



Mental-emotional Factors

Health is viewed as a balance between structural, chemical and mental-emotional factors. The mental-emotional component of this “triad of health” is the subject of this discussion.

The following procedures are not to be considered as being therapeutic for a specific mental-emotional disorder. Rather, by dealing with certain physiologic interactions, a balance between structure, chemistry and emotion can be achieved. These procedures are utilized by this clinic to help ensure the good health and well-being of our patients.

I EMOTIONAL RECALL/NEUROVASCULAR:

- A Defines a procedure that uses manual muscle testing to evaluate the body’s response to a mental stimuli.
- B Procedure:
 - 1. The pectoralis major clavicular (PMC) muscle is tested on the patient and determined to be strong.
 - 2. The patient is instructed to close his eyes and visualize a past, present or potentially traumatic or stressful situation.
 - 3. When the patient demonstrates Rapid Eye Movement (REM), the muscle is retested. If weakness now exists, the visualization is an adverse stimuli.
 - 4. The doctor’s treatment is a light tugging pressure on the neurovasculars of the PMC muscle while the visualization is maintained.

II EMOTIONAL BACKACHE:

- A Describes a state of hyper or hypoadrenia that manifests as a sacroiliac ligamentous laxity and, as a result, pelvic instability.
- B The instability can only be demonstrated through testing when an adrenal-related muscle is utilized. The treatment is nutritional using an adrenal protomorphogen (glandular extract) or choline. (Prolonged treatment of neurolymphatic reflex may be indicated.)
- C Found in high achievers or workaholics.
- D Can manifest in any ligament and, therefore, any joint.



III TEMPORAL TAP:

- A A procedure used for habit change and in the control of emotional tendencies (smoking, weight loss, drug and alcohol abuse).
- B This is a mechanism for penetrating the filter of the sensory system. Our sensory filter removes from our awareness the hum of an air conditioner, the weight of shoes on our feet, and the feel of clothes on our body. It also gives rise to neurologic impressions of behavior patterns that are consistent with the individual; i.e., cigarette smoking, eating sweets, etc. It is almost as if the brain knows that we smoke, drink coffee, thrive on junk food, and does not wish to be told otherwise.
- C Tapping the temporal-sphenoidal (TS) line has proven to be effective in bypassing the sensory filter.
- D Procedure for individual: Tap TS suture with fingertips from the front of the ear up over ear around the back of the ear with short, quick taps. The left side accepts positive information (ex.: I will get along fine without smoking); the right side accepts negative information (ex.: I have no need to smoke).

IV MENTAL-EMOTIONAL ASPECTS OF FUNCTIONAL ENDOCRINE DISORDERS:

- A Emotional tendencies that seem to be consistently associated with functional hypothyroidism include: emotion out of proportion to the circumstance, crying, fear, dislike of crowds, inability to make decisions, depression, and sudden changes in personality.
- B Irritability is an emotional tendency that may be secondary to hypoglycemic episodes as are impotence, intolerance, irritability, and anger. Adrenal, thyroid, liver, and small intestine function as well as nutrient deficiencies and poor dietary habits are an etiological constellation for the symptom that has been named as the condition - hypoglycemia.
- C The list of mental and emotional symptoms that relate to endocrine disorders are too numerous to mention.

V PHOBIAS, PSYCHOLOGICAL REVERSAL:

- A Describes self-defeating thoughts or concepts where a verbal statement that reflects benefit proves to be an adverse stimuli.



- B The procedure uses the pectoralis major muscles as described under Emotional Recall. Evidence would be weakness of muscles after such statements as “I would like to be healthy and free of all symptoms” or “I fully accept myself”, etc.
- C The treatment of the acupuncture point, small intestine three, or the beginning and end points of the small intestine acupuncture meridian has been found to neutralize this response.

VI ACUPUNCTURE MERIDIANS:

- A In classical acupuncture, specifically the five-element theory, mental-emotional states are associated with each element.
- B The theory also describes an interaction between elements (creation/shing, destruction/Ko cycles).
- C Joy, sympathy, grief, and fear are examples of mental-emotional states that may create and destroy each other according to the five-element interactions.

VII RECENT WORK:

- A Dr. John Diamond, psychiatrist, has correlated specific emotions to energy imbalances in specific acupuncture meridians.
- B Neural Organization and its relationship to learning disabilities and dyslexia.