근육의 반응을 이용한 다양한 임상적인 접근

근육의 반응을 이용한 다양한 임상적인 접근

- 반사점
- 근육과 장기와의 관계
- 음식-장
- 부신-스트레스
- Metal toxicity
- 여성호르몬
- 횡격막
- 구조적인 면

- 이 강의내용은 TBM, Neurolink, Dr. Smith세미나에서 얻은 개인적인 지식과 경험을 공유하기 위한 의도이며, 저작권이나 자료의 복사와는 무관하다는 것을 알려드립니다.

인체의 반사점을 이용한 진단 및 치료, 치료방법 선택 및 평가

인체의 반사점을 이용한 진단 및 치료

- 응용근신경학(Applied Kinesiology)은 근육의 반응을 통해서 인체의 기능적인 이상이나 숨겨진 문제를 찾아내어서 증상을 해결하기 보다는 근본적인 원인을 찾아서 치료하는 학문입니다. 이번 세미나는 AK, TBM, Neurolink, Brimhall, Dr. Smith의 강의에서 보여준 인체의 반사점들 중에서 임상에 유용하고 검증된 것들을 중심으로
- 반사점을 중심으로 인체의 기능적인 면을 전체적이고 통합적인 방향으로 진단하고 치료

1. 인체의 병적인 혹은 기능적인 문제를 찾기 위해서 반사점을 이용한 screening

1) 지표근육 선택 방법 및 신경학적인 근거

2) 백회 GV20의 이용방법

3) Neuroemotional point: unconscious stress를 찾기 위한 reflex points

백회 GV20

Neuroemotional point

4) Cerebellum

5) Limbic

6) Ocular lock, 눈의 방향

7) Voiding reflex

Cerebellum, EOP아래

Ocular lock

Voiding reflex point

8) Free radical

9) Protein utilization

10) Thyroid

Free radical

protein

Thyroid

11) Sex I (I, II, III)

12) Sinusitis, sore throat

13) Pineal

Sex I

II

III

Sinusitis

Pineal

14) Pituitary

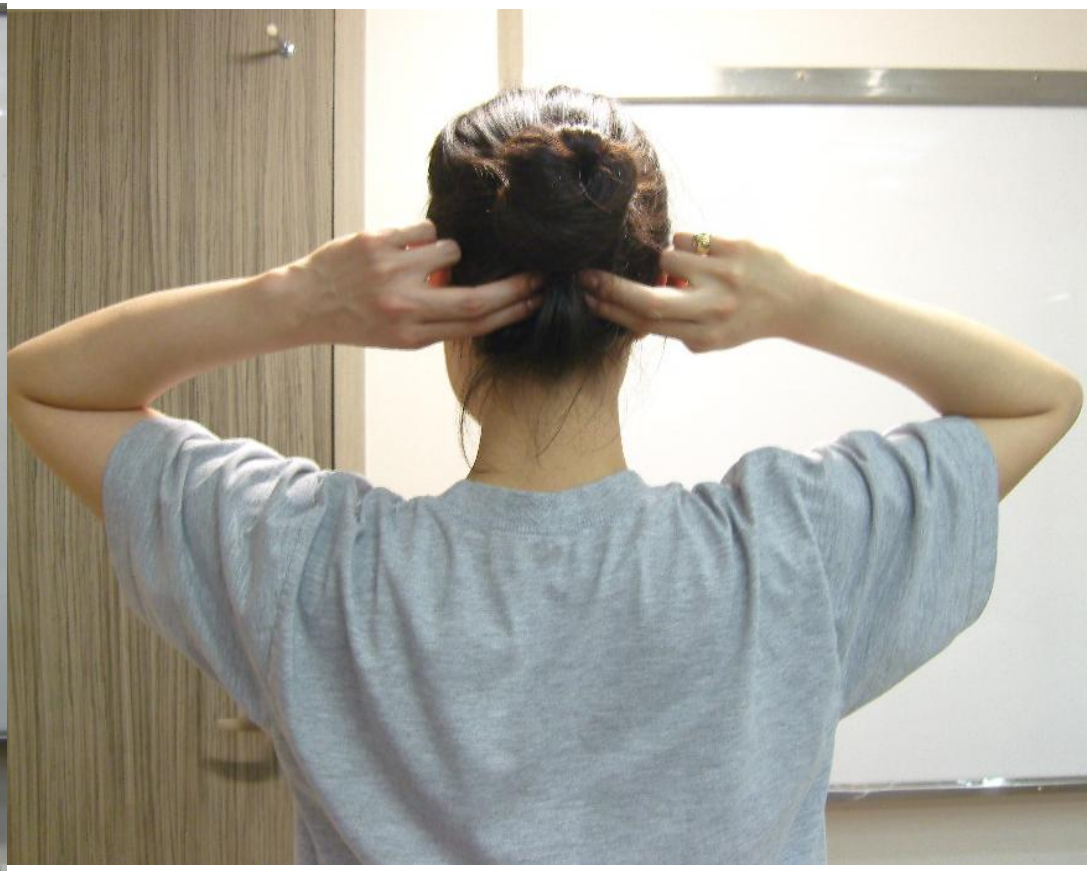
15) Thalamus

16) Hypothalamus

17) Major cranial fault

Pit

Thalamus



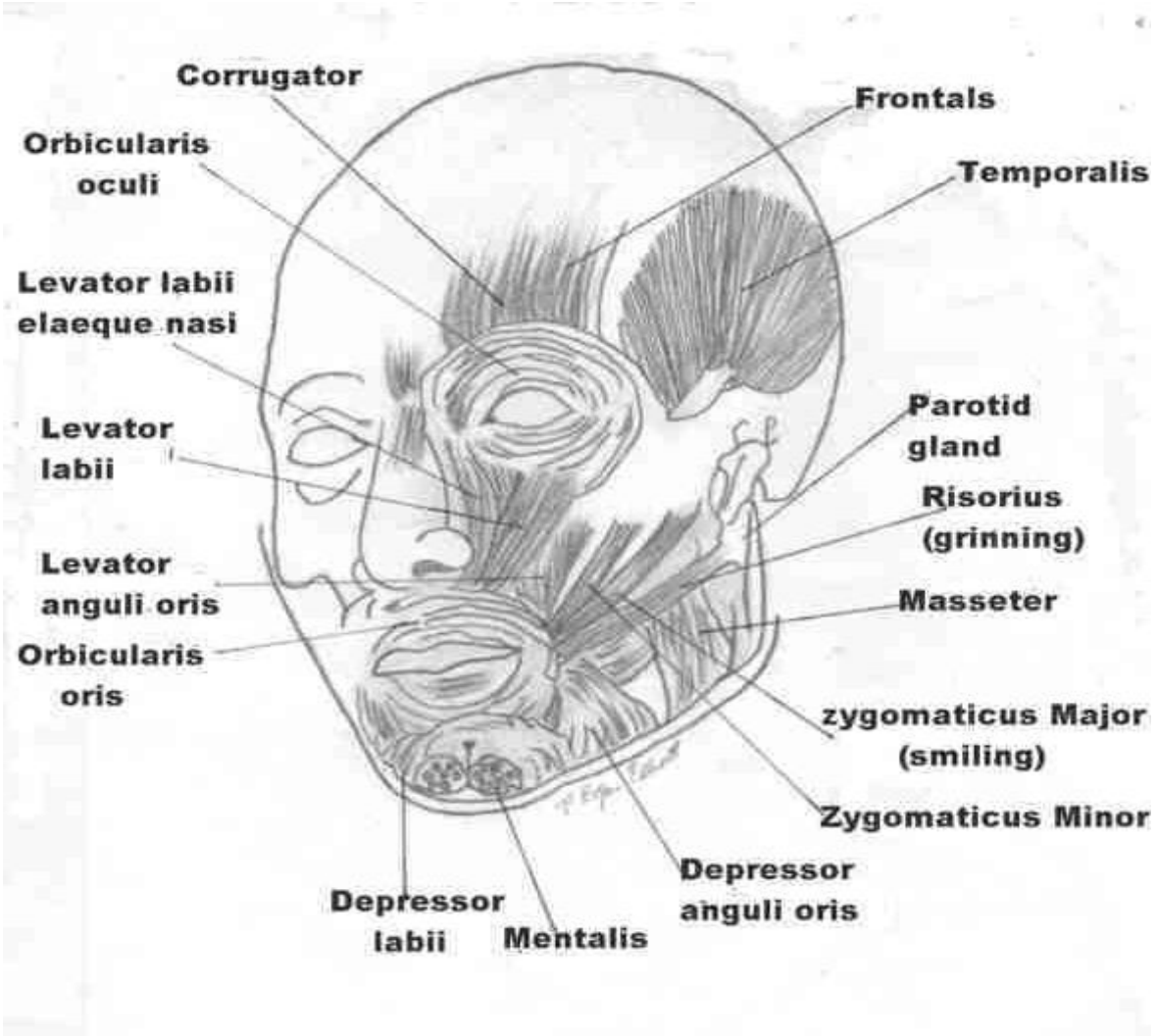
hypothalamus

Cranial

18) Sugar handling stress, diabetes 당조절 스트레스, 당뇨

19) Pancreatic enzyme

20) Fungus: 여기 까지 머리 얼굴의 반사점 이용


Corrugator
Orbicularis oculi
Levator labii elaeque nasi
Levator labii
Levator anguli oris
Orbicularis oris
Depressor labii
Mentalis
Depressor anguli oris
Zygomaticus Minor
zygomaticus Major (smiling)
Masseter
Risorius (grinning)
Parotid gland
Temporalis
Frontals

Fungus

21) Rib torque

22) Ant thoracic

23) Lung

Rib torque

Lung

24) Trachea, bronchus

25) Thymus

26) PMS

27) Menopause

28) Heart

29) Coronary a and v

30) Circulation: Berger's, Raynaud

31) Hemisphericity

32) Blood pressure

33) Liver

앞

뒤

34) GB : right clavicular fossa+ rib nipple line 누르기

35) Stomach

36) Pancreas

37) Head of pancreas



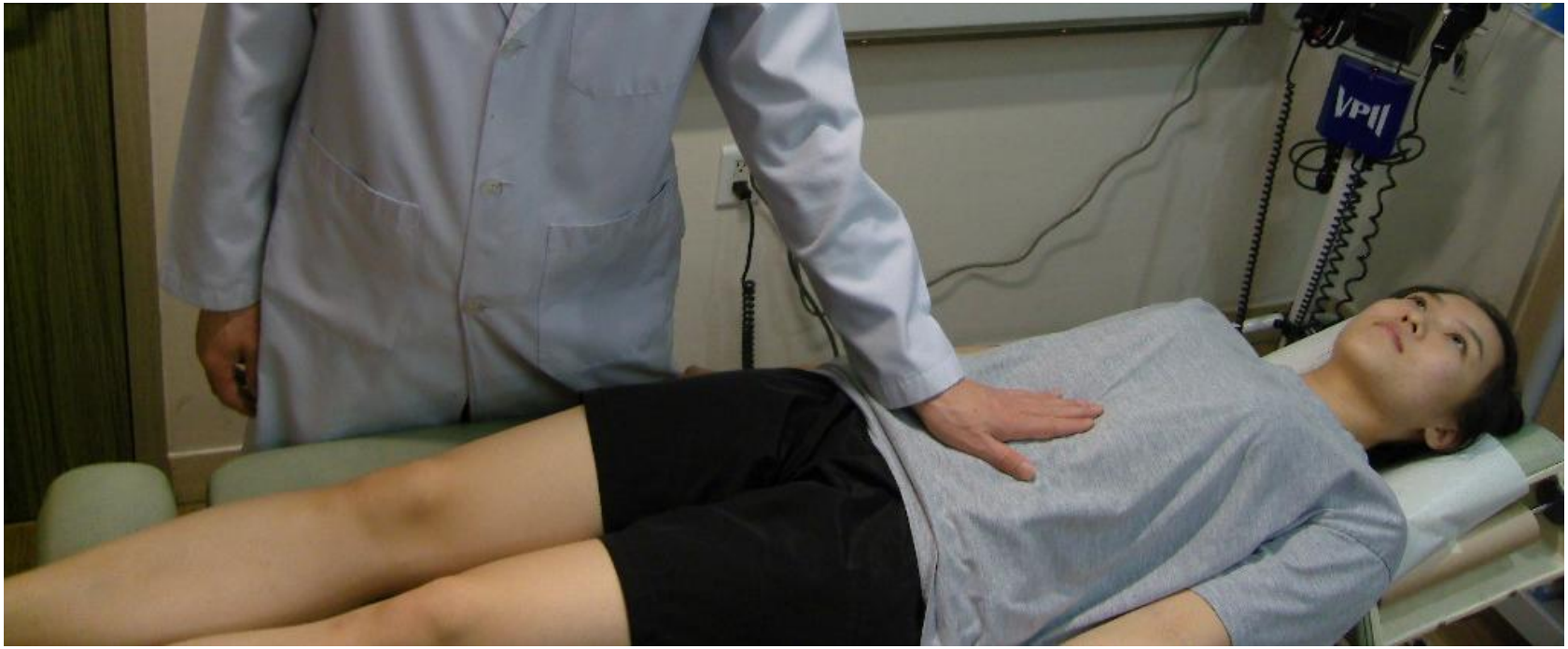
38) Diaphragmatic hernia

39) Small intestine

40) Large intestine

Diaphragmatic hernia

SI



LI

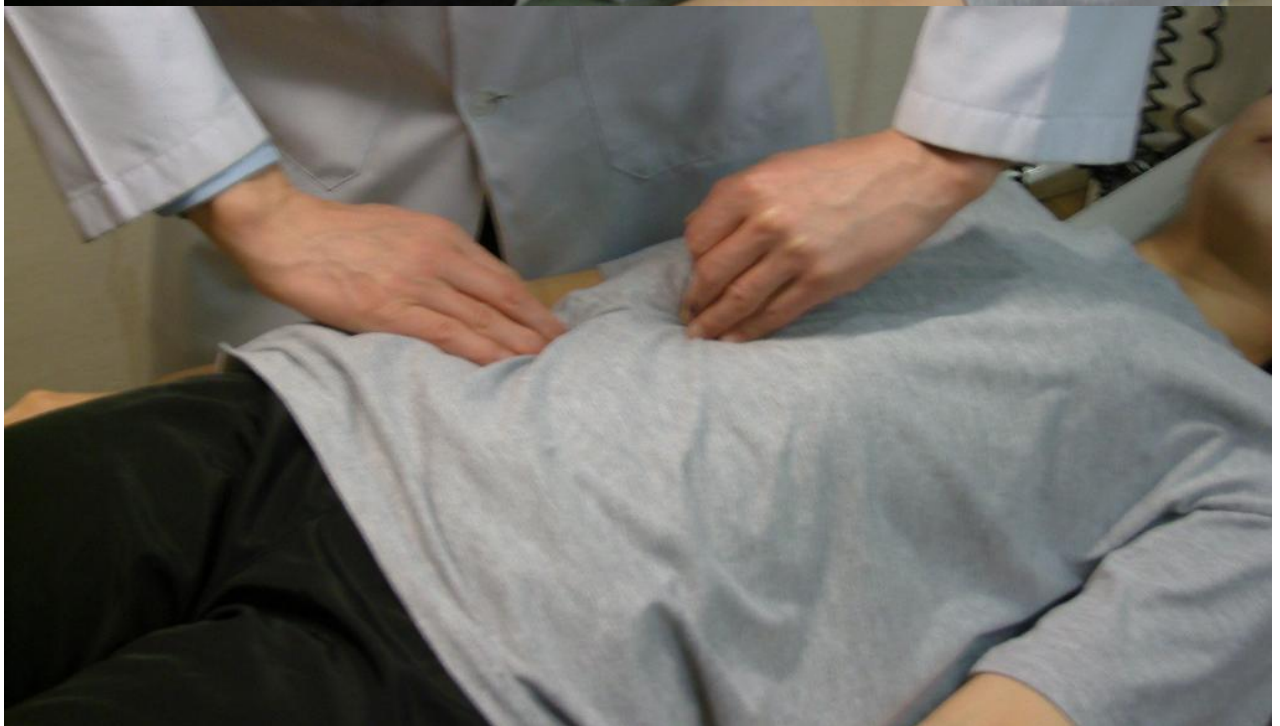
41) Check dysbiosis with vials

42) Hepatic & splenic flexure

43) Adrenal

Splenic flexure synd

Hepatic



Adrenal

44) ICV

45) Common integument –Crohn's disease

46) Bladder/prostate/uterus: 각각의 구분은?

47) Ovary/testes

48) Kidney

49) Virus

ICV

Houston's valve

BL/prostate/uterus

Ovary

kidney

Virus

근육과 장기와의 관계

- Chapman NL-organ relation을 Dr. Goodheart 최초로 근육과 관련된 장기에 대한 기술
- 그 뒤로 근육을 이용한 여러 진단, 치료학문에 이용됨

Heart

- Subscapularis
- Vastus lateralis
- Middle deltoid

subscapular

SUBSCAPULARIS

Description:
thick, triangular muscle, lying on the costal surface of scapula

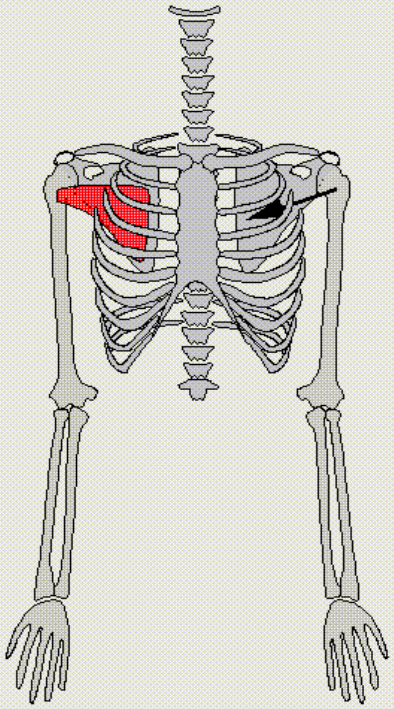
Origin:
the subscapular fossa

Insertion:
the lesser tubercle of humerus

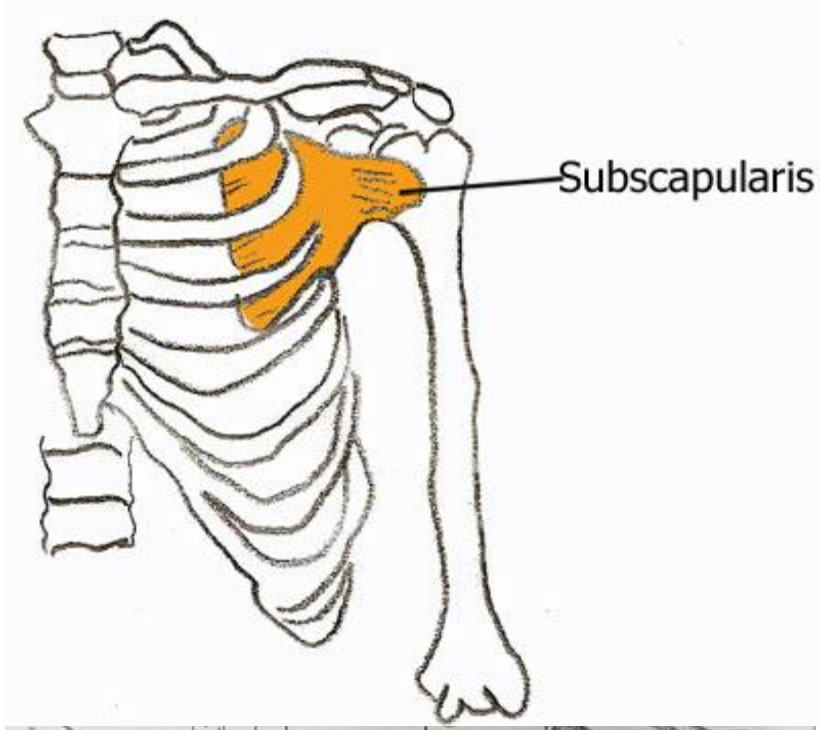
Function:
- medial rotation of the arm
- adduction of the arm

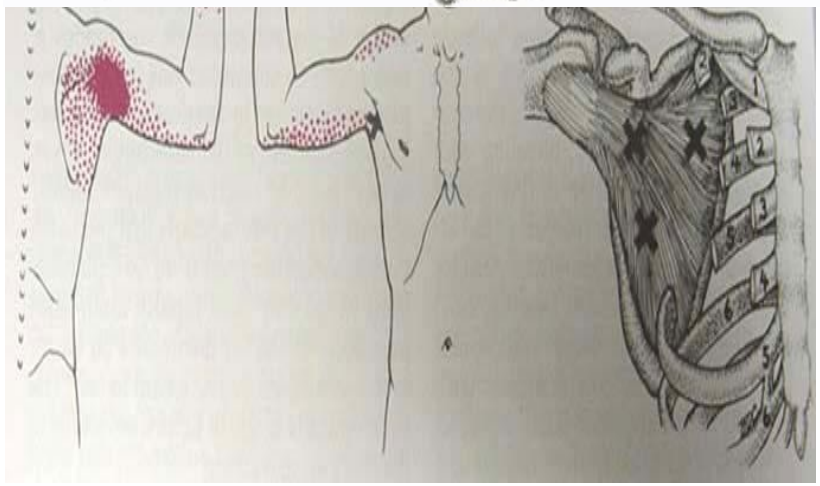
Modelization:
one vector between the humerus and the subscapular fossa

Notes:

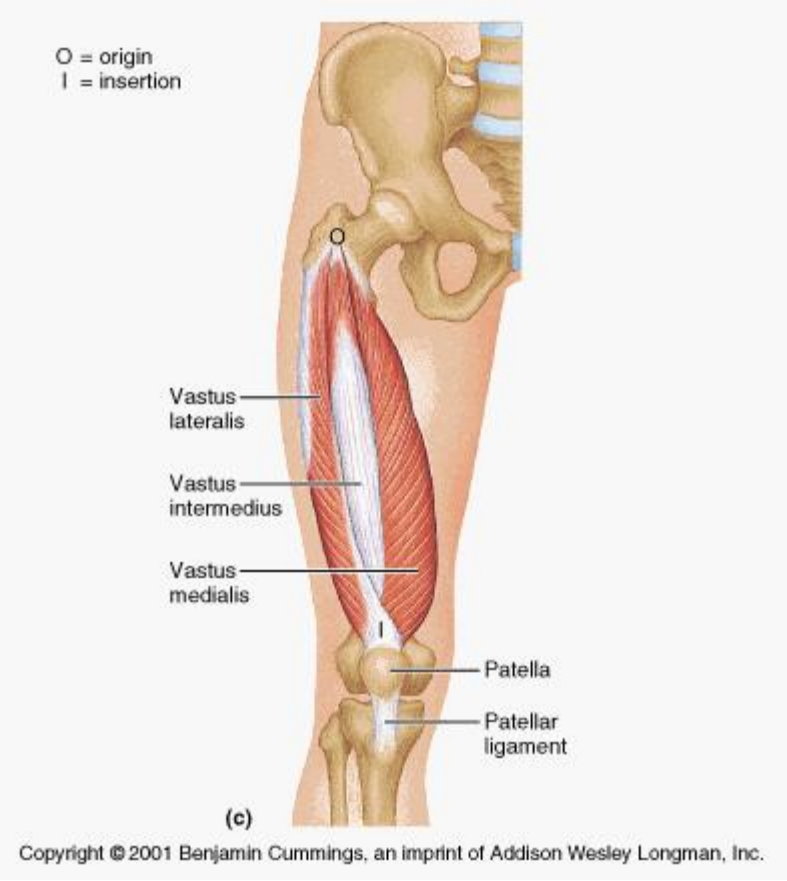


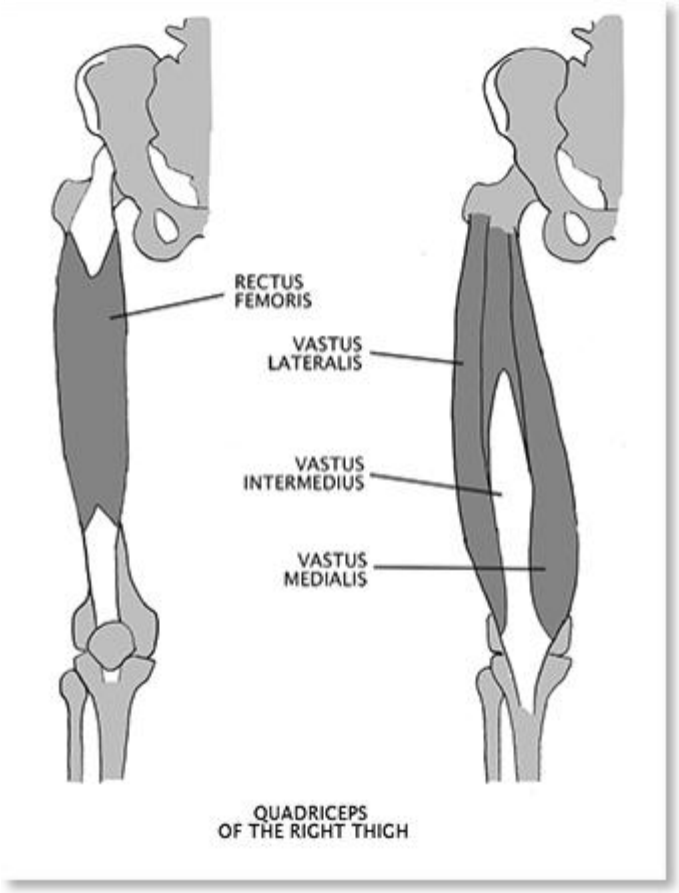
W. MAUREL – LIG / DI / EPFL – CHARM PROJECT



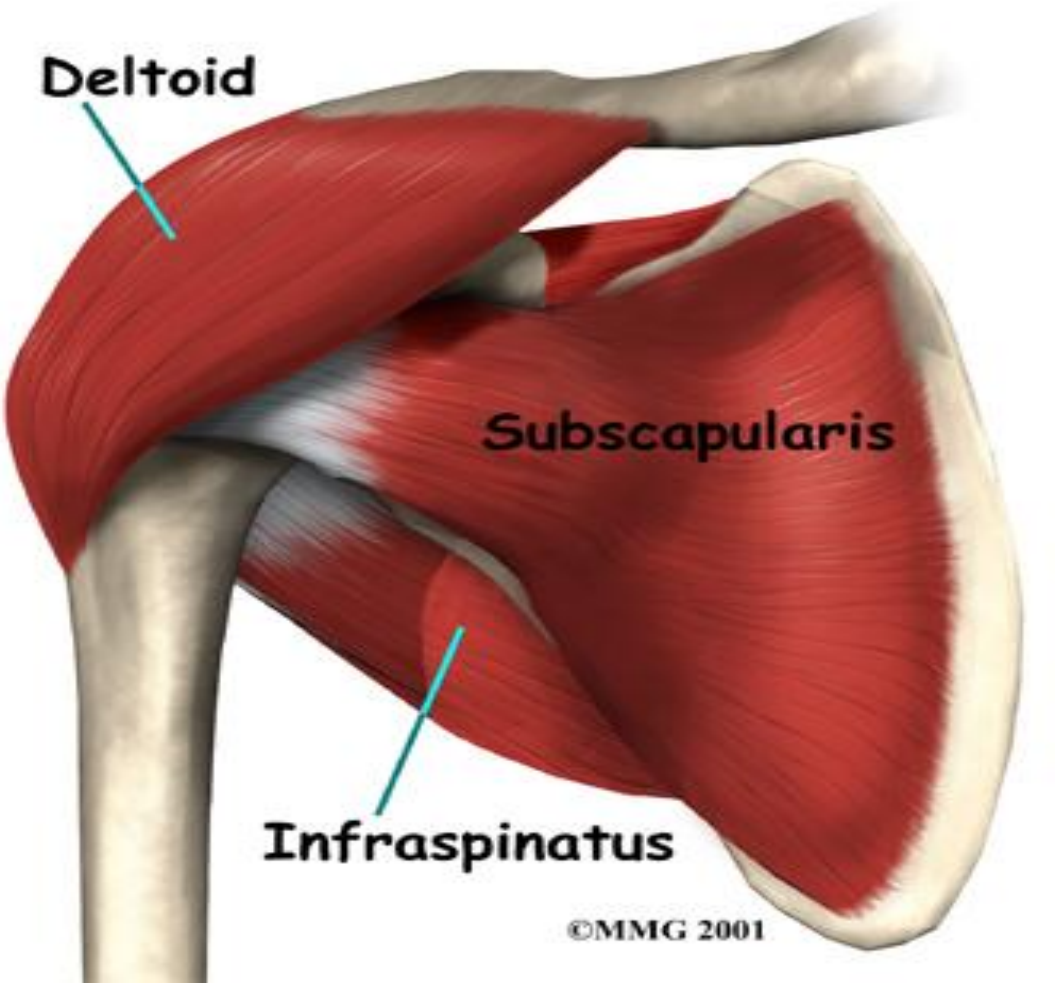


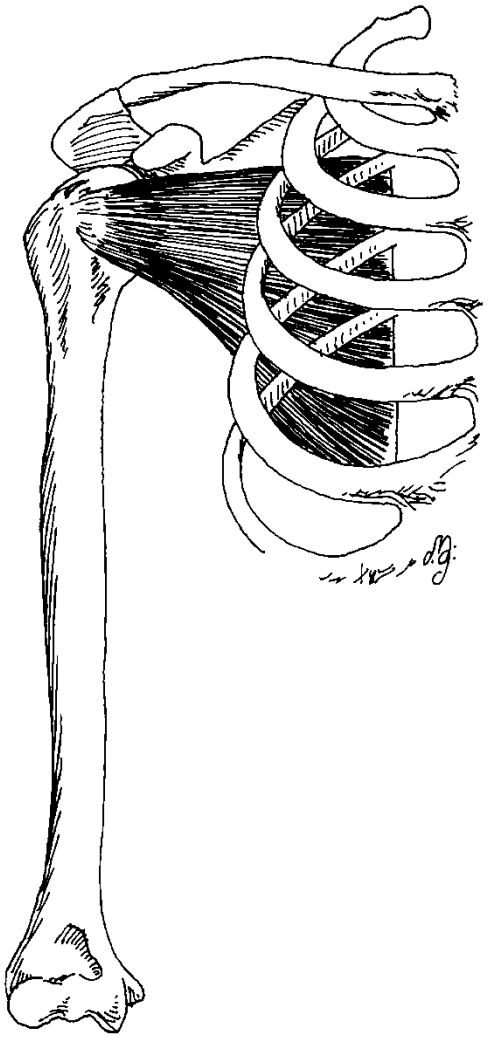
quadriceps

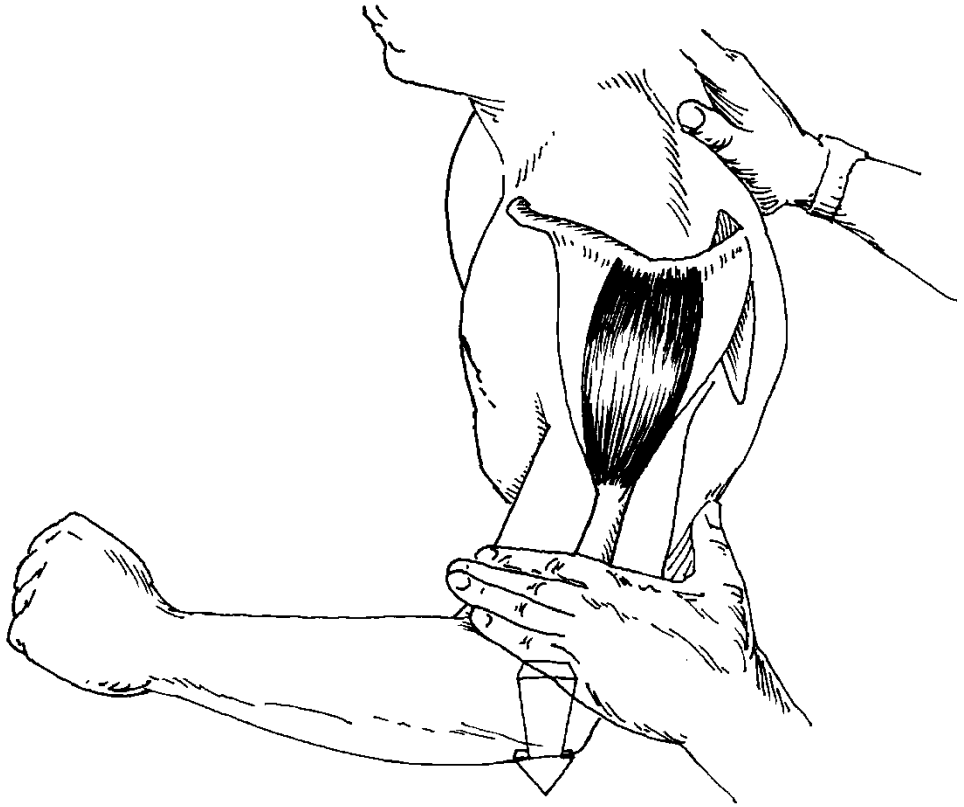


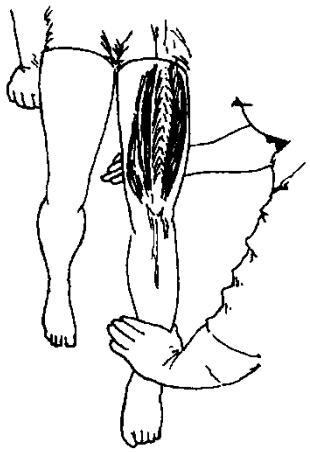


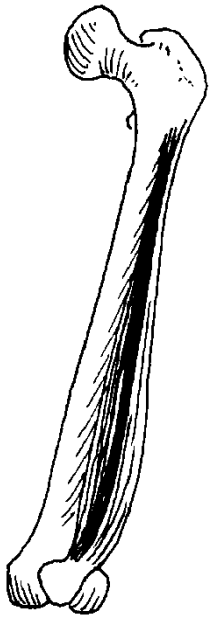
deltoid

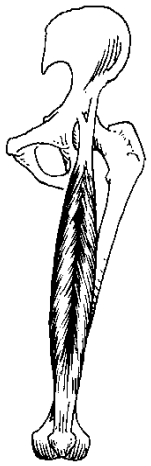








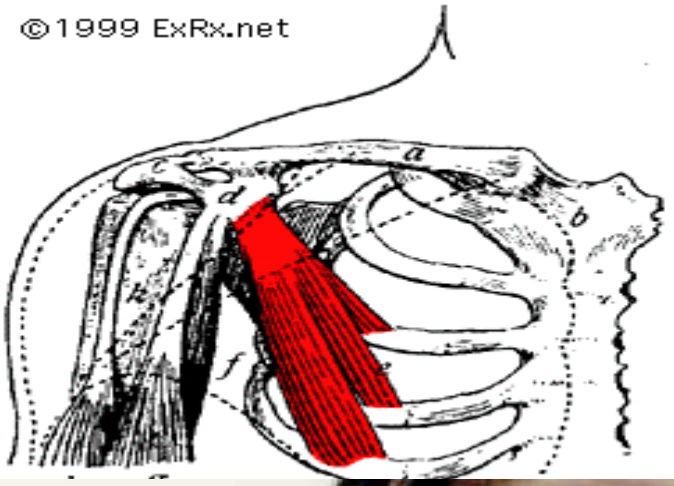




Liver

- PMS
- Rhomboid

pect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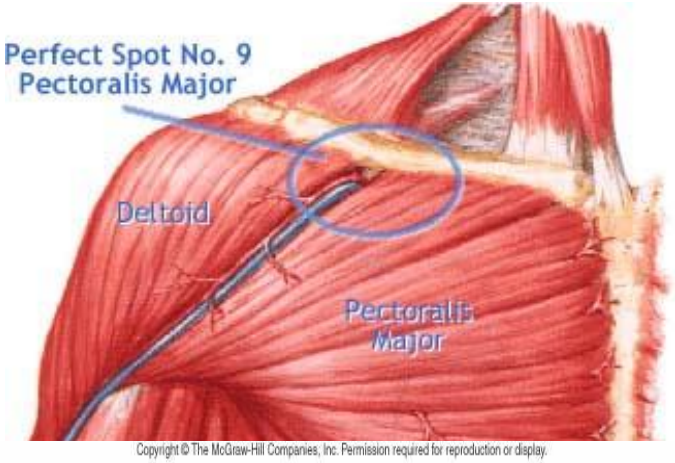
Perfect Spot No. 9
Pectoralis Major
Deltoid
Pectoralis Major
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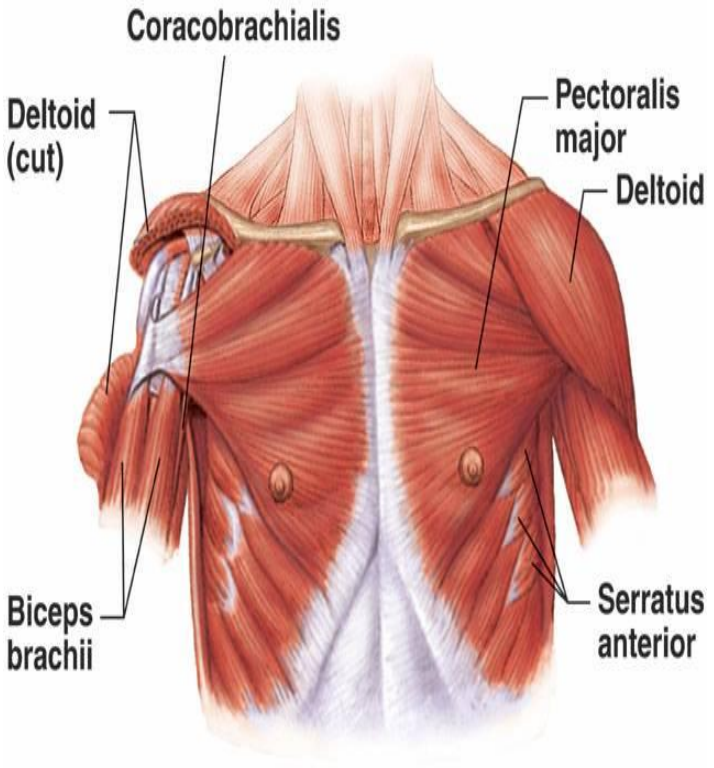
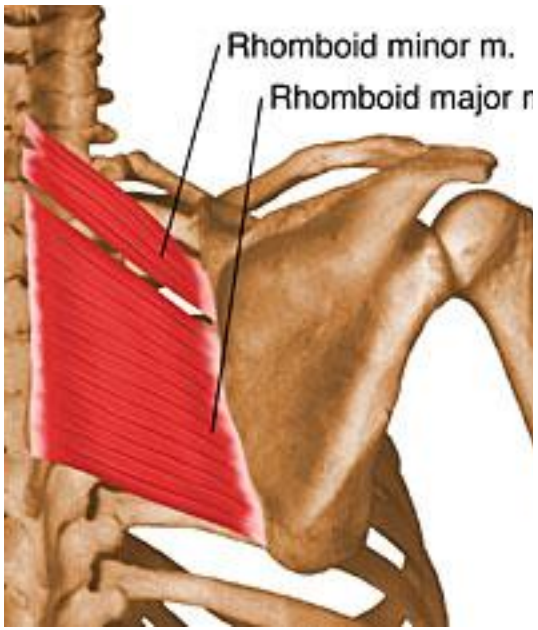
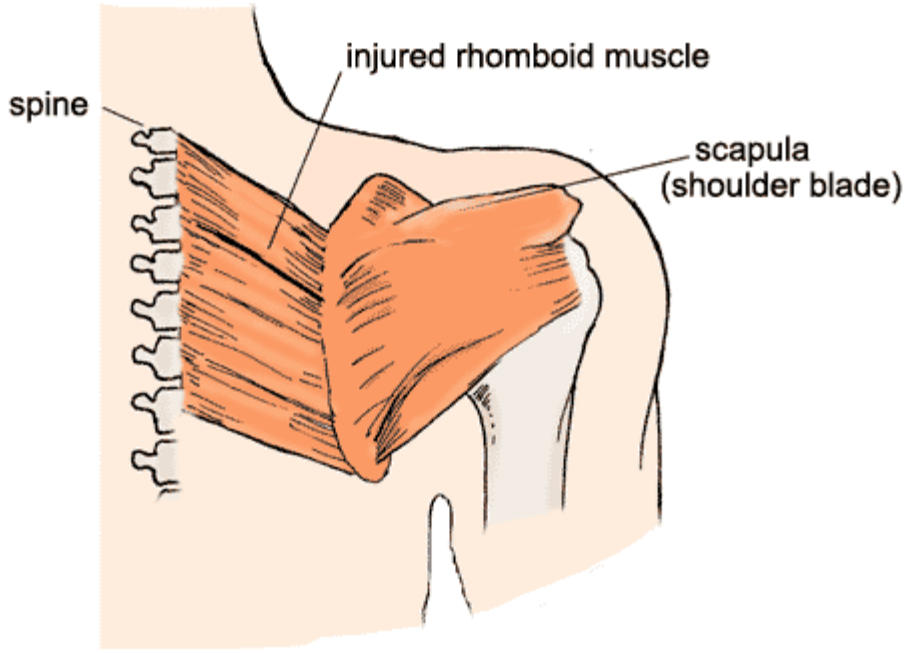
BRACHIAL NERVE
CORACOID PROCESS
CLAVICLE
RADIAL ARTERY
PECTORALIS MINOR
PECTORALIS MAJOR (CUT)

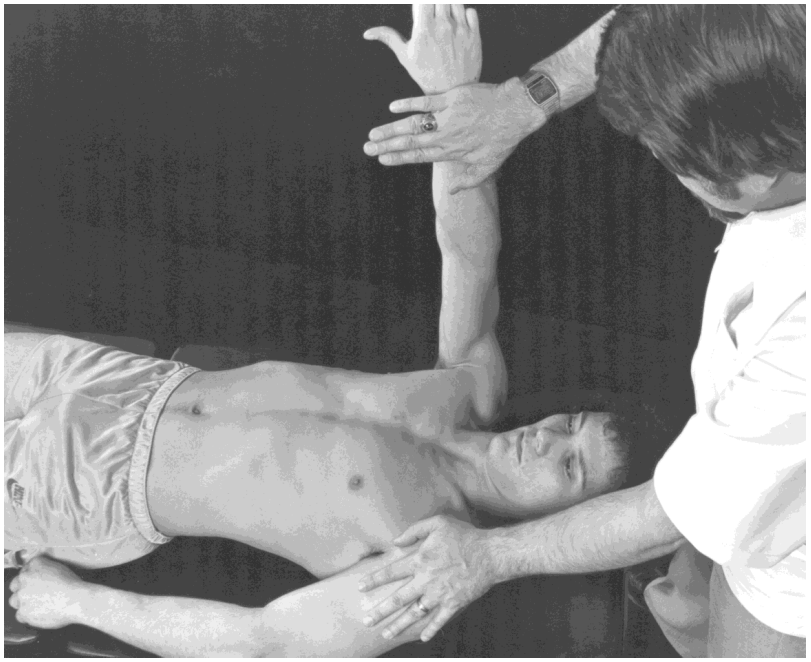

Coracobrachialis
Deltoid (cut)
Pectoralis major
Deltoid
Biceps brachii
Serratus anterior

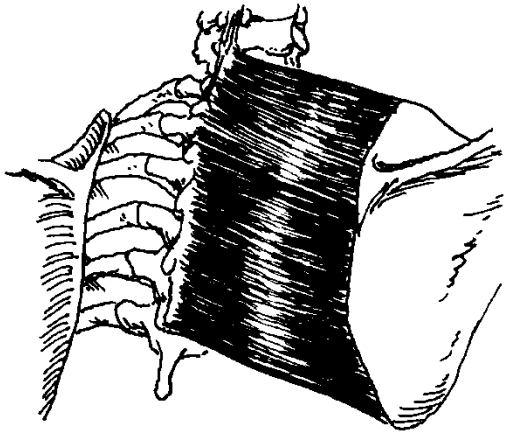
rhomboid



Rhomboid Muscle Strain/Spasm



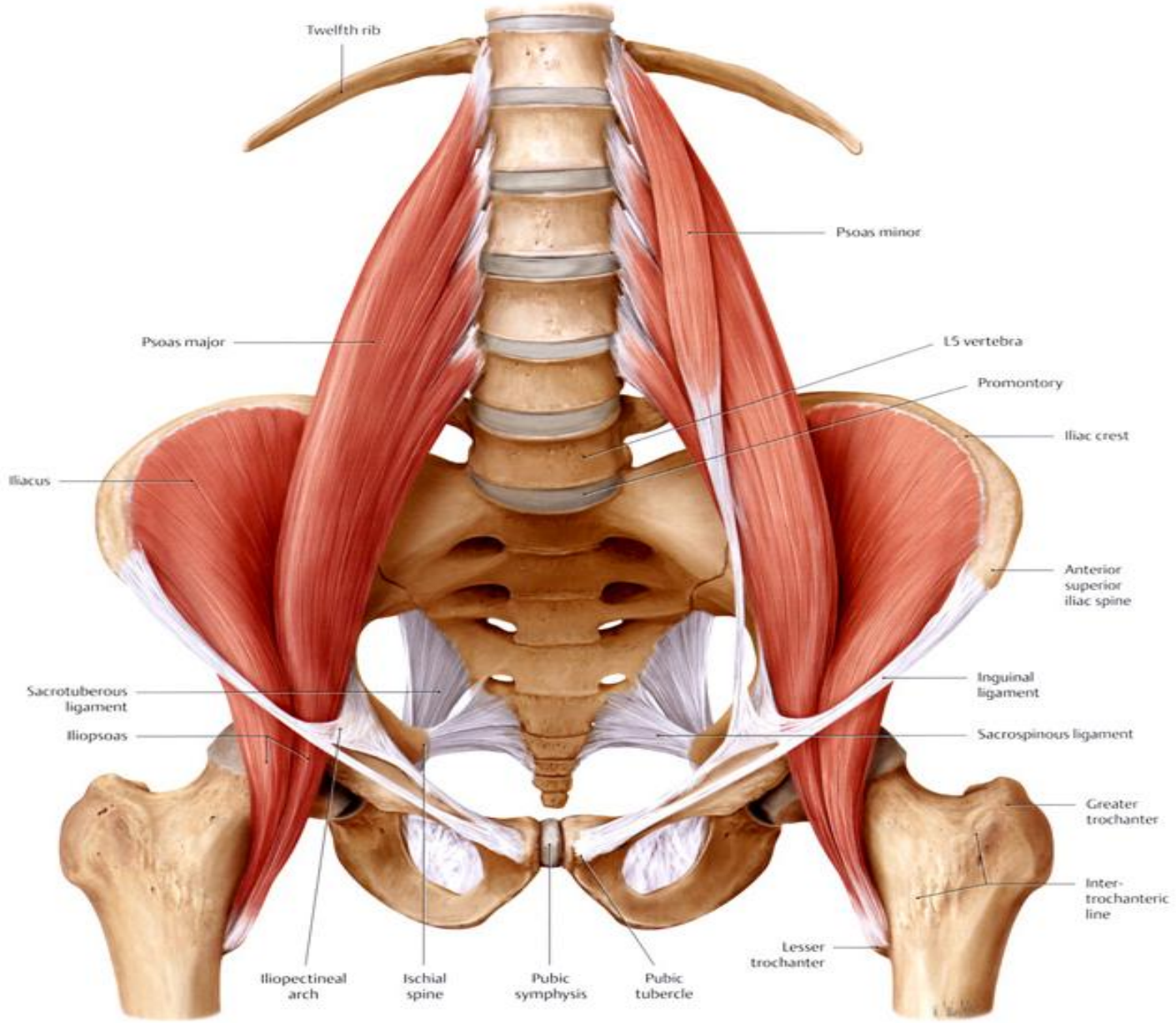


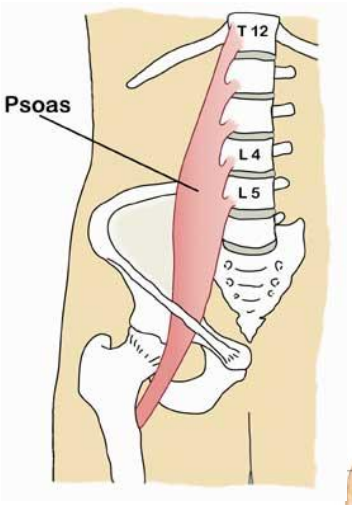


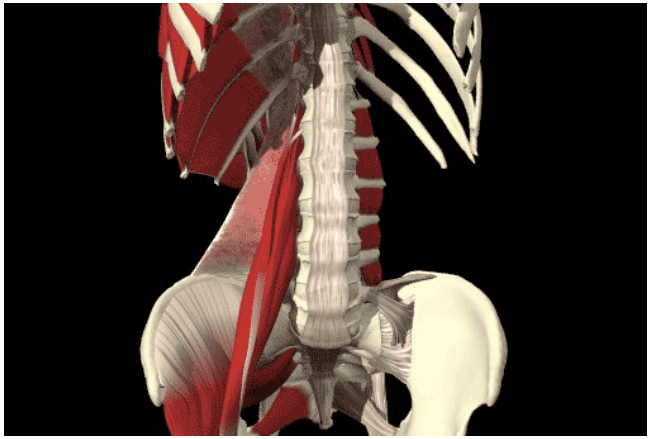
Kidney

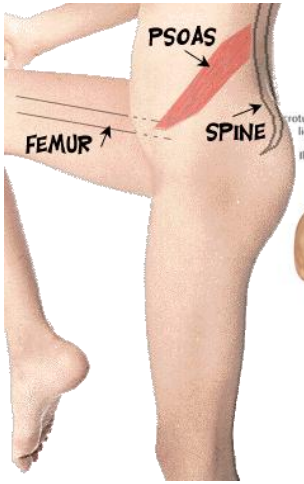
- Psoas/iliacus
- Intertransversarii
- Upper trap
- Gemellus sup
- Obturator externus

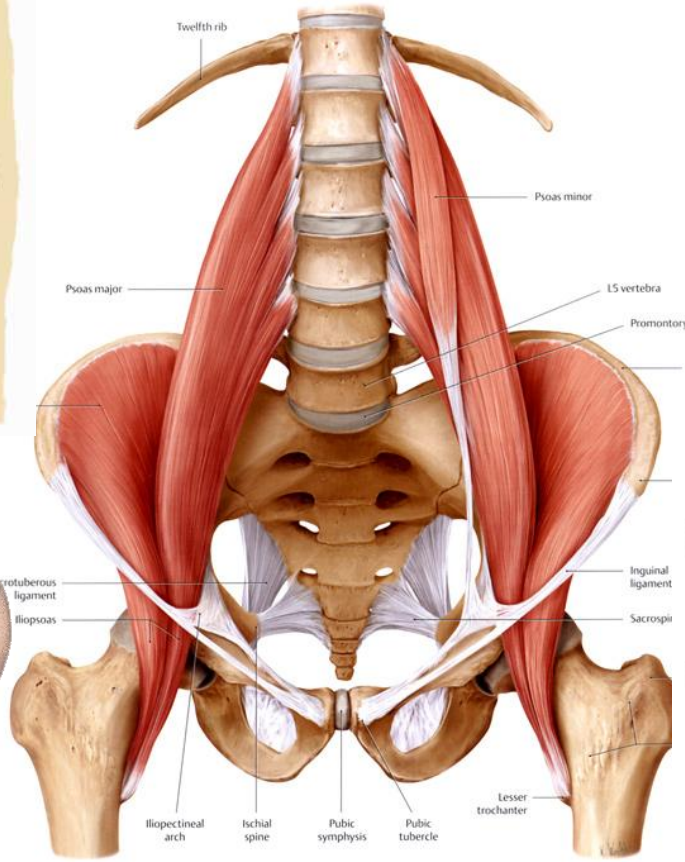
psoas

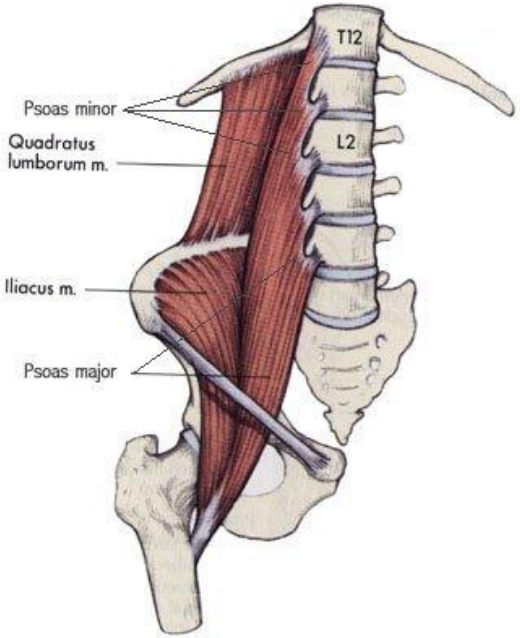

Twelfth rib
Psoas minor
Psoas major
L5 vertebra
Promontory
Iliac crest
Iliacus
Anterior superior iliac spine
Sacrotuberous ligament
Inguinal ligament
Iliopsoas
Sacrospinous ligament
Greater trochanter
Inter-trochanteric line
Lesser trochanter
Iliopectineal arch
Ischial spine
Pubic symphysis
Pubic tubercle


T 12
Psoas
L 4
L 5

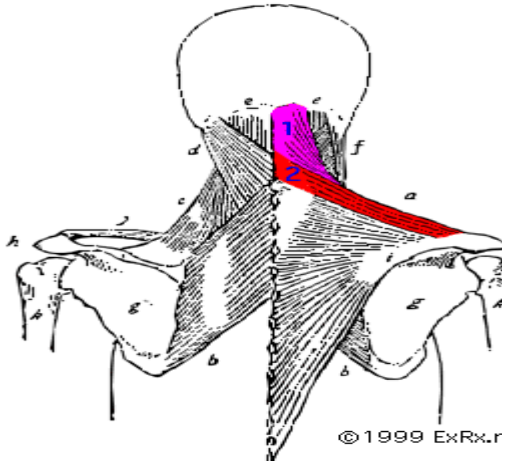



PSOAS
FEMUR
SPINE


Twelfth rib
Psoas minor
Psoas major
L5 vertebra
Promontory
Iliac crest
Inguinal ligament
Iliopsoas
Lesser trochanter
Iliopectineal arch
Ischial spine
Pubic symphysis
Pubic tubercle


T12
Psoas minor
Quadratus lumborum m.
L2
Iliacus m.
Psoas major

trap


1
2
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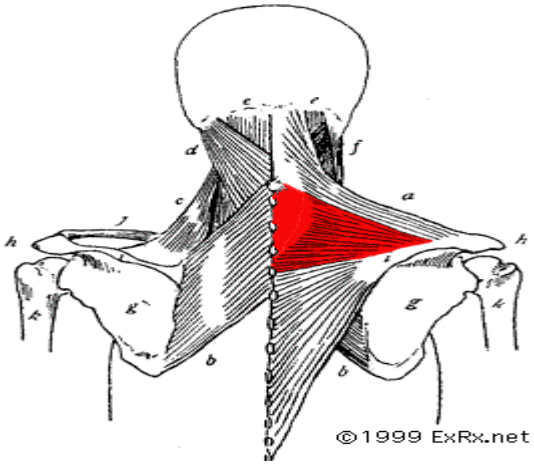
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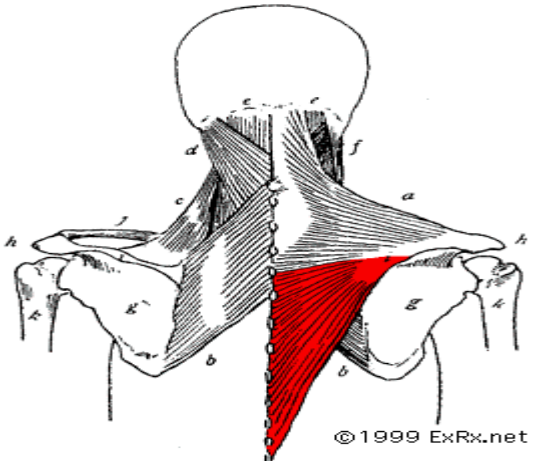
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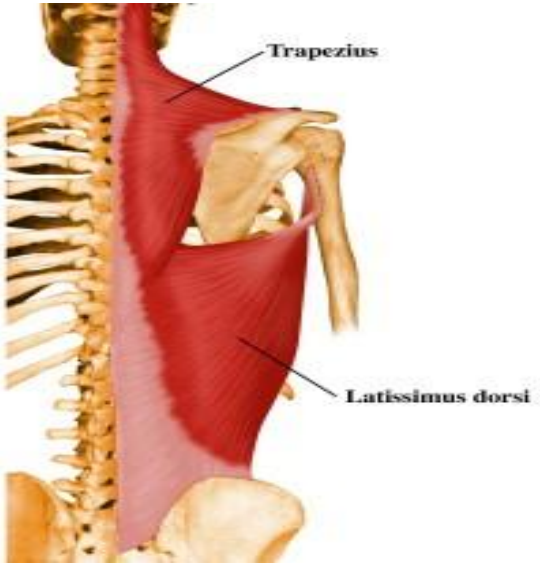
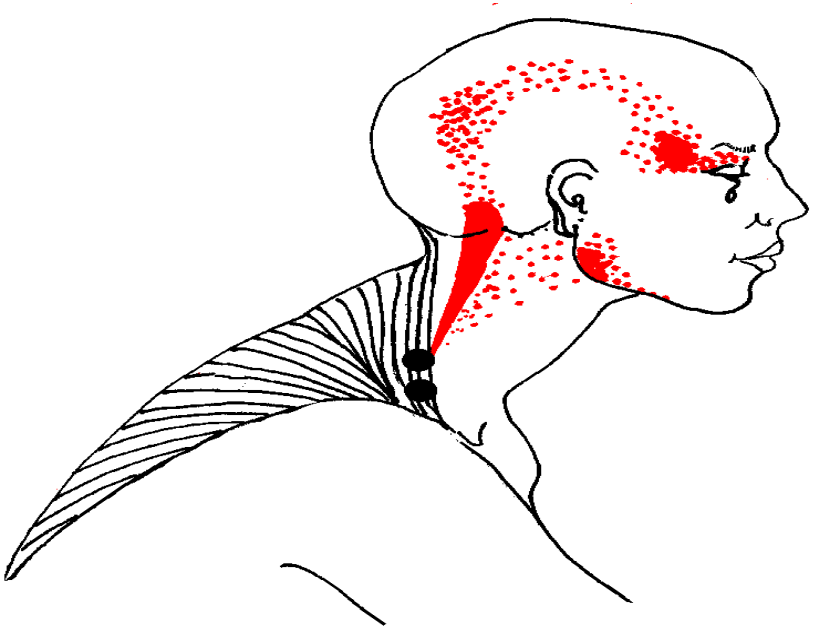
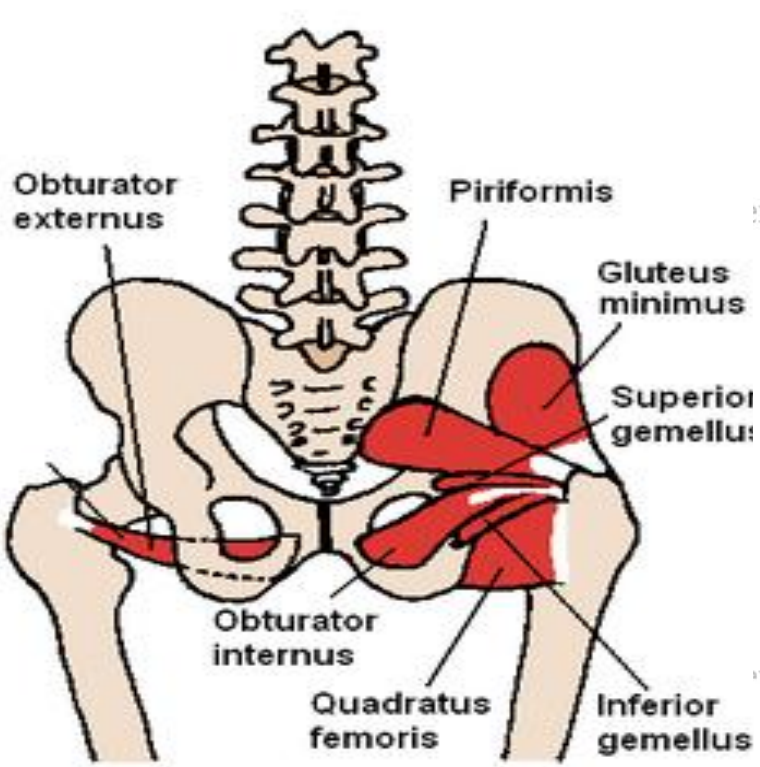
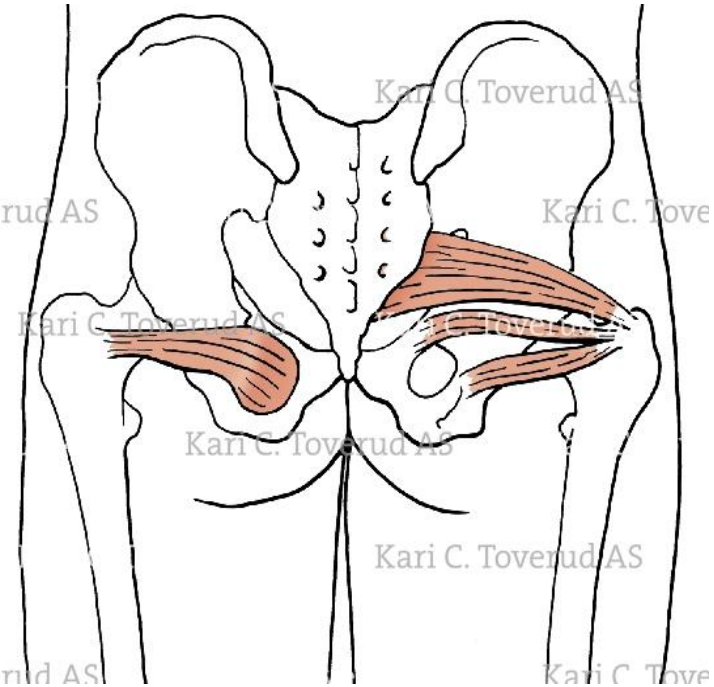

Trapezius
Latissimus dorsi

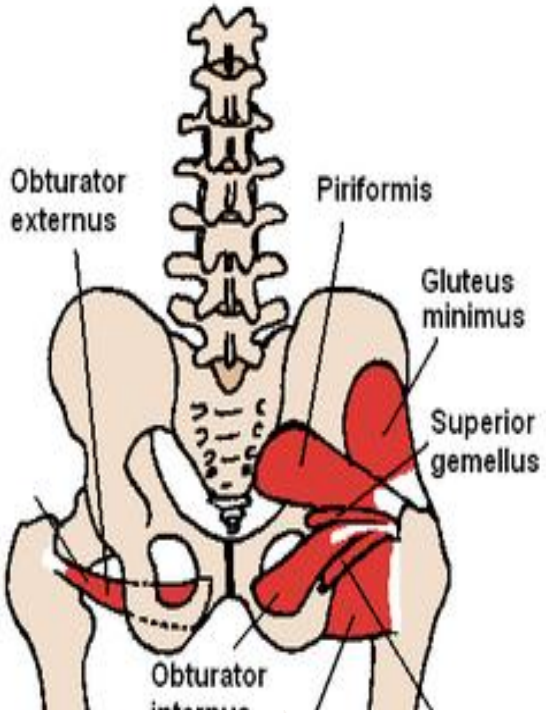


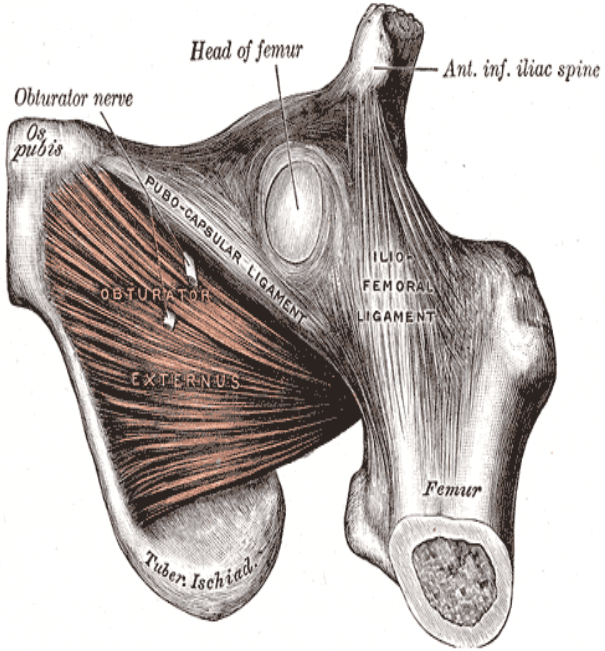
gemellus

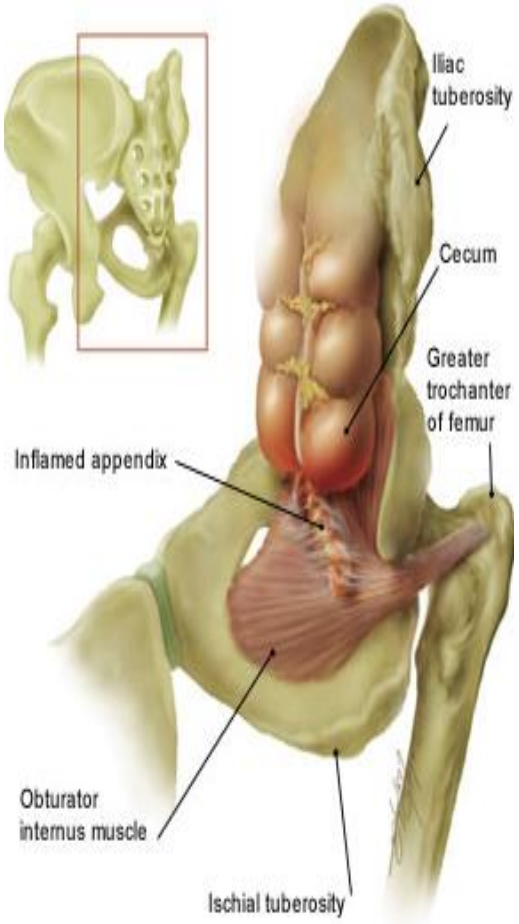

Obturator externus
Piriformis
Gluteus minimus
Superior gemellus
Obturator internus
Quadratus femoris
Inferior gemellus

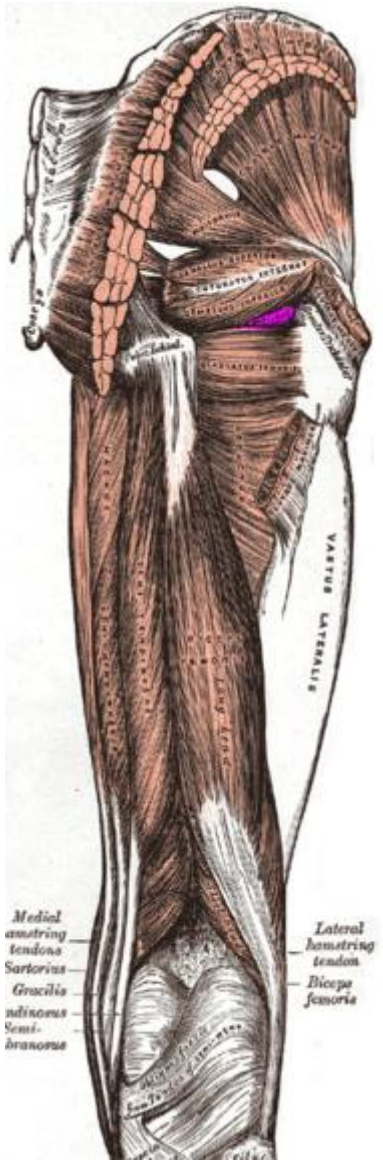

Kari C. Toverud AS

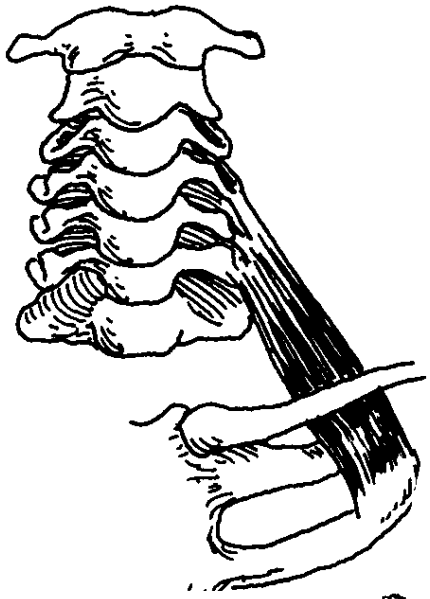
Obturator ext

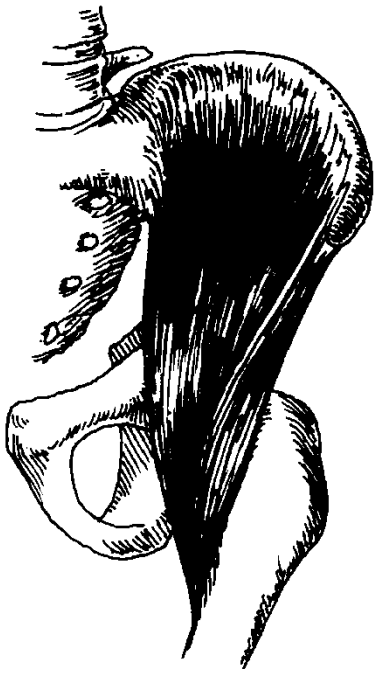


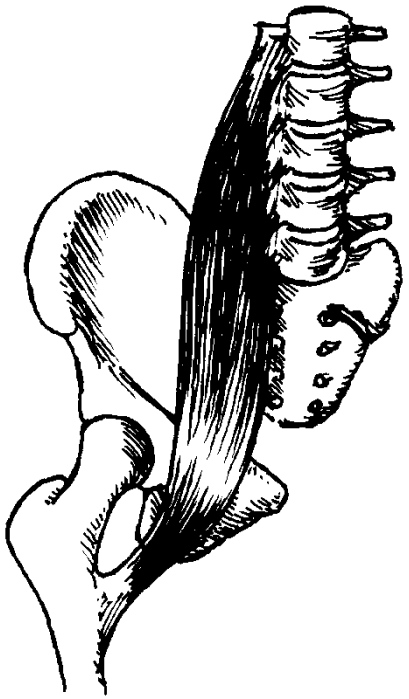


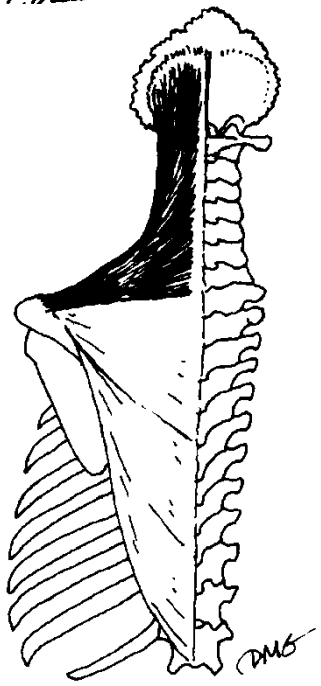


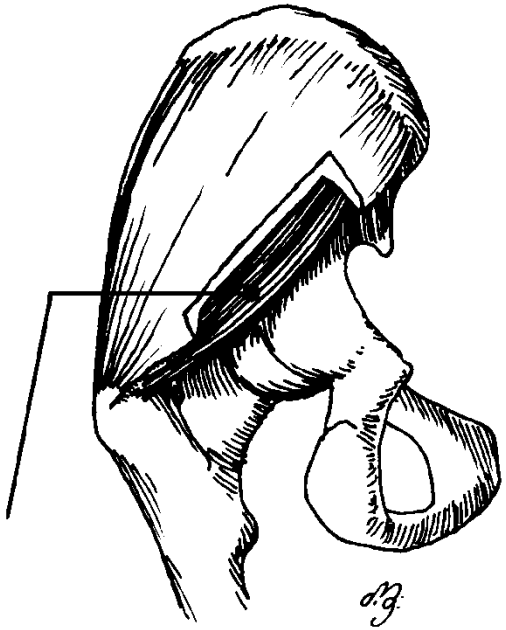








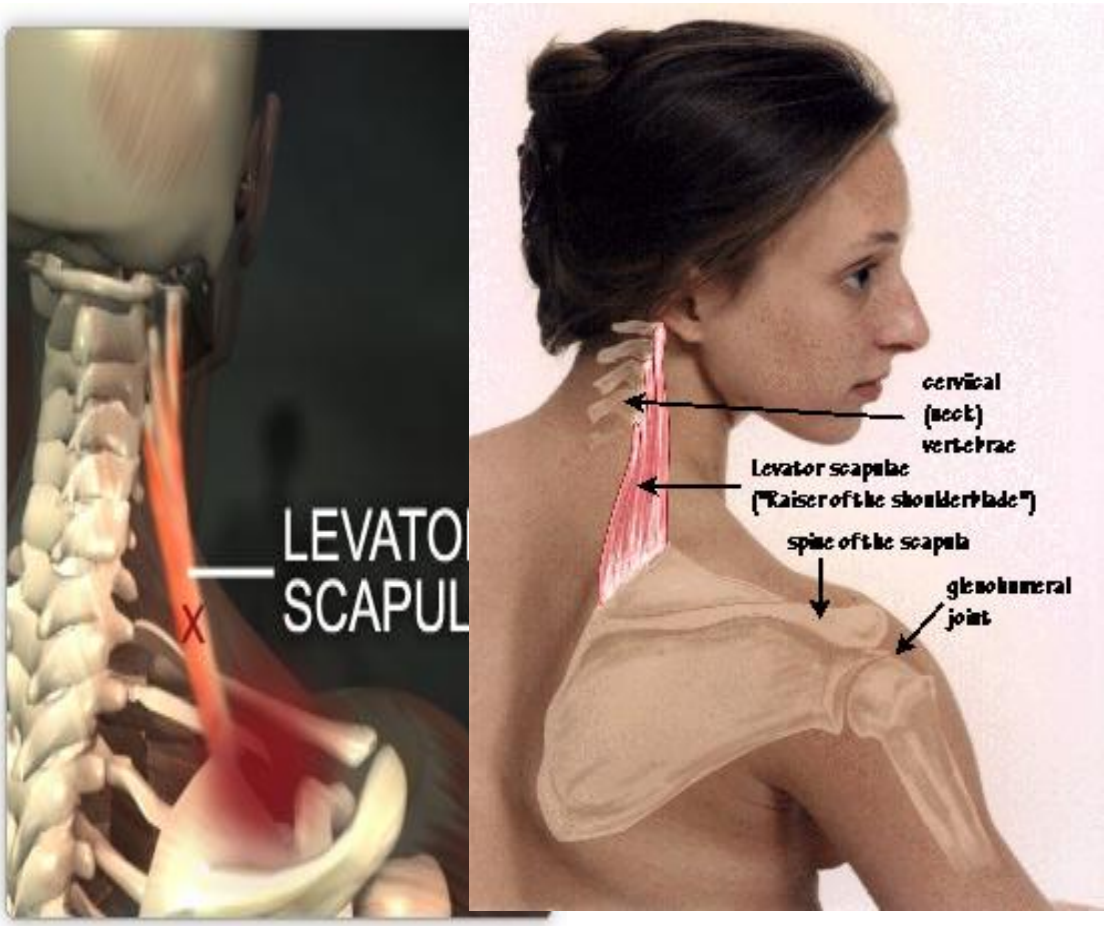


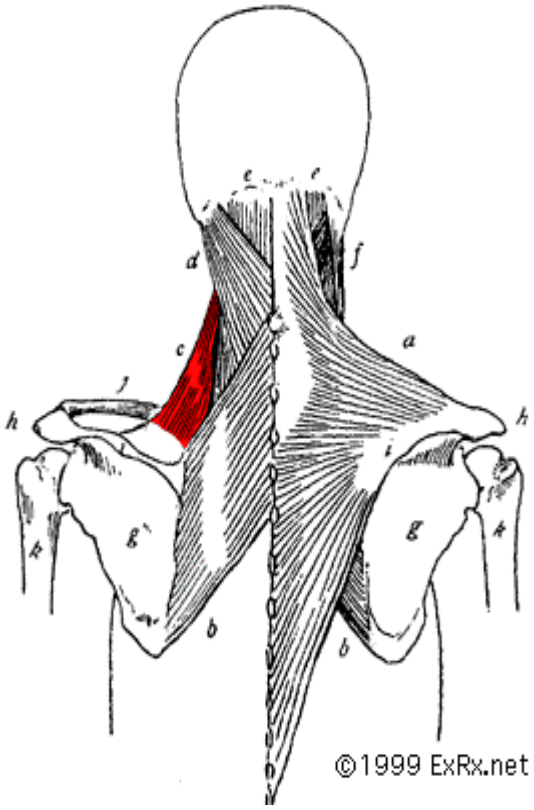


Lung

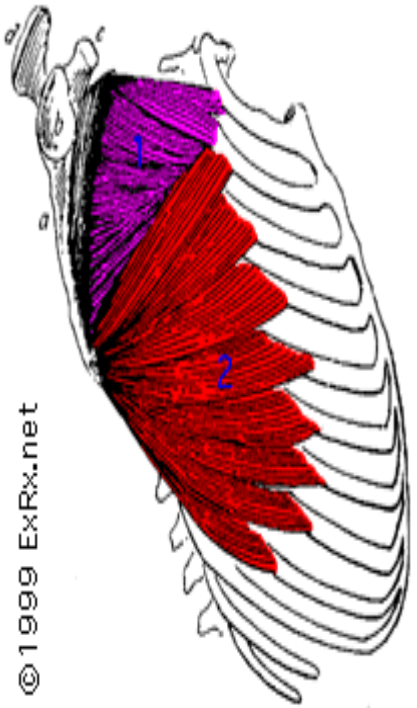
- Post deltoid
- Serratus ant
- Levator scapulae
- External pterygoid

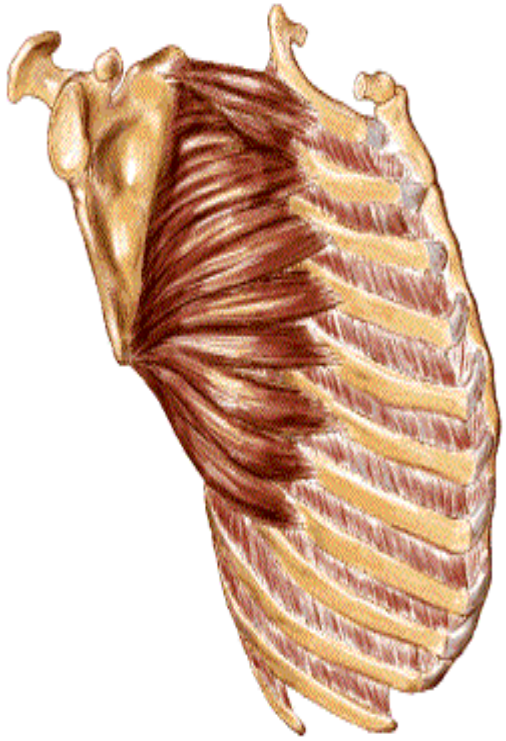
Levator scapula

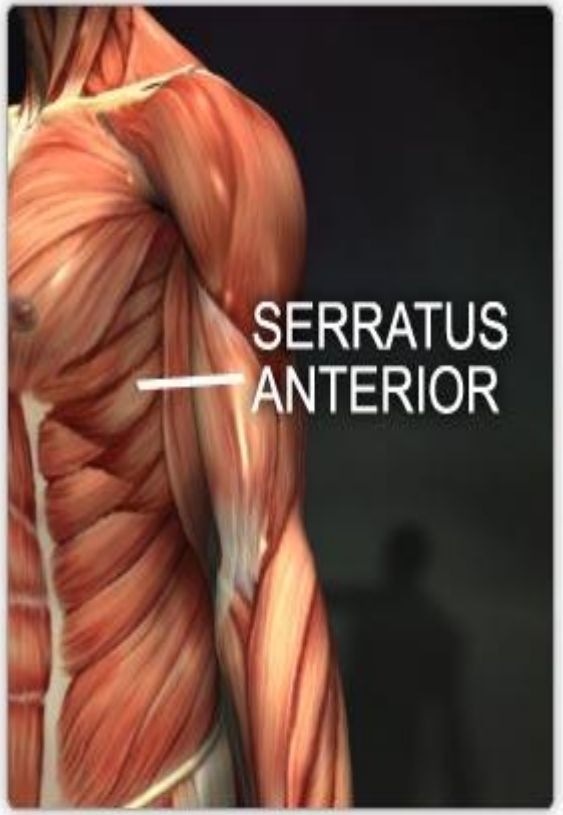




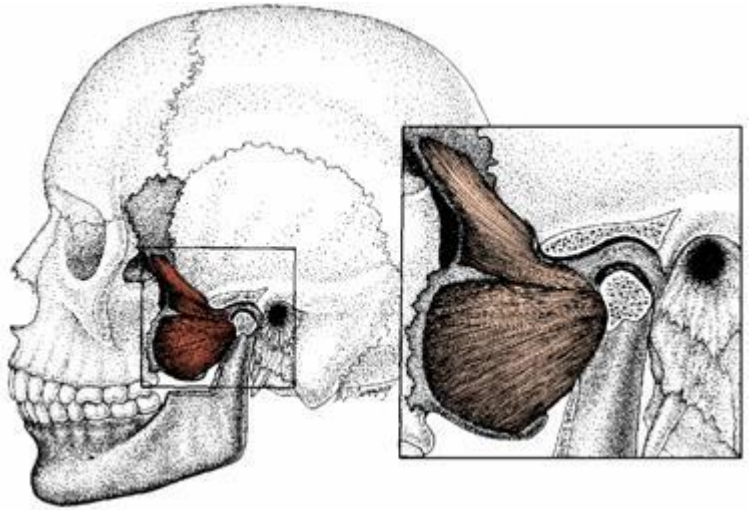
Serratus anterior

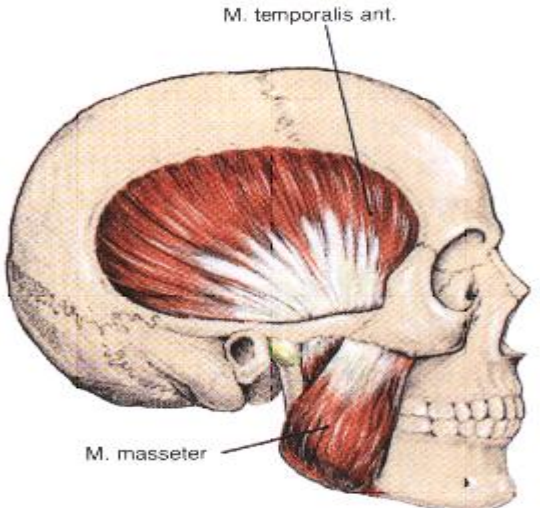


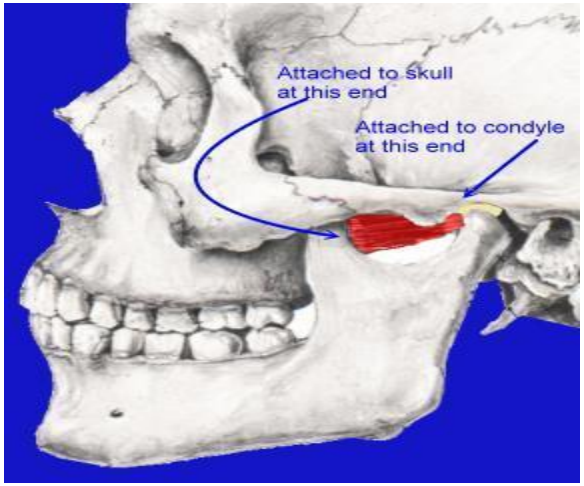


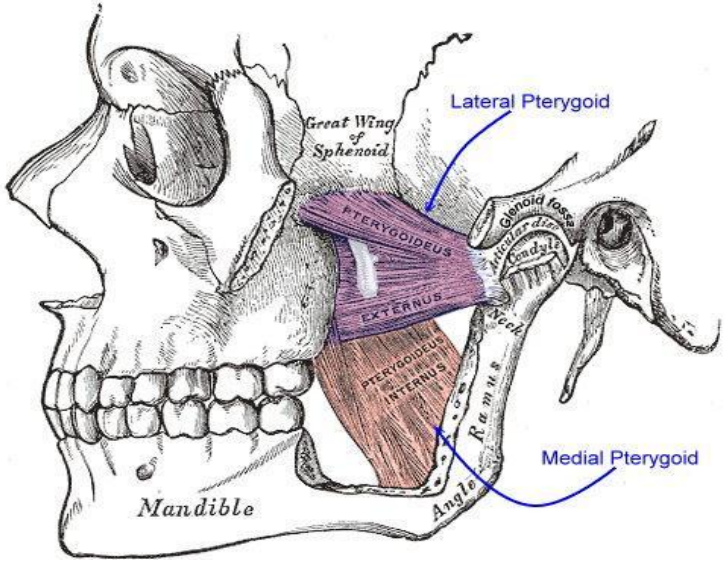


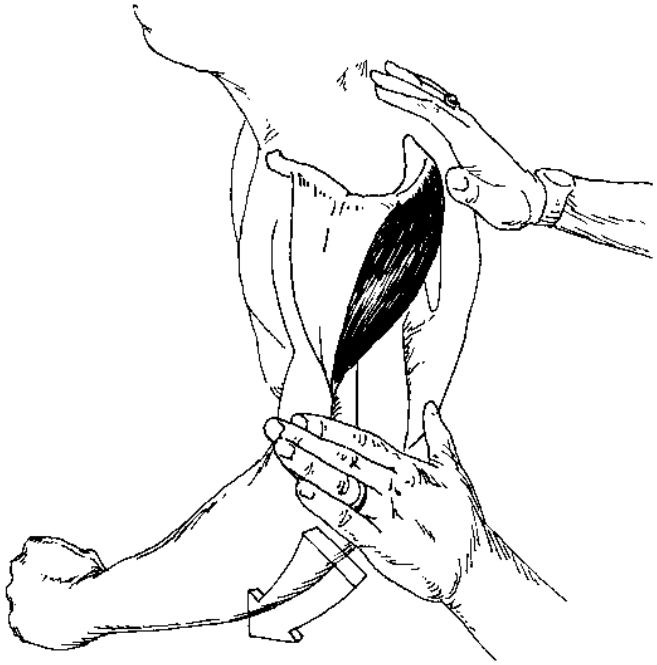
TMJ muscles

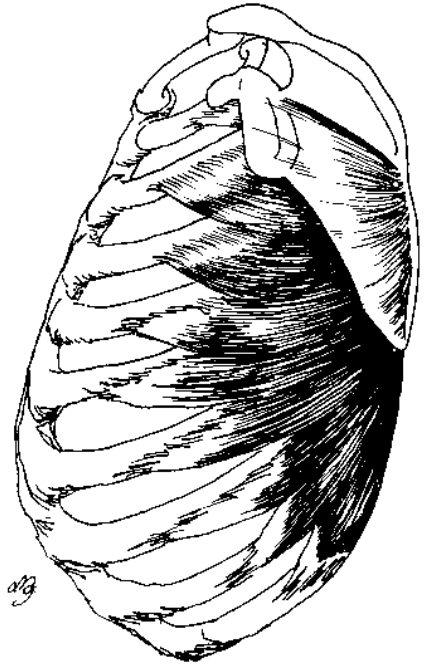


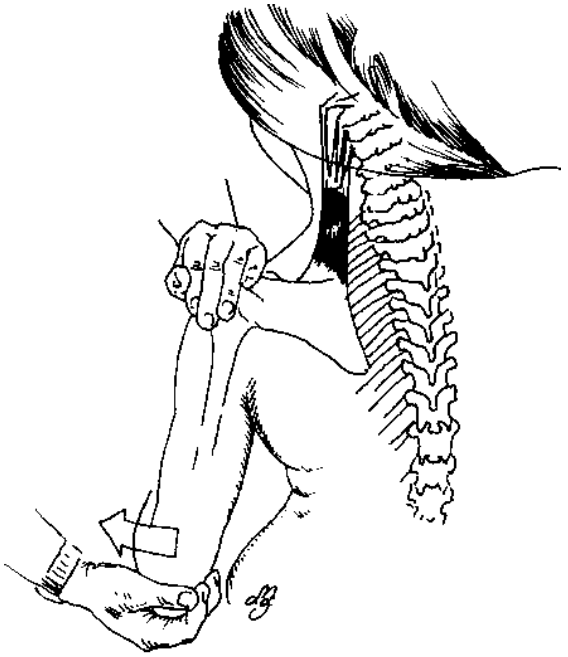

M. temporalis ant.
M. masseter


Attached to skull at this end
Attached to condyle at this end


Great Wing of Sphenoid
Lateral Pterygoid
PTERYGOIDEUS EXTERNUS
Glenoid fossa
Articular disc
Condyle
Neck
PTERYGOIDEUS INTERNUS
Ramus
Medial Pterygoid
Angle
Mandible



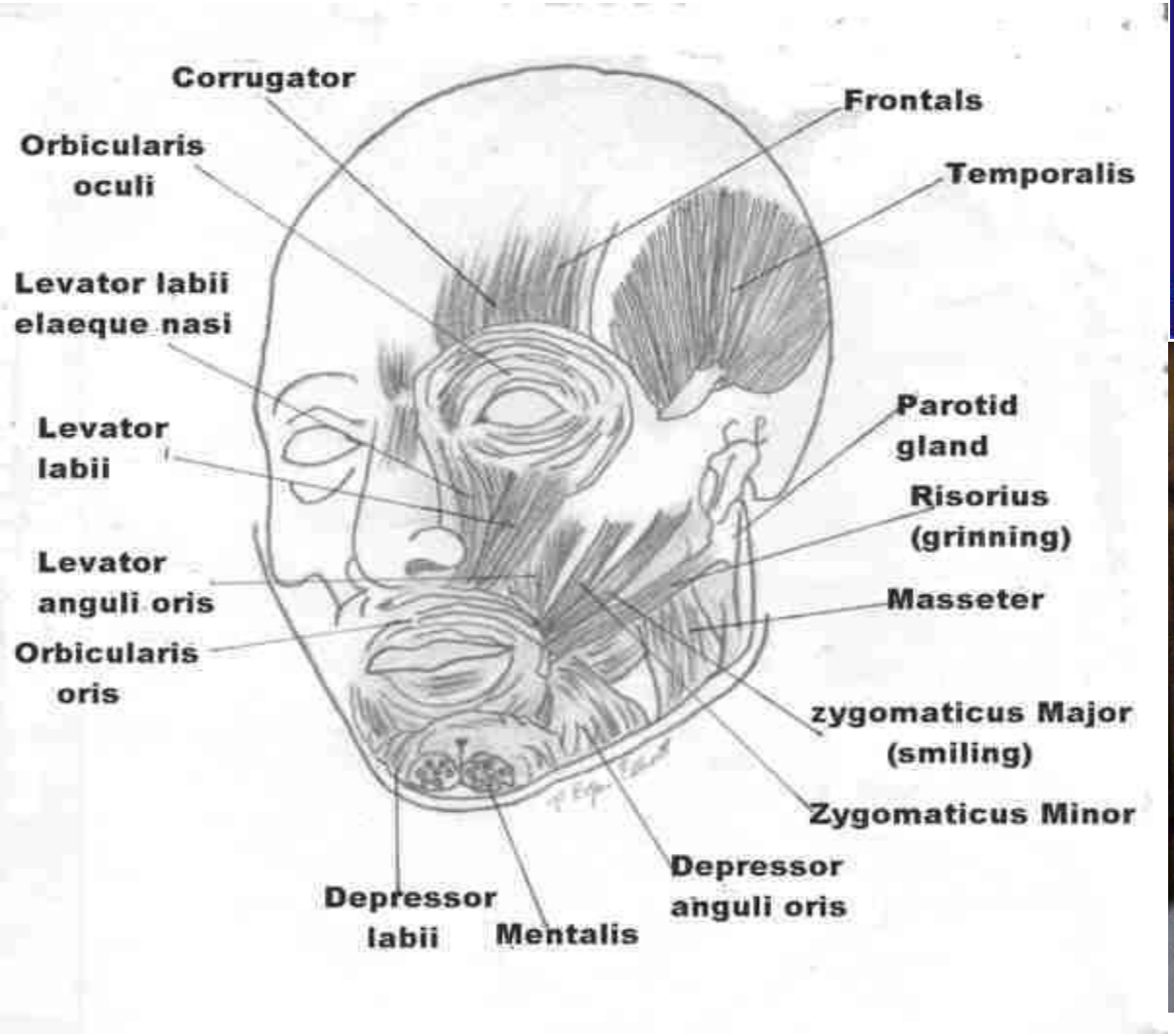


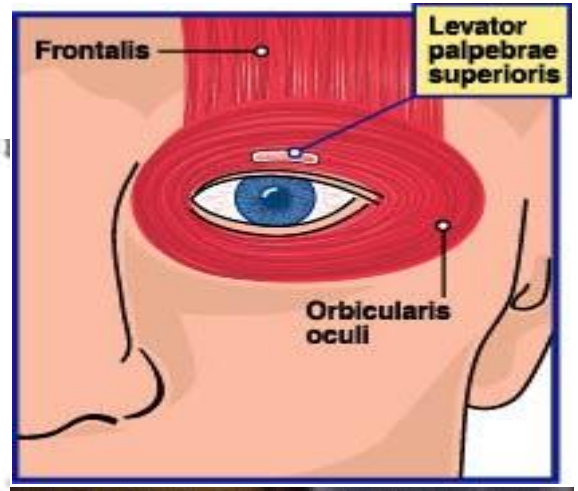


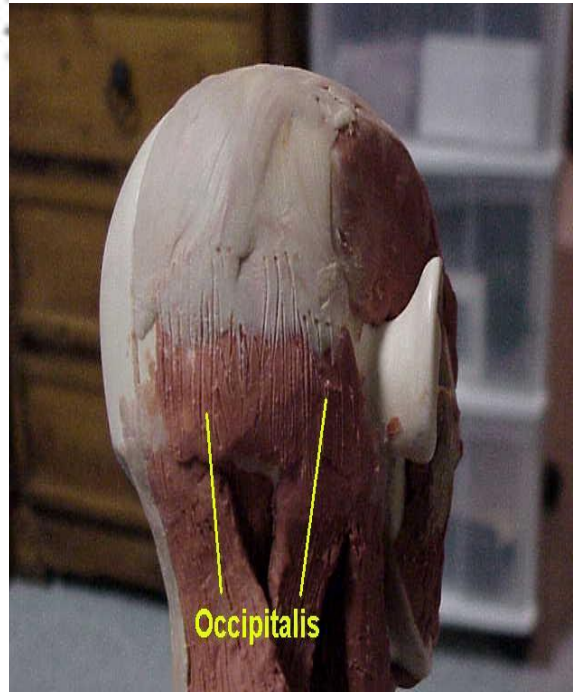
Spleen-pancreas

- Zygomaticus minor
- Orbicularis oris
- Buccinator
- Ticeps brachi
- Middle/lower trap
- Latissimus dorsi

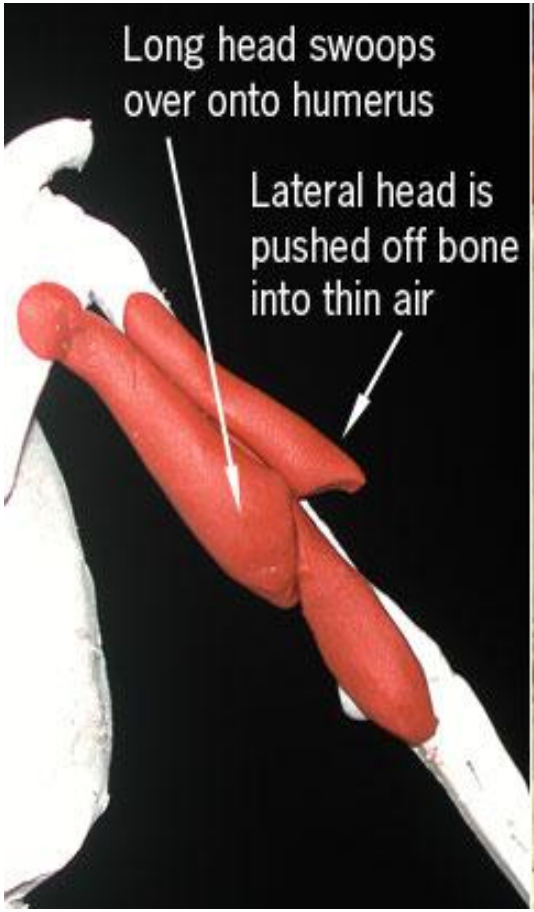
Orbicularis/occipitalis



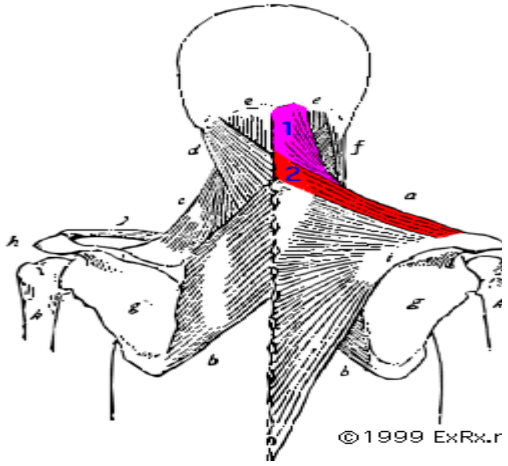


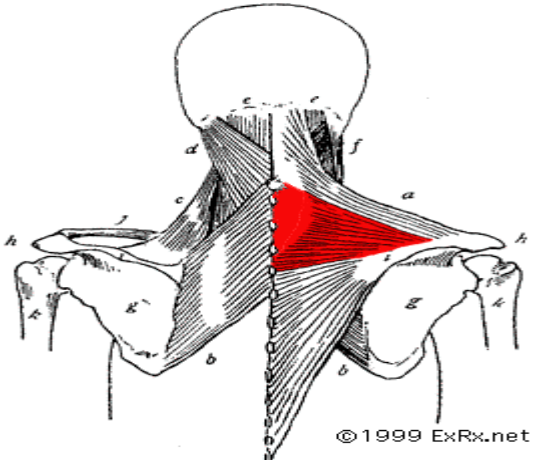


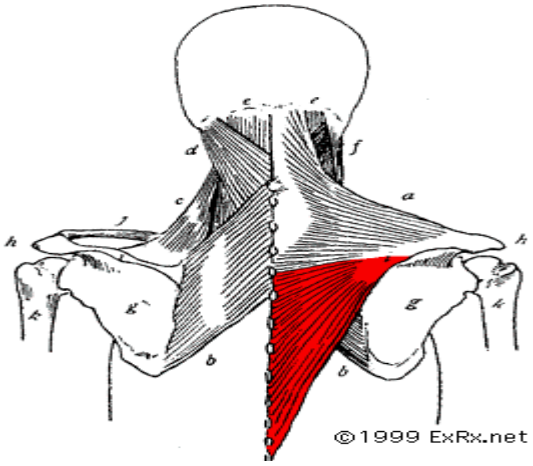
Biceps/triceps

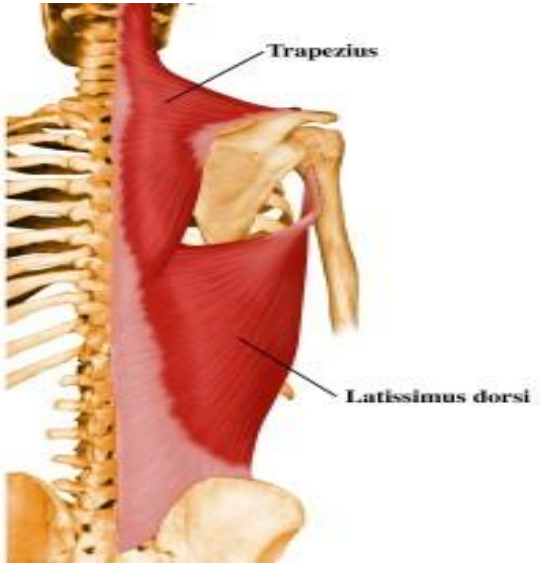


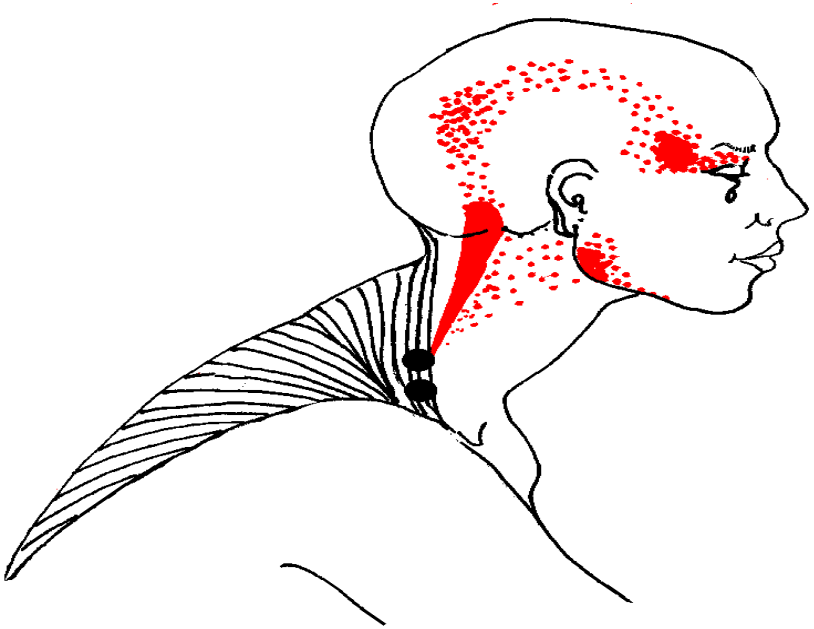
trap

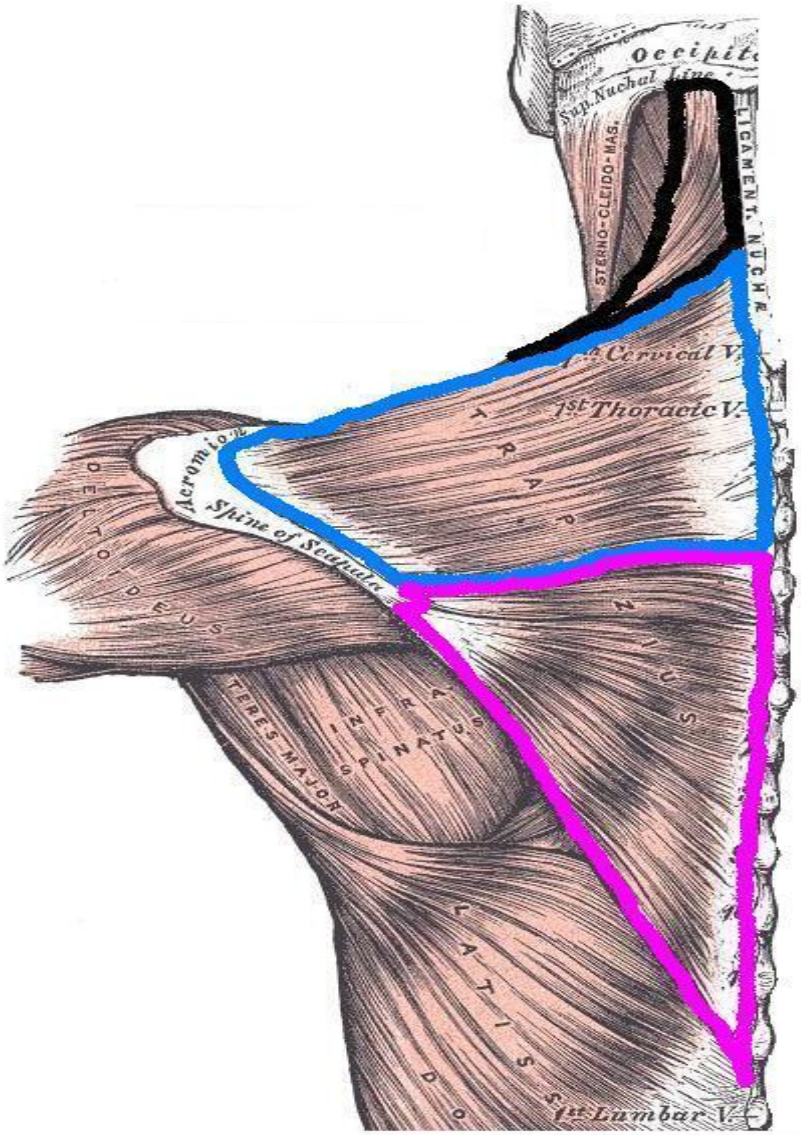

1
2
©1999 ExRx.r


©1999 ExRx.net

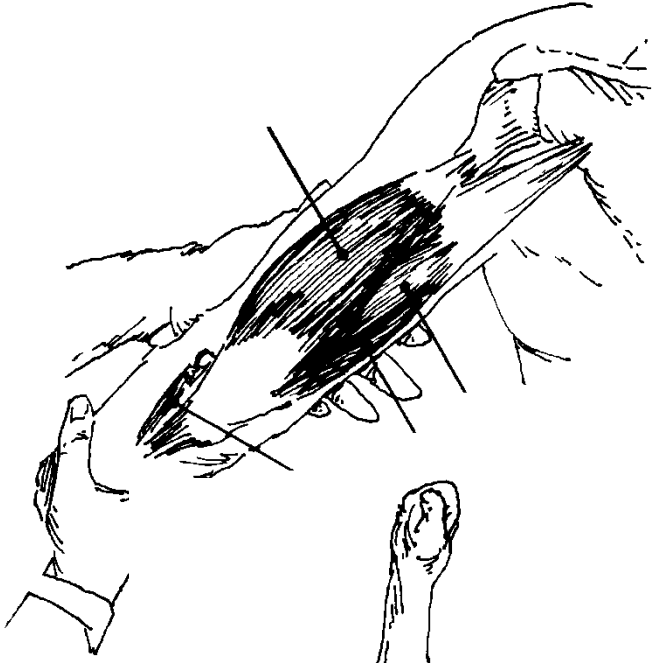

©1999 ExRx.net

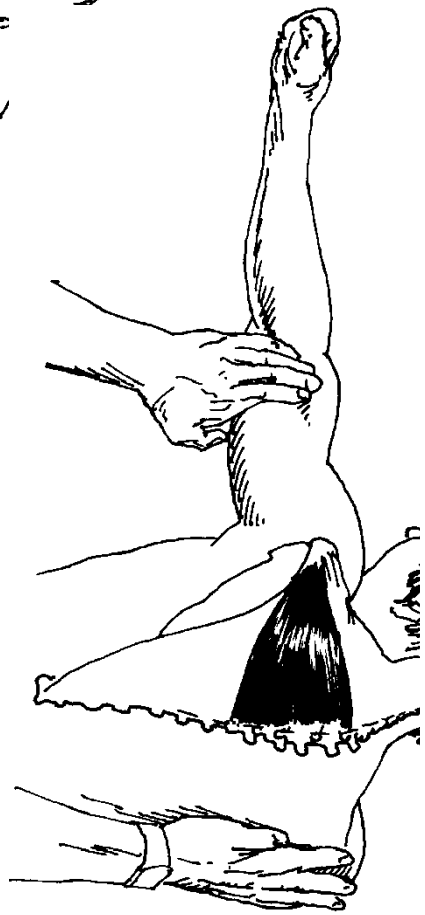

Trapezius
Latissimus dorsi

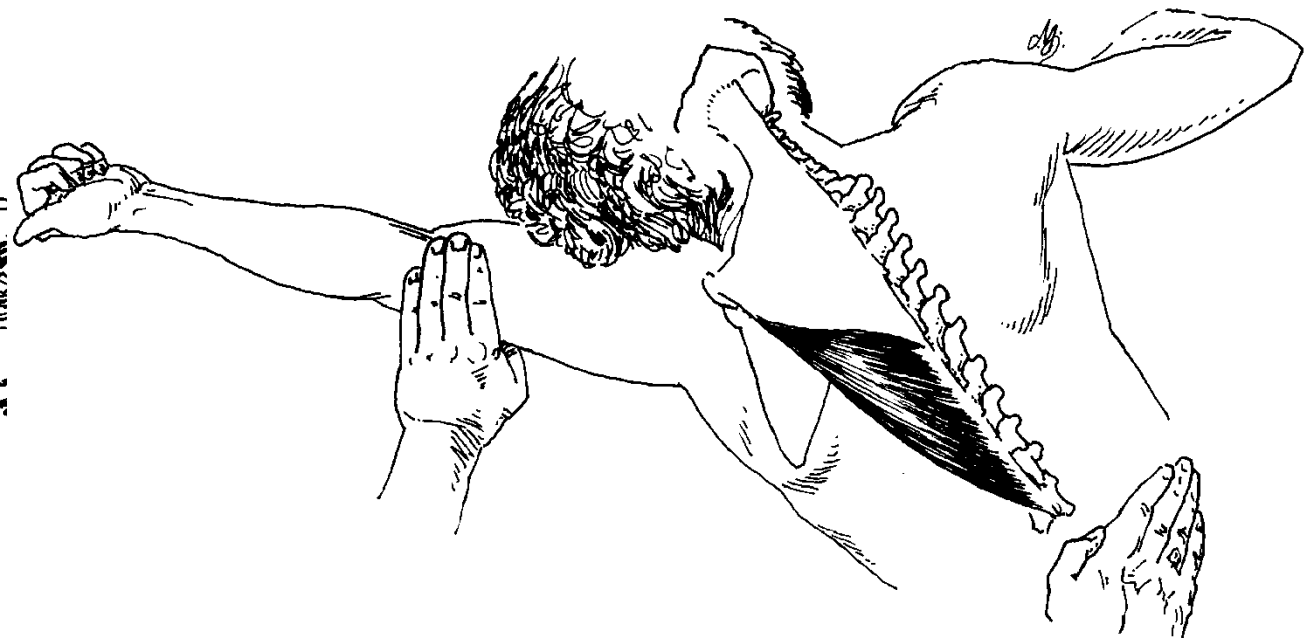




Divisions of the Trapezius Muscle



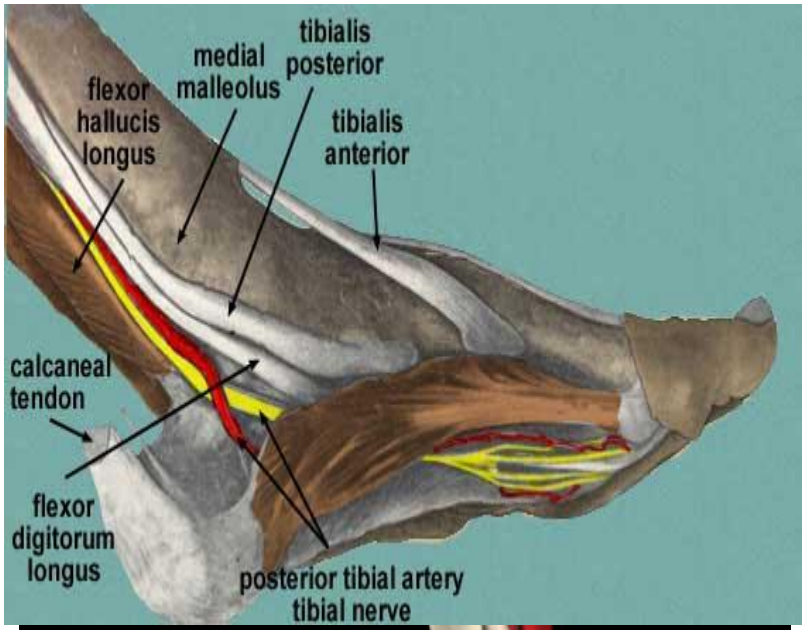




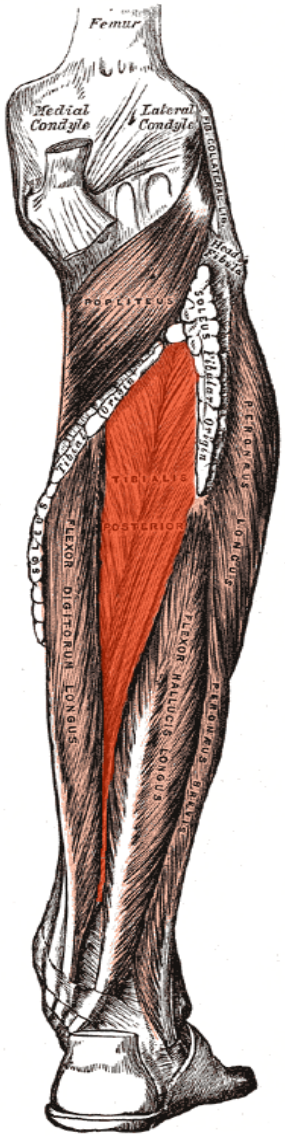
Adrenal

- FHL
- TP
- Piriformis
- Sartorius
- Adductors
- Soleus
- Gastrocnemius

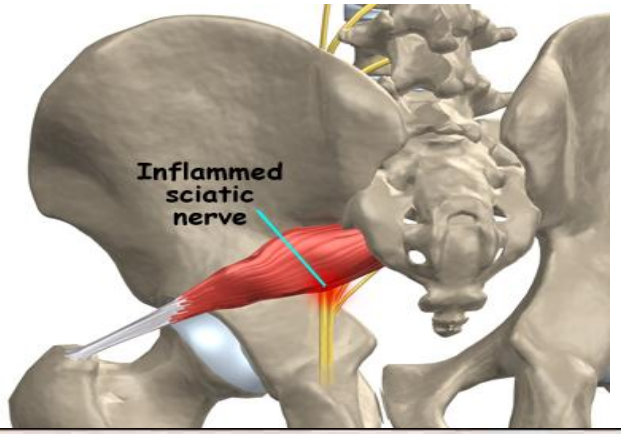
Flexor hallucis

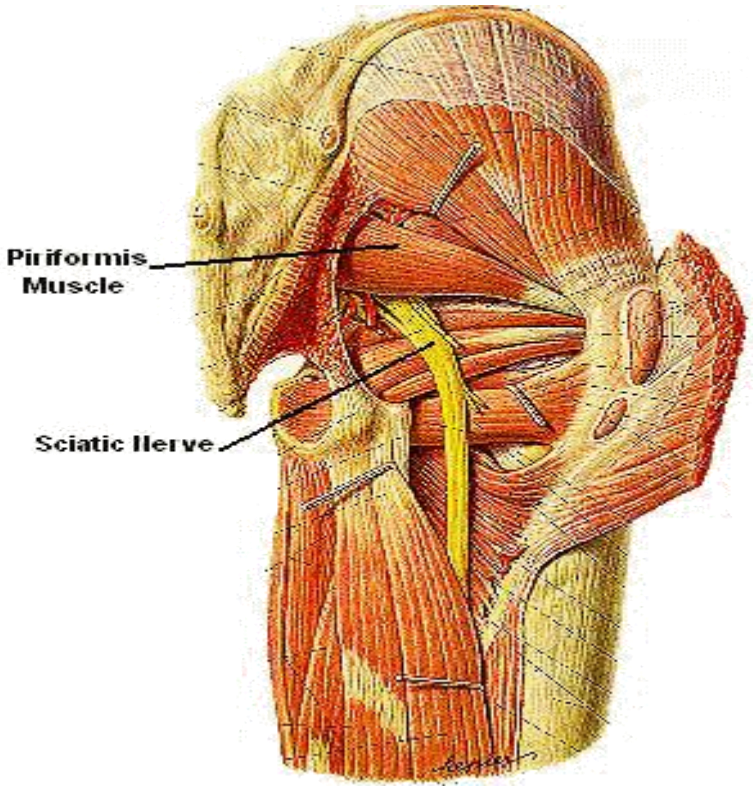


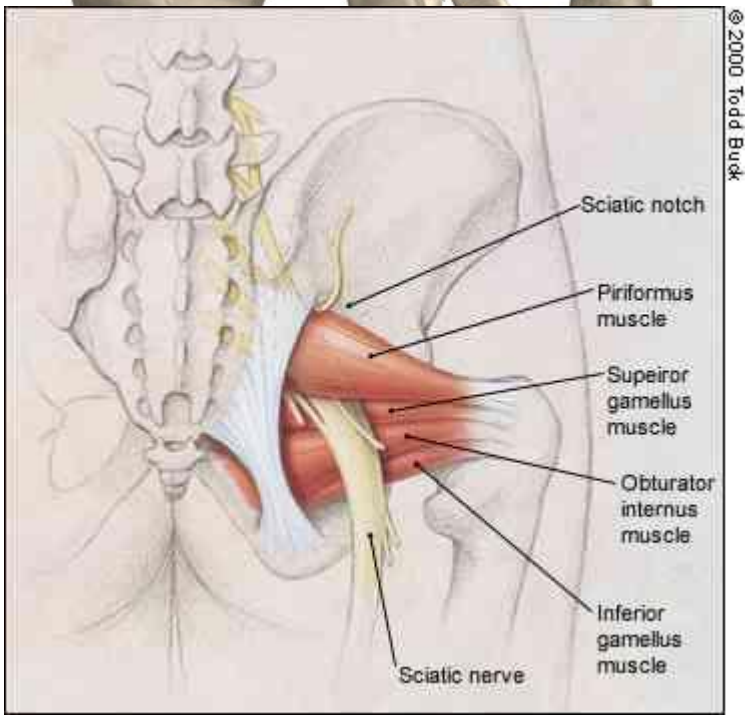
Tibialis posterior



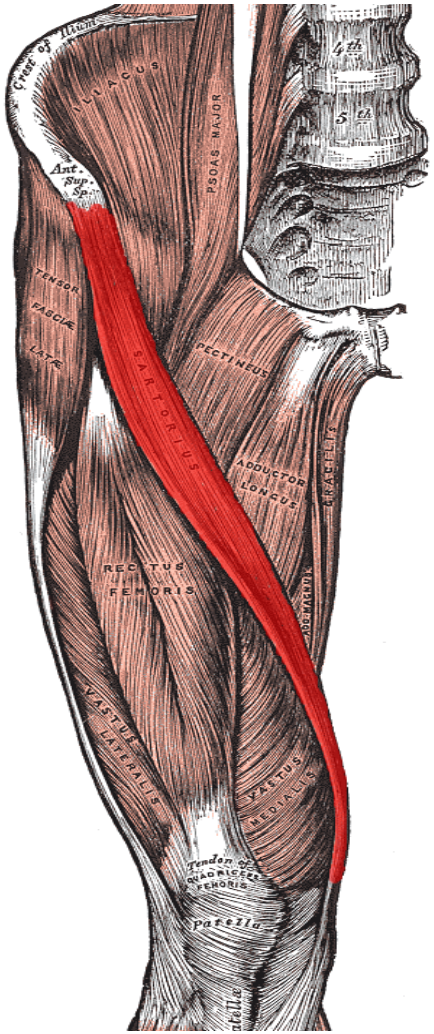
piriformis

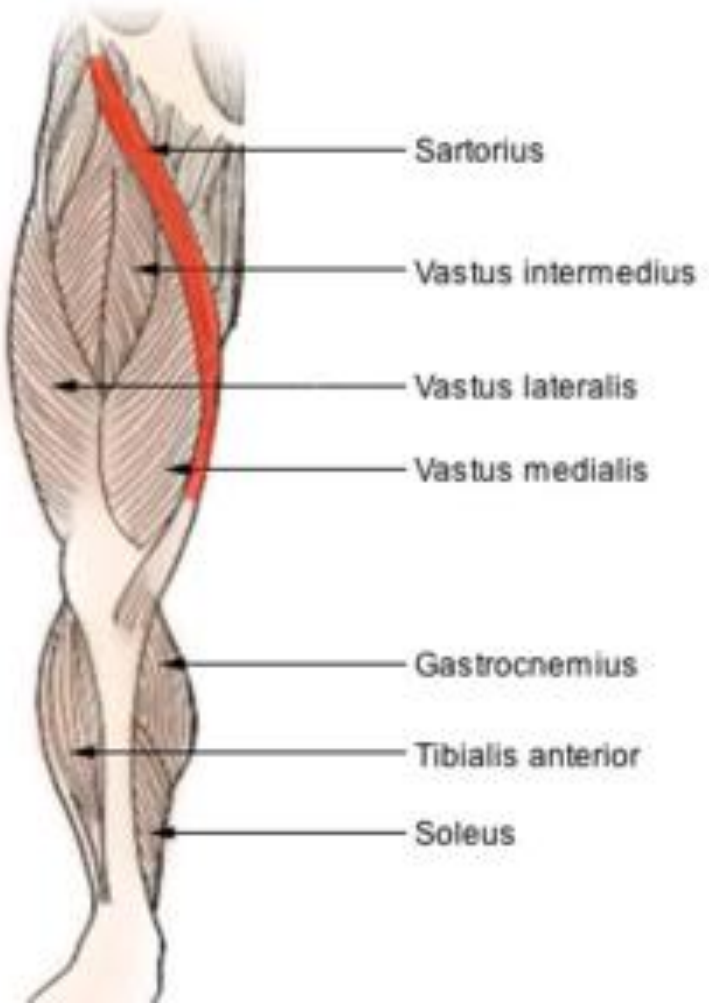

Inflammed
sciatic
nerve


Piriformis
Muscle
Sciatic Nerve

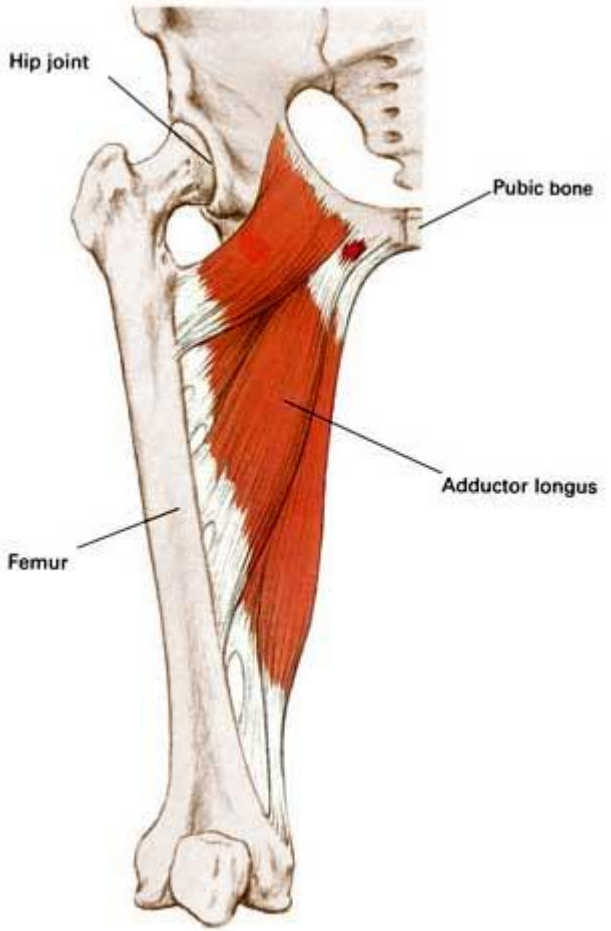

Sciatic notch
Piriformus
muscle
Supeiror
gamellus
muscle
Obturator
internus
muscle
Inferior
gamellus
muscle
Sciatic nerve
© 2000 Todd Buck

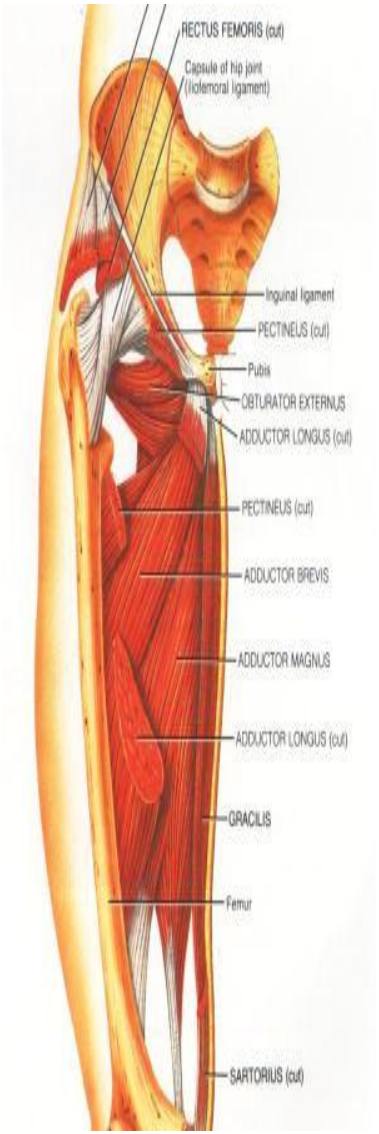
sartorius


Crest of Ilium
ILIACUS
PSOAS MAJOR
Ant. Sup. Sp.
TENSOR FASCIÆ LATÆ
SARTORIUS
PECTINEUS
ADDUCTOR LONGUS
GRACILIS
RECTUS FEMORIS
VASTUS LATERALIS
VASTUS MEDIALIS
Tendon of QUADRICEPS FEMORIS
patella


Sartorius
Vastus intermedius
Vastus lateralis
Vastus medialis
Gastrocnemius
Tibialis anterior
Soleus

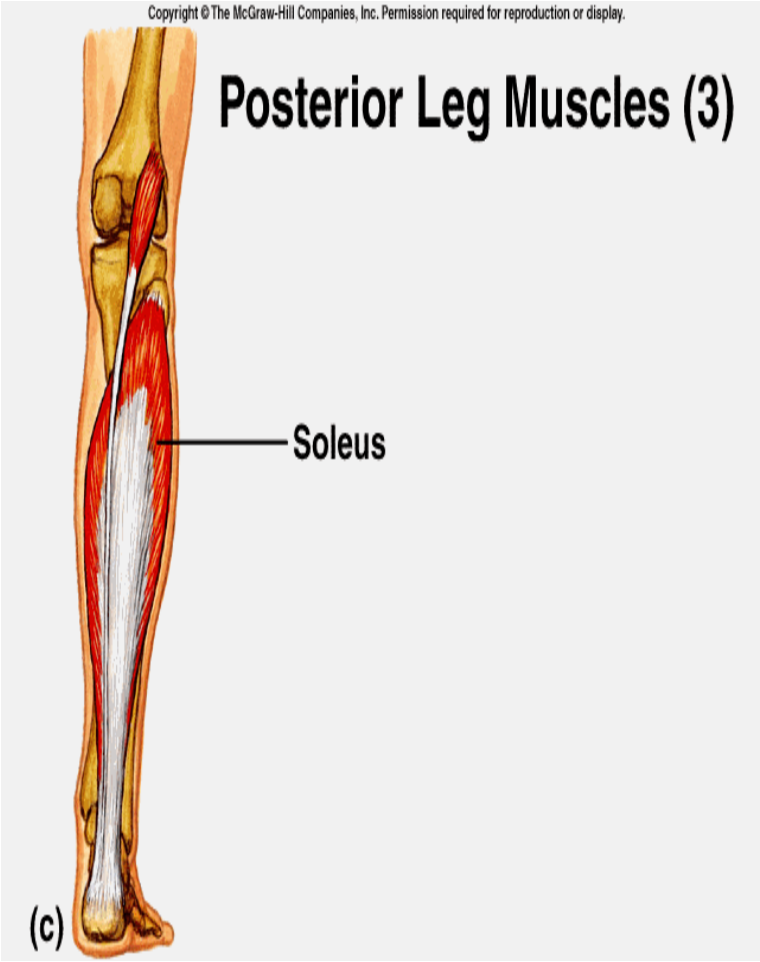
adductor

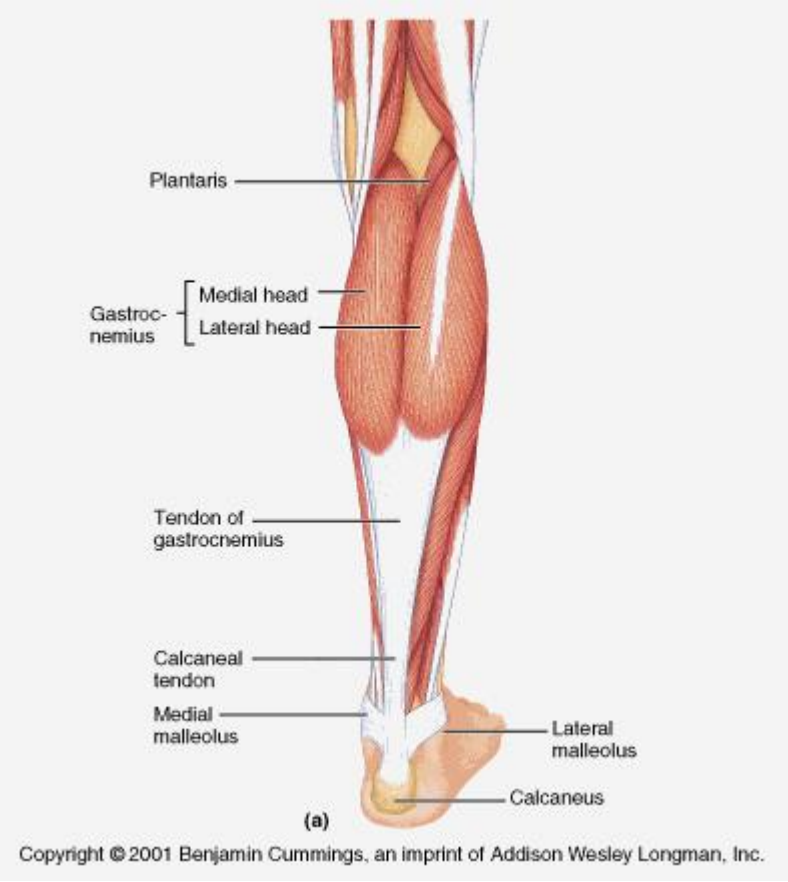

Hip joint
Pubic bone
Adductor longus
Femur

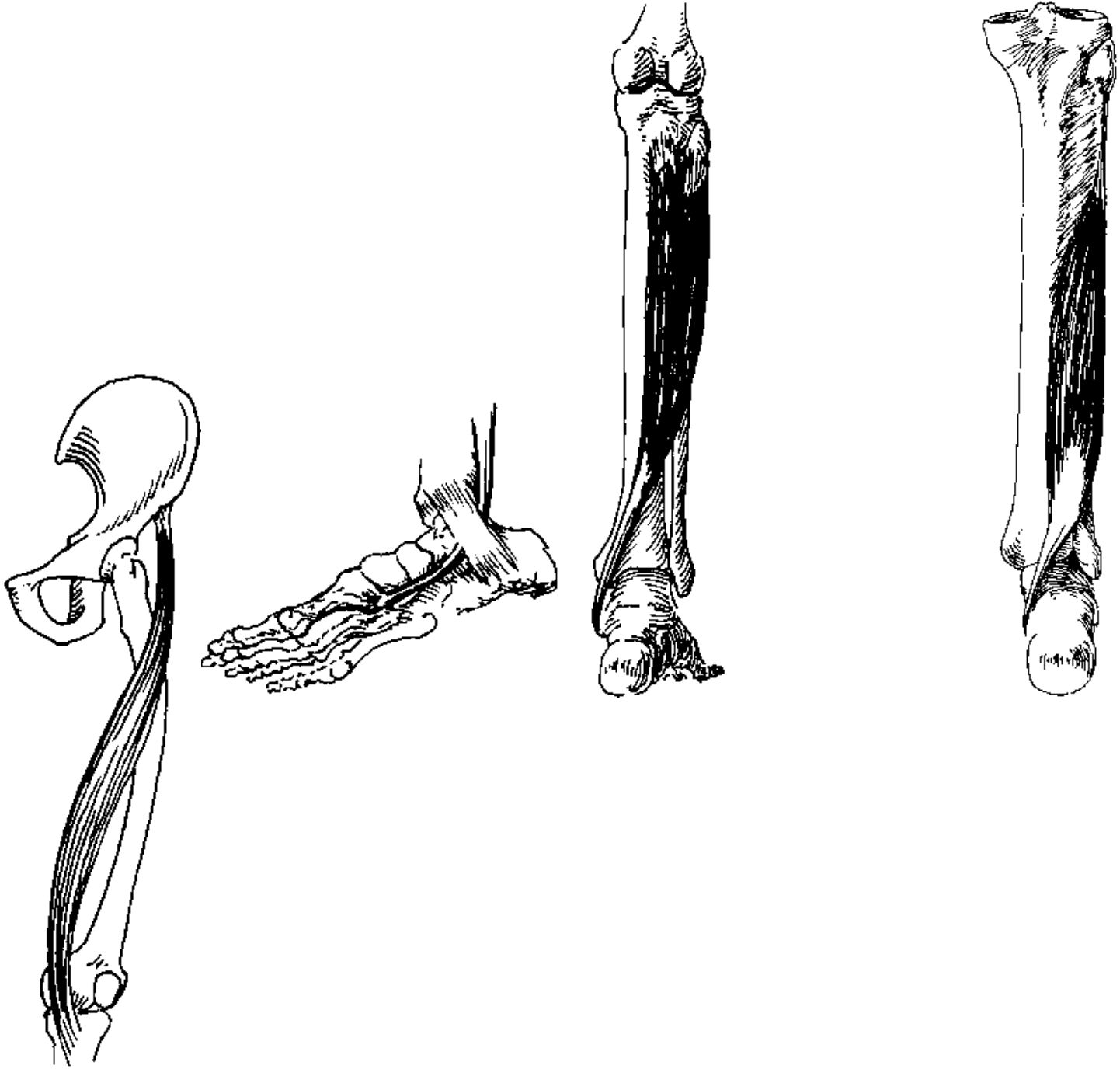

RECTUS FEMORIS (cut)
Capsule of hip joint (iliofemoral ligament)
Inguinal ligament
PECTINEUS (cut)
Pubis
OBTURATOR EXTERNUS
ADDUCTOR LONGUS (cut)
PECTINEUS (cut)
ADDUCTOR BREVIS
ADDUCTOR MAGNUS
ADDUCTOR LONGUS (cut)
GRACILIS
Femur
SARTORIUS (cut)

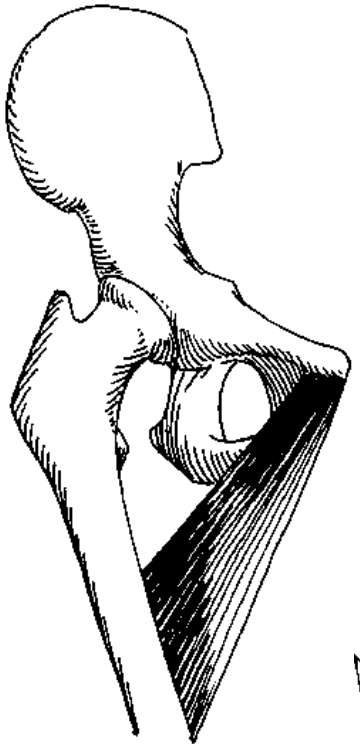

Pectineus
Adductor longus
Adductor brevis
Adductor magnus
Gracillis
Adductor hiatus

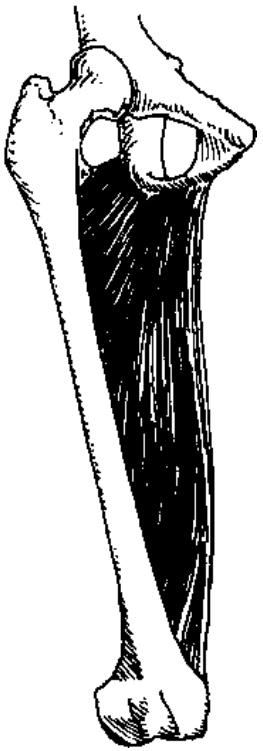
Gastrocnemius/soleus

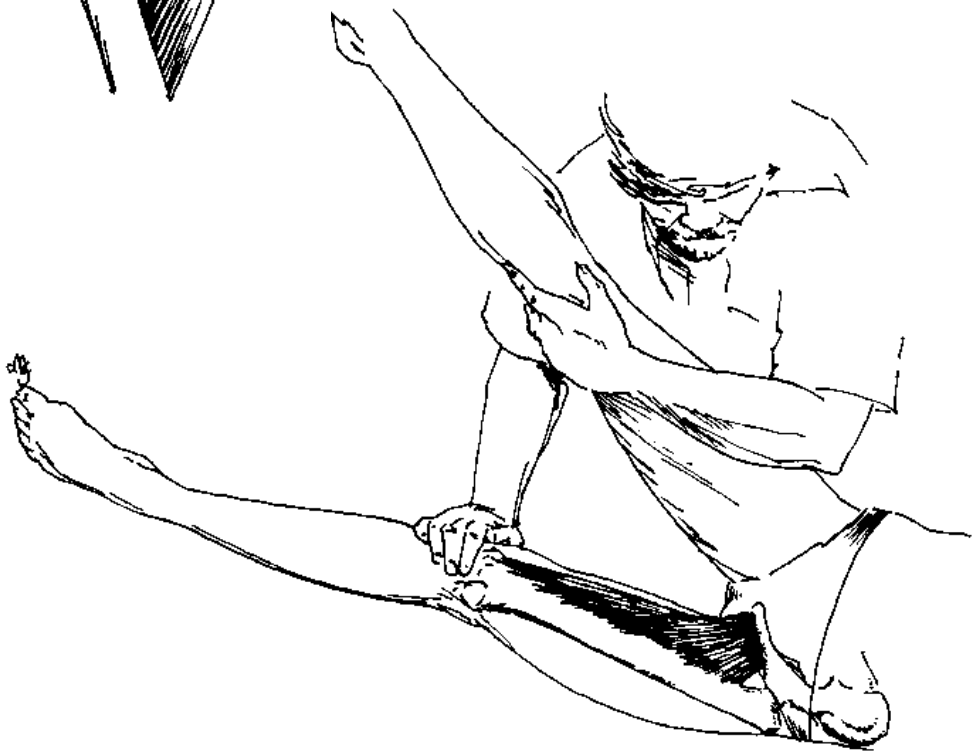


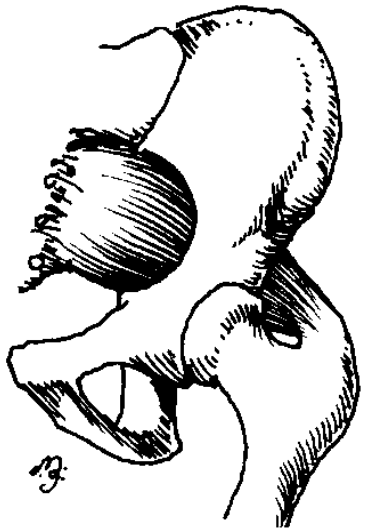


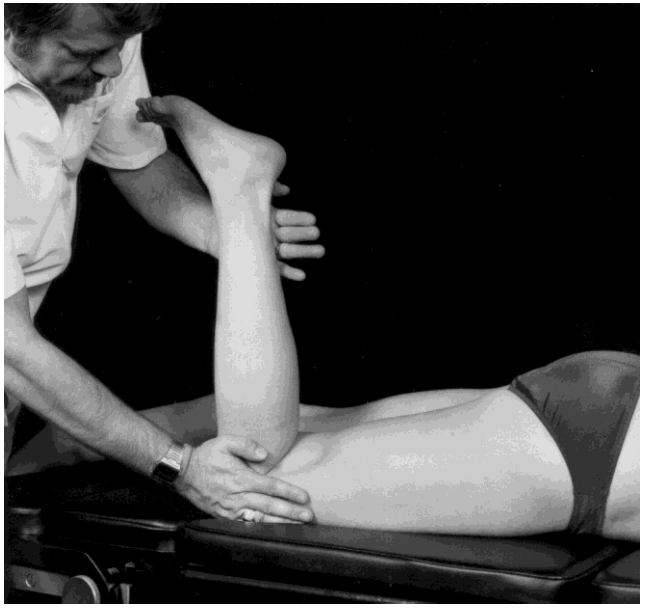


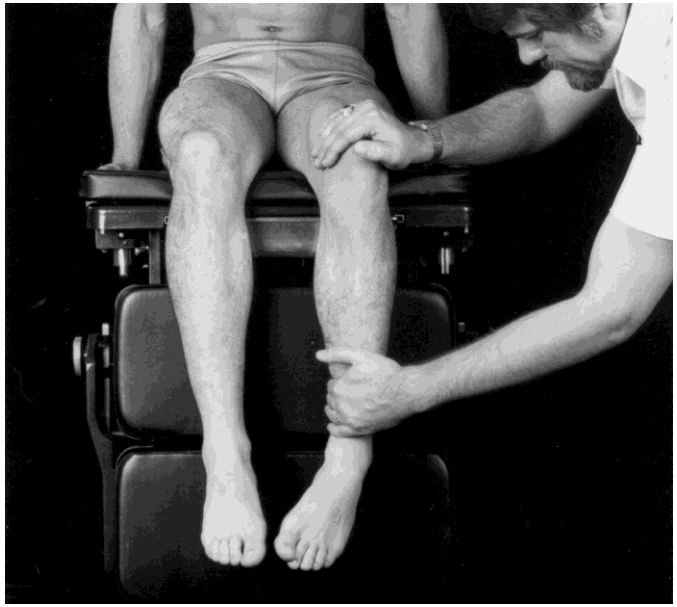


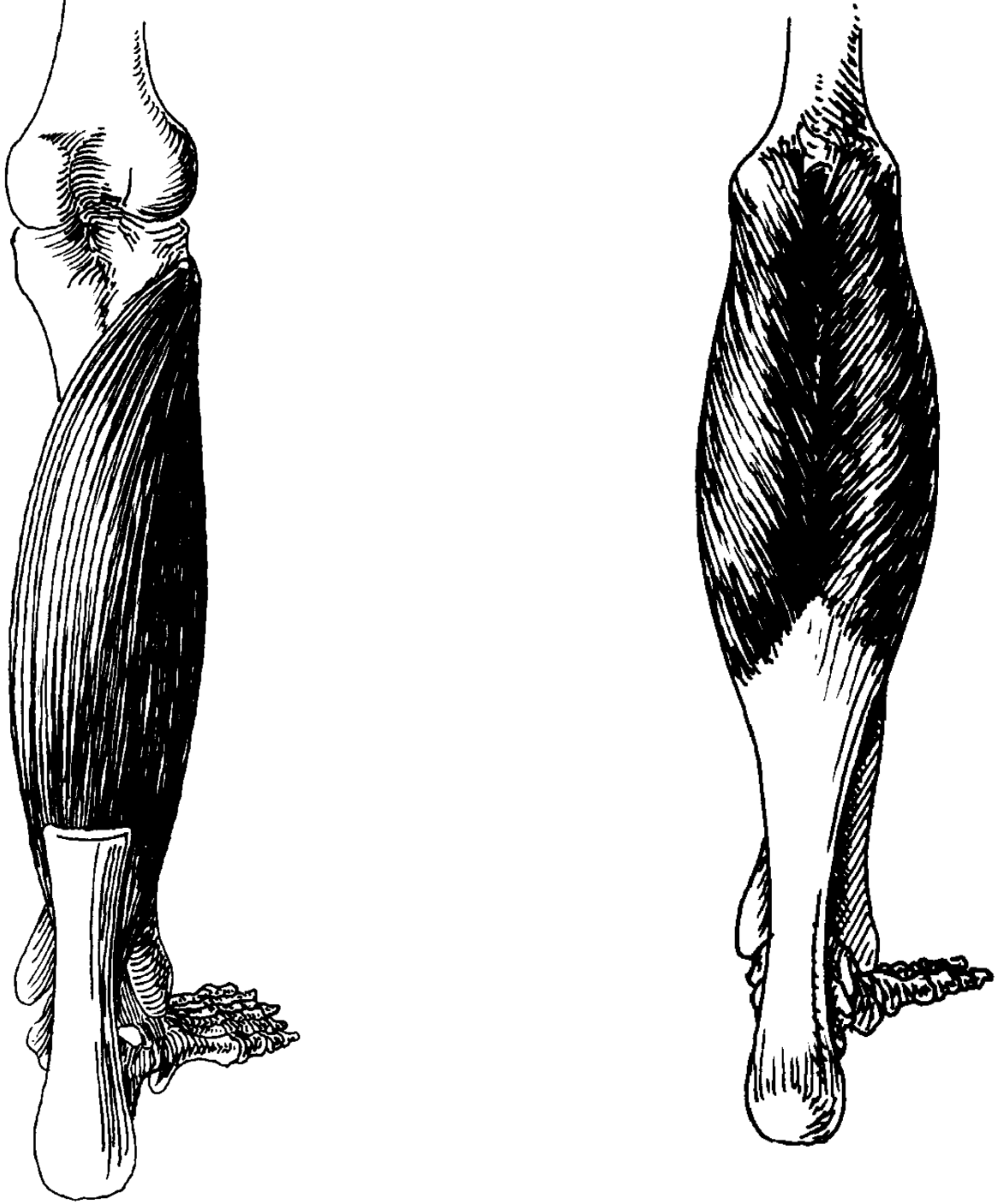








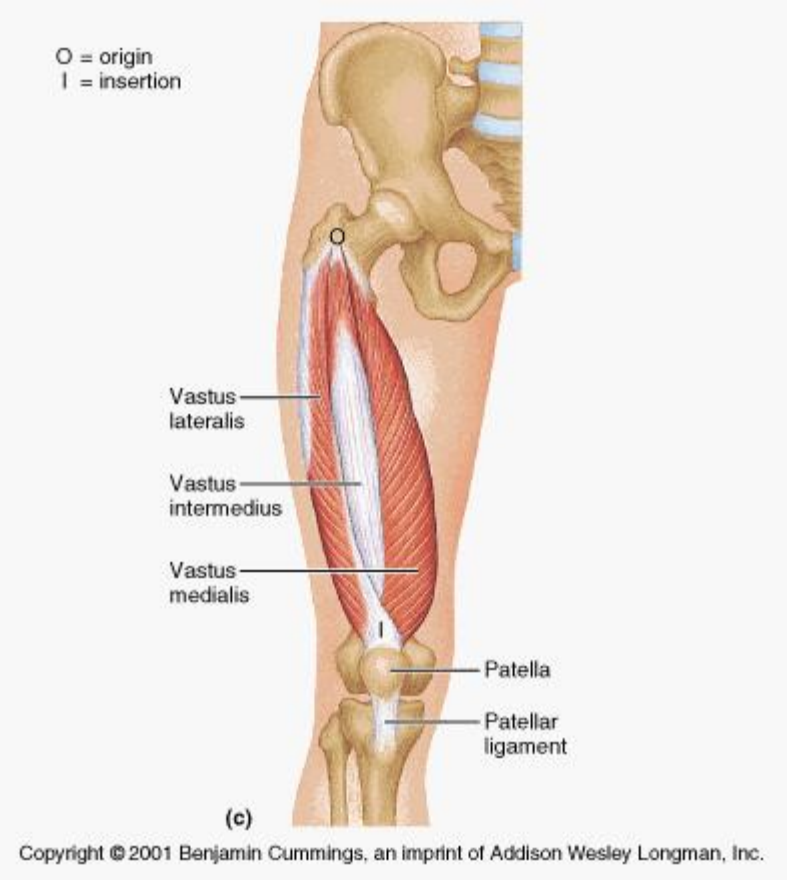


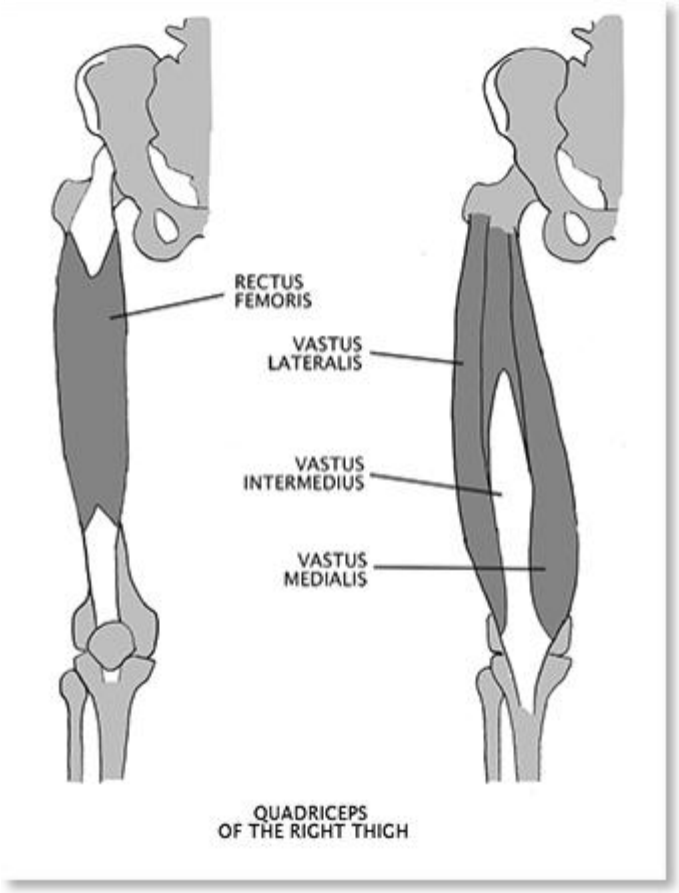


SI

- quadriceps
- Palmaris longus(duodenum)
- Anconeus(ilium)

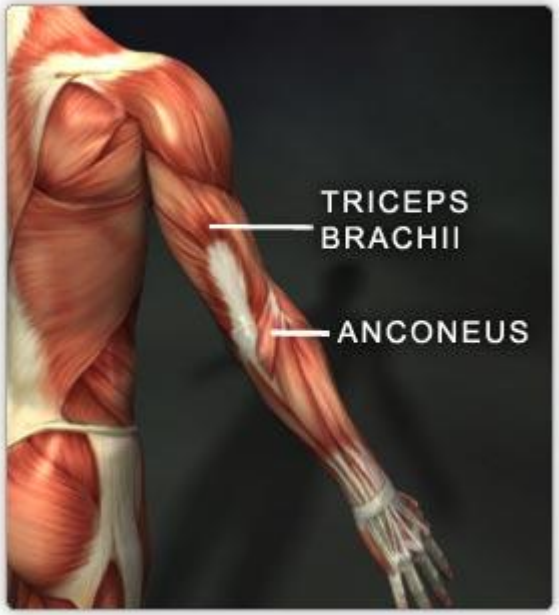
quadriceps

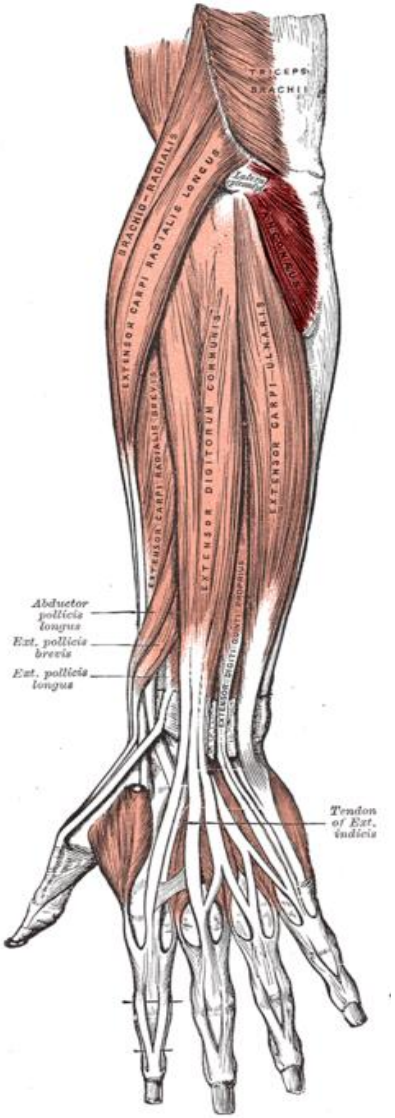


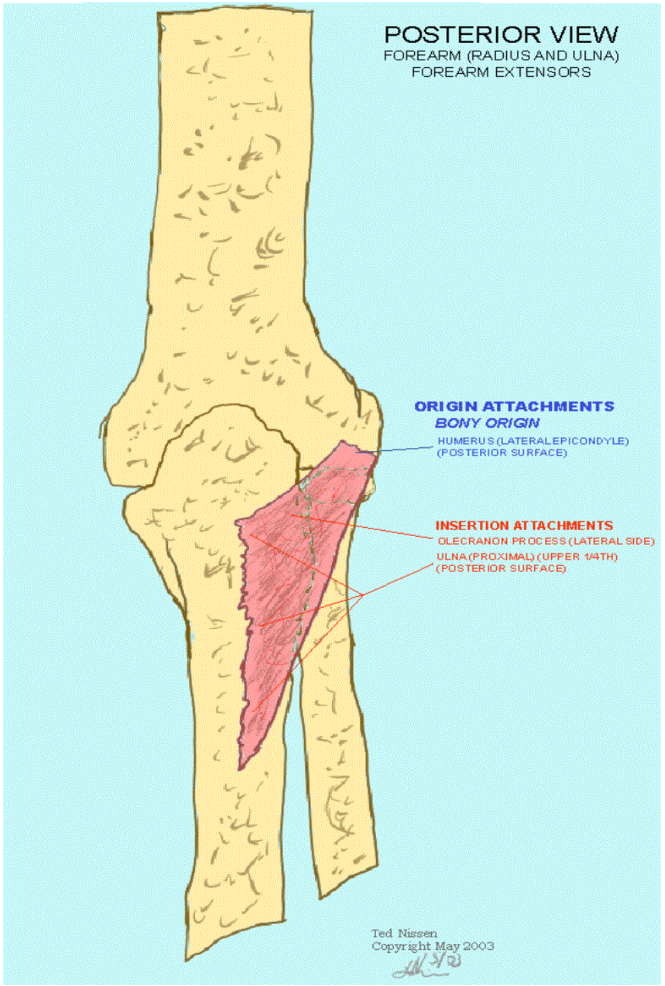


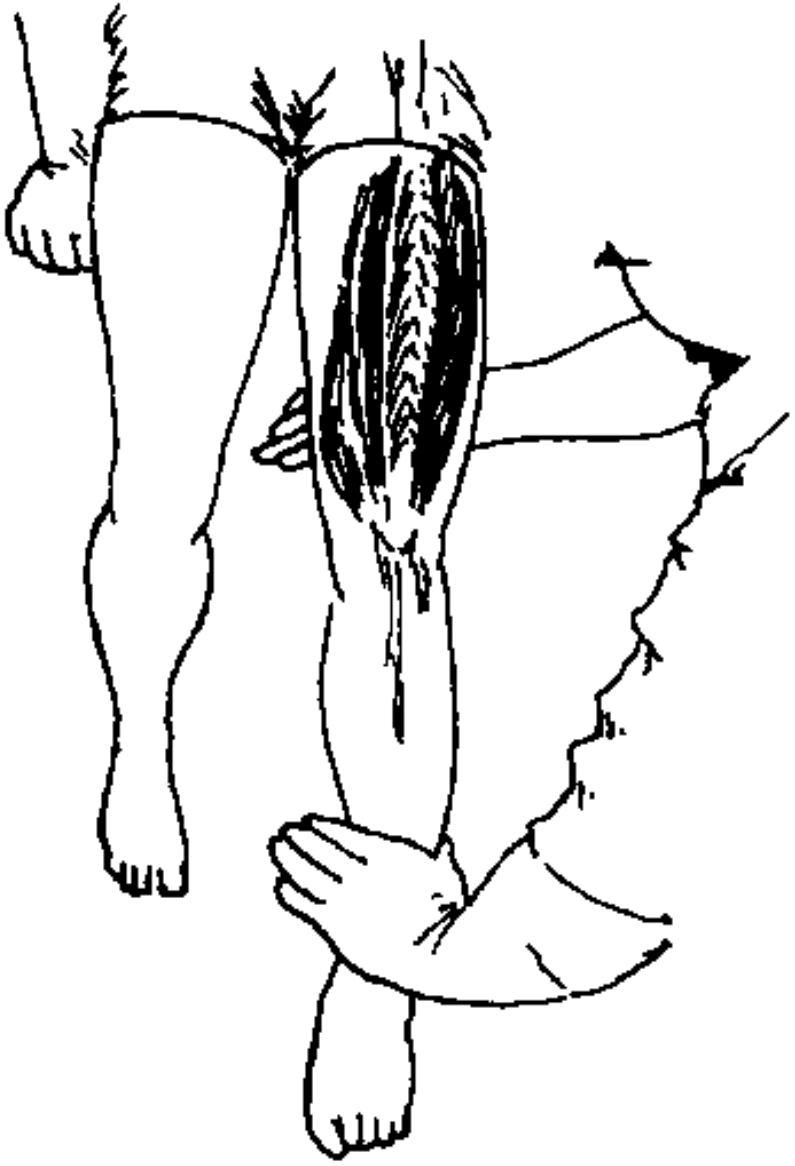
Palmaris longus

anconeus


TRICEPS
BRACHII
ANCONEUS

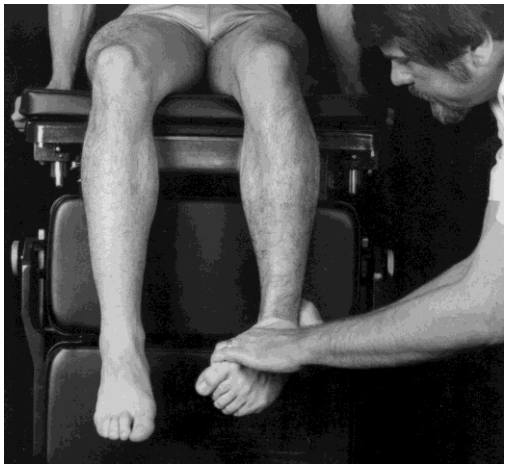

TRICEPS BRACHII
BRACHIO-RADIALIS
EXTENSOR CARPI RADIALIS LONGUS
EXTENSOR CARPI RADIALIS BREVIS
EXTENSOR DIGITORUM COMMUNIS
EXTENSOR CARPI ULNARIS
Abductor pollicis longus
Ext. pollicis brevis
Ext. pollicis longus
Tendon of Ext. indicis


POSTERIOR VIEW
FOREARM (RADIUS AND ULNA)
FOREARM EXTENSORS
ORIGIN ATTACHMENTS
BONY ORIGIN
HUMERUS (LATERAL EPICONDYLE)
(POSTERIOR SURFACE)
INSERTION ATTACHMENTS
OLECRANON PROCESS (LATERAL SIDE)
ULNA (PROXIMAL) (UPPER 1/4TH)
(POSTERIOR SURFACE)
Ted Nissen
Copyright May 2003

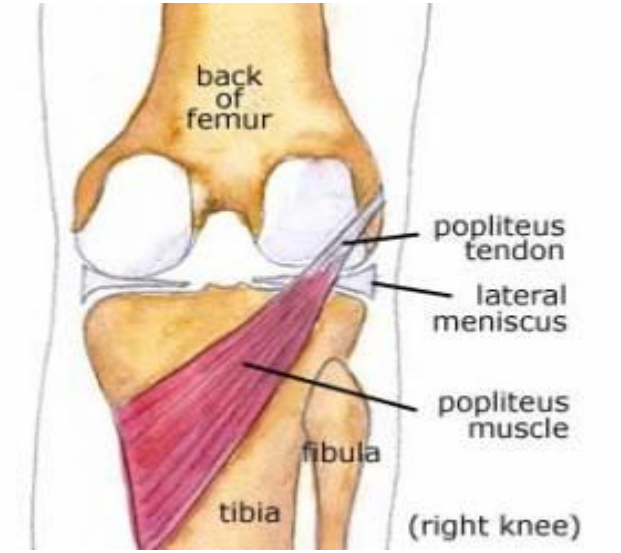


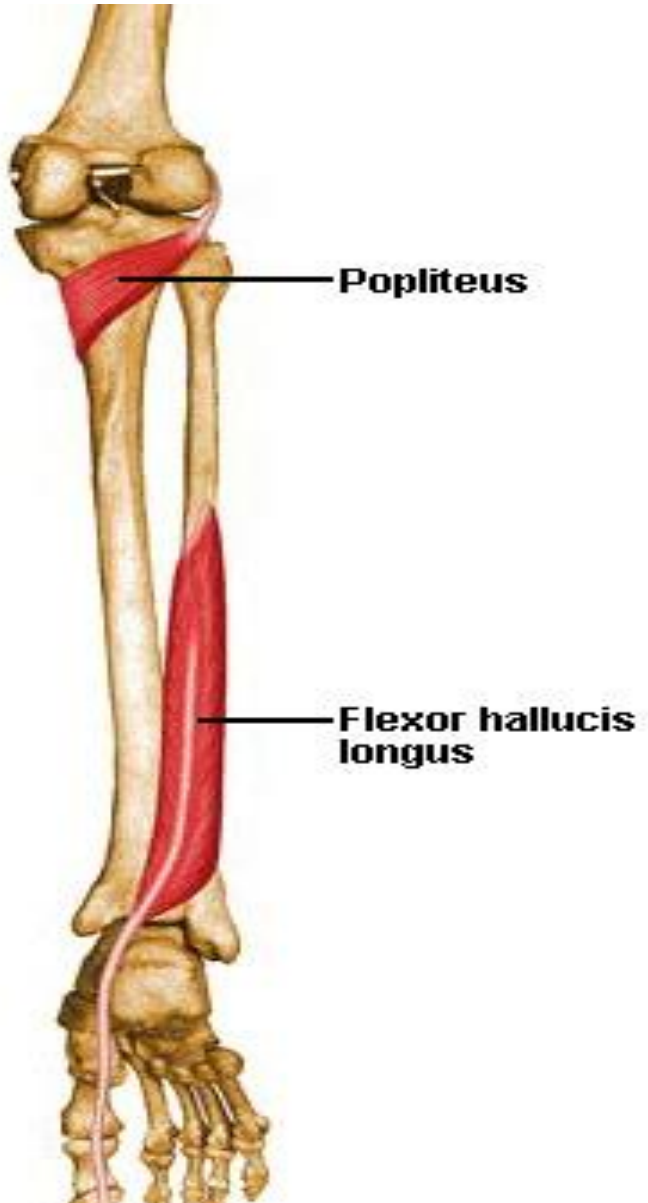
GB

- Popliteus
- Ant deltoid



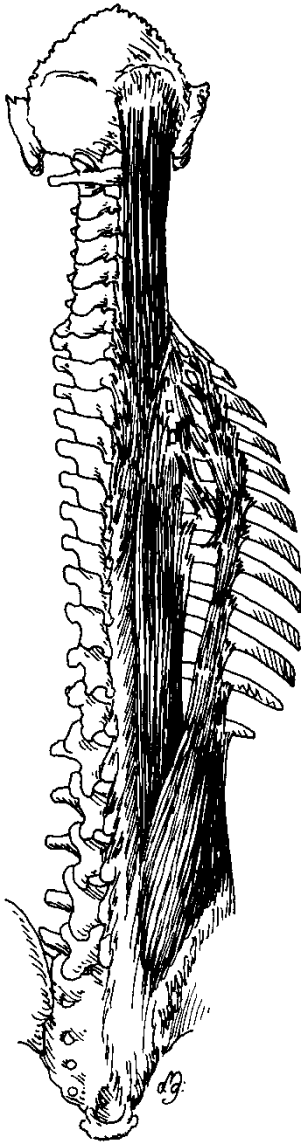
popliteus


back of femur
popliteus tendon
lateral meniscus
popliteus muscle
fibula
tibia
(right knee)

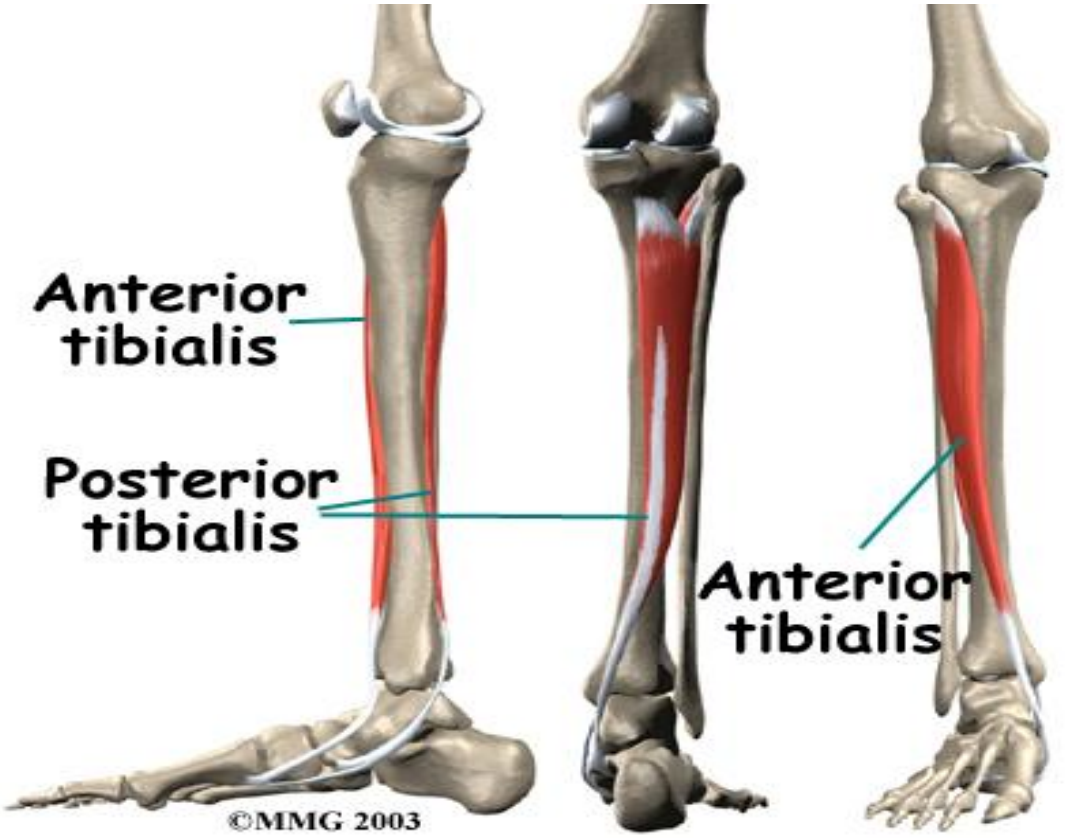

Popliteus
Flexor hallucis longus

- TA
- Erector spinae

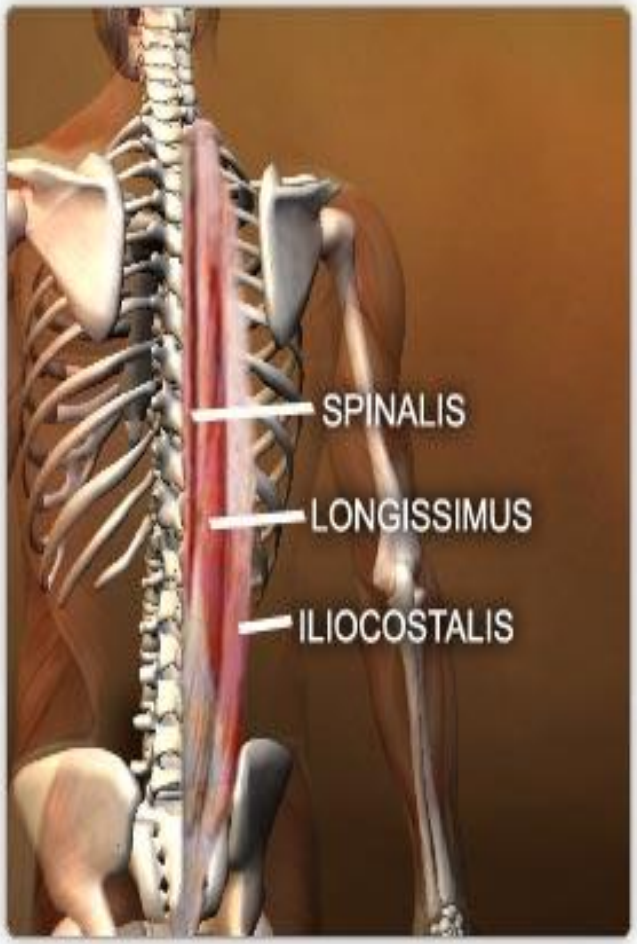
BL

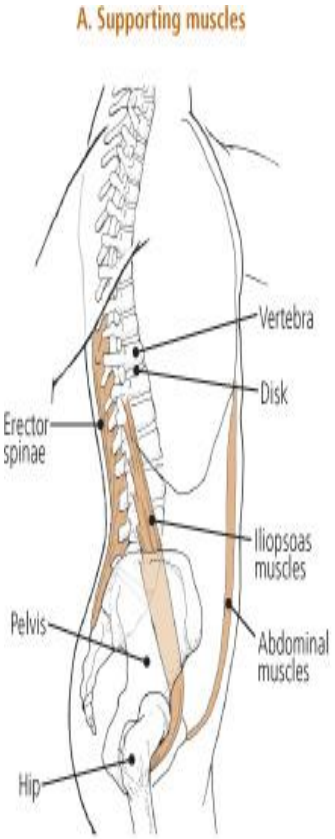


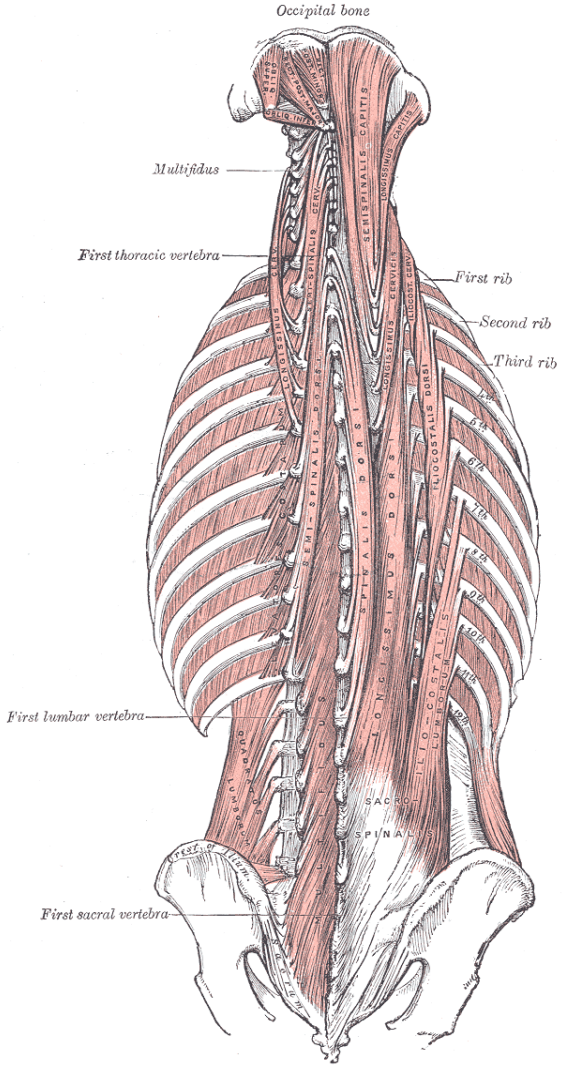
Tibialis anterior/posterior



Erector spinae

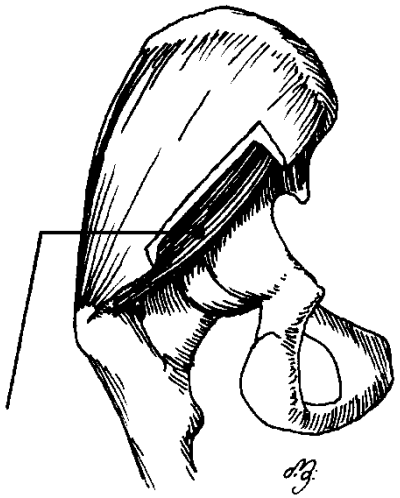




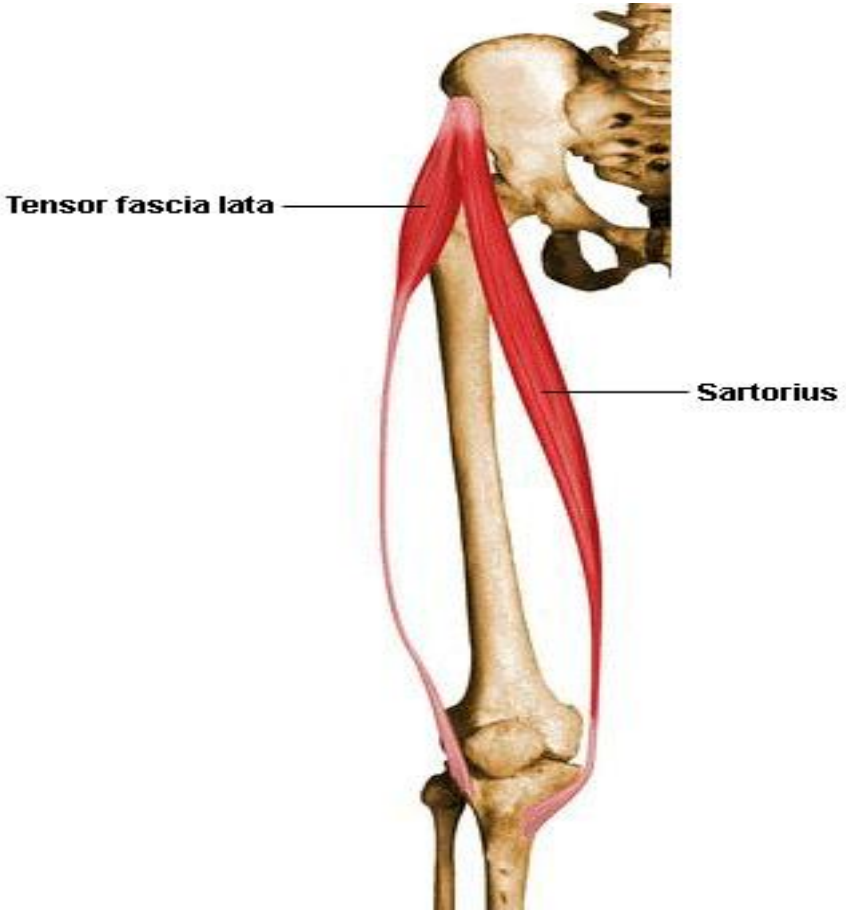


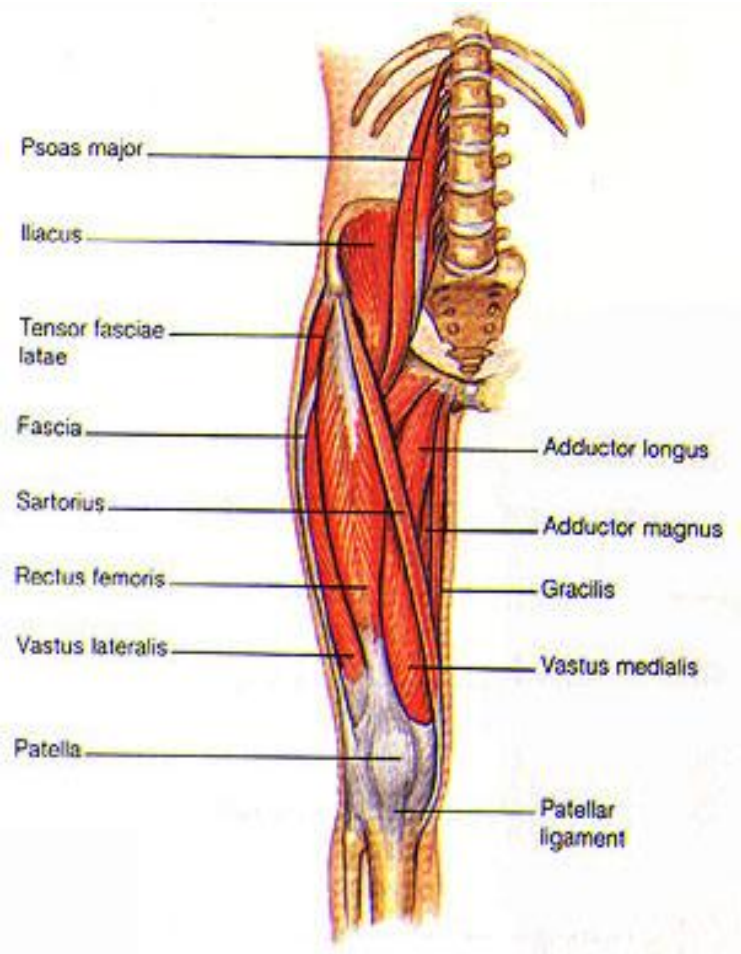
LI

- TFL(sigmoid colon)
- Gluteus minimus(ascending colon)
- Gracilis(rectum)
- Biceps femoris
- Quadratus lumborum

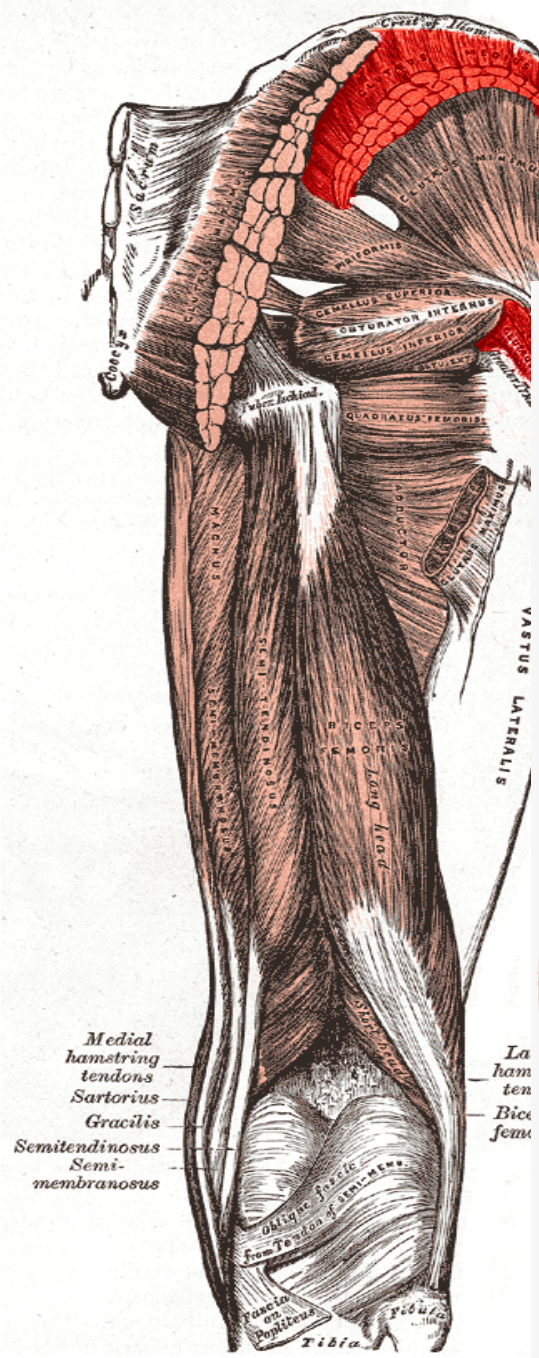


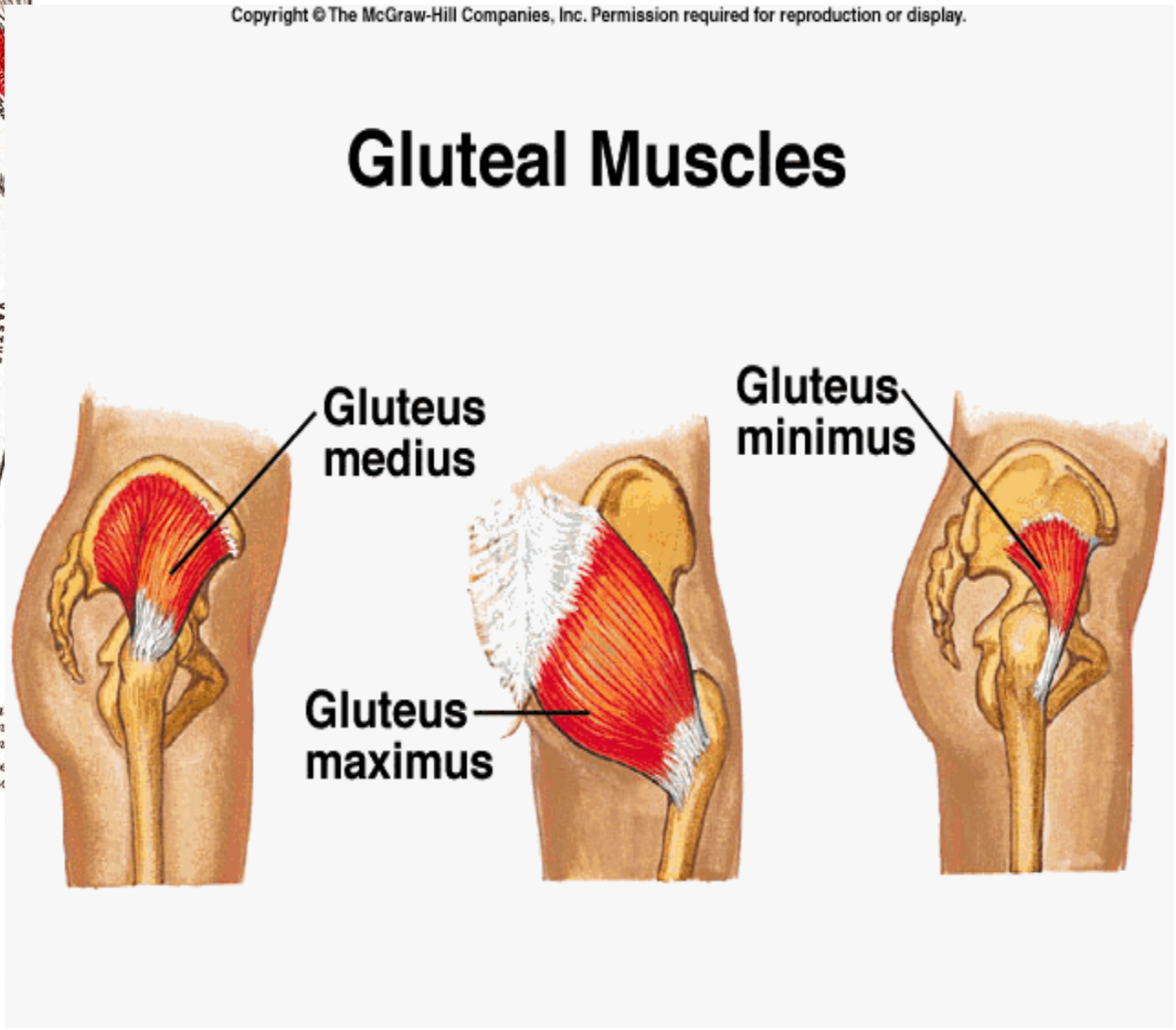
TFL/sartorius



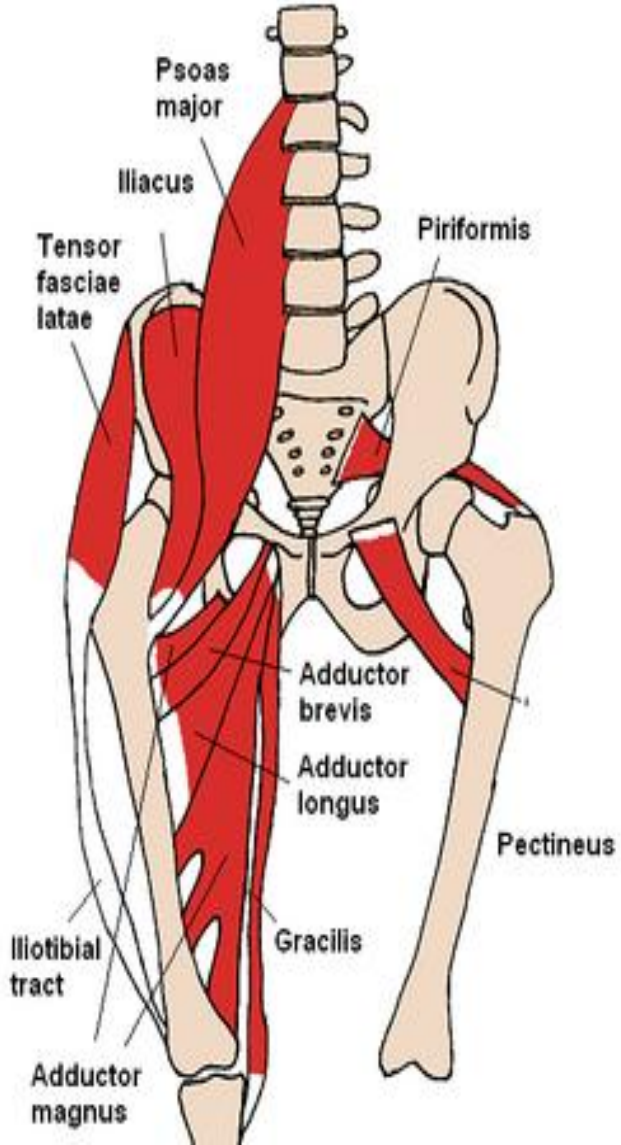


gluteus

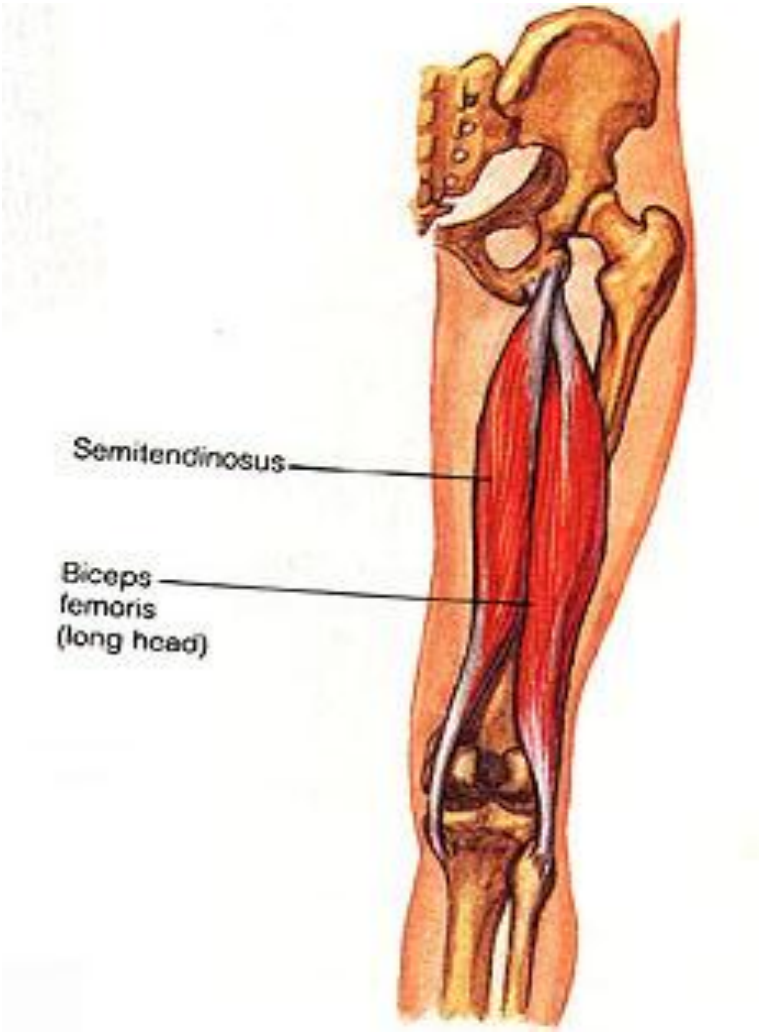




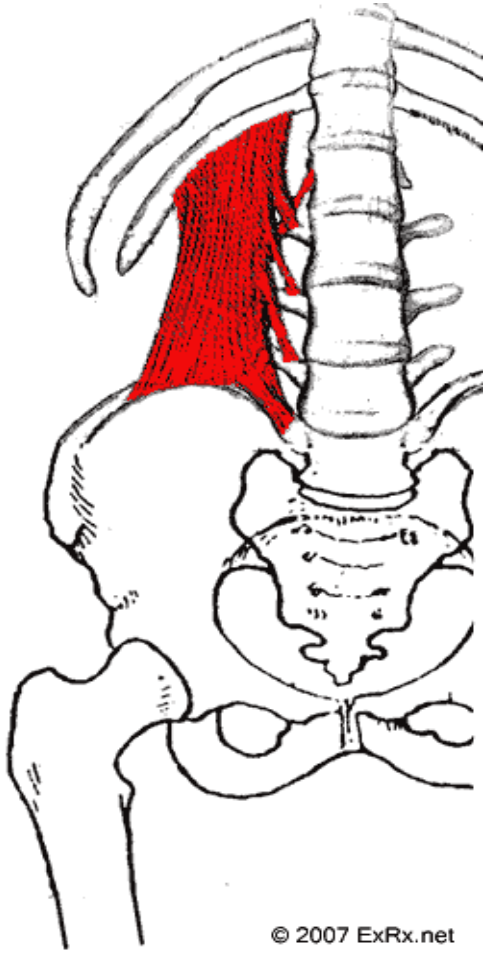
Gracilis

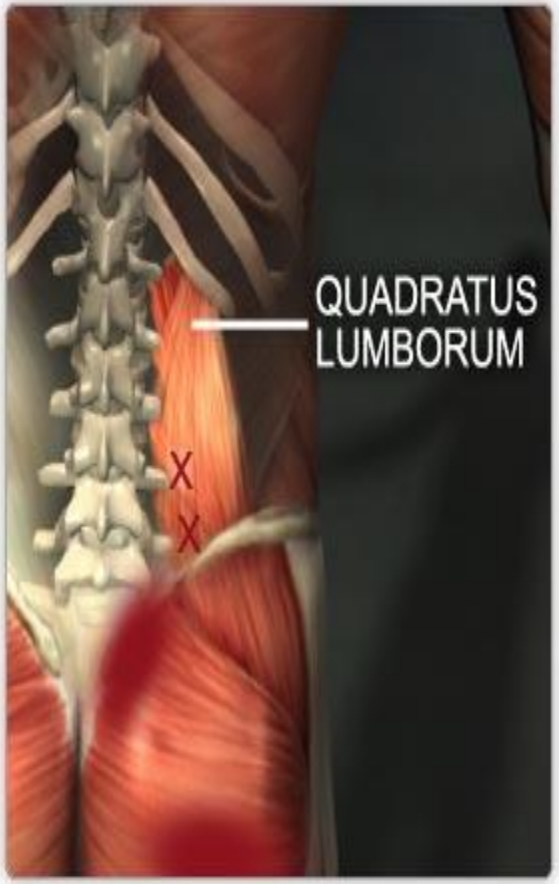

Psoas major
Iliacus
Tensor fasciae latae
Piriformis
Adductor brevis
Adductor longus
Pectineus
Iliotibial tract
Gracilis
Adductor magnus

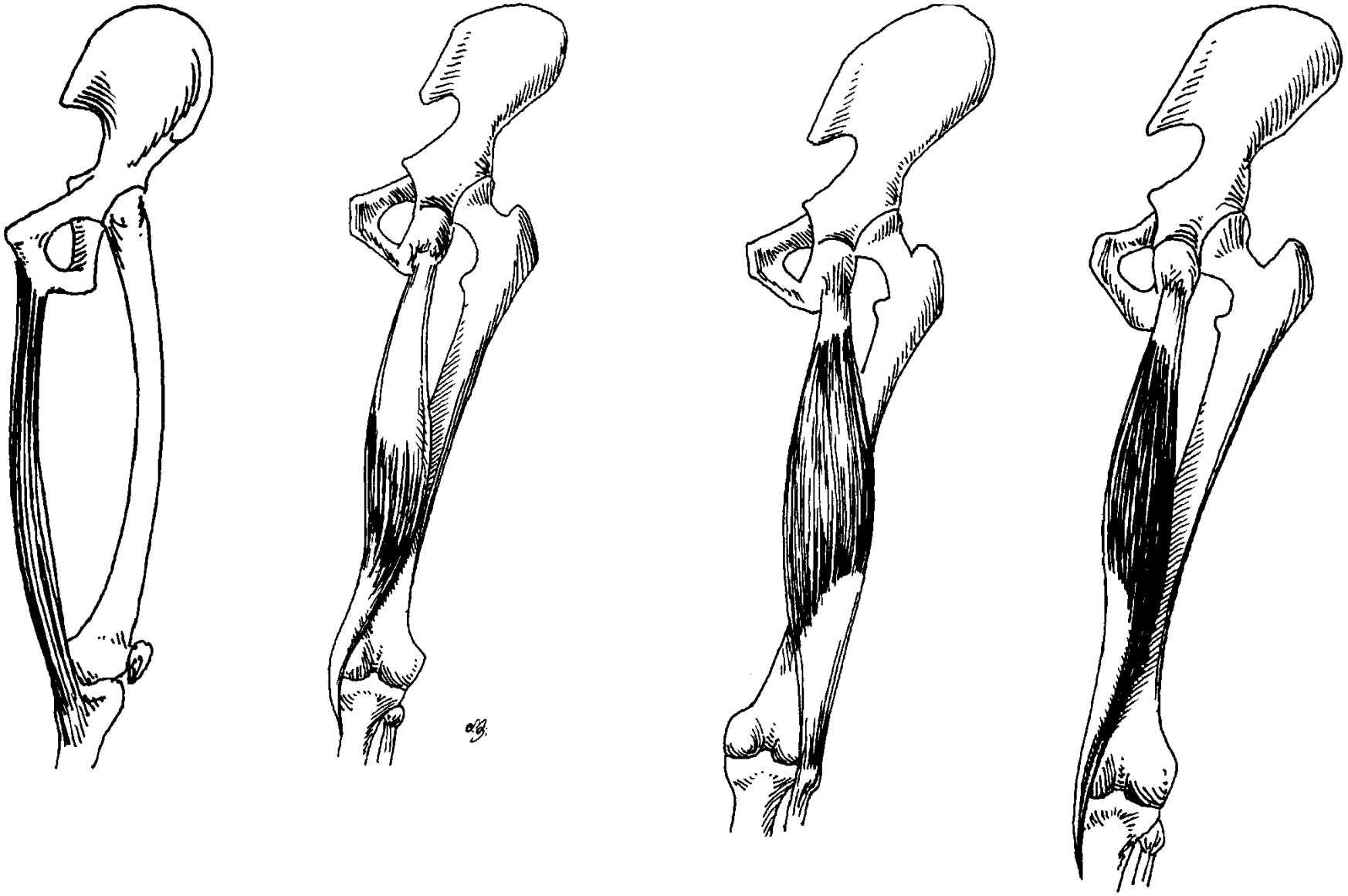
Biceps femoris

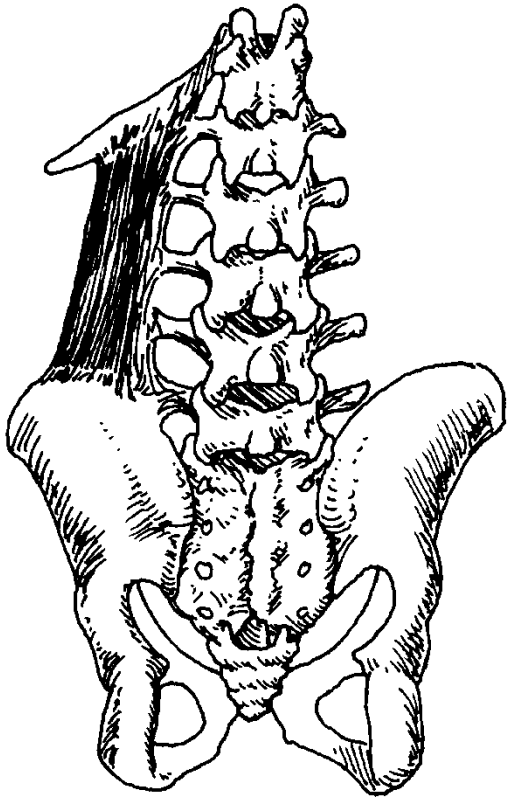


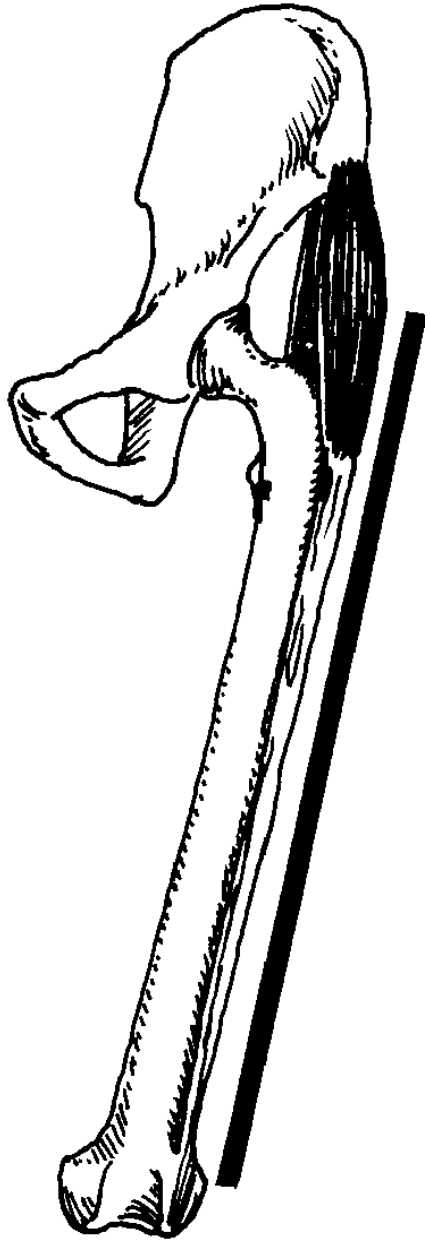
QL

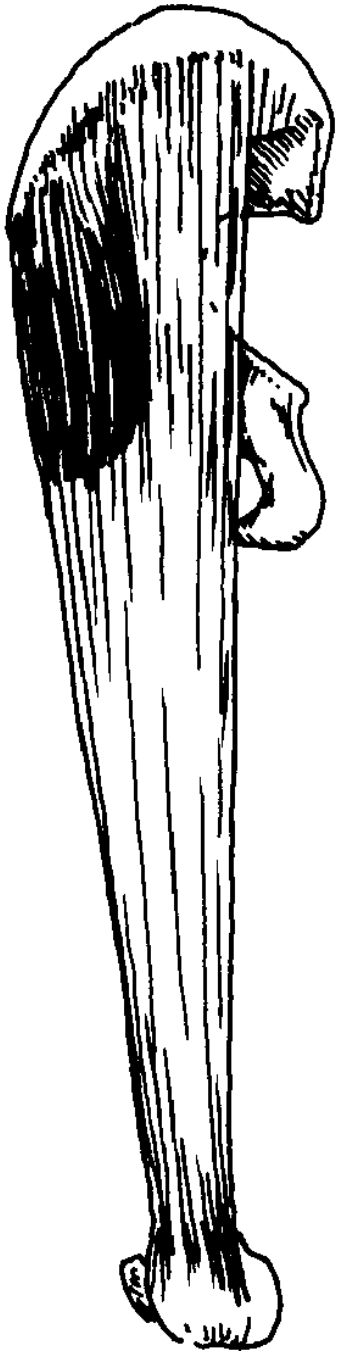






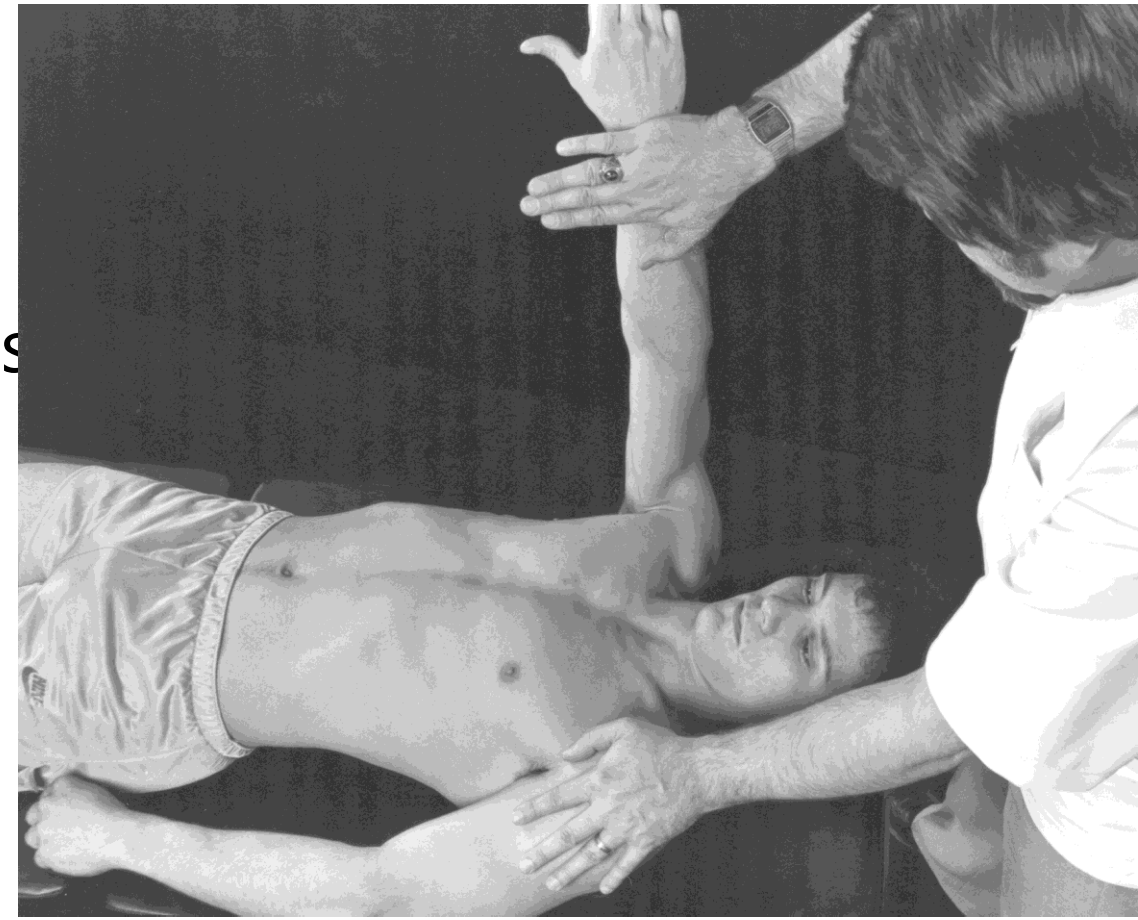


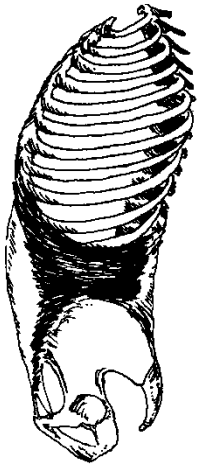


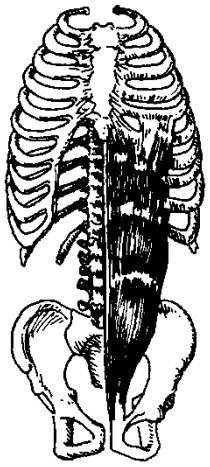


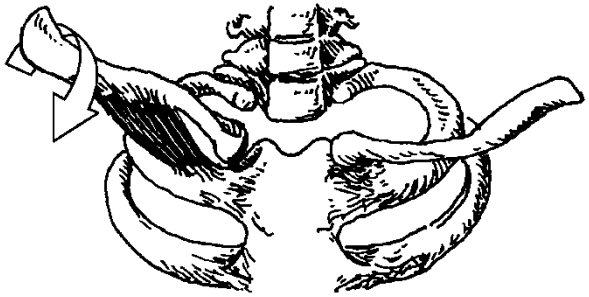
ST

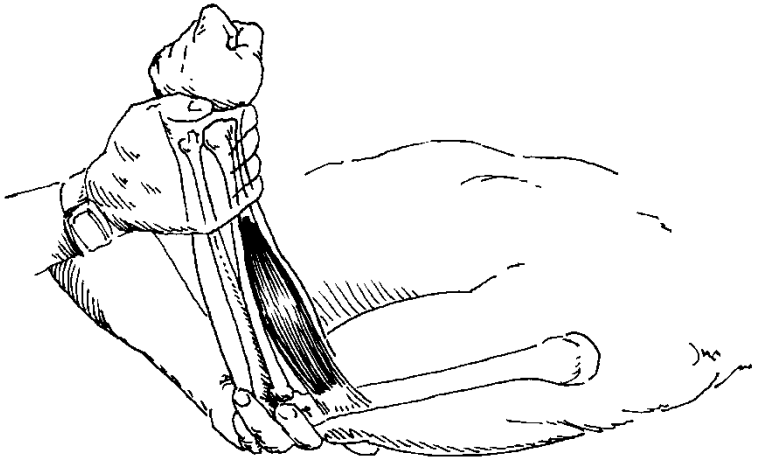
- PMC
- Abdominals
- Neck flexor/extens
- Diaphragm
- Subclavius
- Brachioradialis

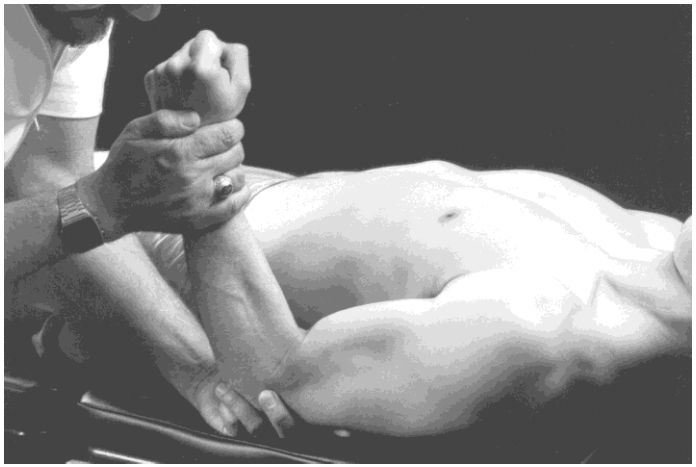








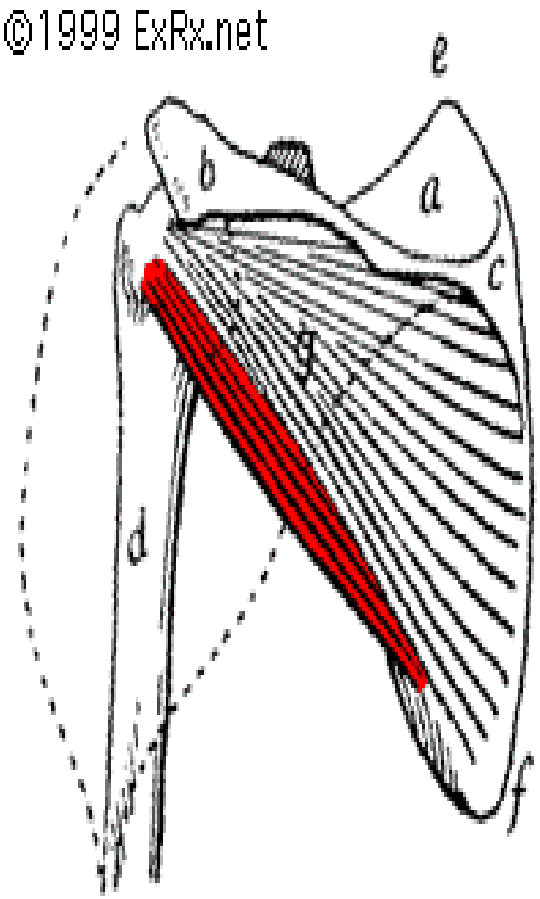


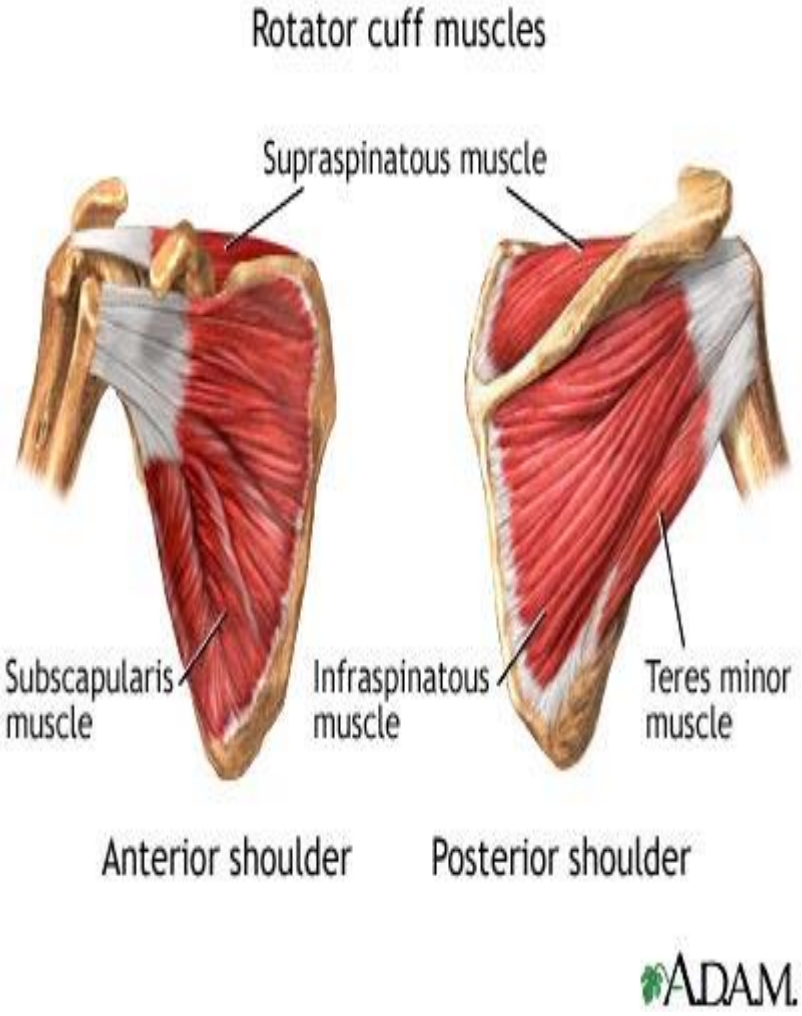


Thyroid

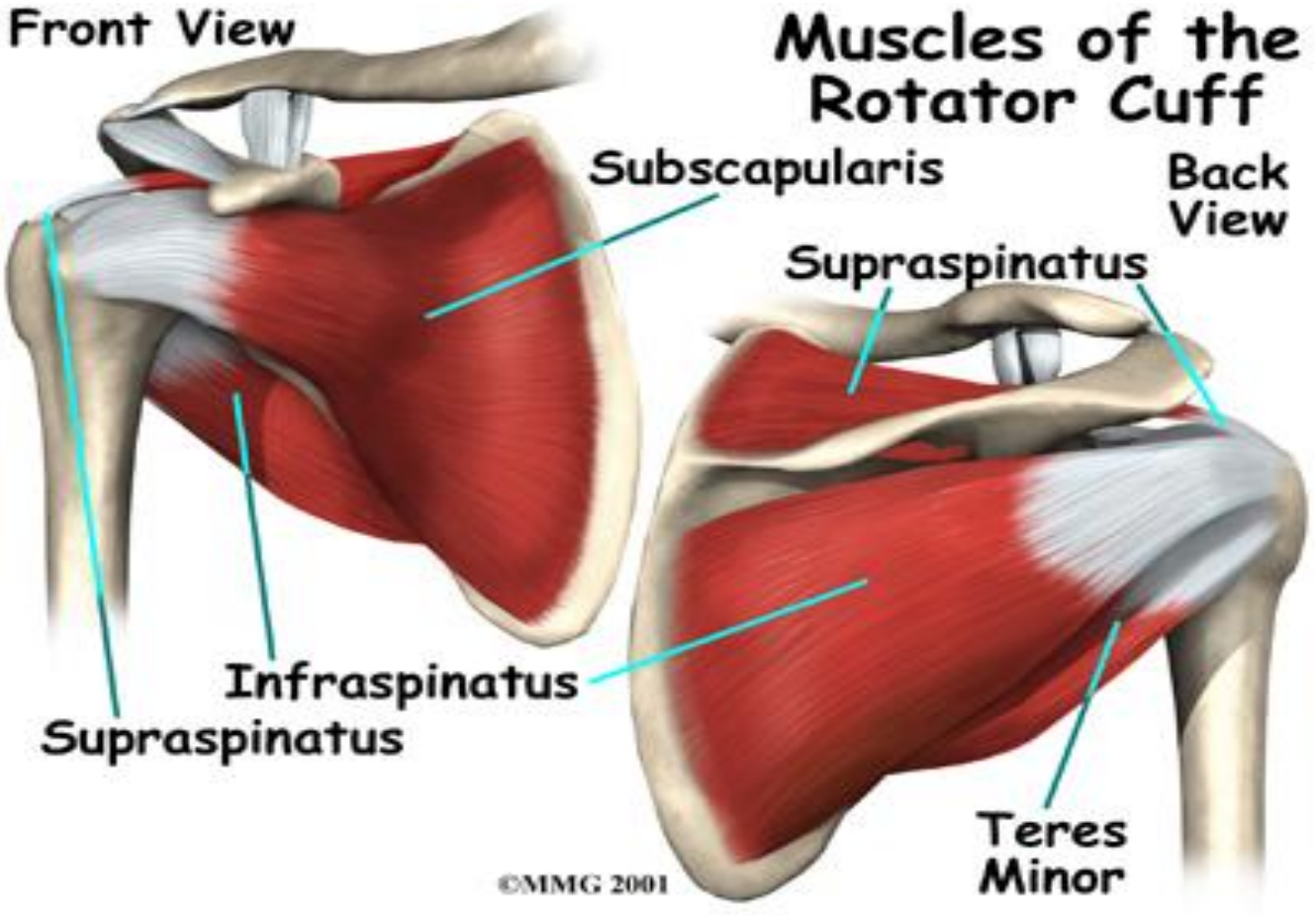
- Teres minor
- Supraspinatus
- Adductor pollicis

Teres minor

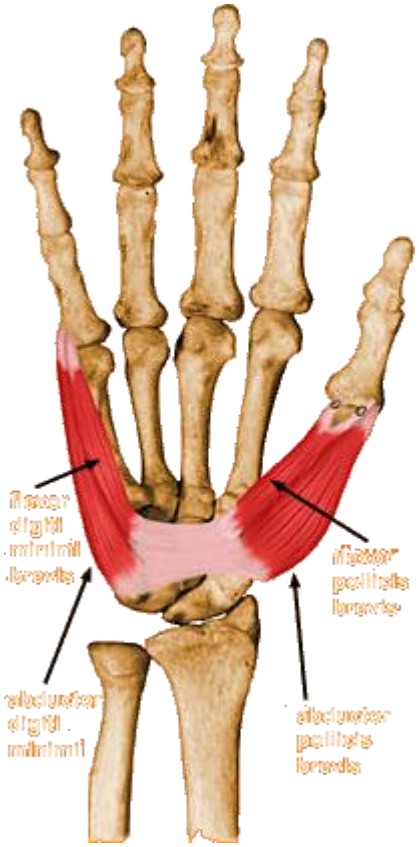

©1999 ExRx.net
a
b
c
d
e
f
g

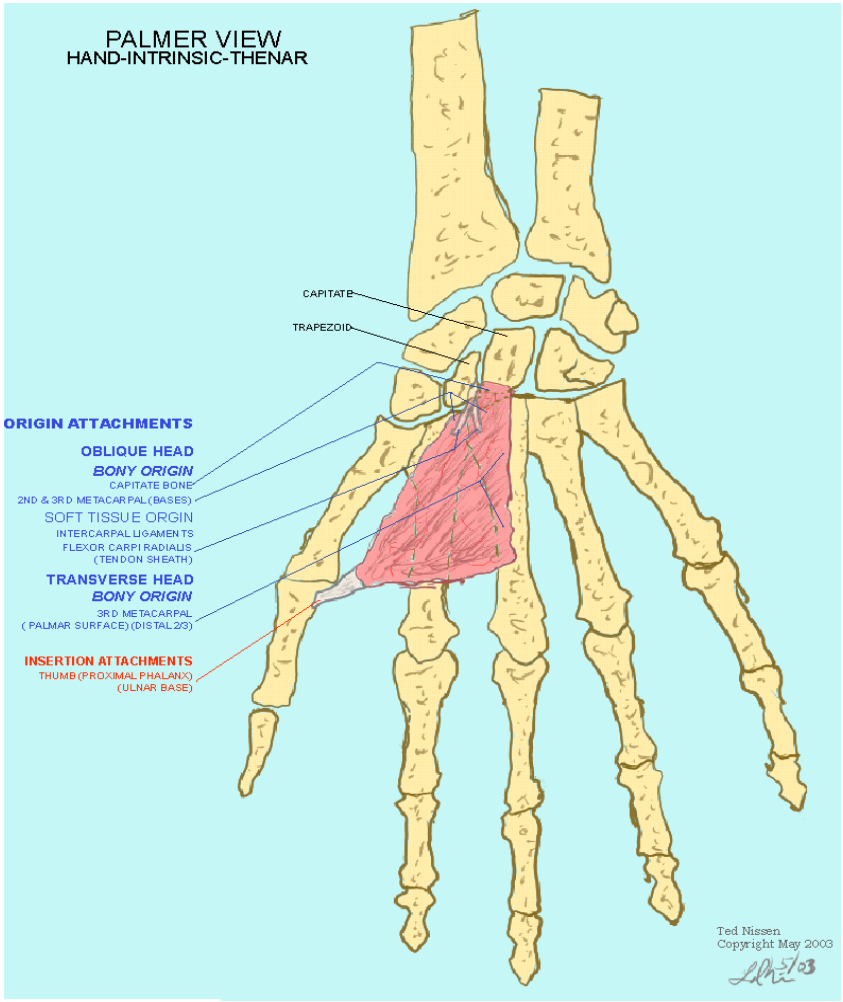

Rotator cuff muscles
Supraspinatous muscle
Subscapularis muscle
Infraspinatous muscle
Teres minor muscle
Anterior shoulder
Posterior shoulder
A.D.A.M.

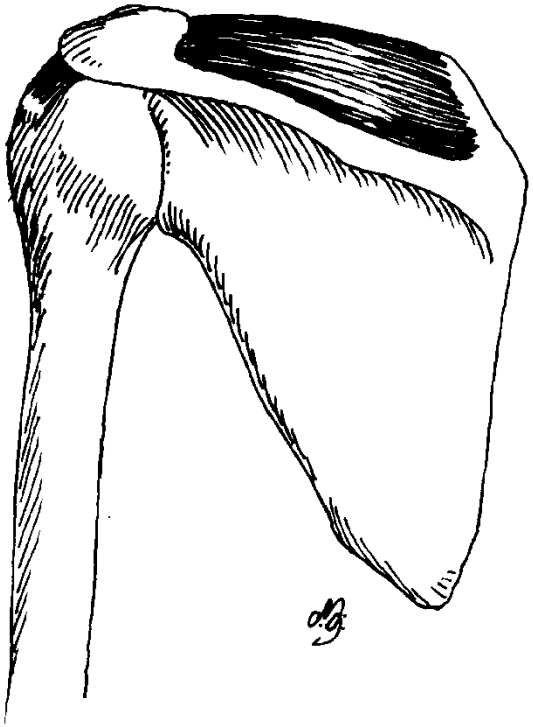
Rotator cuff

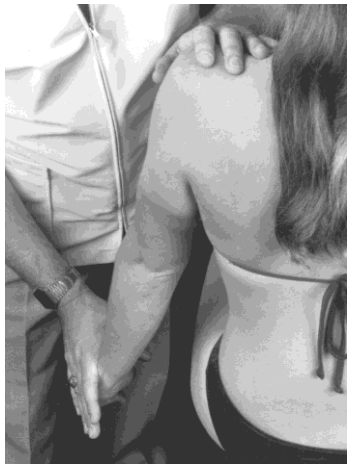


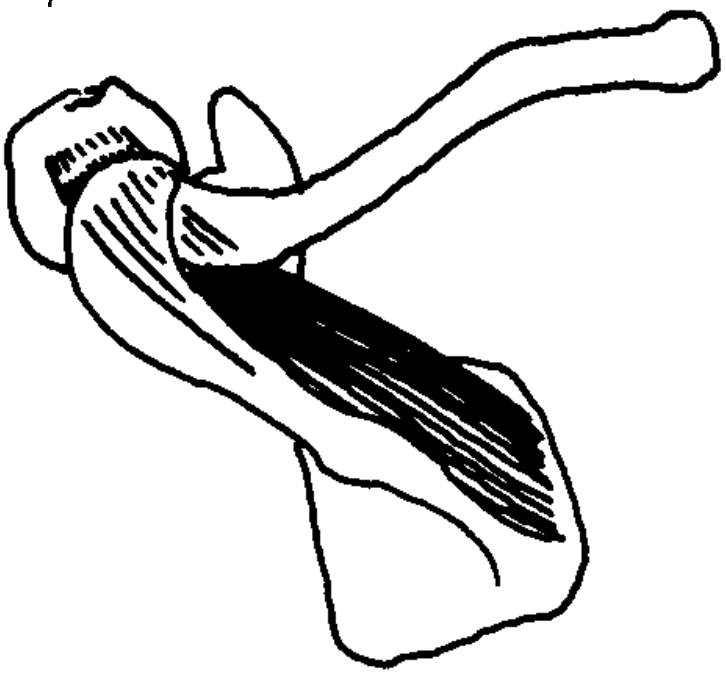
Adductor pollicis

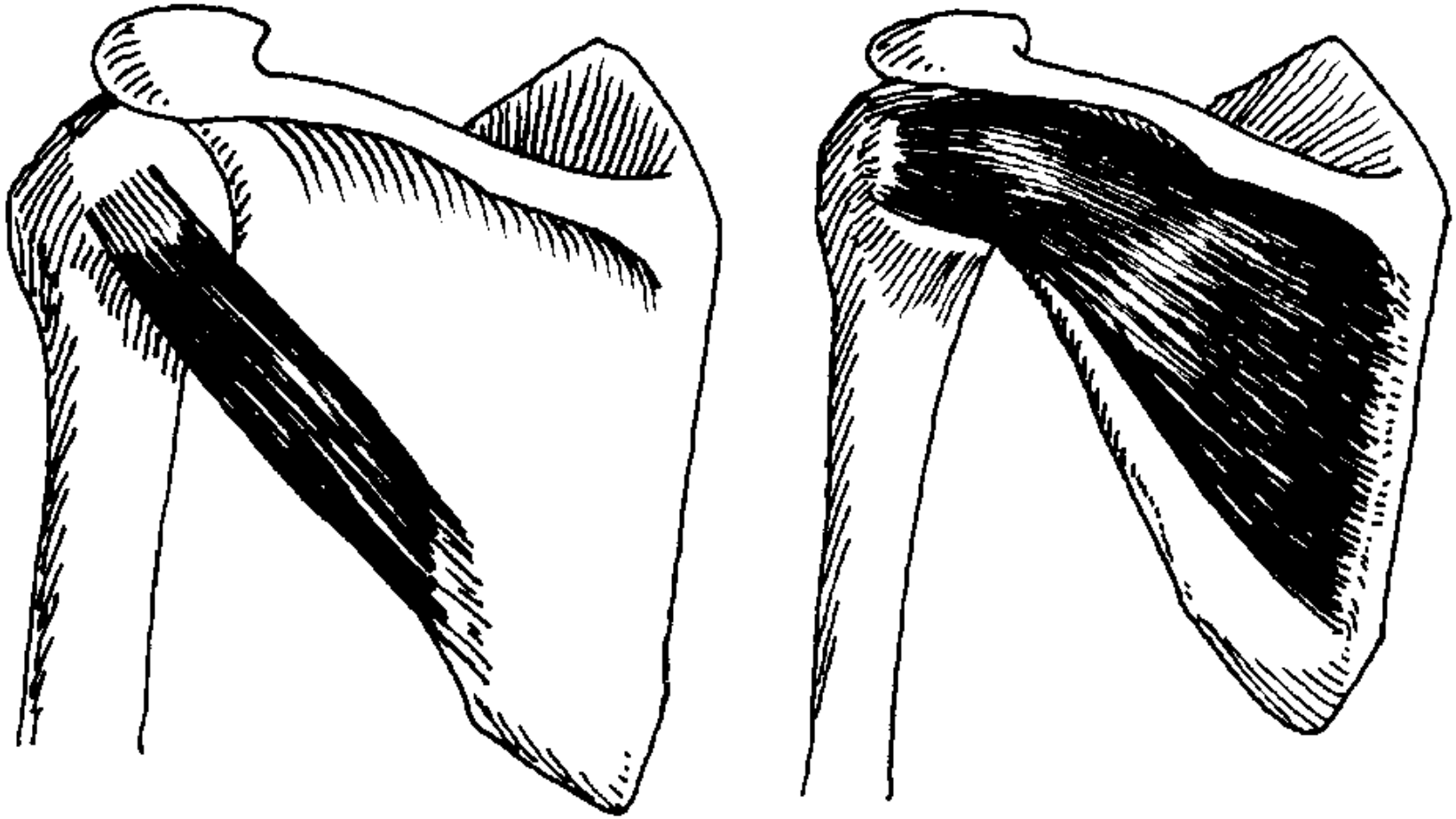








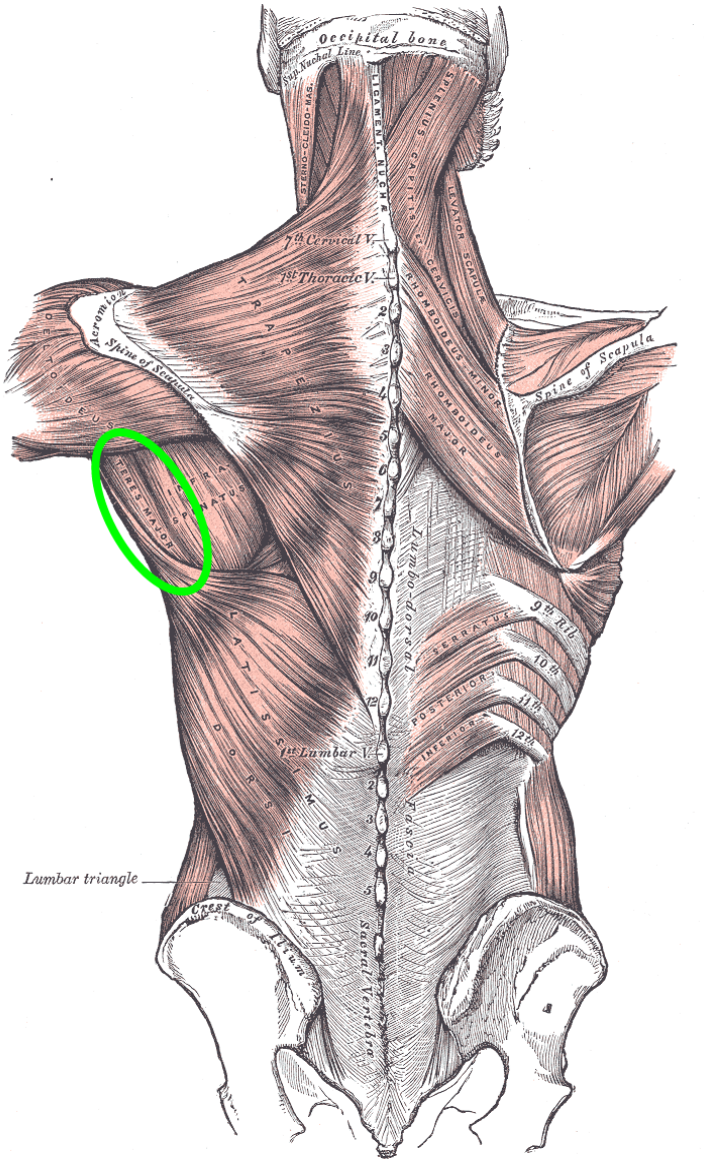


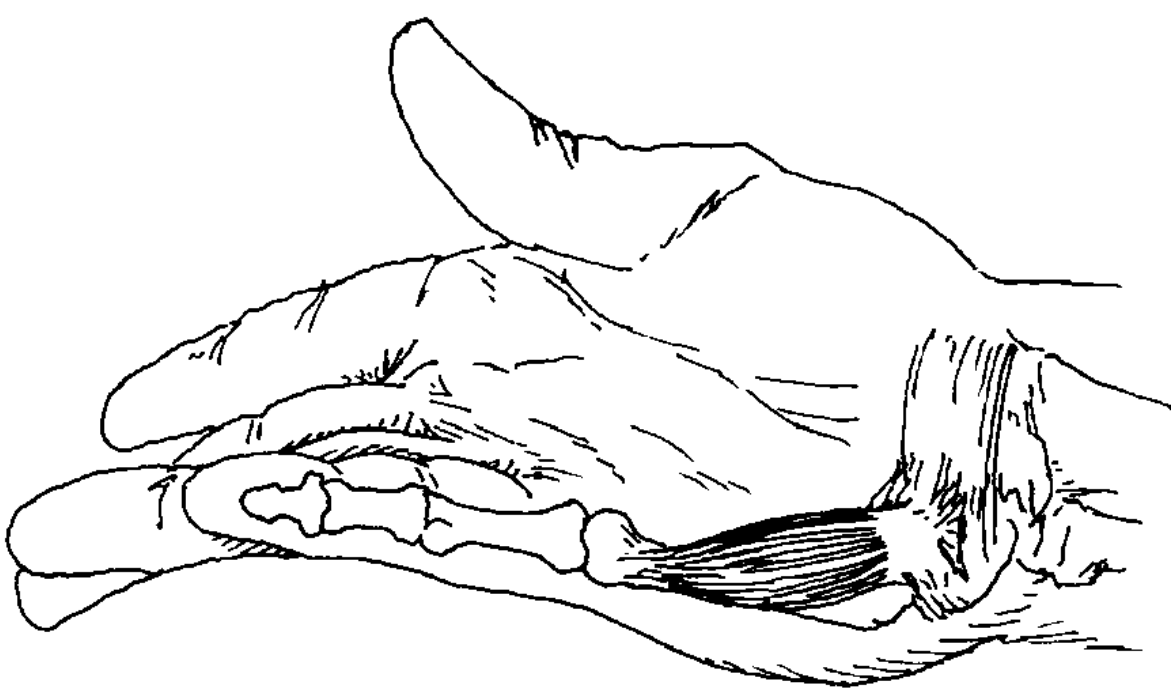


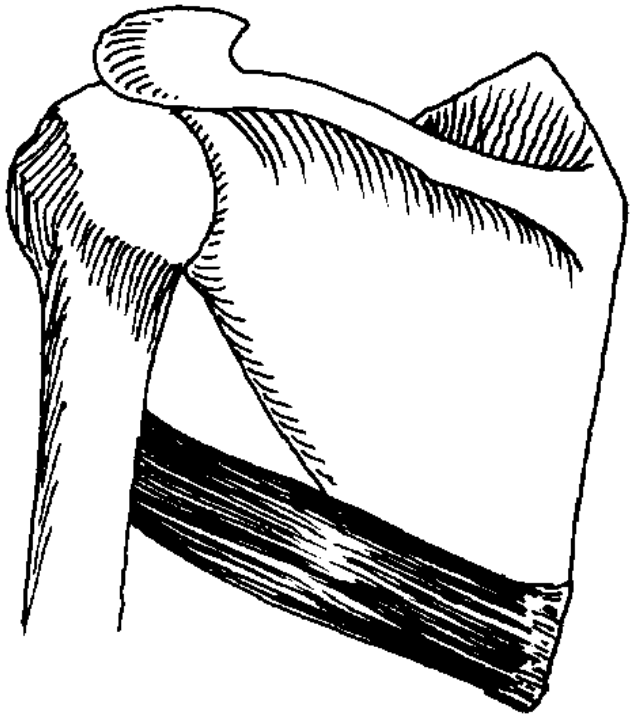
Thymus

- Dorsal interossei
- Hyoid
- Teres major
- Opponens digiti minimi
- Masseter

Teres major


Occipital bone
Sup. Nuchal Line
STERNO-CLEIDO MAS.
LIGAMENT. NUCHÆ
SPLENIUS CAPITIS
LEVATOR SCAPULÆ
7th Cervical V.
1st Thoracic V.
TRAPEZIUS
Acromion
Spine of Scapula
RHOMBOIDEUS MINOR
RHOMBOIDEUS MAJOR
Spine of Scapula
DELTOIDEUS
TERES MAJOR
LATISSIMUS DORSI
Lumbo-dor. fascia
SERRATUS POSTERIOR INFERIOR
9th Rib
10th
11th
12th
1st Lumbar V.
Lumbar triangle
Crest of Ilium
Sacral Vertebræ

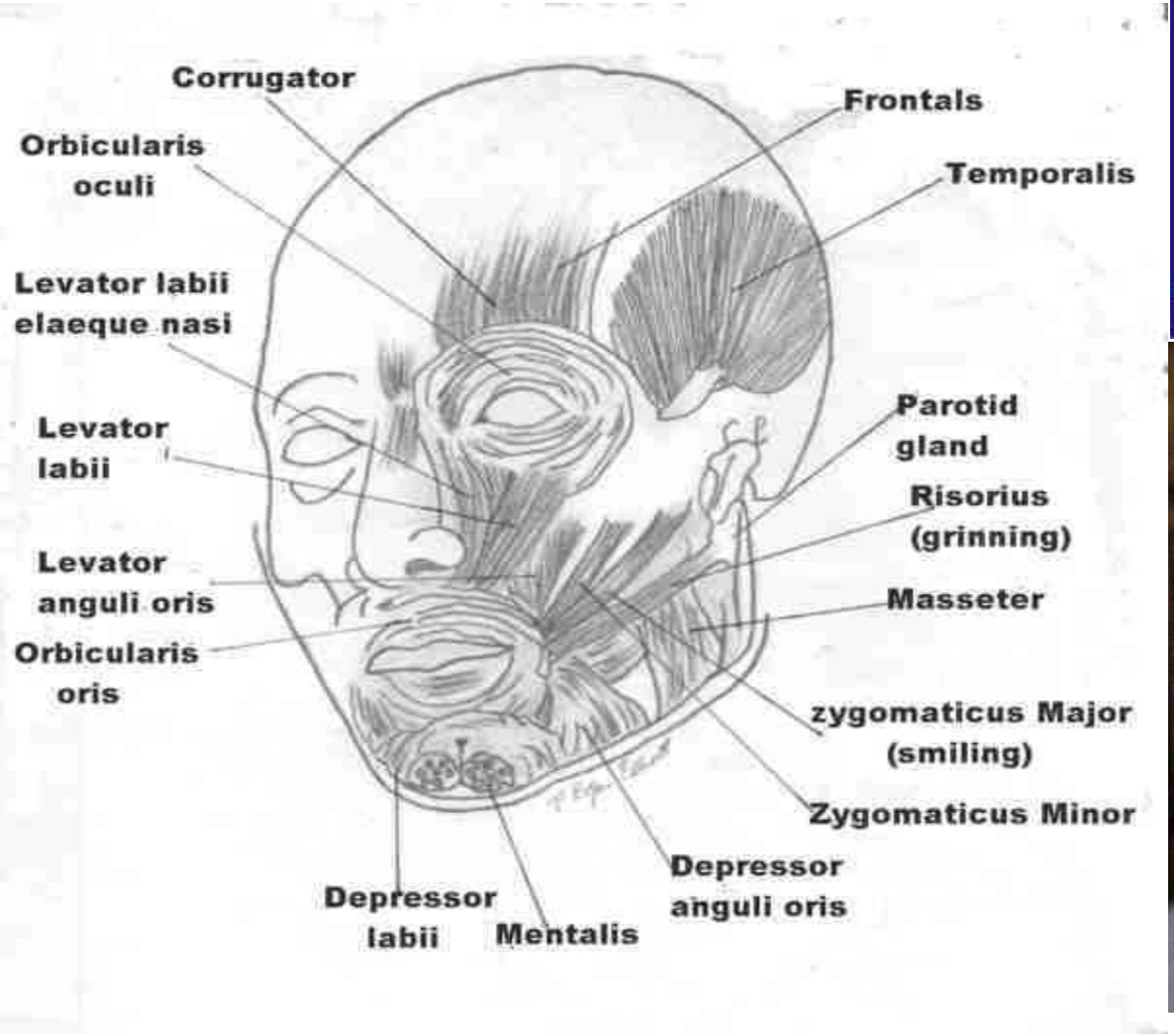


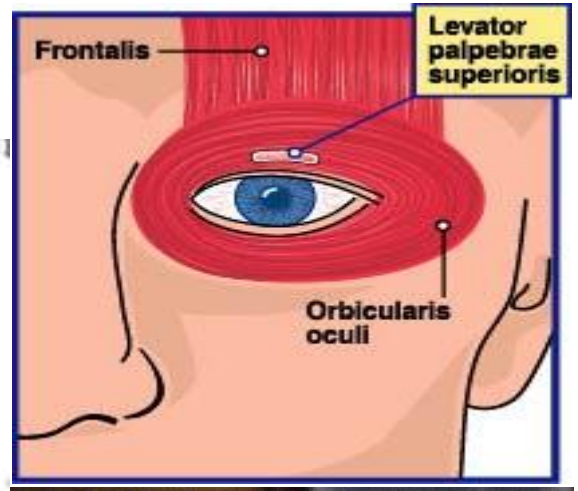


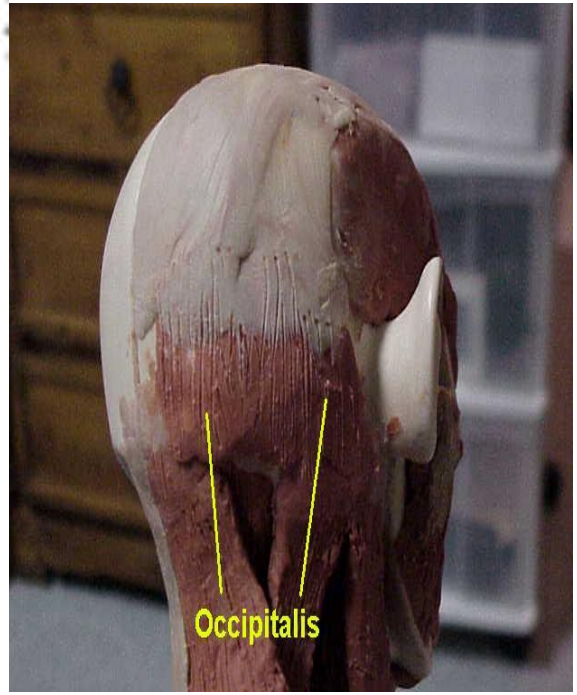
Thalamus

- Occipitalis

Orbicularis/occipitalis



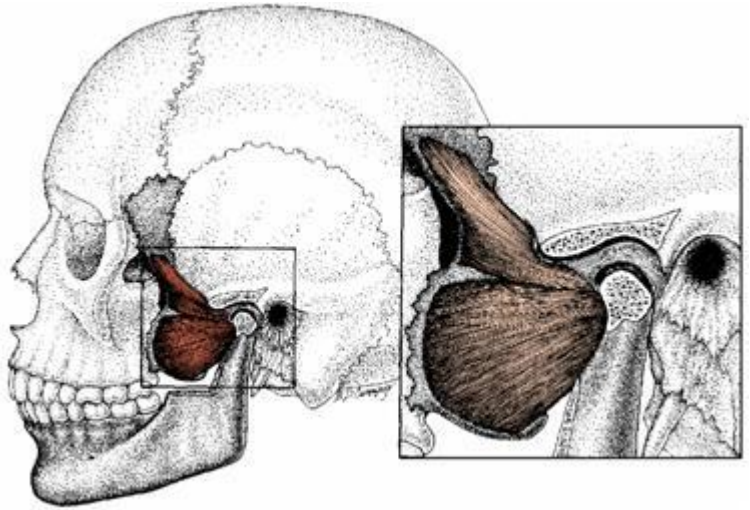


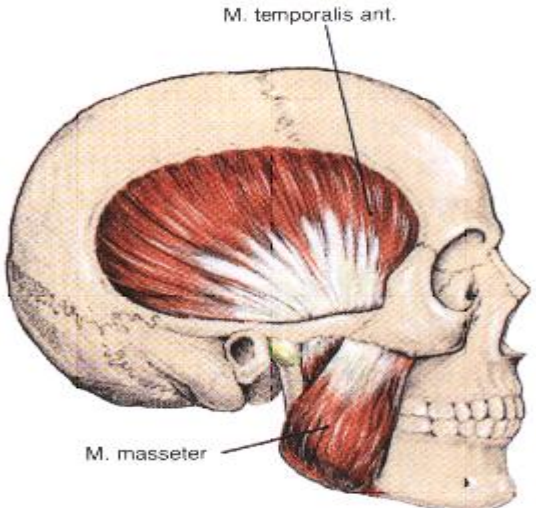


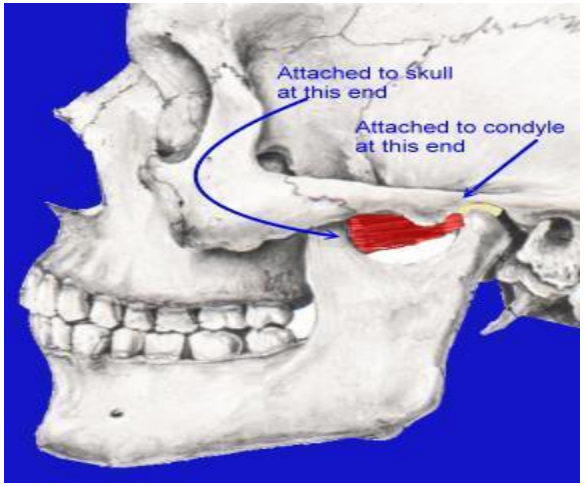
Pituitary

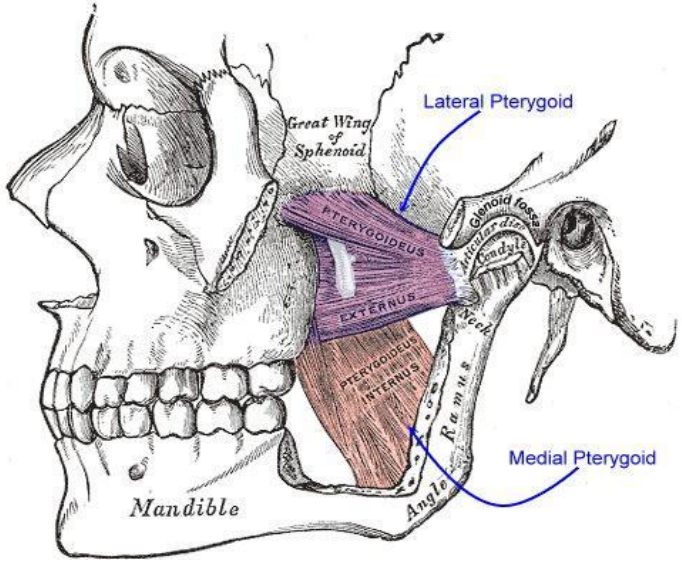
- Internal pterygoid (post)
- Temporalis (ant)
- Iliolumbar lig
- Multifidus

TMJ muscles



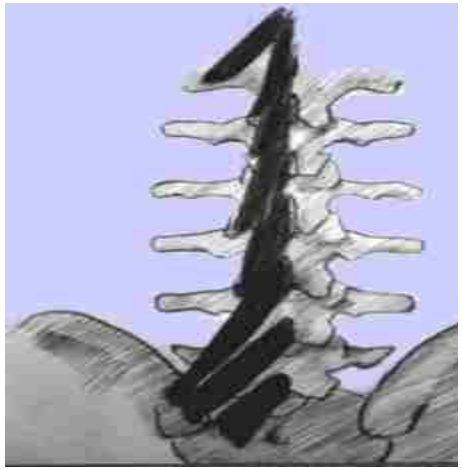

M. temporalis ant.
M. masseter

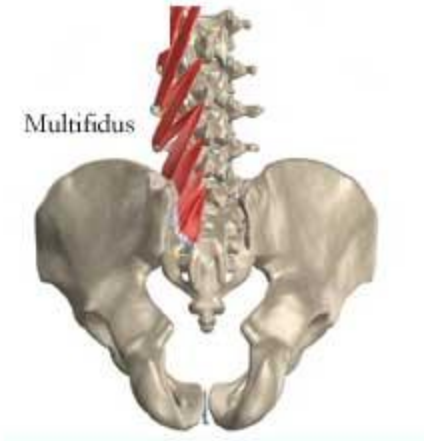

Attached to skull at this end
Attached to condyle at this end

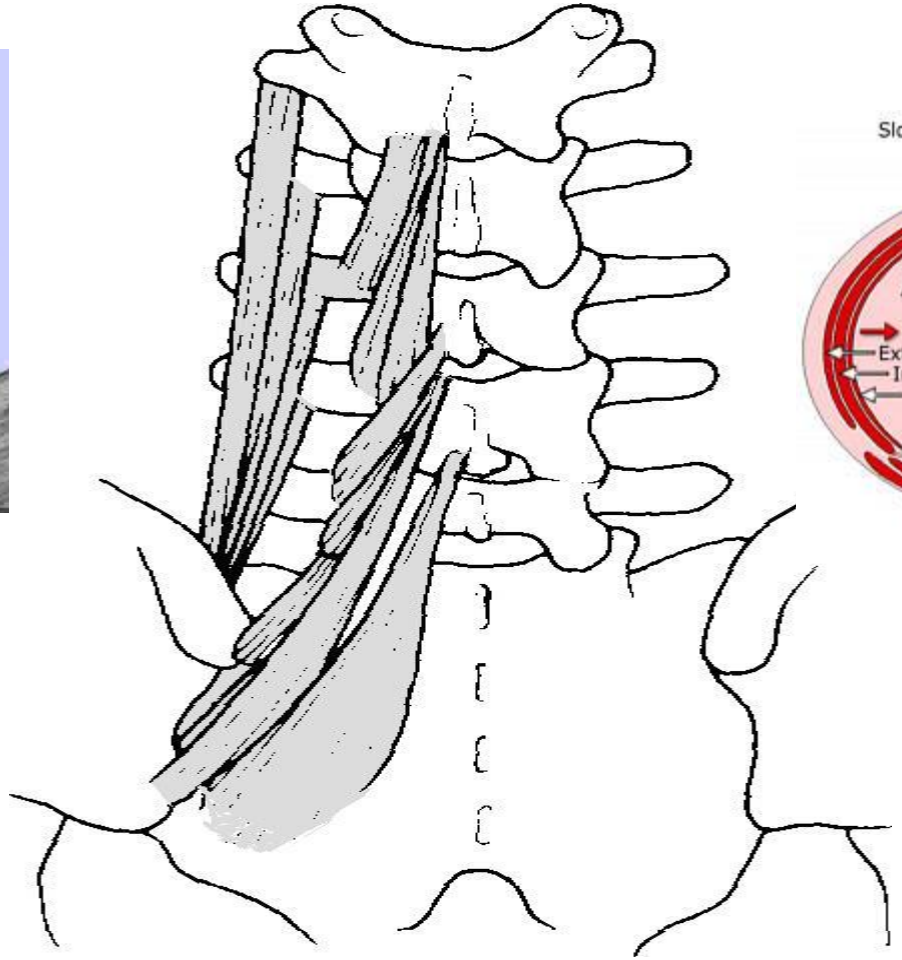

Great Wing of Sphenoid
Lateral Pterygoid
PTERYGOIDEUS EXTERNUS
Glenoid fossa
Articular disc
Condyle
Neck
PTERYGOIDEUS INTERNUS
Ramus
Medial Pterygoid
Mandible
Angle

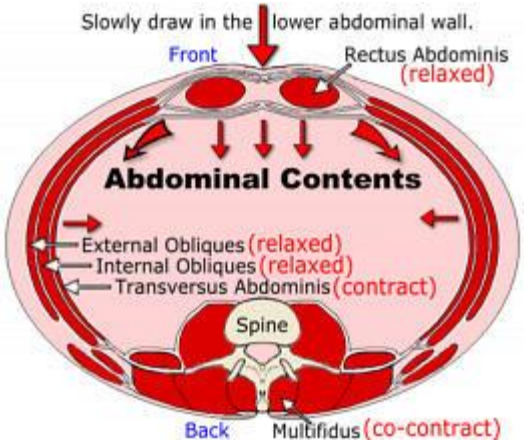
Iliolumbar ligament

multifidus




Multifidus




Slowly draw in the lower abdominal wall.
Front
Rectus Abdominis (relaxed)
Abdominal Contents
External Obliques (relaxed)
Internal Obliques (relaxed)
Transversus Abdominis (contract)
Spine
Back
Multifidus (co-contract)

- Thalamus –occipitalis
- Hypothalamus –혀를 입천장에

Pulse diagnosis

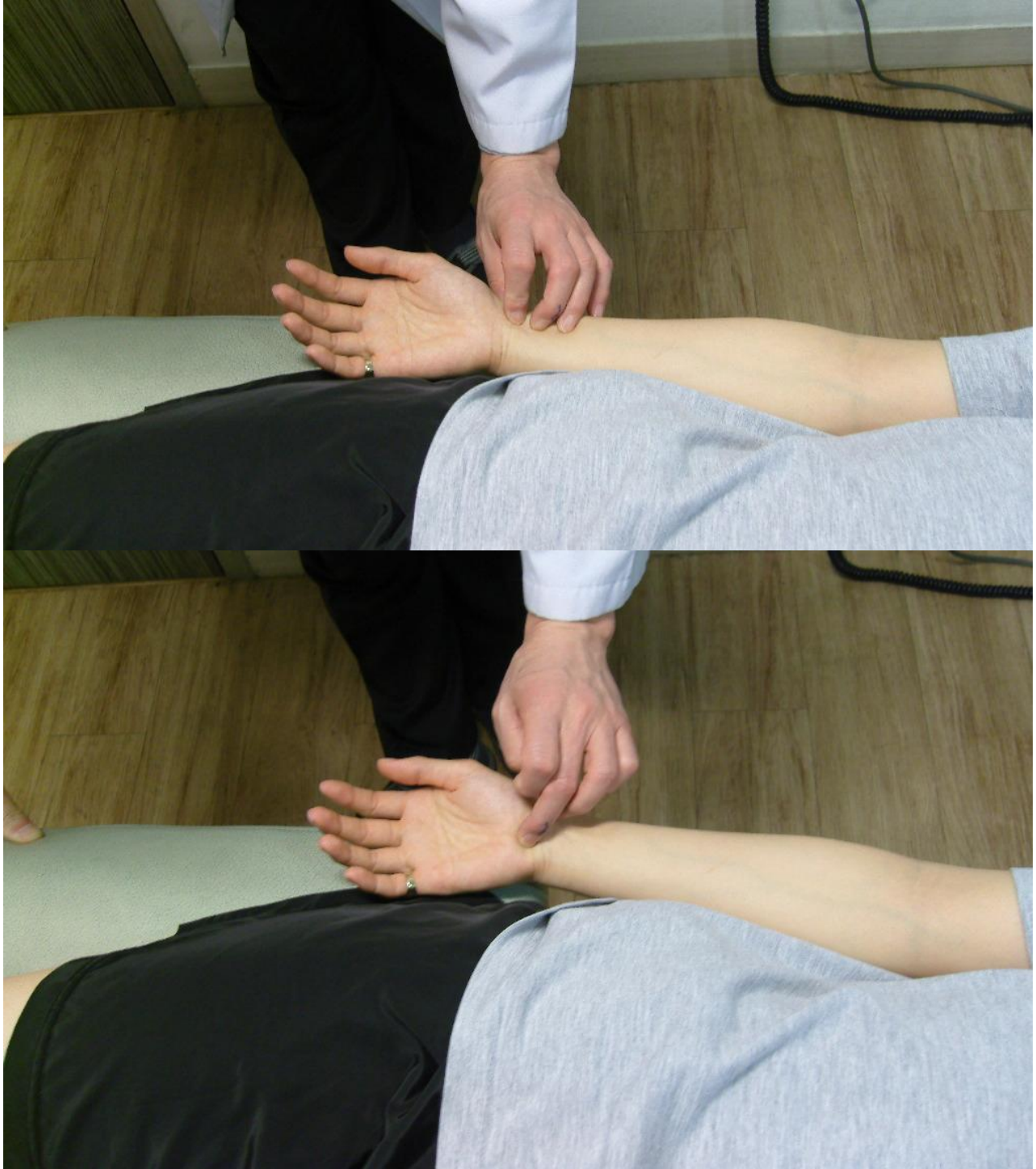
The meridian pulses

Left

- 심장 소장
- 간 담낭
- 신장 방광
- 흉선

Right

- 폐　　대장
- 비/췌장　위
- 부신　　갑상선
- 뇌하수체



음식검사 (food sensitivity)

흔한 Food allergen
hidden food allergen

우유
밀가루 (Gluten – Rye, Oats, Barley)
콩
계란
기타 동물성 식품
옥수수
복숭아
사과
오렌지
토마토
망고

정서적인 문제, 부신, 장 검사 필요.

진단

- 병력: 먹고나서 가스가 차거나, 다리, 허리불편, 두통, 피부반응 등 다양하다.
- Elimination
- Skin prick test, allergy patch test, 식품유발검사(공개형, 이중맹검)
- Lab

  혈액—IgE, G
- AK 검사

  음식이나 vial로 검사

치료

- Elimination
- Rotation Diet
- Desensitization Procedures
- 장, 부신
- Allergy는 면역계의 phobia일 가능성이 높다. 부정적인 정서가 있다면 치료.
- Submodality로도 치료할 수 있다. 비염.

3. dysbiosis 검사 및 치료

1) Fungus: all sweeteners, juice (lemon, grapefruit 자몽 주스 제외), dried fruit, vinegar, alcohol, fermented soy products, cheese, yeast, 안됨. _____, GI microb-x, SF722(Thorne, castor bean oil), sex partner 같이 치료
2) bacteria(chlamydia포함): GI microb-x, Isatis, Berbacap
3) virus: GI microb-x
4) parasite: GI microb-x, Artecin(쑥)
5) Chlamydia: GI microb-x

Fungus toxin

- 곰팡이의 세포막 구조는 사람이 인지질로 구성되어 있는 것과는 다르게 당분종류로 구성되어 있다.
- Glucan (chains of glucose molecules)과 galactose가 거의 50% 이상을 차지하고 있는 것이다.
- Mannoprotein (chains of mannose linked to serine, threonine, asparagines)이 20-30%를 구성하고 있다.
- 단백질은 3-6% (D form의 아미노산 형태로서 toxic 이다), chitin (chains of N.acetyl D.glucosamine) 0.6-2.7%, 지질 2% 등으로 구성되어 있는 것이다.

Yeast Free Diet

- Refined carbs (sugar) feed yeast (soda has 38 gm, grape juice has 57 gm of sugar)
- Fermented foods are made with yeast (condiments)
- Leftovers or aging foods (aging cheeses)
- Juice (all commercial juices have started to age and ferment)
- Dried fruits or fruits too small to peel
- Specific Carbohydrate Diet
- 과일!!!!

Herbal Remedies

- Garlic (1-2 fresh cloves or pills/day)
- Caprylic acid (500-1000 mg with meals)
- Oregano oil (0.2 ml 2x/day)
- Grapefruit or citrus seed extract (1/3 adult dose)
- Saccharomyces boulardii (3-6 capsules/day)

항곰팡이
GI microb-X

Anti-bacterial
- Anti-lipidemic
- Anti-fungal
- Anti-inflammatory
- Anti-parasitic
- Anti-tumorigenic/ Anti-mutagenic
- Anti-thrombotic/ Anti-platelet

Tribulus terrestris
Sweet Wormwood
Magnesium Caprylate
Berberine Sulfate
Grapefruit Seed Extract
Barberry
Bearberry
Black Walnut

곰팡이는 포도당에 작용하여 발효시켜 에탄올 술을 만든다

장에 곰팡이는 결국 에탄올을 지속적으로 만들게 하는데 간에서 이 에탄올을 세가지 효소에 의해서 분해되어야 한다.

1)CytochromeP450(ZN,NADPH)

2)Alcohol dehydrogenase(ZN,NAD)-주로 알코홀 분해하는 효소인데 이것이 모자라면(여성, 선천적체질, 간경화, 태양인?) 1) 3)에서 주로 해독작용이 이루어진다. 아연과 B3 중요!-간 해독, 곰팡이 해결에...

3)CatalasE(Fe,Mg,NADPH)

이러한 세가지 효소는 에탄올을 acetaldehyde로 바뀌게 하고 다시

aldehyde dehydrogenase(oxdase)(NAD FAD Mo Fe)에 의해서 acetic acid와 superoxide(활성산소)를 만든다.

따라서 술 많이 마시면 활성산소에 의해서 주름지고 노화가 촉진되는 것이다.

몰리브디움이 여기서 중요한 역할을 한다. Sulfite이 sulfate으로 바뀌는데도 몰리브디움이 반드시 필요하다. 와인 속엔 설파이트가 들어 있어서 와인속의 곰팡이를 죽이고 있다. 설파이트는 몸 속에서도 만들어진다. 호모시스테인 대사를 통해서 설파이트가 설페이트로 가야하는데 몰리브디움이 부족하면 독소인 설파이트가 체내 축적된다.

4R's

1 **Remove**

GI microb-X, SF722, Allicidin, morinda supreme
: 공복 복용

2 **Replace**

Digestzymes, allergyme:
each major meal.

3 Re-innoculate

Probiotic Synergy, Probiotic supreme:
2 caps twice daily or
1/2 tsp twice daily taken away from any anti-microbial such as oregano oil.

4 Repair

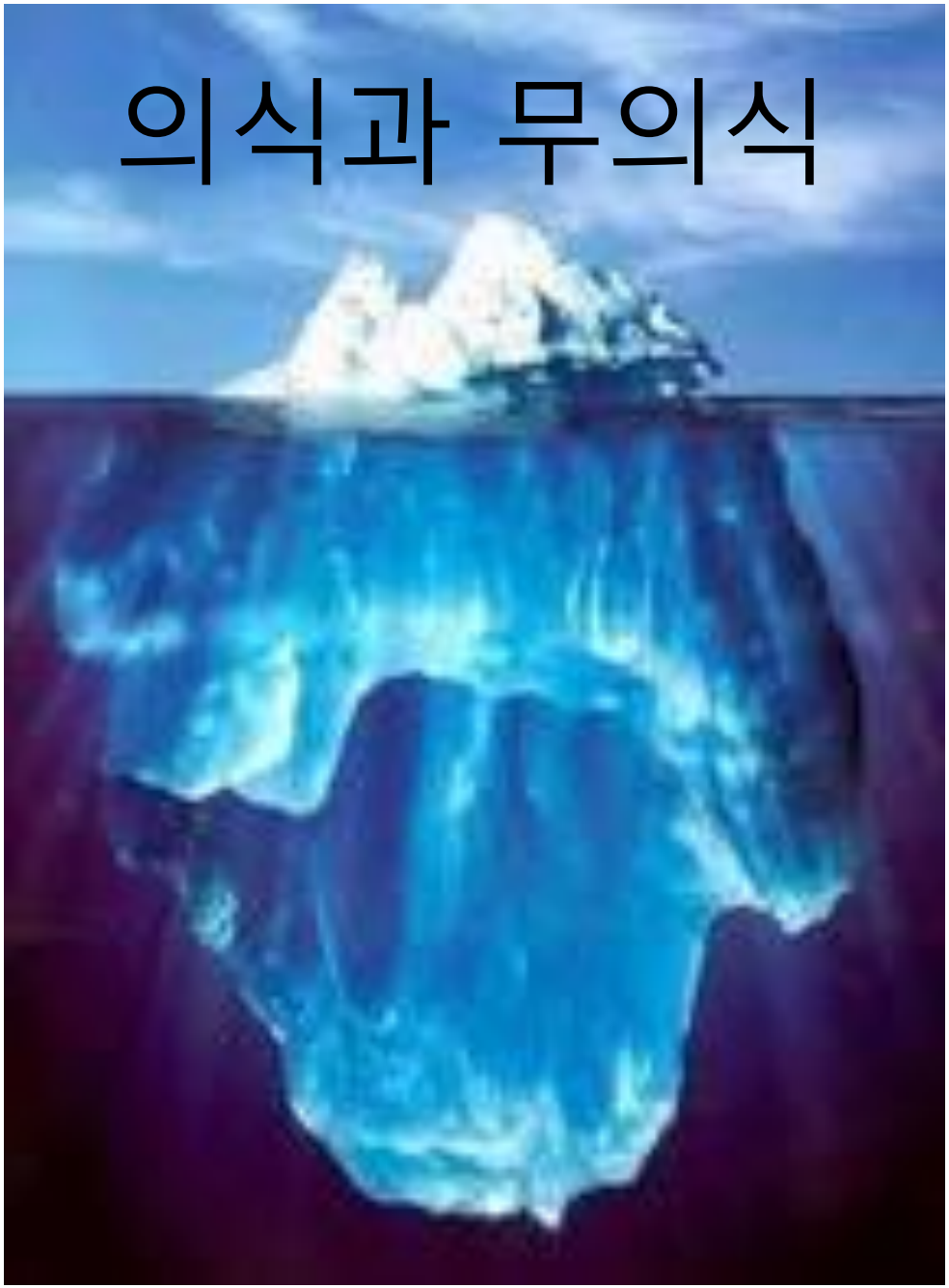
GI revive, inflammatone

부신
(adrenal stress 의 원인, 진단, 치료)

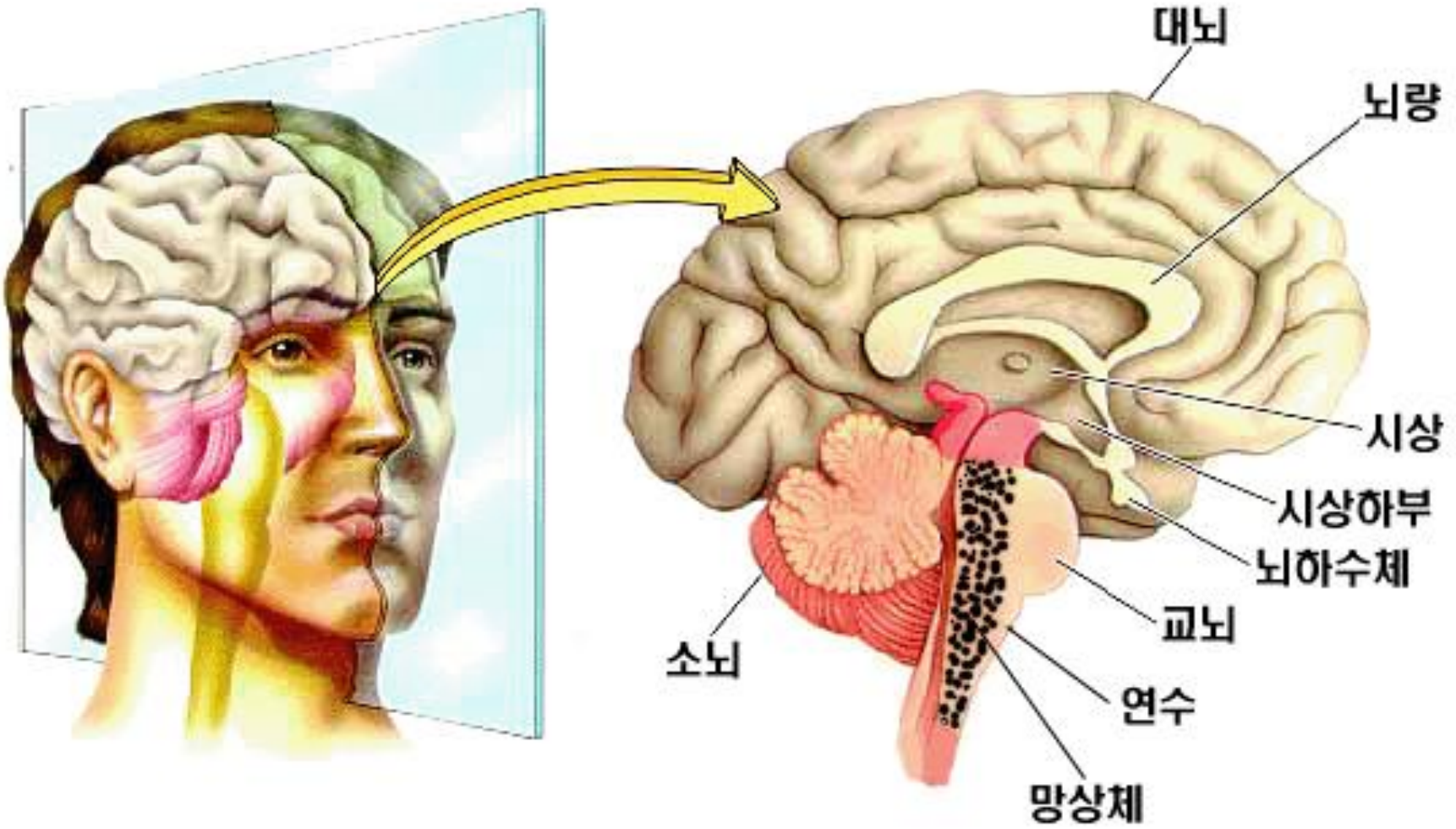
1) emotional, physical, chemical stress
2) offender
3) points
4) muscle
5) 구조적인 문제 영향
6) adrenal complex, catecholacalm, phosphatidyl serine

Emotion(AK psychology)

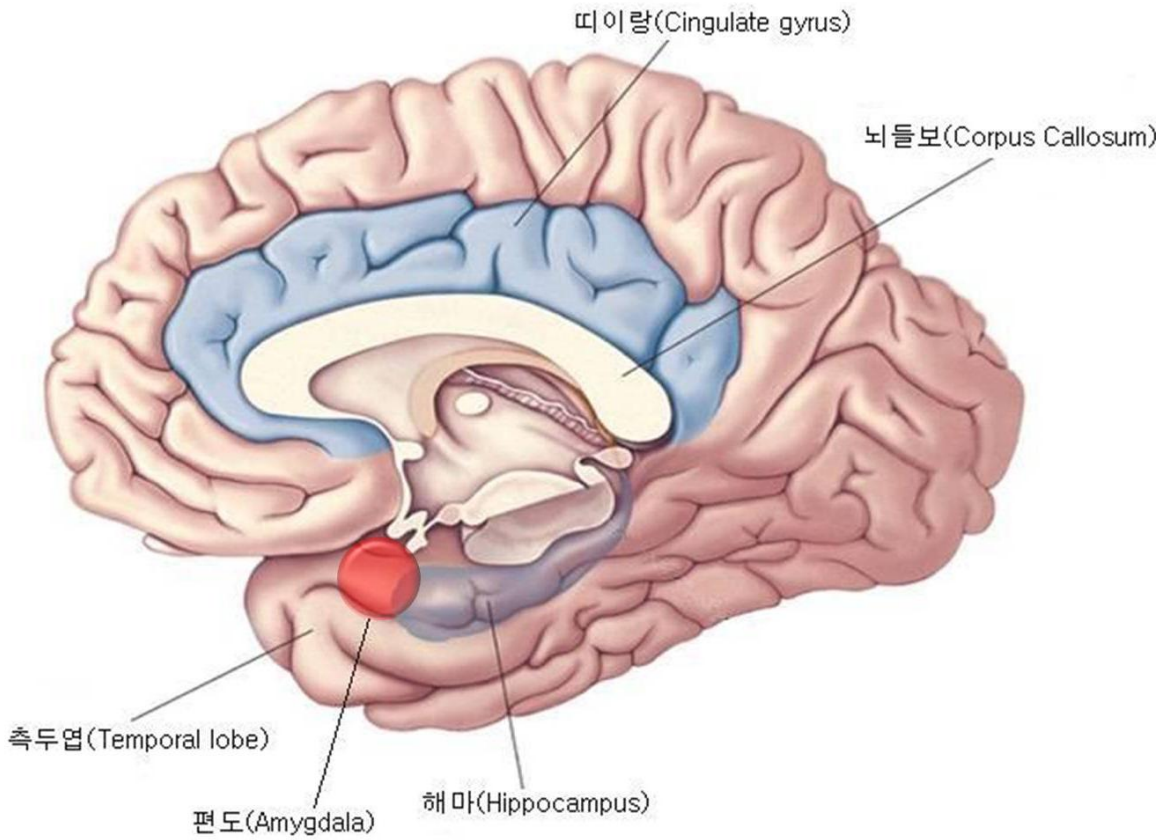
의식과 무의식



뇌에 의한 자율신경의 조절



감정뇌, 대뇌가장자리계통 (대뇌변연계, limbic system)



편도(扁桃, almond, amygdala)

해마(hippocampus)

띠이랑(ant cingulate gyrus, 대상회)

시상하부 (hypothalamus)

가장 중요한 부정적인 정서를 찾는 법

정서적인 문제의 치료

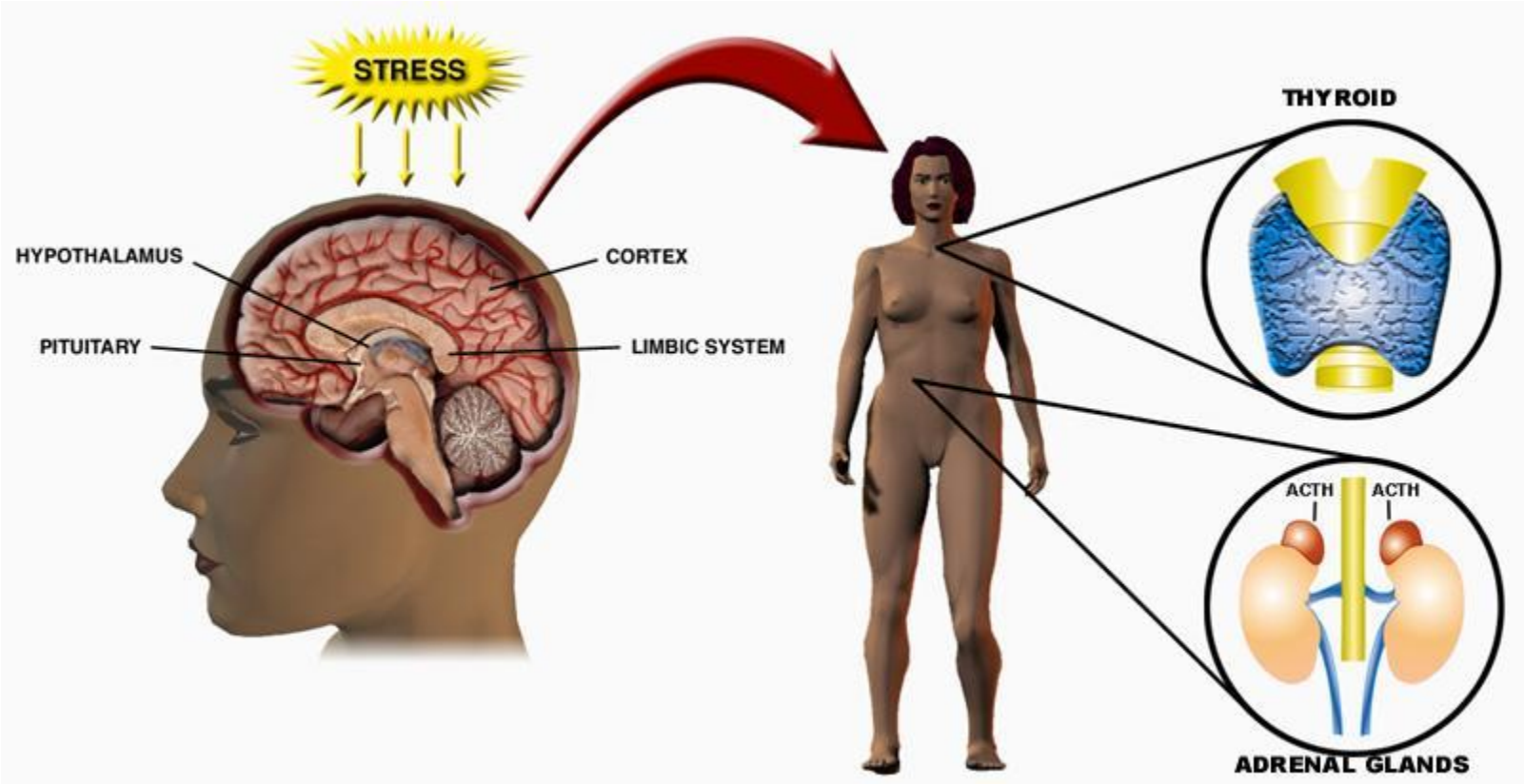
부정적인 정서와 자율신경 그리고 내장의 기능이상 및 숨겨진 음식 allergen

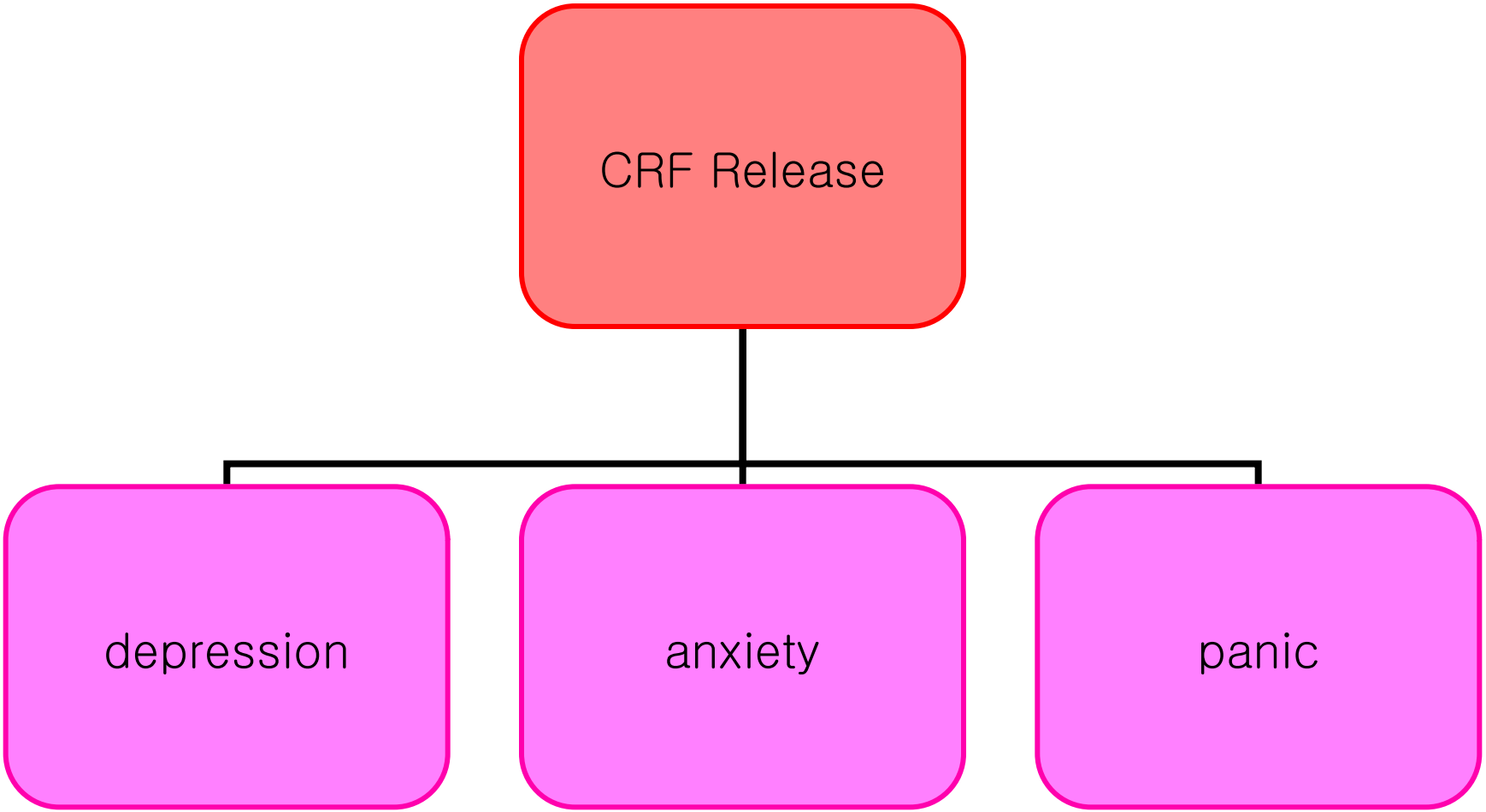
심리적 역전

정서적인 문제와 통증

부정적인 정서와 횡격막 그리고 통증부위

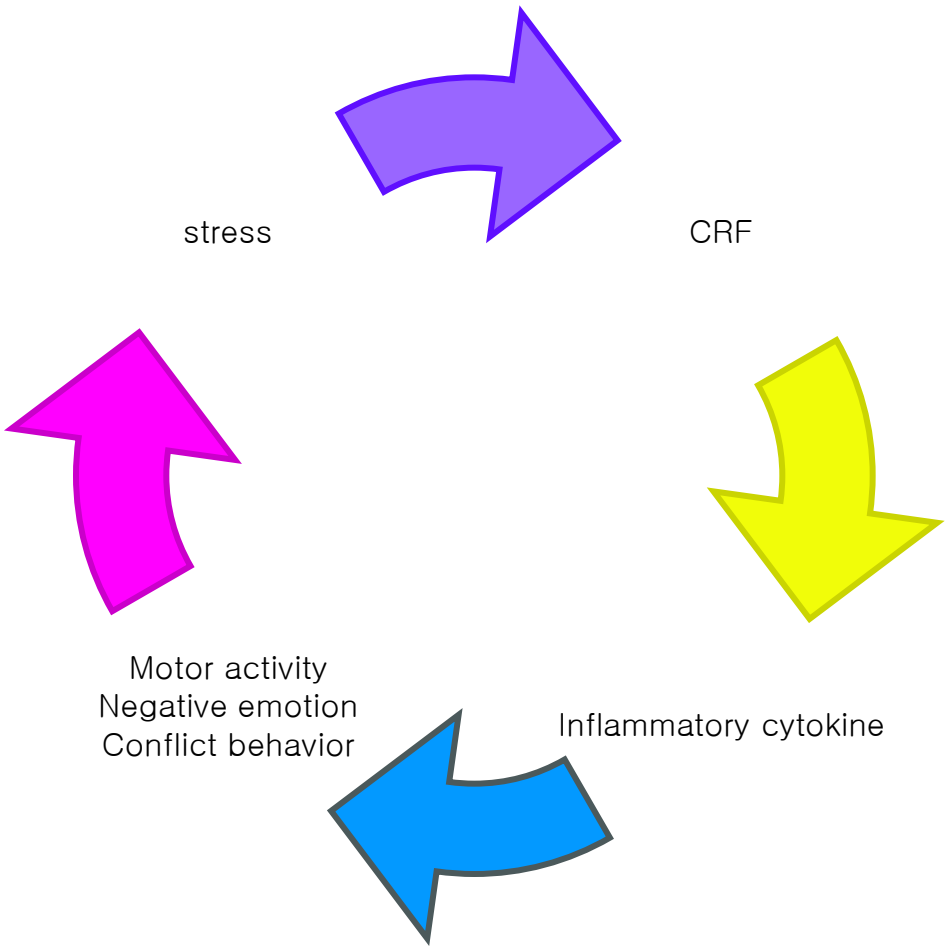
스트레스

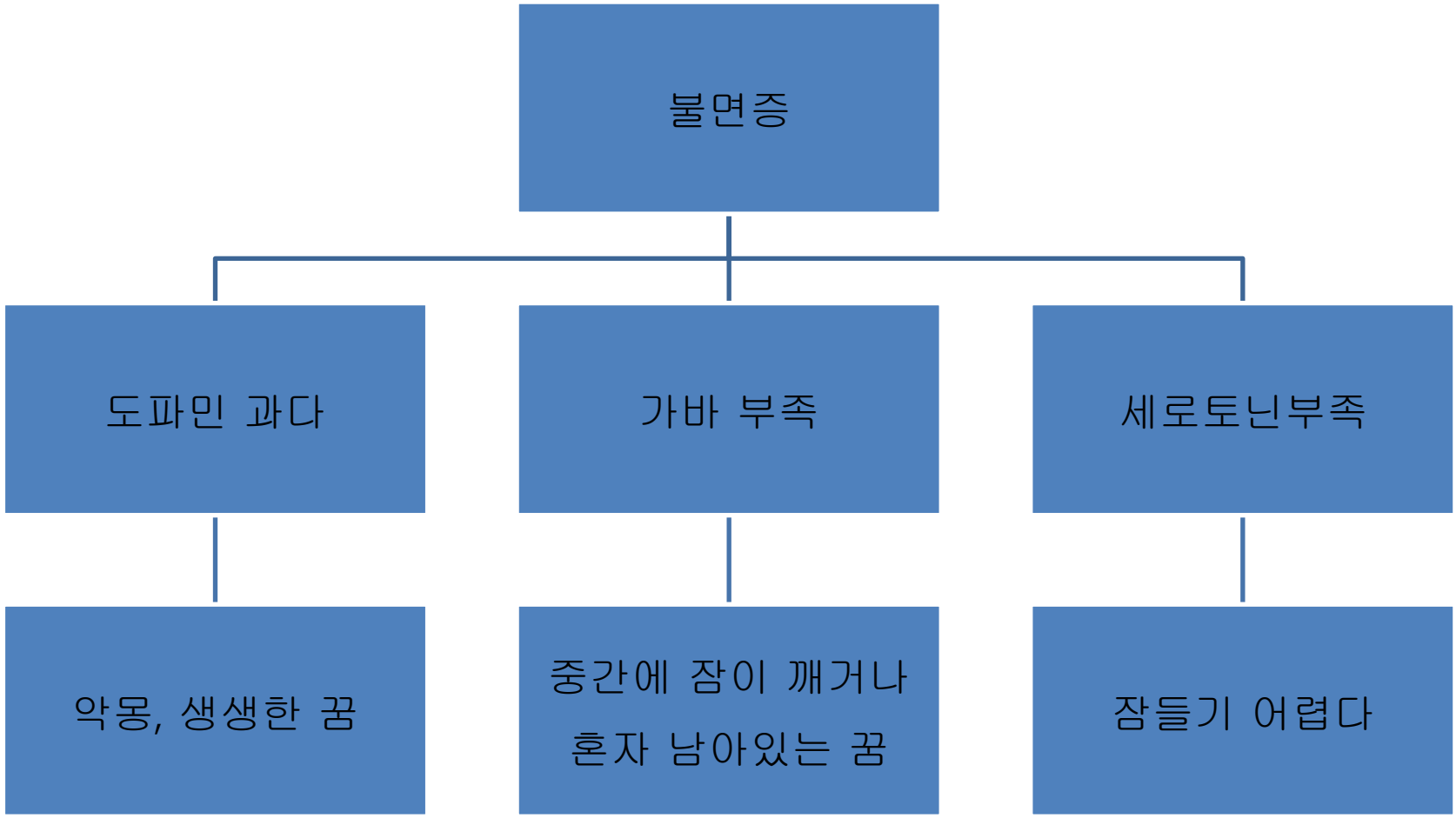

STRESS
HYPOTHALAMUS
PITUITARY
CORTEX
LIMBIC SYSTEM
THYROID
ACTH
ACTH
ADRENAL GLANDS


CRF Release
depression
anxiety
panic

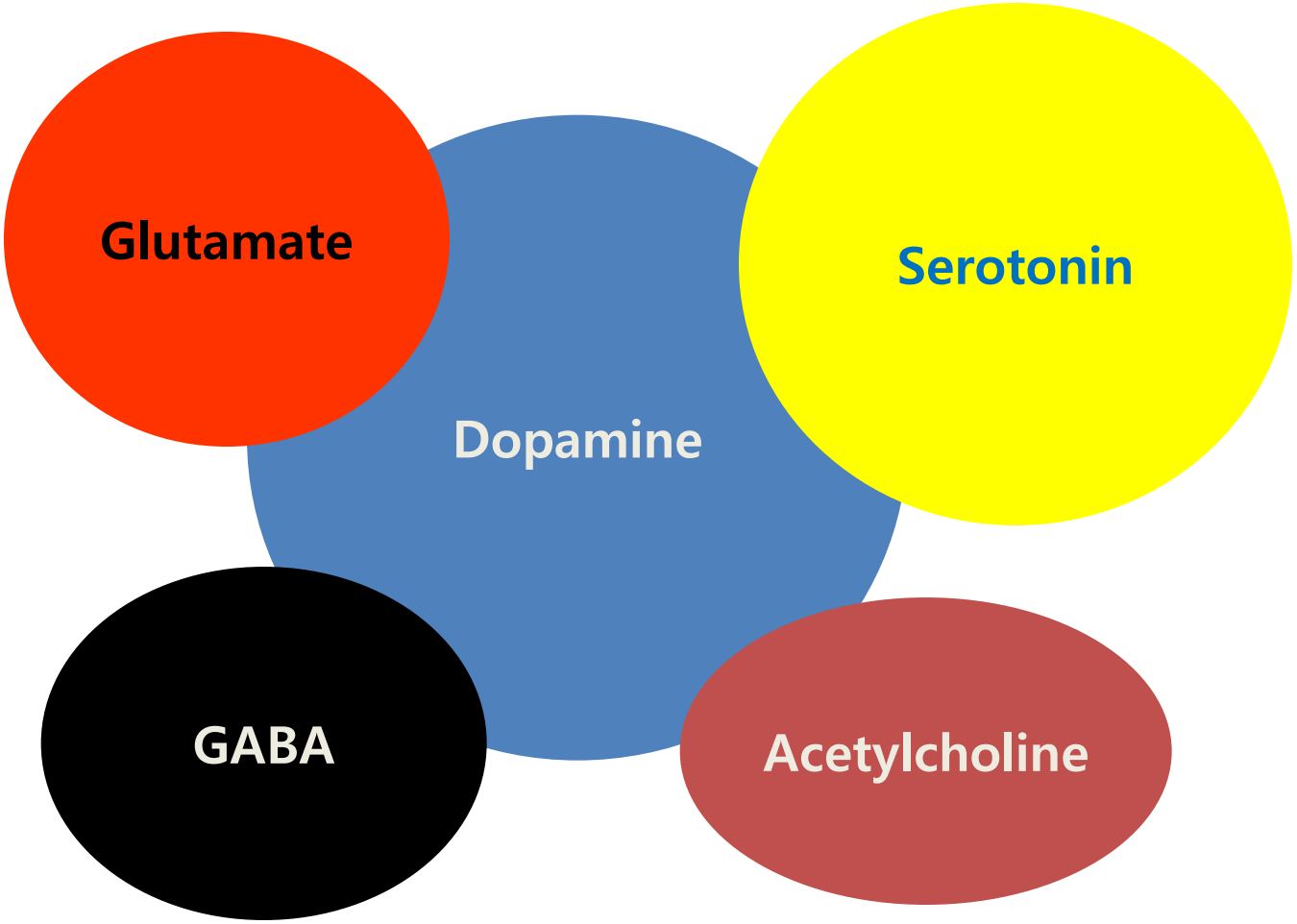
- 스트레스—CRF fire→VTA fire→dopamin→amygdala-nucleus accumbens-striatum
- Dopamin→Fast Excitatory Synaptic Transmission in the Extended Amygdala by a CRF-R1-Dependent Process

Stress and anxiety




불면증
도파민 과다
가바 부족
세로토닌부족
악몽, 생생한 꿈
중간에 잠이 깨거나
혼자 남아있는 꿈
잠들기 어렵다

Neurotransmitter Integration in Neurobehavioral Disorders



Neurotransmitter 영양제

- 도파민:phenylalanine, tyrosine, methionine, rhodiola, P5P, B complex, Serine, gingko
- 아세틸콜린: GPC, serine, choline, carnitine, B1,B5, B12, taurine, ginseng
- 가바: inositol, gaba, melatonin, B1, B3, B6
- 세로토닌: omega3, 5HTP, Mg, B6, Sam-e, zinc, st john's wort

갑상선과 부신

- Elevated cortisol-supressive effect on the enzyme 5’ diodinase, which converts inactive T4 to active T3
- Pain in the neck-Soy
  - Soy’s estrogen: isoflavone(Genistein, daidzein)→TPO(Thyroid Peroxidase)억제
  - TBG(Thyroid Binding Globulin)자극→T3,T4 inactivation

Thyroid Synergy

Thyroid Synergy	**Amounts per serving**
Serving size	2 capsules
Number of servings per container	60
N-Acetyl L-Tyrosine	200 mg.
Panex quinquifolia American Ginseng Root Extract (5% Ginsenosides)	200 mg.
Iodine (Potassium iodide)	100 mcg.
Vitamin A	2000 IU
Riboflavin (B2) (riboflavin-5-phosphate)	5 mg.
Folic acid	500 mcg.
Selenium (Selenomethionine)	50 mcg.
Zinc (bis-glycinate) albion	25 mg.
Manganese (Albion)	5 mg.
Copper (Albion)	500 mcg.
Chromium nicotinate-glycinate (Albion)	50 mcg.
Coleus Forskoli	100 mg

Suggested Dose: Take 2 capsules daily or as directed by your health care practitioner.

간해독과 부신

- Phase1:oxidation/reduction-P450
  - Antioxidants
- Phase2: glucuronic acid(product of a thiamine and magnesium dependent glycolysis) and sulfur amino acids(methionine, cysteine, taurine and glutathione)
- Hyperadrenal, adrenal exhaustion 모두 간해독 필요

Amino D tox

Glutamine 500 mg
Glycine 500 mg
Methylsulfonylmethane 400 mg
N-Acetyl L-Cysteine 250 mg
Taurine 250 mg
Alpha Ketoglutarate 200 mg
Glutathione 200 mg
Methionine 200 mg
Ornithine 200 mg
Calcium-D-Glucarate 200 mg

항산화제

- Detox antioxidant

Vitamin C (Ascorbic Acid) 1,000 mg
Vitamin E 47 IU
Biotin (d-Biotin) 150 mcg
Zinc (Monomethionine) 15 mg
Selenium(Selenomethionine) 100 mcg
Manganese 3 mg
Molybdenum 300 mcg
N-Acetyl-Cysteine (NAC) 500 mg
Leucine 150 mg
Alpha Lipoic Acid 90 mg
Green Tea 50 mg
Turmeric Acid 50 mg]
Leucoselect® Phytosome®
Grape Seed Extract 50 mg

Ultimate antiox full spectrum

Vitamin A 8300 IU
Alpha Carotene 2.5 mg, Beta Carotene 5 mg
Acerola 400 mg
High Gamma Mixed Tocopherols 120 mg,
Grape Seed Extract 90 mg
Curcumin C3 Complex® 80 mg
Garlic (Allium sativum)(bulb) 60 mg,
Tocotrienols (from Annatto Bean) 30 mg,
Ginkgo Biloba 25 mg,
Quercetin 25 mg, Rutin 25 mg,
clove (Syzygium aromaticum)(buds) 25 mg,
Allspice (Pimenta dioca)(berries) 25 mg,
Sweet Basil (Ocium basilicum)(leaves) 25 mg,
Sage (Salvia officinalis)(leaves) 25 mg,
Rosemary 22 mg
Resveratrol
Lutein
Lycopene 7.5 mg

부신과 소화장애

- Increased cortisol
  - Gastric, duodenal lining thinning
  - More susceptible to ulcer
- Although increased cortisol is not primary cause of ulcer, increase the risk due to thinning impact on the gastric and duodenal lining

digestazyme

- Betain HCI 200 mg
- Pancreatin NF 10X 65 mg
  - Protease 16,250 USP
  - Amylase 16,250 USP
  - Lipase 1,300 USP
- Pepsin (1:10,000) 50 mg
- Bile Extract 50 mg
- BioCore Carbo 43 mg
  - Amylase (from *Aspergillus oryzae*) 3,526 DU
  - Glucoamylase (from *Aspergillus niger*) 11.8 AGU
  - Invertase (from *Saccaromyces cerevisiae*) 473 SU
  - Malt Diastase (from *Hordeum vulgare*) 3,870 DP

leaky gut syndrome with adrenal disorder

- Elevated cortisol suppress SIgA, delaying mucosal cell regeneration
- Suppression of SIgA
  - inoculations of parasites and pathogenic organisms.
  - Candida and other yeast overgrowth

유산균

- Probiotic synergy
  - Lactobacillus acidophilus LA-5 1.68 billion
  - Bifidobacterium BB-12 1.68 billion
  - Streptococcus thermophilus .44 billion
  - Lactobacillus delbrueckii ssp bulgaricus .20 billion
- Probiotic supreme
  - Probrietary Probiotic Blend 15 billion (L. acidophilus B. bifidum L. casei L. rhamnosus L. reuteri B. breve B. longum S. thermophilus)

심혈관질환과 부신

- Elevation in catecholamines
- Metabolic shift-increase vasoconstriction and alter sodium/potassium equilibrium to hypertension
- Elevated cortisol-increased risk for cardiovascular disease
  - Due to cortisol impact on hypertension, insulin resistance, obesity, hypertriglyceridemia
- Cardio plus, cyruta(standard process)

Adrenal complex

Vitamin C (as Ascorbic Acid) 100 mg
Vitamin B1 (as Thiamine HCl) 2 mg
Vitamin B2 (as Riboflavin-5-Phosphate) 5 mg
Vitamin B6 (as Pyridoxal-5-Phosphate) 5 mg
Folic Acid 500 mcg
Pantothenic Acid (as D-Calcium Pantothenate) 250 mg
Adrenal Cortex 200 mg
Glandular PABA (Para-Aminobenzoic Acid) 100 mg
N-Acetyl Tyrosine 50 mg
Whole Adrenal Glandular 50 mg

CatecholaCalm

- **지나친 오래된 스트레스 인해 교감신경을 흥분시키는 신경전달물질이 지나치게 많고 코티졸은 부족해질 때 필요한 영양제로서 흥분된 스트레스를 편안하게 가라앉혀 준다.**

- Vitamin C (as Ascorbic Acid) 100 mg
- Vitamin B1 (as Thiamine HCl) 50 mg
- Vitamin B2 (as Riboflavin-5-Phosphate) 10 mg
- Vitamin B6 (s Pyridoxal-5-Phosphate) 5 mg
- Folic Acid 500 mcg
- Vitamin B12 (as Methylcobalamin) 2 mg
- Vitamin B5 (as Pantothenic Acid) 50 mg
- Magnesium (as di-Magnesium Malate) 75 mg
- Taurine 300 mg
- L-Theanine 200 mg
- Lemon Balm (*Melissa officinalis*)(leaves) 100 mg [standardized to contain 2% rosmarinic acid)
- Passion Flower (*Passiflora incarnate*)(herb) 100 mg [standardized to contain 2.5% vitexin flavonoid]
- Valerian Root (*Valeriana officinalis*)(root) 100 mg [standardized to contain 0.8% valerinic acid]
- Ashwagandha (Withania somnifera)(root) 100 mg [standardized to contain 1.5% withanoloids]
- Phospatidylserine 50 mg

Neuro link

- This encapsulated formulary product, based on the work of Daniel Amen, MD, is designed to support neurological and cognitive function.
  Precursors, and supportive nutrients are provided to optimize neurotransmitters
  such as serotonin, dopamine, and GABA.

  Vitamin B6 (as Pyridoxal-5-Phosphate) 30 mg
- L-Tyrosine 1200 mg
- GABA 750 mg
- L-Glutamine 600 mg
- Inositol 600 mg
- Taurine 600 mg
- 5-HTP 150 mg

Salivary Hormone Assay Report

병원정보	병 원 명	AK클리닉	병원코드	SHANO-228
	분석패널	호르몬불균형	분석일자	2009-10-15
환자정보	성 명		채취일자	2009-10-06
	성 별	여성	채취시간	기상
	생년월일	1964- 09-	호르몬제	없음
	신 장	163 cm	피 임 제	없음
	체 중	81 Kg	월경주기	황체기

Analysis Result

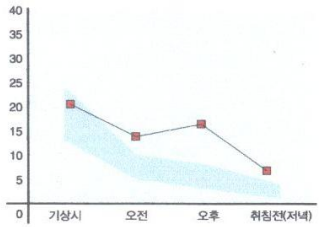
분석항목	결과값		기준범위
Cortisol (기상)	20.30		13~24 nM
Cortisol (오전)	13.70	H	5~10 nM
Cortisol (오후)	16.30	H	3~8 nM
Cortisol (저녁)	6.80	H	1~4 nM
Cortisol Burden	57.10		(22~46)
DHEA	15.00	H	4~9 ng/ml
DHEA	9.90	H	4~9 ng/ml
Testosterone	2.50	L	10~30 pg/ml
Testosterone	2.10	L	10~30 pg/ml
Estradiol	3.30		2~9 pg/ml
Estradiol	4.20		2~9 pg/ml
T/E Ratio	0.76		
Progesterone	116.60	L	120~310 pg/ml
Progesterone	98.40	L	120~310 pg/ml
P/E Ratio	35.33		

L - Low H - High

Adrenal Function Index

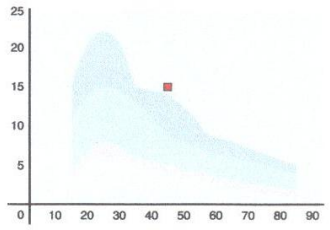
환자이름 : 이명진
환자번호 : SHA-09001151

Cortisol

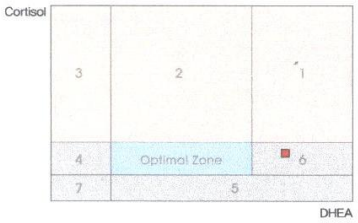


Cortisol burden : 57.10 (22~46)

DHEA (Dehydroepiandrosterone)



Cortisol - DHEA Correlation



1단계 : Adapted to stress 스트레스 초기 반응기
2단계 : Adapted with DHEA slump 스트레스 초기 저항기
3단계 : Maladapted Phase I 스트레스 저항기 / 적응장애기 I
4단계 : Maladapted Phase II 스트레스 적응장애기 II
5단계 : Adrenal fatigue 부신피로기
6단계 : High DHEA 부적절한 DHEA 생산기
7단계 : Adrenal failure 부신고갈기

Interpretation

6단계: 부적절한 DHEA 생산기 [High DHEA]

DHEA분비가 비정상적으로 높은 상태입니다. 이단계는 DHEA 관련제제나 호르몬 복용으로 나타나는 경우가 많으며 또한 시상하부의 기능이상으로 나타나는 경우가 있습니다. 이 단계에서는 스트레스를 피하고 카페인, 탄산음료, 설탕, 정제탄수화물등 식이제한이 필요합니다. 또한 DHEA, 기타 호르몬, 감초, 인삼 등 부신 기능을 자극할 수 있는 제품의 복용은 의사와 상의하시는것이 좋습니다. 이시기가 지속되면 인슐린 저항성, 비만, 당뇨, 면역기능 장애를 유발할 수 있습니다. 여성의 경우 테스토스테론과 함께 증가시 다낭성 난소 낭종(PCOS)이 있을수 있으므로 주의가 필요합니다. 정상적인 호르몬 균형을 되찾을 때까지 재검사가 필요할 수 있습니다.

Clinical Integrative Medicine Analytical Research Institute. 2005
CARLCAM Pharmaceutical
www.carlcam.co.kr

Metal toxicity

- 가능하면 모든 사람들에게 vial로 검사
- Hair anlysis와 일치하지 않을 수도 있다.
- Metal out or chelation시 증상이 생길 수 있다: unstable vision, drooling at night, pain in the gum, burning in urination, URI,

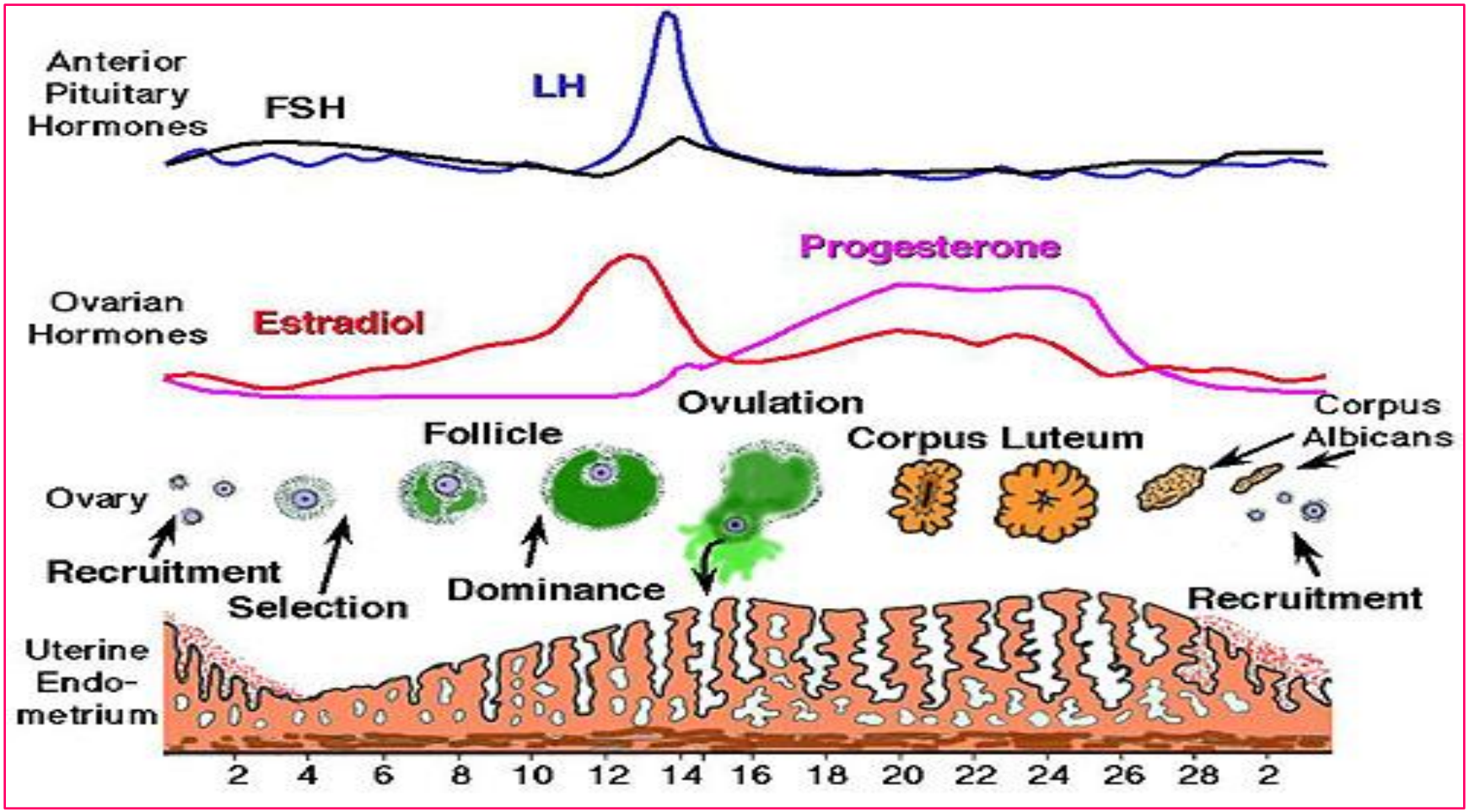
TOXIC METALS

- Detoxification support packet
  - aminoDtox
  - LV-GB
  - Three a day antioxidant
- Paleocleanse powder
- Chelation
  - DMSA
  - EDTA

Chelators

- Captomer 250mg(DMSA): cross BBB
- Lipoic acid
- Glutathione
- DMPS
- DTPA
- EDTA: mercury에는 효과가 없다.

MENSTRUAL CYCLE



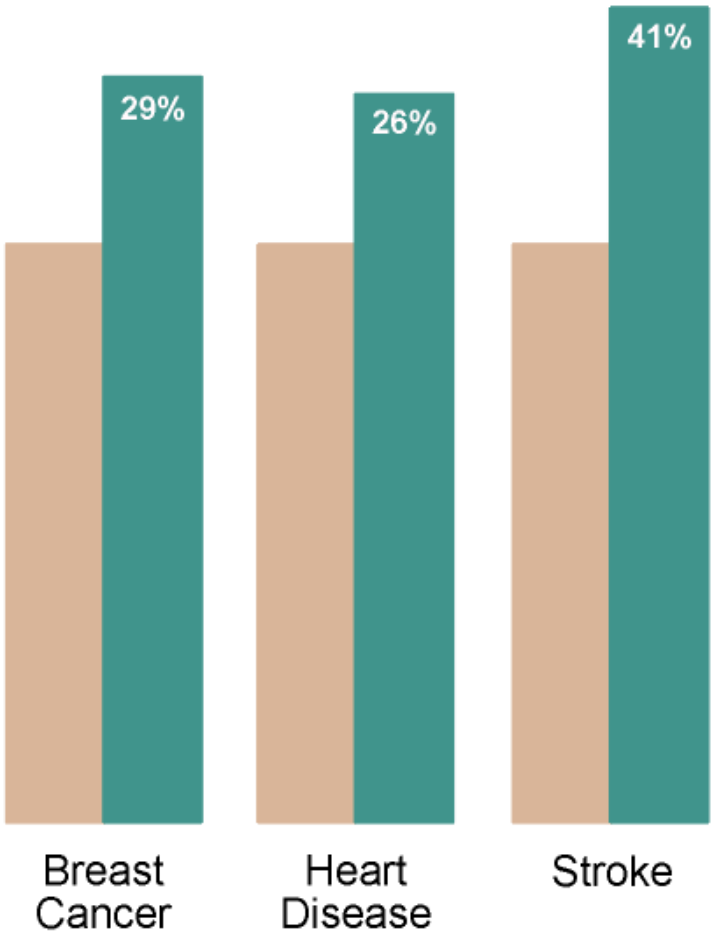
여성호르몬

- 부신
- 장
- Emotional stress (serotonin-PMS)
- Pelvis: SI joint
- Viceroptosis
- Estrogen dominance

ESTROGENS AND BREAST CANCER RISK

- Nearly every risk factor for breast cancer is either directly or indirectly associated with an increase in estrogens or estrogen receptor activity.
- One in seven women

Women's Health Initiative Breast Cancer Study



Subjects: 16,000 healthy women, aged 50-79 years
Drugs studied: PremPro (Premarin plus Porvera)

After five years, those using PremPro had a 29% higher risk of breast cancer, a 26% higher risk of heart disease, and a 41% higher risk of stroke, compared to women not using this form of hormone replacement therapy.

The study was ended at five years (three years earlier than planned) because of these findings.

Using PremPro

Not using PremPro

Reference: Writing group of the WHI investigators. Risks and benefits of estrogen plus progestin in healthy postmenopausal women. JAMA 17 July 2002; 288: 321-333.

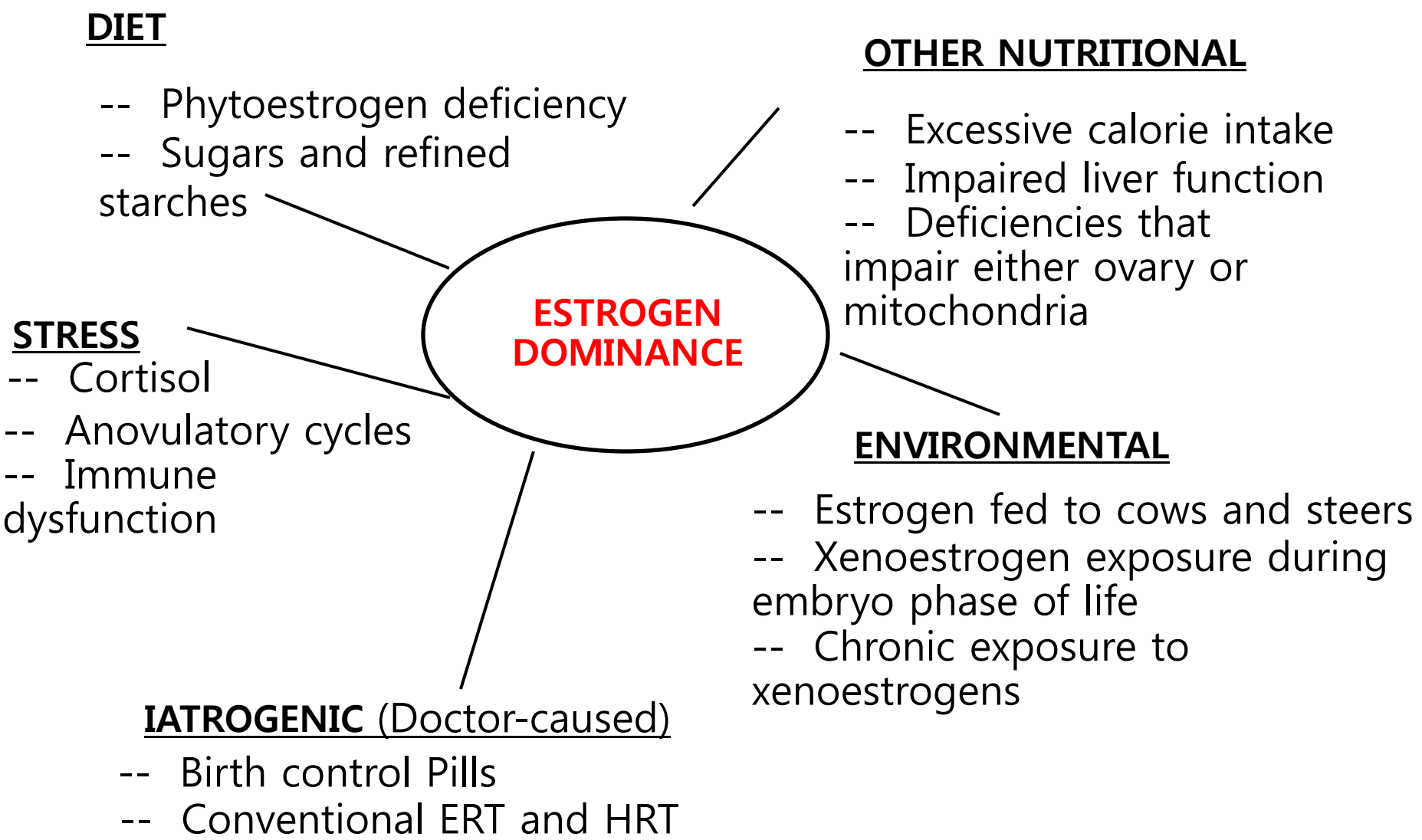
PREDICTABLE OUTCOME

- Dec 2006 MD Anderson Cancer Institute Reported 7% decline in breast cancer during 2003—14,000 fewer cases of breast cancer.
- Did not take into account the possible impact of bio-identical hormones.

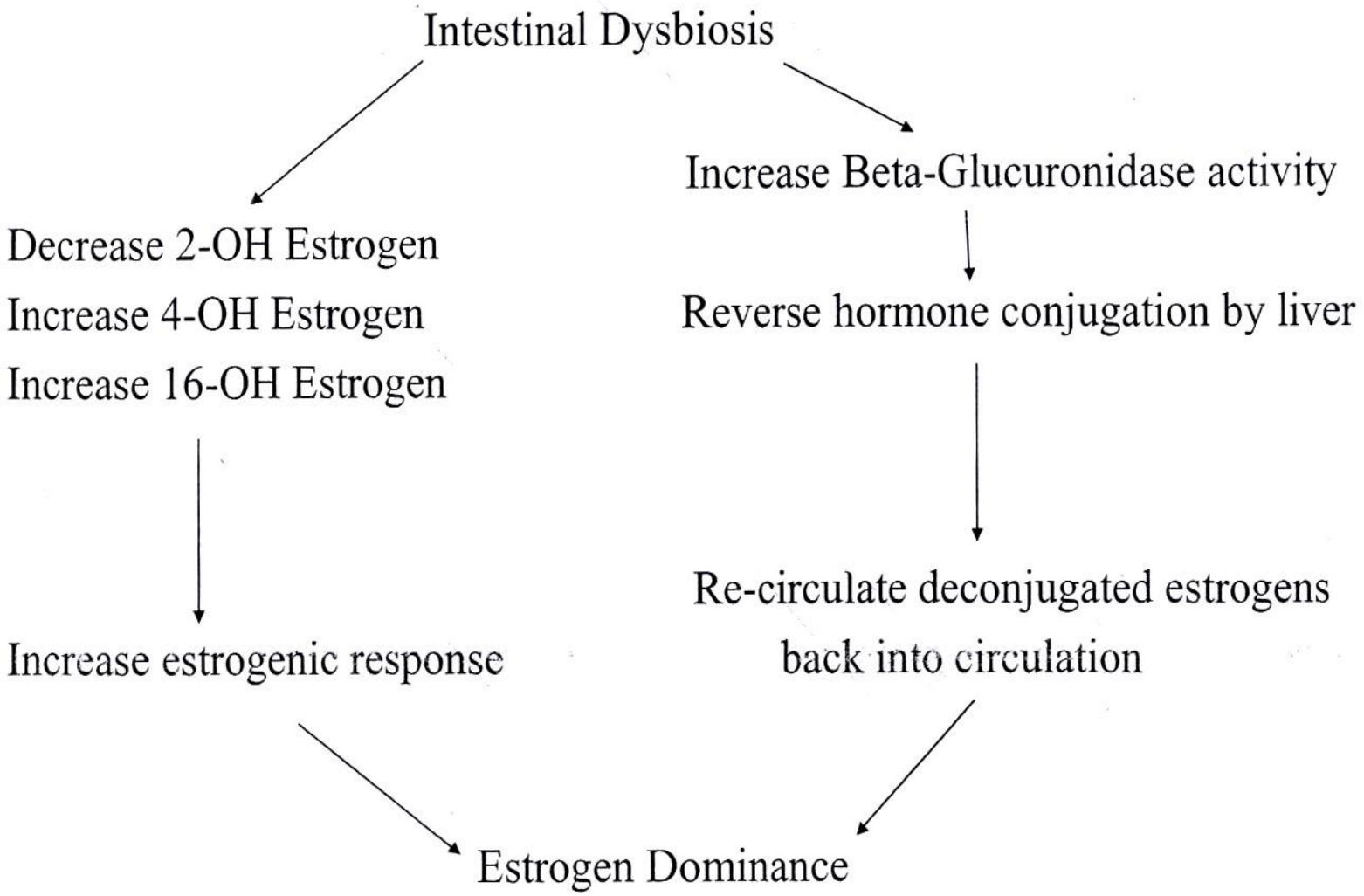
ESTROGEN DOMINANCE

Insufficient Progesterone to balance against Estradiol and Xenoestrogens

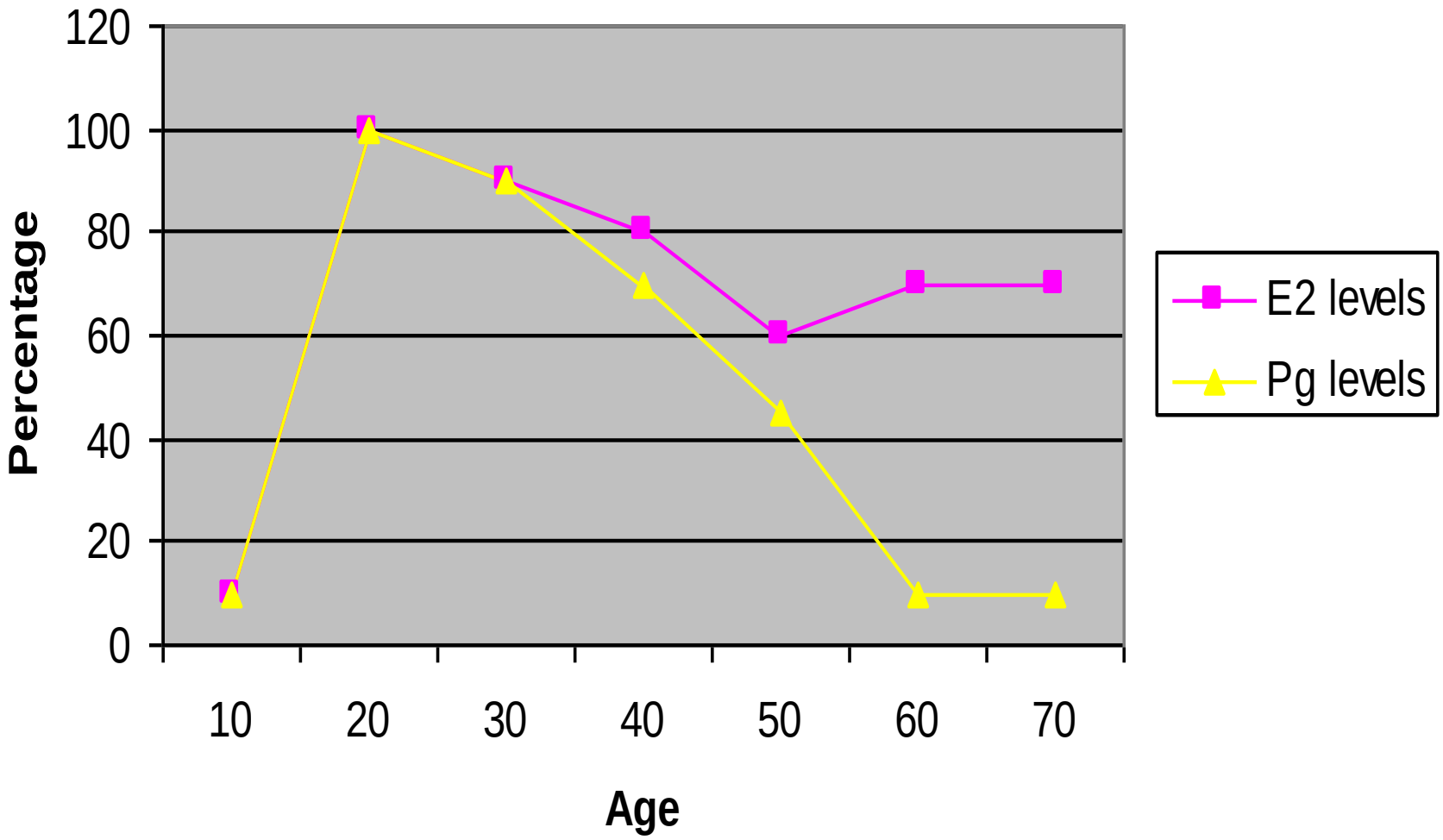
Potential Causes Of Estrogen Dominance



Estrogen Dominance and GI Dysfunction



Evolution of Estrogen Dominance

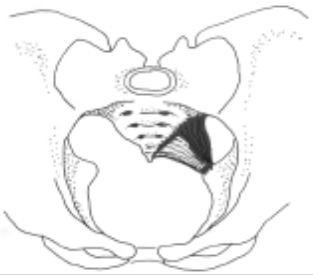


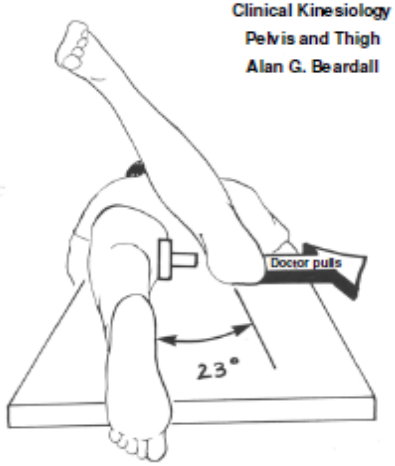
Wally 5 possible causes of dysmenorrhea

- Spinal and pelvic subluxation
- ICV
- Visceroptosis
- Calcium metabolism
- Hormone imbalance

Coccygeus Sacral division

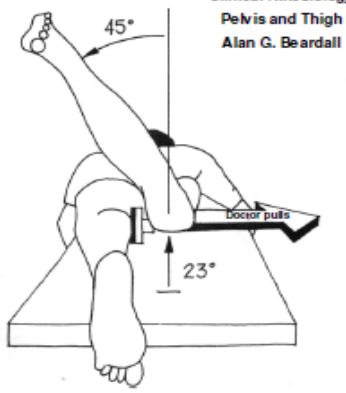
Clinical Kinesiology
Pelvis and Thigh
Alan G. Beardall





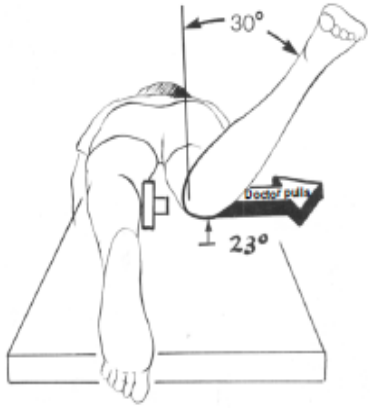
Coccygeus Coccyx division

Clinical Kinesiology
Pelvis and Thigh
Alan G. Beardall



Pubococcygeus

Clinical Kinesiology
Pelvis and Thigh
Alan G. Beardall



Ileococcygeus

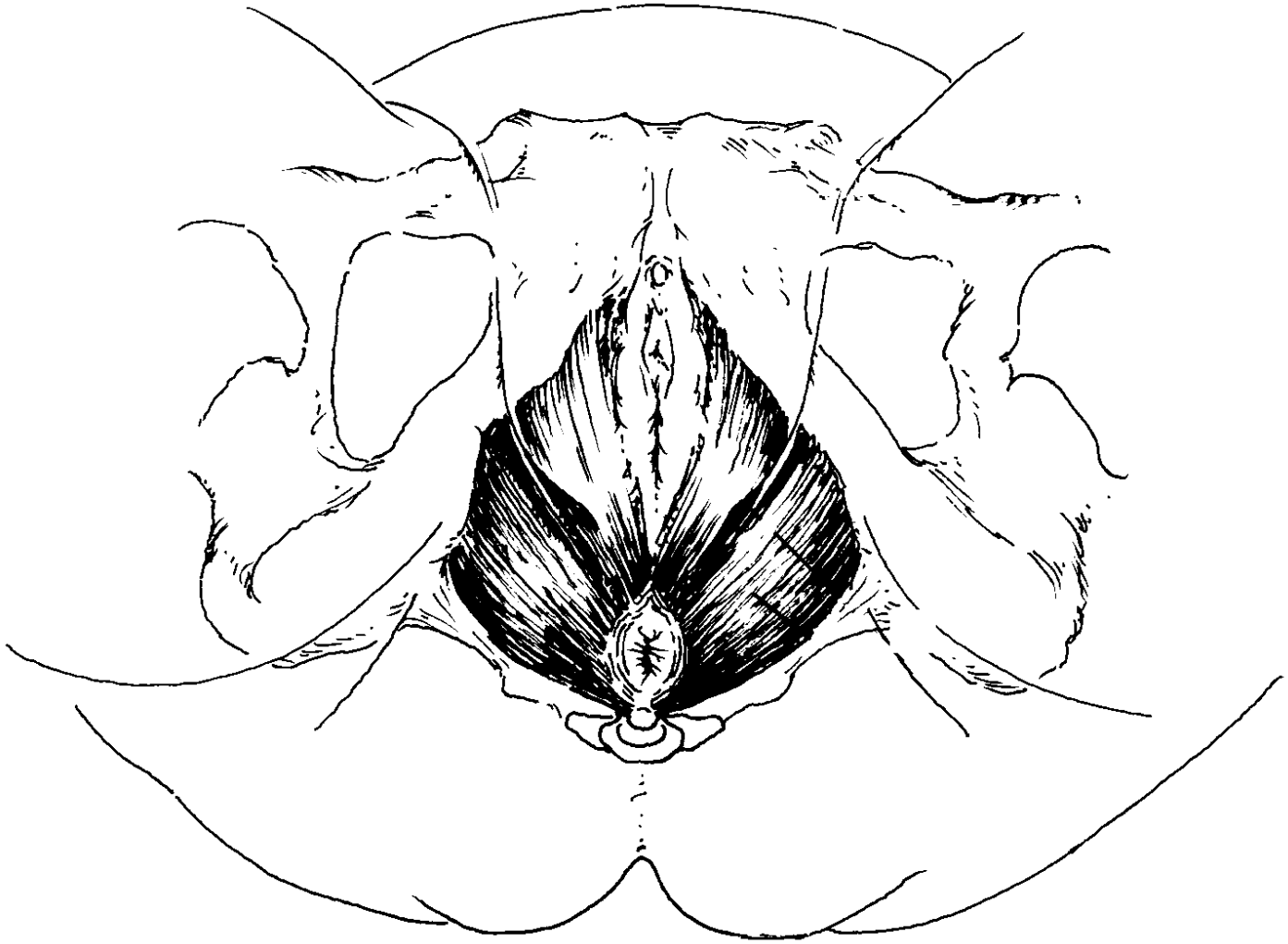
Clinical Kinesiology
Pelvis and Thigh
Alan G. Beardall

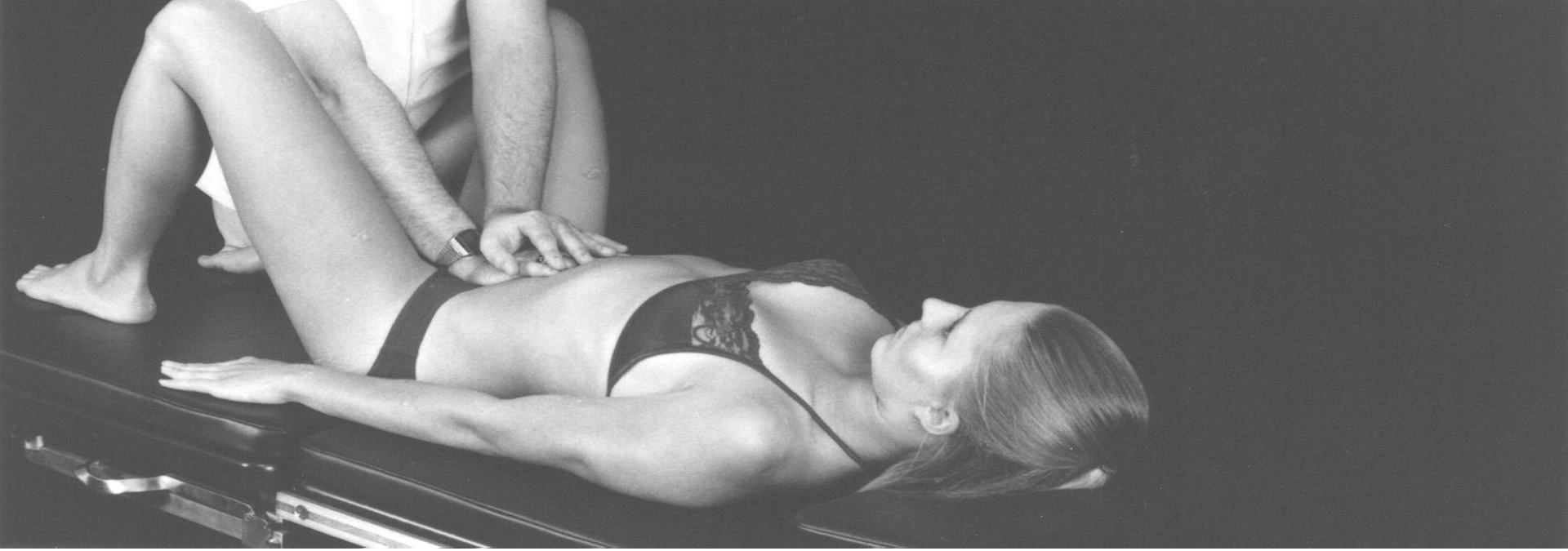
Also check and correct weakness

- Psoas
- Piriformis
- Gluteus max, medius
- adductor

Uterine lift

- Dr.Goodheart said that body language indication for the need of uterine lift is a female with exceptionally wide open eyes
- Challege:caudal direction Ix weak
- Correction in posterior superior with exhale and arm extension





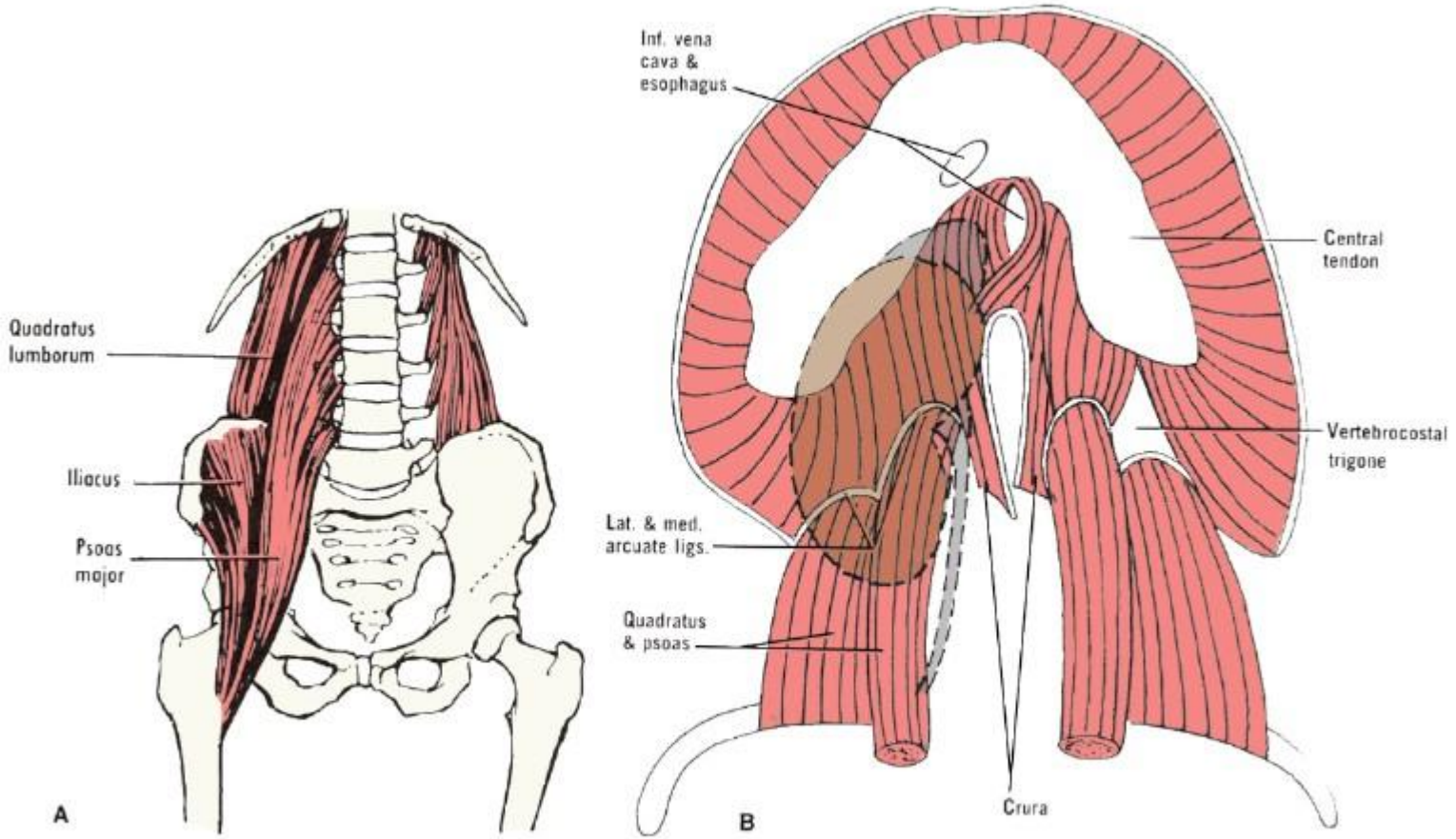
폐경전후 영양제

- Wild yam complex:Wild Yam, Black Cohosh, Shatavari, Korean Ginseng, St John s Wort, Sage.
- SymplexF
- 백작약과 감초
- Femguard+balance

Femguard+balance

Vitamin B6 30 mg
(as Pyridoxine HCl and Pyridoxyl-5-phosphate)
Folic Acid 400 mcg
Vitamin B12 (as Methylcobalamin) 400 mcg
Magnesium 50 mg
(as Di-Magnesium Malate, Buffered Glycinate Chelate)
Calcium D-Glucarate 200 mg
Calcium 100 mg
(as Di-Calcium Malate, Bis-Glycinate Chelate)
Black Cohosh (*Cimicifuga racemosa*) (root) 100 mg
Chaste Berry Extract (*Vitex agnus castus*) 100 mg
Turmeric (*Curcuma longa*)(rhizome) 50 mg
Rosemary Extract (*Rosemarinus officinalis*) (leaves) 50 mg
Resveratrol (*Polygonum cuspidatum*) (root) 20 mg
Grape Seed Extract (*Vitis vinifera*) 25 mg
Catethin™ Green Tea Extract (*Camellia sinensis*) 100 mg
BioResponse DIM ® 30 mg Chrysin 200 mg

횡격막


Quadratus lumborum
Iliacus
Psoas major
A
Inf. vena cava & esophagus
Central tendon
Vertebrocostal trigone
Lat. & med. arcuate ligs.
Quadratus & psoas
Crura
B

Structure 구조적인 면

미세변이 subluxation

- 정의
- 척추, 골반, 사지관절, 두개골, 턱관절
- 임상적인 의의
- 진단
- 교정
- 미세변이의 신경학적인 영향
- 미세변이의 내장기관에 대한 영향

미세변이 subluxation

- Xray 상에 나타난 변이 보다 미세한 변이가 더 증상과 기능이상을 많이 일으킨다. Dr. Goodheart
- 정통의학적에서 정식으로 받아들이지 않지만 이것을 해결하지 않고는 완전히 치료가 되지 않는 경우가 너무 많다.

미세변이의 원인

- 부신
- 부신+외상(숨겨진, 인지하지 못하는)
- 부신+ life style, 자세, 습관
- Toxic or dysbiosis
- 이차적 (발의 과도한 엎침-무릎-엉덩엉치관절-허리-목-어깨-턱관절-두개골)
- 외상
- 내장
- 경락
- 기타

임상적 의의

- 국소적 증상
- 지배부위의 증상(목의 미세변이-팔의 증상)
- Somato-visceral
- 신경학적인 문제-deafferentation-hemisphericity-visceral or hormonal

진단

- FRA 이용 +유발검사(challenge)
- 촉진 + 유발검사
- 촉진+FRA+ 유발검사
- 자세분석+촉진+FRA+유발검사
- 유발검사로 정확한 line of drive결정

교정

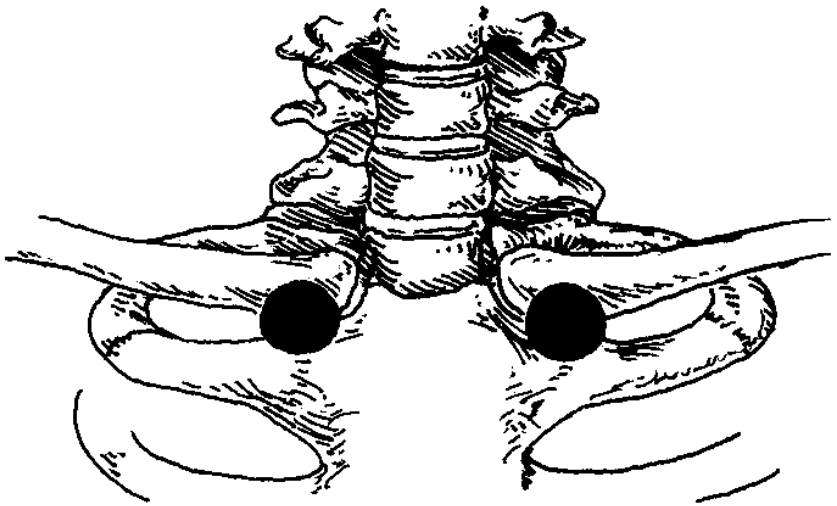
- Line of drive에 따라 교정
- 수기치료
- 기구사용: 사지관절
- 호흡이용: 모든 관절, 머리뼈
- 사지관절은 유발검사 방향과 반대


Applied Kinesiology, Reflexes & Meridian Procedures

두개골 기능이상 cranial fault

Cranial fault 원인

Cranial fault, neurological disorganization, switching, K27



Cranial fault의 종류

- Major faults
- Sphenobasilar, insp, exp assisted fault
- Universal
- Glabellar
- Temporal bulge
- Parietal descent
- Frontal
- Naso-sphenoidal
- Cruciate
- Sphenoidal-pinaeal
- Sutural fault

Cranial fault –toxic –recurrent fault-disc herniation

Cranio-sacral fault 교정

- Respiration이용 vs direct correction
- 교정전후의 postural change

Cranial fault-TMJ

AK approach to foot dysfunction

Overview

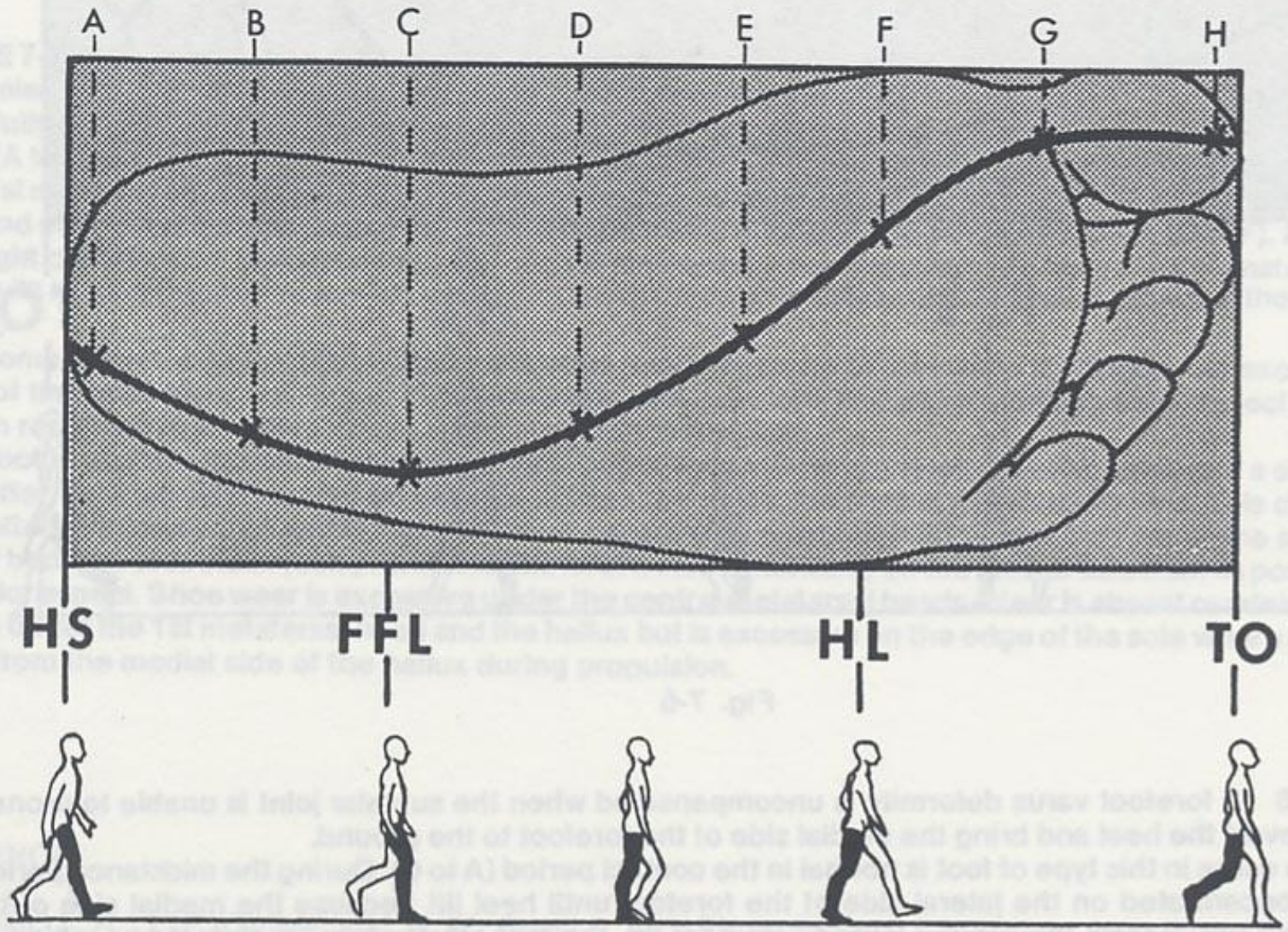


Fig. 7-5

FIGURE 7-5 A hypothetical force curve representing a time-force relationship for the normal foot during the stance phase of gait.

정상적인 발의 업침Foot pronation

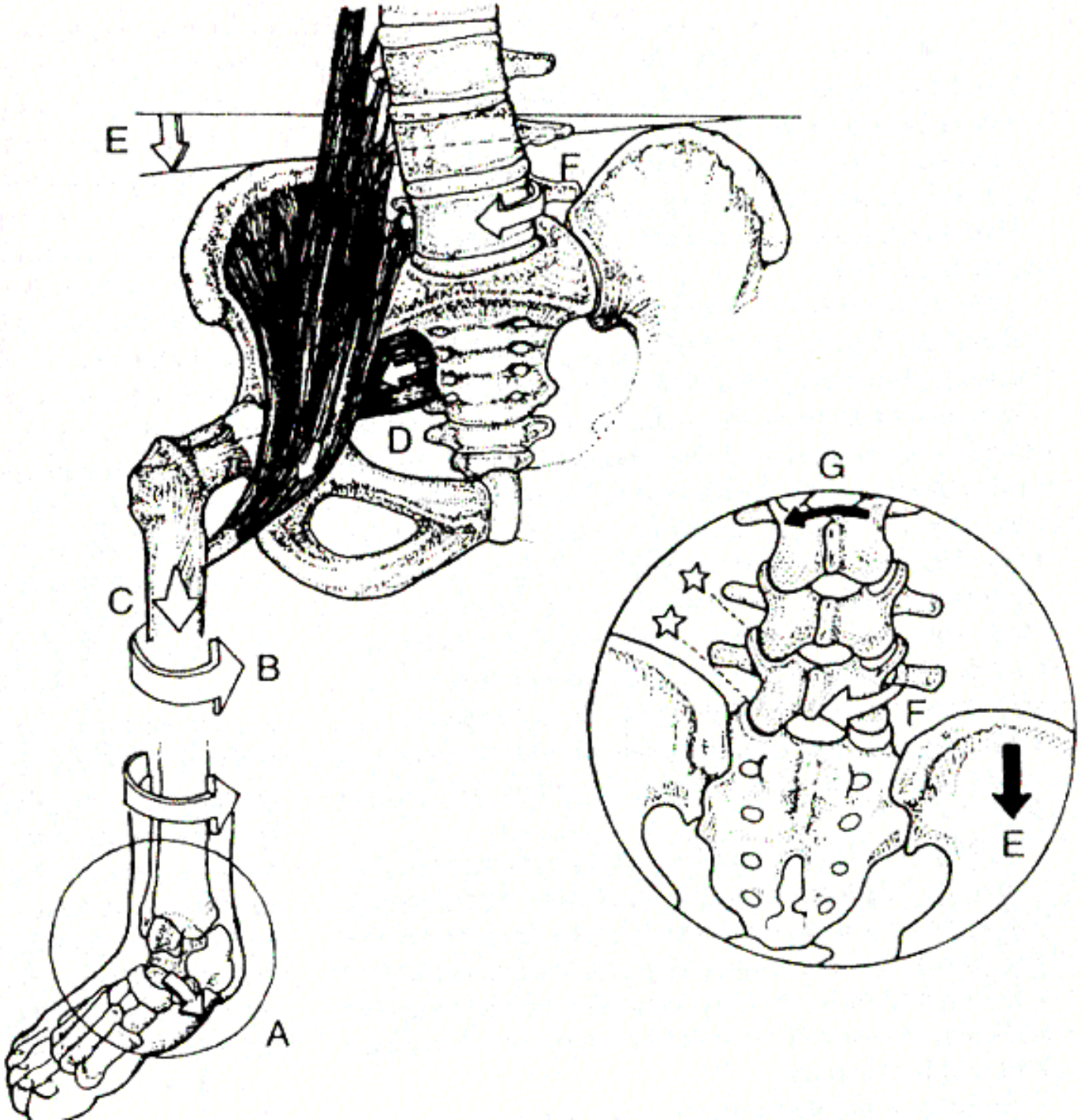
- At heel strike-subtalar joint supinated, external rotated tibia
- Rapid pronation with subtalar, tibia to neutral
- Pronation acts like shock absorber
  - Tibialis anterior, posterior active in supporting medial longitudinal arch
  - Stance phase의 25퍼센트
  - Excessive pronation-short triceps surae(short achilles tendon)
  - Triceps surae should allow 10 degree dorsiflexion

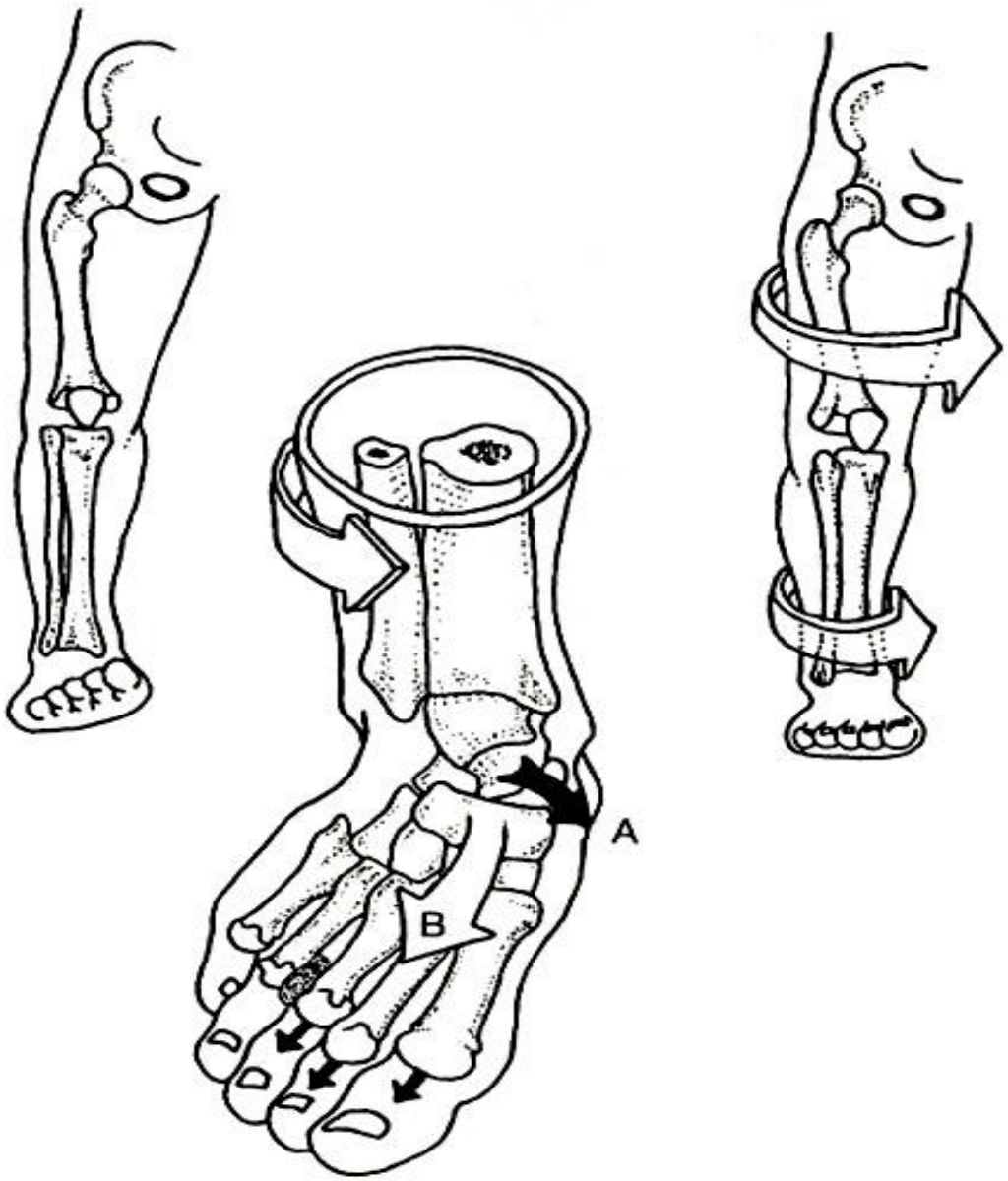
Excessive pronation
발의 과도한 업침

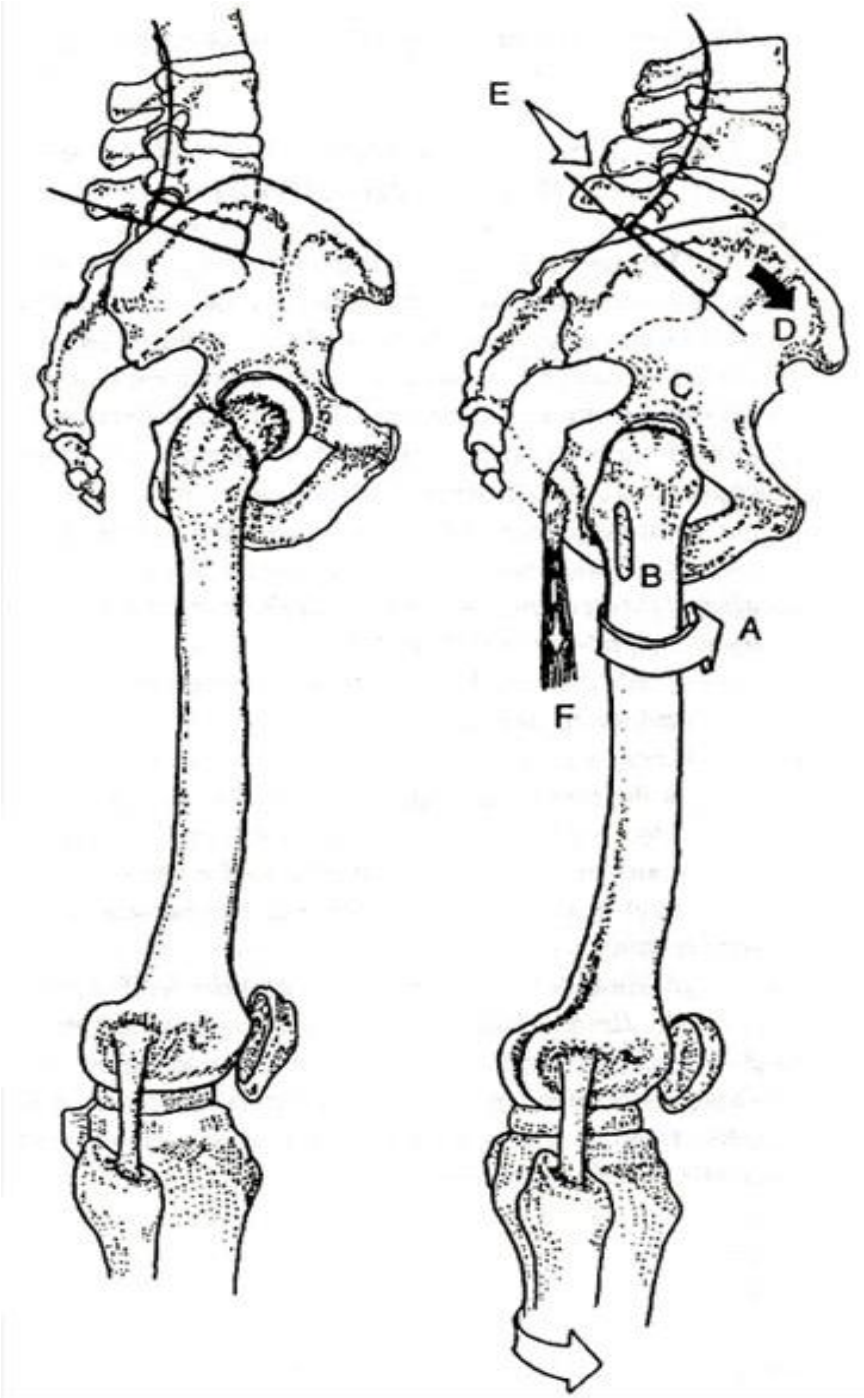
- Causes the dysfunctions the foot itself such as heel pain, hallux valgus, hallux limitus, plantar fascitis, tarsal tunnel syndrome, sinus tarsi syndrome

Excessive pronation

- forces the entire extremity to internally rotate
- drop inferior which increases tensile strain on the iliopsoas and pirifiromis
- narrowing sciatic notch and also influences the pelvic and spinal biomechanics to cause knee pain, low back pain with or without radicular pain down the leg


E
F
D
C
B
A
G
F
E


A
B


E
D
C
B
A
F

과도한 엎침 excessive pronation

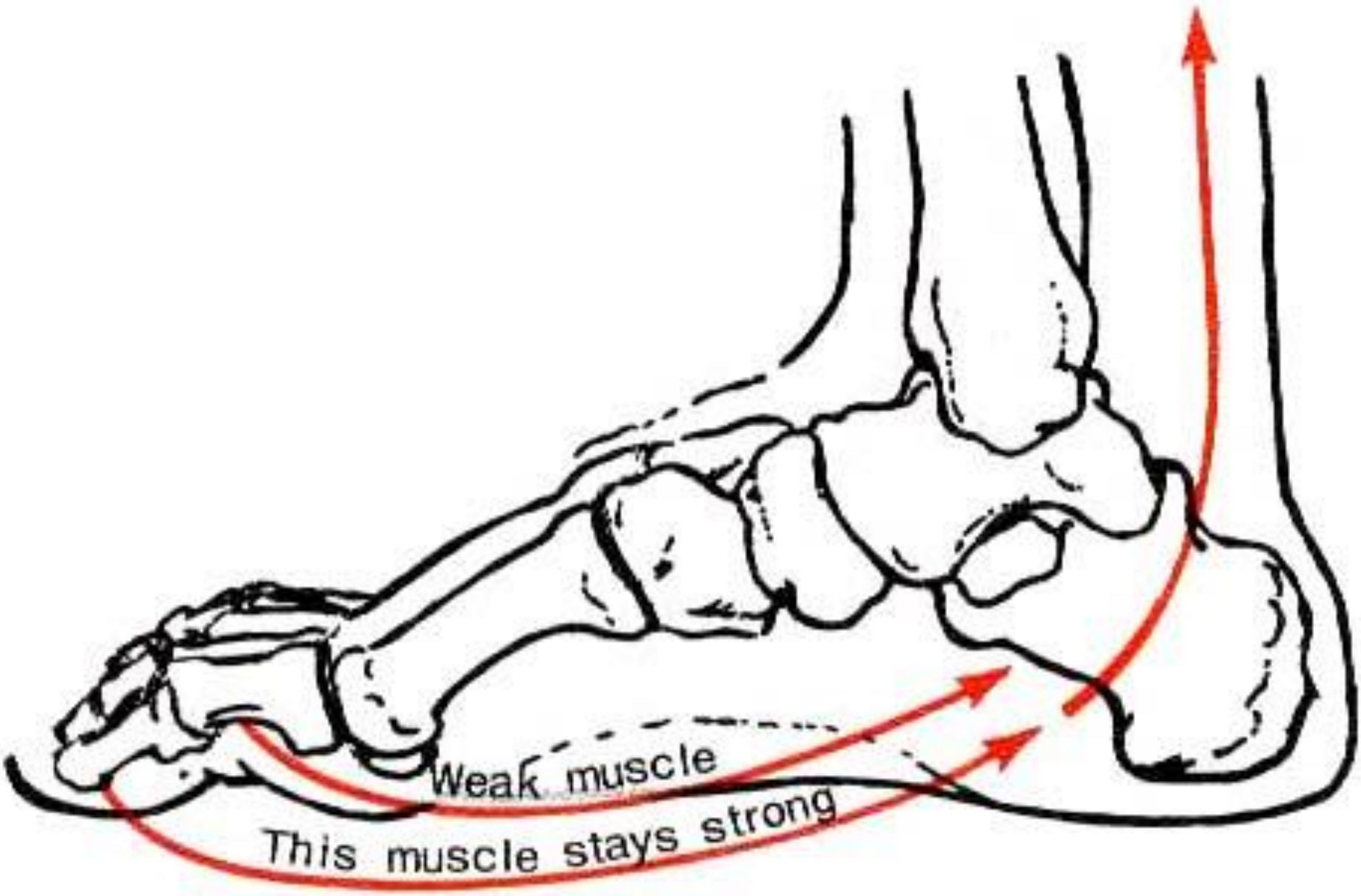
- 발 이상의 기본적인 문제
- 부신관련
- Talus subluxation, 기타 subluxation
- 무릎의 증상이 먼저 나타날 경우 많다. Lateral patella
- SI Category II, piriformis synd
- Shoulder
- TMJ
- Cranial

과도한 엎침과 관련된 문제

- 족저근막염 plantar fascitis
- 반복해서 발목이 삔다.
- 무릎이 아프다.
- 장단지-무릎-발목-발 증상
- Hallux valgus 무지외반증
- Morton's foot
- 발의 굳은 살
- Hammer toe, claw toe
- 발과 발목의 건초염 tenosynovitis
- 반복된 subluxation

순환장애도 발갛게

발가락의 변형
발가락의 변형은 발과 다리의 근육의 불균형 때문에 생긴다.


Weak muscle
This muscle stays strong

몸의 한쪽으로 증상이 편중

- Hemisphericity
- 발
- 턱관절

과도한 엎침의 원인

부신

부신의 문제

Chemical, mental, physical stress

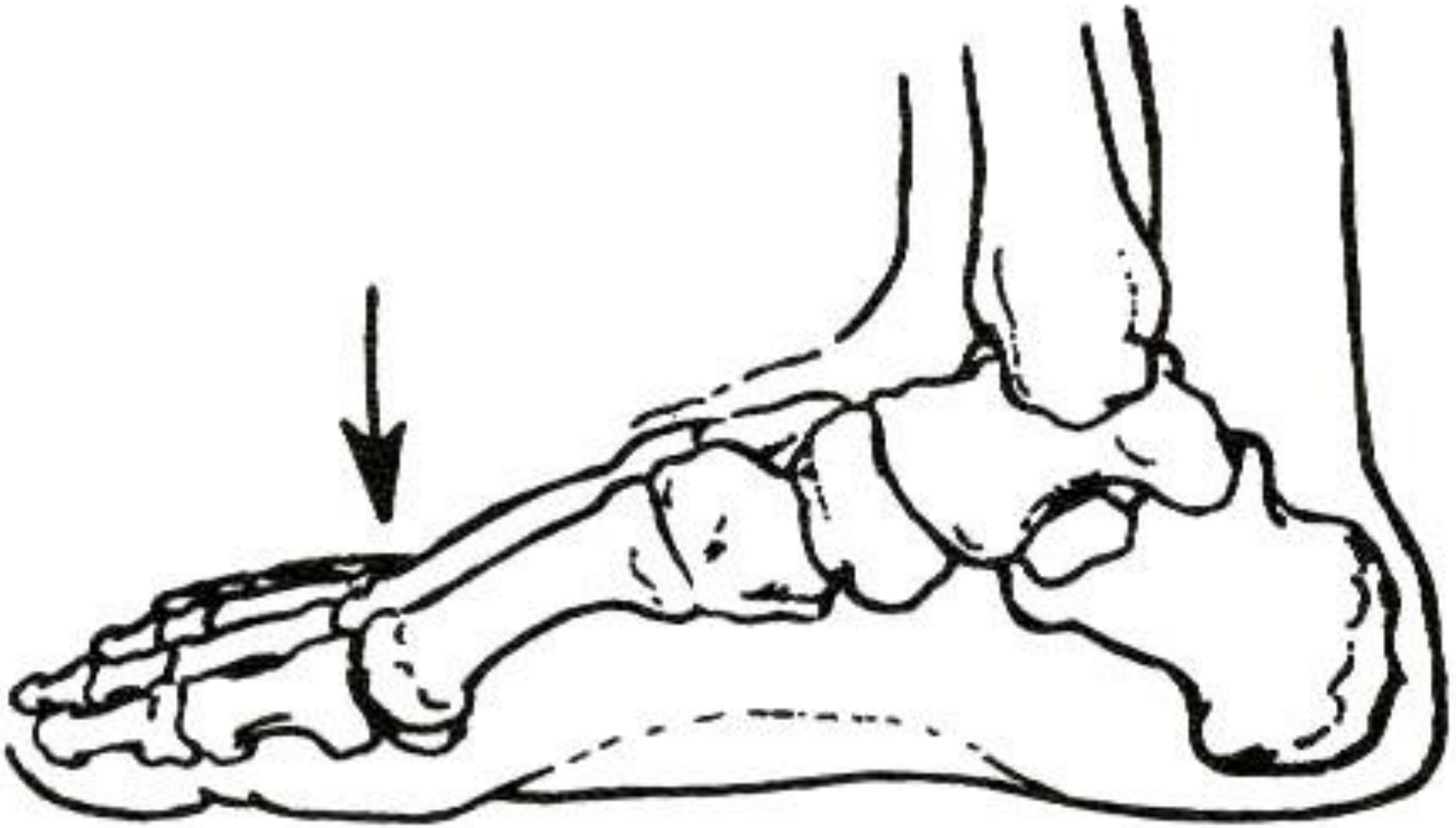
과도한 엎침의 치료

- 교정용 깔창
- 발운동
- 기능성 구두
- 교정
- 부신의 치료
  - 정신적 스트레스 찾아서 치료
  - 숨겨진 알레르기-음식, chemical offender
  - 영양제

교정용 깔창 orthofeet

발운동

- 부신이 좋아질 때까지 3-6개월간 재활운동 후 깔창을 계속 할 것인지 평가할 것
- 영양제



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