reflex—medial to mastoid.
2. Neck right reflex—upper cervical—three fingers.
3. Postcloacal reflex—sacral—coccyx.
4. Visual righting reflex—supraorbital switch.
5. Anterior cloacal reflex.

-- Find a weakness—muscle test—usually one side.

-- Confirm with therapy localizing.

-- Find respiration which abolishes weakness and adjust in proper direction on areas that then localize.

-- R.N.A.

-- Check hyoid muscles—check for folic acid.

## TACHYCARDIA

Blood sugar—use organic potassium. Example: Organic Minerals (S.P.)

## TASTE

-- Metallic—give iodine.

-- Bitter—give bile salts.

- Can't taste foods—give zinc.
- Funny taste—check need for iodine and bile salts and question the thickness of the secretions. Give iodine for thick secretions and bile salts for thin secretions.

### **TEAS—HERBAL**

- Peppermint—has a calming and strengthening effect on the nerves and is good for gas indigestion, nausea, and flatulence. It is also a mild antiseptic.
- Chamomile—good for colds, throat infections, catarrhal conditions, and digestive problems. For a good night's sleep, drink one cup before bedtime. It has antitoxic properties and is good for enemas (1 cup of tea to 1 quart of water).
- Rosehips—excellent during a fast. It is rich in vitamin C and bioflavonoids and increases healing. It is a beauty secret—helps keep collagen elastic and strong and helps to prevent wrinkles.
- Ginseng and Fo-Ti-Tieng—good for the brain, nerves, and glandular function. Revitalizes sex glands.
- Sarsaparilla—aphrodisiac (contains testosterone and progesterone).
- KUFA formula: 1/2 teaspoon mint, 1/2 teaspoon basil, 1/8 teaspoon powdered ginger, 1/4 teaspoon licorice, and rose powder. It is good for mucus, especially in the morning with a sore throat. Drink a pot for breakfast and then drink 2-3 cups during the rest of the day. A change should be seen in 2 weeks.

### **TEETH (PAIN)**

- Upper cervical mechanics (possible neurologic tooth).
- Use chlorophyll locally for gingivitis. Chlorcaps (B.R.) can be placed in solution for local application.

### **TENSOR FASCIA LATA (TFL)**

- If bilateral weakness, check the lateral cuboid for subluxation.
- Also check the peroneus tertius and longus.
- If bilateral weakness, patient may be anemic.
- Manipulate N.L. for breast soreness.



## THROAT

Lump in throat: needs potassium (K-Zyme, B.R.). Patient needs to become alkaline. Patient is acidic.

## THYMUS GLAND

- General: The thymus gland is involved in antibody production. It seeds the lymphatic tissue which produces the antibodies. When you are exposed to a bacteria, your thymus gland should immediately seed the lymphatic tissue to start the production of antibodies. It takes seven days to completely produce enough antibodies to destroy the bacteria. Thymus gland—seeds lymphatic tissue—produces antibodies—destroys protein.
- In an organ transplant, if the thymus gland is triggered off the above mechanism, it will destroy the "new organ."
- As people get older, the thymus gland gets smaller and we lose the ability to fight infection. Need for five IUF for thymus plus Arginine and Lysine.

## THYROID—GENERAL INFORMATION

- It's a regulator of body metabolism.
- It's a thermostat for the rate the body will use energy.
- Thyroid does **not** control the metabolic rate for the brain, retina, spleen, gonads, thymus or lungs.
- Evaluations:
  1. BMR —stay overnight in a hospital. Then, in the morning, a mask is put over the face (nose and mouth) and patient lies completely still and is told to breathe normally.
  2. Blood test. T3, T4, and T7—good for pathological cases.
  3. Best—take basal temperature (morning axillary temperature) for 30 days.
- Achilles tendon time—.330 seconds—"anything" faster denotes a hyper-thyroid problem. Use vitamin A and Thymus.
- Consider using RNA for hypothyroid/hyperthyroid.
- Thyroid hormone has an effect on nutritional absorption.
- Fe sources for protein iodine combining enzymes.

## THYROID (HYPO)

- Check need for vitamin A, iodine, tyrosine (raw material for thyroid hormones), manganese, and B12. Cataplex B (S.P.), also Biotics B-100 for transferred form.
- Menstrual cycle—more than 28 days denotes hypothyroid; less than 28 days denotes hyperthyroid.
- Look for carpal tunnel syndrome.
- *Signs and Symptoms:*
  1. Constipation.
  2. Premature hair loss.
  3. Miscarriages.
  4. Headaches and dizziness—worse in the morning and better at night.
  5. Short-windedness.
  6. Very emotional.
  7. Doesn't like to be watched.
  8. Low concentration and easily distracted.
  9. Memory loss.
  10. Apathy and/or laziness.
  11. Sudden change in personality.
  12. Depression and/or crying.
  13. Costal cartilage sensitivity.
  14. Thick, swollen tongue.
  15. Lateral one-third of eyebrow missing.
  16. Fatigue—worse in morning and better as the day goes on.
  17. Feels better after exercise.
  18. Easy to gain weight but difficult to lose.
  19. Repeated infections.
  20. Sensitivity to the cold in Autumn—check TW #15 meridian therapy.
  21. Cold extremities.
  22. Skin problems: dry, chapped, flaky, cracking, and crevicing of the heels and/or hands.  
Use Thyroid and Cataplex F (S.P.).
  23. Nails—brittleness and softness. If soft, use calcium. If lined, use iron.

## TENNITUS

- Check for need for Cyruta (S.P.).
- Cranial, especially TMJ.

## TMJ

- Do appropriate TMJ technic on muscles, making sure the occiput is correct.
- Check temporomandibular ligament.
- Check with head back for therapy localizing.
- Manually challenge, NL as needed.

## TONGUE

- If yellow—patient needs folic acid (fresh greens).
- If white—check small intestine (needs cooked food).
- Geographic—B transferred form (Bio-B-100, B.R.).

## TRACE MINERALS

- If children lack trace minerals, they will eat dirt.
- If adults lack trace minerals, they will eat their own nails.

## TRANQUILIZERS

Products from Standard Process (in order of strength):

1. Orchex.
2. Min-Chex.
3. Min-Tran.

## TRIGGER POINTS

- Push hard on them.
- Two types: Janet Travell and Lawrence Jones.

- Triggers a painful area.
- Travell—use hard pressure (iron out) or spray and stretch—diagnosis.
- Jones—extend or flex the spine—strain-counterstrain—diagnosis.
- Activity aggravates.
- With a Janet Travell trigger point, you stretch a muscle and it weakens.
- With a Lawrence Jones trigger point, you maximize contractions and it weakens.
- *Nutrition:* use vitamin B12.

## ULCERS

- A person with ulcers lacks HCl and pepsin; therefore, they don't digest their food. The food sits and rots, creating gas and an organic acid which erodes his stomach. When protein rots, it putrifies and ferments carbohydrates. If the patient has HCl and pepsin in his stomach, then there is no rotting of food. Antacids give temporary relief, but make the situation worse than before. They neutralize both acids (digestion and rotting) and lead to stomach ulcers. The patient needs Zypan (S.P.) (for digestive support) and should stop taking antacids.

*Note:* Have the patient take the Zypan (S.P.) in the middle of the meal so the HCl (in Zypan) won't irritate the ulcer. If the patient can do this without experiencing pain, then give Okra Pepsin E-3 (S.P.) along with Chlorophyll Complex Perles (for healing) and Gastrex Powder (S.P.) (for pain). Also the use of Gastrazyme and Chlorocaps (B.R.) may be used.

- For relief of pain, use 1 teaspoon of Gastrex Powder (S.P.) in warm water and drink it. If it tastes bad, use some honey in it. Expect quick results! Use also A-C Carbamide (S.P.).

## UREA

- To improve urea production, give Arginase (Arginex (S.P.)).
- To improve urea production and for ligament strengthening, use manganese.
- To improve urea cycle function, give biotin, B6, magnesium, and aspartic acid.

## URINARY INFECTIONS

- For urinary infections:
  1. For acid urine—use Na Citrate (an alkali). Once a day for 2 or 3 days, drink 1/2 lemon and 1 teaspoon of baking soda in 8 ounces of water.
  2. For alkaline urine—use cranberry juice or ascorbic acid.
  3. With a bad infection, also have patient take vitamin A (1,500 mg.) every 1/2 hour. Patient should feel better in 24 hours. If not, check for an absorption problem.
- To eliminate the infection, give Arginex (S.P.).
- See section on "Cystitis."

## URINARY PROBLEMS

- Check sacrospinalis muscles.
- Give Cataplex A-C-P (S.P.).
- For nocturnal urination problem, give Cataplex B (S.P.).
- If alkaline, use K (K-Zyme, B.R.).

## URINARY TESTING

- Best to use the first specimen in the morning, especially when testing for nitrite.
- If you can't check the specimen within the first hour, refrigerate specimen and then test after it has been returned to room temperature.
- Fresh urine is the best for checking bilirubin and urobilinogen. These are very unstable when exposed to room temperature and light.
- The 24-hour collection test is for calcium, phosphorus, uric acid, magnesium, and oxalate.
- Specific gravity—1.022 (water—1.000).

## UTERINE FIBROIDS

- Caused by toxic elimination through the uterus.
- Source of toxicity (allergy).
- Very chronic low back mechanics.

- Give vitamin E (E-Mulsion 200, B.R.).
- Give mammary tissue.

### VAGINA

- Dryness—check need for vitamin B, iodine, Cataplex F (S.P.), and Wheat Germ Oil (S.P.).
- Normal bacteria in the vagina is called Doderlein's Bacillus.

### VARICOSE VEINS

- Check for liver problem.
- *Nutrition:* use Collinsonia Root (S.P.).

### VERTIGO

If patient lies on one side and not on the other, usually the right side produces vertigo. Therapy localize and challenge C4 SP left inferior.

### VISCEROPTOSIS (DROPPED VISCERA)

- Fix abdominals—O-I. SC. GTO—neurological factors.
- Fix psoas—see section on "Kidneys—Nephroptosis."
- Reverse gravity and stimulate skin.
- Stimulate abdominal muscles electrically; and also by doing sitback exercises (isometric—three positions).

### VITAMIN A

- Fat soluble—may need pancreatic enzymes for digestion.
- Use a mixed source—fish oil and beef.
- Vitamin A is double-bonded as is vitamin D.
- Use for thick, heavy callusing.
- Use for sinus problems.
- Use it for night blindness—fix lymphatic drainage of the liver.

- Good sources are butter and carrots.
- Overdose signs and symptoms: headaches, deep bone pain, very dry skin, and hair loss.
- Use low unit concentrates—1,500 units PRN—Cataplex A (S.P.).
- If unresponsive, use Biotics Bio-B-100.

## **VITAMIN B**

- Use Cataplex B from Standard Process.
- Improves nerve transmission.
- Use for low blood pressure.
- Use for frequency of urination at night.
- Use for Bradycardia.
- Use for vasoconstriction muscles contraction.
- Use for heart murmur.
- Use for ringing headaches.
- Use for burning soles of feet and tender calves.
- Use for shin splints.
- Use for carbohydrate metabolism.
- Use for a person who is always yawning.
- Use for a person who has trouble with insects biting them.
- Use B4 for cataracts.
- B4 is an antiparalysis factor.
- If patient has a B deficiency, they have a tendency to be acid.
- To activate B6, use zinc, magnesium, and phosphorus.
- B vitamins are water and alcohol soluble.

- B vitamins are heat stable.
- If patient hops on one leg 10 times, then the other, the pulse should go up 40 beats. If it doesn't, give B vitamins.
- If patient has a low breath holding time, low pulse, and low temperature, give B vitamins.
- *Nutrition:* Eat a cake of yeast. It is a natural, total B complex which includes Cataplex G (S.P.). Good, cheap sources of B vitamins are cakes of yeast and Brewer's Yeast.

### VITAMIN B12

- "Injections are good for mental problems (possibility)—100 mcg.—2 times a week.
- With B12, take Folic Acid (1 mg.—2 times a day or 5 mg. daily or more).
- Have patient learn how to give himself the injections."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Page 56.

- Use oral ingestion hydroxycobalamin.

### VITAMIN C

- Use Cataplex C from Standard Process. It contains all the necessary components to have a good vitamin C.
- Use for urinary infections: with less than 7 pH, use a small dose; with more than 7 pH, use a large dose.
- With Cataplex C, consider using Cyruta (S.P.) when petechia appear.
- It is associated with the psoras.
- *Side Note:* Animals who don't produce their own vitamin C are: humans, gorillas, chimpanzees, monkeys, guinea pigs, an Indian fruit-eating bat, certain shrimp, and maybe the Coho Salmon.

### VITAMIN D

- It is double-bonded, as is vitamin A.
- It puts calcium in the blood.
- Good for a patient who sweats around the head but not much on the rest of the body.
- Good for bone pain.



## VITAMIN E

- There are many different sources; each source giving different results.
- Any green plant is a source of vitamin E—with green peas as the "best" source. Use the pods to make soup.
- Muscle test to determine which source of vitamin E is needed.
- For musculoskeletal disorders, use a dry form.
- Use vitamin E when using vitamin A. Vitamin E helps to prevent the oxidation of vitamin A.
- Vitamin E is an antioxidant.
- For allergies, use vitamin E with 400 mcg. of selenium (SE-Zyme, B.R.) or Alleraid.

## VITAMIN F

- Puts calcium into the tissues (from the blood).
- Good sources are sesame seed oil and olive oil. Keep oil cold after opening and out of the sunlight.
- Take Cataplex F (S.P.) for several days before getting out in the sun; then take one every hour while out in the sun.

## CATAPLEX G (Standard Process)

- Not alcohol soluble; only water soluble.
- Not heat stable.
- Starts the urinary stream (relaxes the sphincter muscle).
- Patient needs Cataplex G if he can hear his heart while lying in bed, has quick cramping, has eye twitches, sighs a lot, and cannot take a deep breath.
- Good for Tachycardia—vasodilator muscle relaxer.
- Good if eye sight gets blurry—loss of some vision (print disappears).
- Good if patient has cracks at the corners of the mouth.
- Good for the pulse rate.
- Good for ligament interlink.

- Good if patient tends to be alkaline.
- Good for fat metabolism.
- Tends to acidify.
- Increases polarity of RBC, WBC, and blood vessel walls and platelets.
- People who have trouble "getting" their breath need Cataplex G.

### VITAMIN K

- "Best source is from fresh, green leafy vegetables, especially deep green vegetables (i.e., spinach, cabbage, turnip greens, and broccoli).
- Vitamin K is fat soluble."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 307-308.

### VITAMIN P

- Use Cyruta-Plus from Standard Process.
- Has some flavonols in it.
- Good for capillary fragility.
- Good for nosebleeds and easy bruising.

### WARTS

- Use Allorganic Trace Minerals-B12 (S.P.).
- Look for Teres Major weakness.

### WATER

- Evaluate need for water. Rub your finger on the tongue. If it slides easily, there is no problem. If tongue is like sandpaper, the patient needs to drink more water.
- Drink water, not fluids! Water is water and other fluids are considered food.
- Drink spring water (Mountain Valley bottled water, or a similar source is Evian).
- Good water: spring or natural well water. Avoid chlorinated, fluoridated, or distilled water.

- Distilled water has no minerals present. It acts like a vacuum in the body. The body throws minerals at this vacuum in an attempt to fill it up; therefore, distilled water depletes your body of minerals—BAD! It causes disturbances in the ratio of the WBC.

## **WATER BALANCE**

Check the liver.

## **WEIGHT**

If patient can't gain weight, check need for Lactic Acid Yeast.

## **WHIPLASH**

Check the Suprahyoid and Infrahyoid muscles, in addition to the usual five IVF technic.

## **YAWNING**

A person who is always yawning needs B vitamins.

## **YEAST INFECTIONS**

Fungal Organisms:

- Caused by the use of common drugs such as Nystatin (brand names—Nilstat and Nycostatin).
- Yeast infections cause muscle weakness: PMS—liver, TFL—colon, and iliacus (ICV related). These muscles will gain strength with Antronex or Thymus (Standard Process), Biotin (example Nutri-Dyn), or Imu-Stem (Wildwood Botanics) placed on the tongue, 200 mcg. selenium. up to 400 mcg. absolutely essential.
- Stay away from yeast products, sugar, refined carbohydrates, mushrooms, aged cheeses, beer, fruit juices, and dried fruit.
- Biotin inhibits candida albicans growth.
- Use Antronex (S.P.) for candida albicans.
- Use thymus, small intestine tissue, and trace minerals for candida albicans.
- Use molybdenum (Mo-Zyme (B.R.) --from vegetable culture which is easily absorbed) for candida albicans.

## YEAST INFECTIONS

"Take 2-3 tablespoons of lactobacillus acidophilus for 7-10 days, or take 3 or 4 Lactinex tablets with each meal. Normal vaginal bacteria is Doderlein Acidophilus (not available):

1. Make anti-yeast medication using 1/2 cup of plain yogurt with a tablespoon of lactobacillus acidophilus.
2. Insert 2 teaspoons of this mixture into vagina each night. (This mixture should be refrigerated when not being used.) Do this for 5 nights in a row. Always douche with vinegar and water in the morning.

*Side Note:* Wait to do this until after the menses. Douche is to remove the messy material and also to acidify the vagina (inhibits the yeast and promotes the growth of lactobacillus acidophilus). Yogurt adds a little stickiness to lactobacillus acidophilus, promotes the growth of good bacteria, and is soothing. Use a tampon on a syringe for insertion into the vagina.

3. Use Ultradophilus for vaginal disturbance. Use 1/2 to 1 teaspoon to 1 ounce of water. Place mixture in the vagina with a vaginal syringe. Retain for 8-12 hours using a tampon. Remove tampon and douche. Repeat this procedure for several days."

Dr. Wright's Book of Nutritional Therapy, J. V. Wright, M.D., Pages 381-382.

## ZINC

- Elevated systolic/diastolic.
  - Look for white spots on fingernails, body odor, and eczema. Patient needs 50 mg. of zinc-3 times a day.
  - Zinc absorption is related to adequate pancreatic enzymes.
  - If zinc is reported as being high (hair mineral test), it probably isn't.
  - Run a 24-hour urine collection test and then if it tests high, it is high.
  - With a long usage of zinc, check on the calcium levels. Zinc suppresses calcium.
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