THE TUESDAY MINUTE

THIS WEEK'S TOPIC

Use The Clorox Sniff Test To Check Antioxidant Status

" Have the patient smell Clorox bleach. If a previously strong muscle goes weak, the patient's antioxidant abilities are compromised. "

I love using little tests that can point me to areas of concern; and when treated, bear huge therapeutic value. The clinical tests I am referring to utilize our olfactory senses and are loosely called "sniff tests." The molecules that we can smell are called odorant molecules. Odorants dissolve in the mucus in our olfactory epithelium which is a tiny patch of tissue in our nasal cavity. A series of neurons provide a direct passage of information to our brain, so what we smell has a neurological connection to our brain.

My thanks to Dr. Walter Schmidt for discovering and sharing this type of testing. Dr. Schmidt holds diplomat status in both Neurology and Applied Kinesiology. He teaches postgraduate seminars articulating the pathways and nerves associated with this type of testing. So please understand, you are getting a very brief and ultra simplified version of his work; but the concepts are staggering, and I know you will enjoy the application of the principles.

Imagine that our bodies are flooded with a noxious chemical that is being handled or down regulated slowly by the body. Let's take alcohol for example. But if we consume too much alcohol, we may not be able to break it down fast enough and some of the normal by-products can cause a temporary toxic overload. This chemical overload will cause muscle weakness and instability.

We have all seen people who consume too much alcohol stumble and display slow neurological reactions until the body can catch up and reduce the temporary toxic overload. Now apply that to our sniff tests. If we smell a chemical substance that our bodies are struggling to download, our bodies will temporarily display muscle weakness. For example, our bodies are always struggling to maintain the balance between oxidation and reduction. Let's take someone who is struggling to stay in balance and are in fact leaning more to the over oxi-

dized side. If we have that patient smell an oxidizing substance like bleach, which is a hypochlorite ion, they will experience temporary muscle weakness.

Now let's apply that clinically. Isolate and test a strong muscle, any muscle. Have the patient smell Clorox bleach, a good whiff but not extended breathing, and retest the muscle. If that previously strong muscle goes weak, we can assume that the patient's antioxidant abilities are compromised. This is a temporary weakness and the muscle strength will come back in a few seconds after the smell is removed.

But here is the exciting part that Dr. Schmidt shares in his seminars. Just as smelling affects neurological pathways, tasting does as well. So tasting substances can also temporarily strengthen or weaken muscles. We can use the body as the deciding factor of what strengthens or weakens.

Let's go back and have the patient taste different antioxidants and then re-smell the oxidizing substance, in this case the bleach. By re-smelling the bleach, with the antioxidant still in their mouth, we can identify which antioxidants counteract the effects of the bleach by observing which substances strengthen the muscle. So in effect, we are indirectly testing for systemic oxidation and then testing to see which nutrient will correct the problem.

Dr. Schmidt's practice is a research practice, and he will often spend hours with one patient testing individual nutrients. He finds taurine and its cofactors to be the major nutrient that strengthen the muscle after the bleach challenge. After that niacinamide, selenium, vitamin E, EFAs, vitamin C, and riboflavin are the other nutrients that affect change. Even though niacin and riboflavin are not antioxidants, they support the citric acid cycle which helps support metabolic processes and indirectly reduces oxidation.

Other doctors may not have the time or desire to test each nutrient and may use combination formulas like BioProtect or a heavier plant based antioxidant like Bio-FCTS. You can perform the screening test and if the patient shows muscle weakness after the oxidizing agent, have them take a multiple antioxidant and clean up their diet until their next visit. On the next visit retest and if they still fail the test, schedule an extended visit and do test the nutrients individually.

Oxidation is a huge issue underlying all tissue destruction. We need oxidation to live. Those same hypochlorite ions are used by white blood cells to oxidize invaders. That's a good thing. As a side note, if your patient is in a small class of extremely chemically sensitive people, have them smell substances like the bleach indirectly or even from several feet away. These patients are already over-stimulated and a strong whiff may cause headaches or discomfort.

Truly our bodies are fearfully and wonderfully made. Here is another example of how we can use basic chemistry principles and screen for imbalance and use a combination of foods and nutrients to help our bodies return to homeostasis.

Thanks for reading this week’s edition. I'll see you next Tuesday.