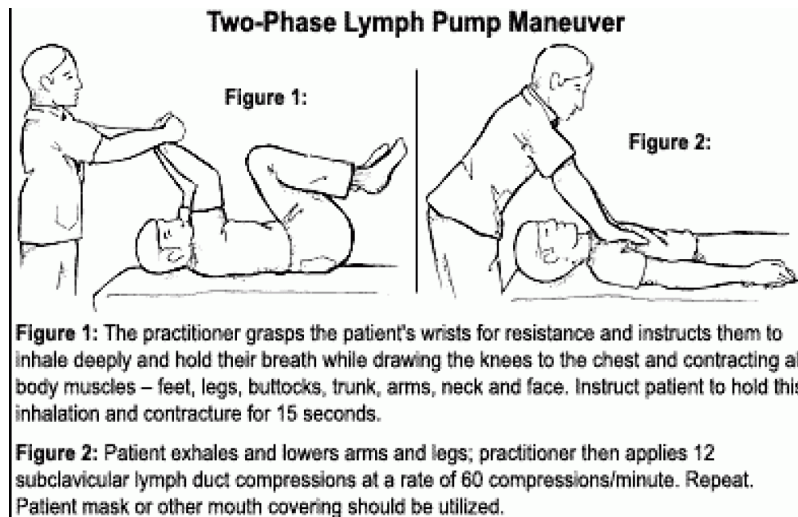


Dynamic Chiropractic



NUTRITION / DETOXIFICATION

Treat Infections by Mobilizing and Strengthening the Immune Response

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One of the sad realities for chiropractic physicians is the public's impression that we fill only a very narrow niche in the health care system related to somatic pain. The inability of state and national chiropractic organizations to mount a comprehensive public education campaign to teach the simple but profound truths of our basic tenets has led to the common belief that our work influences only back and neck pain. How many times have you had a patient call and cancel an appointment because they were "sick?"

We all understand the basic concept of somatovisceral neural reflex; that disturbances in physical structure and function, particularly in the spine, can have a profound adverse effect on organic function; and that correcting somatic dysfunctions and releasing areas of blockage in nerve, blood and lymph flow can have a profound healing effect in the body. When adding treatments based on the Eastern concept of impaired *chi* (life force), as recognized in acupuncture and some forms of neural reflex work (for more information, see Thie, *Touch for Health*; Chapman, *Neurolymphatic Reflex*), one can easily imagine a much more comprehensive, holistic approach to healing than is now commonly accepted. In failing to communicate collectively the banquet of natural healing potential we offer, we offer patients a seat at a meager table indeed.

One area of increasing concern, both nationally and internationally, is the World Health Organization's warning of the "substantial risk" of an avian flu pandemic in the next few years. This type A viral mutant has already raised its ugly head in various regions of the world and appears to be very aggressively virulent in nature. Many have warned of a possible pandemic approaching the infamous Spanish flu outbreak of 1918 that killed an estimated 50-100 million worldwide. When one considers that this outbreak occurred in the horse-and-buggy days, today's international travel at jet speeds makes the threat even more ominous. Various antiviral medications have been proven effective, but are expensive and must be administered within the first 48 hours of the infection to be effective.

Looking back, a valuable approach to treating infections (viral or bacterial) was utilized by early

osteopaths in their effort to mobilize the immune response by increasing lymphatic flow. Their various lymph drainage and lymph pump maneuvers, combined with spinal manual therapy, were proven very effective in the 1918 flu pandemic and they reported decreased mortality in infected patients from 5 percent (national average) to 0.25 percent per 100,000 treated in this manner.

The lymphatic system is, of course, home to most of the body's defense system. An increase in lymphatic flow would therefore help speed up the production and distribution of antibodies specific to any viral or bacterial antigen. Additionally, sufficient hydration and available proteins for constructing antibodies is essential to this process. Also, some now believe that an alkalized internal state attained through a diet of mostly vegetables and fruit (80 percent), or by simply ingesting a teaspoon of baking soda dissolved in a glass of warm water immediately after infection or weekly (as prophylaxis), helps the immune system by decreasing the rate of reproduction of "pH-dependent" viral and bacterial pathogens, which thrive best in an acid medium. Of course, extreme hypertensives would be excluded from the sodium supplement.

Finally, sipping a tablespoon (every couple of hours) of a natural beef broth attained by parboiling a pound of round steak and harvesting the juices (see instructions at end of article), delivers (sublingually) biologically potent protein chains that facilitate rapid antibody production. This combination of increasing lymph volume and movement, providing potent and easily assimilated proteins for antibody production, and discouraging reproduction of pathogens by increasing internal pH is the foundation for the holistic approach to treating infections of any kind. And it only makes sense physiologically.

Instructions for preparing beef juice: Cut one pound round steak into 3/4-inch cubes and place in quart glass jar. Place jar in pan of low boiling water and cover the jar top with folded hand towel. Allow to parboil for 3.5 hours, adding water to pan as necessary. Pour off juice and squeeze meat pulp for additional volume. Store in refrigerator.

So, how does one increase lymphatic flow? First, remember that lymph fluid is largely propelled by muscular contraction, and lymph channels are similar to veins in their one-way valve structure, with natural movement toward the heart. Second, remember that lymph fluid collects from the lower extremities and trunk in the abdominal cisterni chyli, just below the diaphragm, before moving upward to be dumped back into the subclavian veins through the lymphatic ducts. Individual anatomy may vary, but generally, the left subclavian vein receives lymph from all regions except the right side of the head, neck and thorax, which dump into the right subclavian vein. As the name implies, the veins that receive the body's lymphatic flow reside just below the clavicle.

Thus, to begin the "lymphatic pump" maneuver, place a patient supine on the table with the practitioner standing at the head. Ask the patient to raise their arms, which the practitioner then grasps by the wrists. Then instruct the patient to take a deep breath, draw the knees to the chest and contract all body muscles while pulling the arms against the resistance held by the practitioner. Hold this position for 10 to 15 seconds. This is the first phase of the maneuver and moves lymph fluid toward the subclavian lymphatic ducts. Next have the patient exhale while lowering the arms and legs. Then, placing the heels of the hands with extended wrists just below the clavicle, slightly medial to the mid-line, deliver a series of a dozen A-P thrusts similar to the CPR maneuver. This compression of the upper chest wall and underlying tissue is what propels the lymph into the subclavian veins and completes the lymph pump maneuver. A thorough treatment is to apply about a dozen repetitions of the maneuver, being very careful to use only enough pressure to compress the chest wall about -1 inch. Of course, greater care should be taken with geriatric women or anyone suspected of having osteoporotic ribs. The whole process requires only about five minutes.

Two-Phase Lymph Pump Maneuver

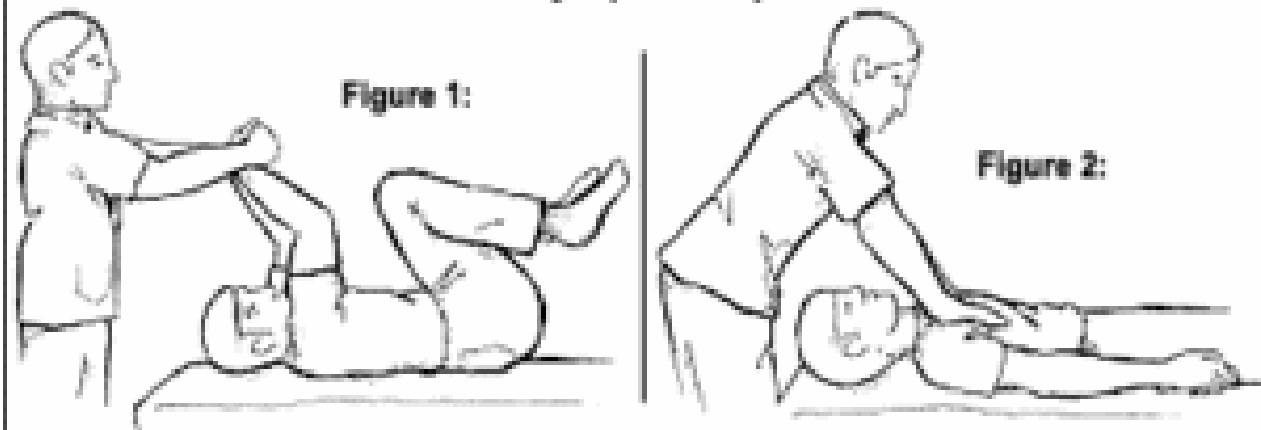


Figure 1: The practitioner grasps the patient's wrists for resistance and instructs them to inhale deeply and hold their breath while drawing the knees to the chest and contracting all body muscles – feet, legs, buttocks, trunk, arms, neck and face. Instruct patient to hold this inhalation and contracture for 15 seconds.

Figure 2: Patient exhales and lowers arms and legs; practitioner then applies 12 subclavicular lymph duct compressions at a rate of 60 compressions/minute. Repeat. Patient mask or other mouth covering should be utilized.

The effect can be quite dramatic. Most patients suffering an infection report an immediate ease in body ache and increased sense of wellness. Repeating the maneuver twice daily is not too frequent. Enhancing the effect by instructing patients to take 20-minute hot baths while performing the knee-chest contractions followed by slow backward "wind milling" of the arms and shoulders will further aid lymph motility. A final trick is to have patients apply a mentholatum rub onto the neck, chest wall, lower legs and feet: front, side and back, and put on a night shirt and socks before retiring or while resting. In the supine position this will further help sustain increased lymphatic movement.

Remembering that exotic viral and bacterial pathogens introduced from distant lands is what decimated native populations around the world historically should prompt all health care providers to develop natural methods to help strengthen their patient's inherent ability to overcome infections through mobilizing the immune response. These approaches and the lymphatic pump maneuver have the potential to save many lives.

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