

# The Tuesday Minute

M E T A B O L I C M A N A G E M E N T

Nutritional Information...One Byte At A Time

*Transcript from the Tuesday Minute*

## *This Week's Topic*

### **Clinical Pearls: Adjustments won't hold, ...and other pearls**

From time to time here on the Tuesday minute, I present clinical pearls that other doctors share with me. These pearls, as I like to call them, are bits of clinical knowledge that have stood the test of time in terms of their effectiveness. I am sure you agree that academic research is always welcome but it's nice to hear from the docs. They know what's working or not. I am excited to say that these pearls originally came from Dr.'s George Goodheart and Dan Duffy and were reconfirmed by Drs. Allen Zatzkin and Louis Boven.

These pearls have consistently worked with patients, so I know you will appreciate them. Of course for some of our veteran listeners, you may know many of them but I can guarantee there are at least a handful of them that will peak your clinical curiosity. Combinations of these pearls have been the focus of entire weekends of demonstration. In such a brief format, of course, we won't be able to go into great detail. I will try to highlight the main points and you can grab on to the ones you find useful.

Here's one for starters. If you find someone whose adjustments don't hold, typically this is due to ligament instability, think manganese deficiency or adrenal weakness. But if the problem is in the cervical area, suspect a

need for octacosanol, originally discovered and used as a form extracted from wheat germ oil. However with all the wheat sensitivities, Biotox Research created a form that is an extract from rice bran called Bioctasol. Use 3 tablets 3 times per day for 30 days then reduce as needed.

This product has also been purported to increase reaction time and therefore is used as a foundational product in any neurological case. It is considered to be a complex alcohol in structure and therefore takes time for absorption and integration into the tissues. Expect to see some cervical stability in 30 days.

Here's another one. Most of us are not too concerned with plantar warts unless you have them. Most people think immune support for any type of wart. Many people have been helped with IAG the arabinogalactan that is used to feed the immune system and in a sense acts as modulator for the immune system. The docs I mentioned earlier found trace minerals to be a big factor. How about this? Ever see a person who cries at the drop of a hat? This person may have underlying thyroid issues and should have their iodine levels checked. Also, patients with nightmares will often show a rise in systolic blood pressure going from standing to lying. This

may demonstrate a need for kidney support which can be alleviated by urea, L-Arginine or Argizyme. Argizyme is a product that Dr. Goodheart helped Biotics Research develop. Use 2 three times a day to feed kidneys and measure blood pressure to evaluate progress.

Here's a clinical pearl that will help many patients. Drowsiness after meals, frequent nocturnal urination, tight band feeling around the head, poor breath holding time, frequent yawning, fatigue, bloating, lack of appetite, muscle soreness after exercise and burning on the soles of ones feet. All are symptoms of a B-1 vitamin deficiency. Use the co-carboxylated forms. They are usually better tolerated and produce faster results.

When looking at a blood chemistry report; an ion gap of over 12 gives another clue for a need for vitamin B-1. Also, patients who yawn too frequently may need alkalizing agents such as calcium, magnesium and potassium. Acidosis is often over ACTIVITY of the sympathetic nervous system. Patients may be breathless, sigh a lot or feel like they have a lump in their throat. Potassium is also used a major sympathetic brake for patients who are sympathetic dominant. The product Bio-CMP is useful for this condition.

Patients with allergies or asthma should be checked to rule out adrenal insufficiency and an acid alkaline imbalance. Patients with "wedding band syndrome" or an inability to take your wedding band off due to swollen fingers or hands may need B-6. Couple an inability to remember one's dreams and

Chinese restaurant syndrome and a B-6 need is almost certain.

Patients with failing memories may need RNA or Phosphatidylcholine, which is an extract of lecithin. Choline when combined with fatty acids helps give structure to the cell membrane and helps regulate transmission of signals between the cells exterior and the nucleus. Choline is used in the synthesis of acetylcholine and blocking acetylcholine impairs memory.

Here's a pearl for patients with eye problems. Eye problems are often related to subclinical liver and kidney issues. Vitamin A and fatty acid metabolism should also be examined. Here's something to think about. Someone who has a posterior ischium may need vitamin E. Ever have a patient that complains of sweating at night, has blood shot eyes or jerks when they are falling asleep? These are the people who may need hydrochloric acid. But don't stop there. Check for B2 and B3 as underlying factors. The Biotics product is Bio-GGG-B, all those b's and g's get confusing. I remember it as 3 G's for girls and one B for boy.

I know these clinical pearls cover wide spectrum of issues, but try them. They are SOLID and time tested. I enjoy passing them along to you. If you have some of your own, feel free to send them in. I'm always interested in knowledge that I can pass on. That will help us and help our patients. Thanks for taking time this week to check in... I'll see you next Tuesday.