The Science of INNATE INTELLIGENCE

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"There are two classes of Chiropractors, those who desire to know all they can of physiology, pathology, neurology and anatomy, and those who have an aversion for intelligence, do not want to take effect into consideration, depending only upon an examination of the spinous processes."

- Palmer, DD. The Science, Art and Philosophy of Chiropractic. 1910. Pg 334-335
The Time is now !!!

• Unless we put medical freedom into the Constitution, the time will come when medicine will organize itself into an undercover dictatorship.
• Dr Benjamin Rush 1746 – 1813, Physician. Writer and Educator
Copernicus (1473-1543) was not the first person to claim that the Earth rotates around the Sun. In Western civilization, ancient Greek astronomer Aristarchus of Samos is generally credited with being the first person to propose a Sun-centred astronomical hypothesis of the universe (heliocentric). At that time, however, Aristarchus’s heliocentrism gained few supporters and 18 centuries would then pass before Renaissance astronomer Nicolaus Copernicus produced a fully predictive mathematical model of a heliocentric system.
Many researchers regard allergy as a Th2 weighted imbalance, and recently immunologists have been investigating ways to redirect allergic Th2 responses in favour of Th1 responses to try to reduce the incidence of atopy. Some groups have been looking at using high dose exposure to allergen to drive up the Th1 response in established disease, and other groups have been studying the use of mycobacterial vaccines in an attempt to drive a stronger Th1 response in early life.

An additional strategy is being used to prevent the onset of disease; this involves the study of pregnancy and early postnatal life. Both of these states are chiefly viewed as Th2 phenomena (to reduce the risk of miscarriage, a strong Th2 response is necessary to modify the Th1 cellular response in utero). The fetus can switch on an immune response early in pregnancy, and because pregnancy is chiefly a Th2 situation, babies tend to be born with Th2 biased immune responses. These can be switched off rapidly postnatally under the influence of microbiological exposure or can be enhanced by early exposure to allergens. It is also hypothesised that those who go on to develop full blown allergies may be those who are born with a generally weaker Th1 response, although it is now apparent that babies with allergies produce weak Th1 and Th2 responses.
TH1 vs TH2

- Some people have suggested that immunization programmes (and the subsequent reduction in microbiological exposure) are responsible for the increasing incidence of atopy. There is, however, no evidence that immunization causes atopy. Moreover, this is not an argument that we should be exposing children to potentially fatal diseases again. If experiencing native diseases reduces the incidence of atopy, then the task of immunologists must be to develop vaccines that mimic the positive effects of infection.
## V. Functions Of Cytokines

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<th>Secreted</th>
<th>Primary target</th>
<th>Hallmark</th>
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<td>IL-1</td>
<td>Macs, endothelium</td>
<td>Increases CAMs Activates macs</td>
<td>Pro-Inflammatory</td>
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<td>IL-2</td>
<td>Th cells</td>
<td>Th1, Tc, NK cells</td>
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<td>IL-10</td>
<td>Th2 cells, Macs</td>
<td>Macs, Th2 and B cells</td>
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<td>IL-12</td>
<td>Macrophages, dendritic cells</td>
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<tr>
<td>TNF-α</td>
<td>Macs, T, B endothelial</td>
<td>tumor cells, macs, B cells, T cells</td>
<td>Pro-Inflammatory</td>
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<tr>
<td>TNF-β</td>
<td>Th1 cells</td>
<td>macrophages, Th1 cells</td>
<td>Inflammatory</td>
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<td>IFN-α/β</td>
<td>Neutrophils, endo/epithelial</td>
<td>Uninfected cells</td>
<td>Anti-viral cytokines</td>
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<td>IFN γ</td>
<td>Th1 cells, macrophages</td>
<td>macrophages, Th1</td>
<td>Th1 cytokine Inflammatory</td>
</tr>
</tbody>
</table>
Why People Get SICK?

1. Brain Imbalance (Stress)
2. Toxicities
3. Deficiencies (Vitamin and Mineral)
4. Lack of Exercise
Philosophical Question for The Ages

Does the subluxation result in brain dysfunction

or.....

Does brain dysfunction result in the subluxation
Left Brain vs. Right Brain

**Left**
- Uses logic
- Detail oriented
- Facts rule
- Words and language
- Present and past
- Reality based
- More associated with positive emotions

**Right**
- Uses feeling
- “Big picture” oriented
- Imagination rules
- Symbols and images
- Present and future
- Fantasy based
- More associated with negative emotions
Abstract: After witnessing numerous cases of cancer remission associated with a healer who used "lay-ing on of hands" in New York, one of us (WB) "apprenticed" in techniques alleged to reproduce the healing effect. We obtained five experimental mice with mammary adenocarcinoma*which had a predicted 100% fatality between 14 and 27 days subsequent to injection. Bengston treated these mice for 1 hour per day for 1 month. The tumors developed a "blackened area", then they ulcerated, imploded, and closed, and the mice lived their normal life spans. Control mice sent to another city died within the predicted time frame.
Three replications using skeptical volunteers (including DK) and laboratories at Queen's College and St Joseph's College produced an overall cure rate of 87.9% in 33 experimental mice. An additional informal test by Krinsley at Arizona State resulted in the same patterns. Histological studies indicated variable cancer cells through all stages of remission. Reinjection of cancer into the mice in remission in Arizona and New York did not take, suggesting a stimulated immunological response to the treatment. Our tentative conclusions: Belief in laying on of hands is not necessary in order to produce the effect; there is a stimulated response to treatment, which is reproducible and predictable; and the mice retain an immunity to the same cancer after remission. Future work should involve testing on various diseases and conventional immunological studies of treatment effect on experimental animals."
ABSTRACT

Cerebral lateralization may be important in neural control of immune function. Animal studies have demonstrated differential effects of left and right brain lesions on immune function, but human studies are inconclusive. Here, we show that resections in the language dominant hemisphere of patients with epilepsy reduce lymphocytes, total T cells, and helper T cells. In contrast, resections in the language nondominant hemisphere increased the same cellular elements.
T-cell responses to mitogens and microbial antigens were not differentially affected. Left/right arm histamine skin response ratios were altered in patients with left cerebral epileptic focus, and flare skin responses were reduced by left cerebral resections in contrast with an increase after right cerebral resections. The findings demonstrate a differential role of the left and right cerebral hemispheres on immune functions in humans.

*Annals Neurology 2004*
STRESS...
The Silent **Assassin** of Health

- Stress fires the sympathetic nervous system.
- This releases neurotransmitters, epinephrine and norepinephrine. This has a greater effect on the right cortex which is the emotional/worrisome side of the brain. This causes more stress and anxiety.
STRESS…
The Silent **Assassin** of Health

- This fires off the adrenal cortex for the release of cortisol. Cortisol, in turn, also drives the right cortex creating more emotion, more worry, and more anxiety.

- Cortisol will also down regulate thyroid stimulating hormone receptors on the thyroid that will slow down the thyroid and lead to thyroid problems. The sluggish thyroid will then have a greater effect on the left cortex causing feelings of sadness, lack of motivation, and a decreased immune system.
STRESS…
The Silent Assassin of Health

• The sympathetic nervous system will then shunt blood from the large abdominal veins and arteries that supply the visceral organs, to the arteries of the arms and legs in a fight or flight response. This will cause the digestive system to malfunction if the stress is prolonged.

• The epinephrine and norepinephrine of the sympathetic nervous system will break down the glycogen into glucose and cortisol will start gluconeogenesis. Both causing blood sugar to elevate and causing a depletion of B vitamins as well as co-factor minerals. This leads to an overall malfunction of all the metabolic systems in the body.
The researchers found that social disruption altered bacterial counts of some gut bacteria sub-populations, particularly when the bacteria were assessed immediately after stress exposure. Stress exposure increased the relative abundance of bacteria in the genus Clostridium, which often causes prolonged and severe diarrhea (generally after antibiotic use). The stressor also increased circulating levels of IL-6 which was significantly correlated with stressor-induced changes to certain other sub-populations. In a second experiment, these researchers found that a combination of antibiotics prevented the stress induced increase in IL-6. This means that certain gut bacteria are necessary for stressor-induced increases in circulating cytokines. So, not only does stress affect the gut bacterial population, but these organisms are also required for activation of the immune system.
This information becomes even more relevant for psychiatric disorders such as OCD and depression as activation of IL-6 has clearly been associated with depression. In fact blockers of IL-6 (eg etanercept) have been shown to reduce depression scores. Furthermore, we can now see, that stress, via its effect on gut bacteria, and hence the immune system (IL-6) can change brain function. We know this because IL-6 activates a certain enzyme (IDO) *indoleamine-pyrrole 2,3-dioxygenase* which actually 'steals' or syphons-off tryptophan from its normal metabolic pathway (ie conversion into serotonin and then melatonin) and instead converts it into chemicals that increase activity of glutamate (in depression) at an excitatory-and some times toxic- receptor (NMDA) in the brain. The result of all of this is increased depression, anxiety, and reduced memory. In mice this effect can take months to reverse. The upshot of all of this, is that stress, the gut, the brain and the immune system are really intimately linked, and inseparable. While this might be news to most psychiatrists, it is not news when one understands the Whole Psychiatry model.
How Brain Hemisphericity Can Cause Subluxation

♦ Physical causes

♦ Emotional causes

♦ Chemical causes
Physical Causes
Many people would be surprised that the immune system, the gastrointestinal tract and stress interact, but that is what the most recent of a number of studies shows. In this study on mice, Brain, Behavior, and Immunity Volume 25, Issue 3, March 2011 Pages 397-407 researchers demonstrated that psychological stress causes almost immediate changes to the gut bacterial population, and that some of these affected sub-populations strongly influence the effect that stress has on immunity. In the study, the researchers exposed mice to social disruption, which is known to cause increases in circulating cytokines ('hormones of the immune system), which themselves induce enhanced reactivity in the immune system.
How Subluxation Can Result In Brain Hemisphericity.

Motor Response

To Limbic System (To Grade as Pain or Pleasure)

To Wernicke's Area (For Interpretation)

To Opposite Side of Brain

All Sensory Information Crosses
Cerebellum

All sensory information comes in ipsilaterally.

Ways of determining weakened cerebellum
- Sway towards weakened side
- Patient will fall away from weak cerebellum when pushed
- Rapid alternating movements
- Past pointing (dysmetria)

All of these indicate ipsilateral weakened cerebellum.
Fixing Musculoskeletal problems

• 1. Balance Cerebellum
• 2. Clear out limbic system, with Neuroemotional Technique.
• 3. Balance cortex
All neurons need two things:

1. Activation → provided by sensory stimuli
2. Fuel → is provided by oxygen and glucose

In order to process the glucose properly, we need B-vitamins.
Increased Sympathetic Function

♦ Therefore increased sympathetic function
♦ Which causes increase epinephrine
♦ Resulting in glycogen breakdown to glucose
♦ Also causes cortisol release resulting in gluconeogenesis
♦ Therefore increase demand for B-Vitamins and Oxygen to utilize increased glucose properly.
Too Much Sympathetic Firing

Results in a decrease of B-Vitamin reserves resulting in decreased Krebs cycle activity.
Too Much Sympathetic Firing Can Lead to:

Chronic Fatigue

Fibromyalgia
Too Much Sympathetic Firing Can Lead To:

Depression

Insomnia
Too Much Sympathetic Firing Can Lead To:

- Obesity
- GERD
- Ulcers
- Gallstones
- Irritable bowel
Too Much Sympathetic Firing Can Lead to:

- Leaky Gut
- Ulcerative Colitis and Crohn’s
- Autoimmune Conditions
- Decreased Libido
- Infertility
- Erectile Dysfunction
- Thyroid Problems
Cortex

All sensory info comes in from the contra lateral side of the body except smell.

Ways of determining hemisphericity

- Dilation of pupil
- Joint angulation (Hand turned in above T6 and Foot turned out below T6)
- Palatal paresis

All of these indicate ipsilateral weakened cortex.
Left Palatal Paresis

Normal

Weak Left Cortex
The muscles on each side of the uvula are the Palatoglossus and Palatopharyngeus. These muscles form the arch of the soft palate.

They are innervated by CN 10, the Vagus, which is parasympathetic. When the cortex becomes weak the sympathetic nervous system starts firing more on that one side, and the arch of the soft palate will drop down lower on that side. The side of the lower soft palate is the side of the weakened cortex.
If you would like to learn more about the science of innate intelligence and brain balancing. Come to Dr Donofrio’s Y-File seminar Jan.23,24 2016 at Life University room C-.1

For more information go to [www.dr1morestep.com](http://www.dr1morestep.com) or call 610-621-1325

Happy Holidays

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God Bless to All !!!!
To Increase Left Brain

♦ **Mathematics**

♦ **Smell under left nostril**

♦ **Music in right ear**
  * Music with a beat

♦ **Talking**

♦ **Spin the whole body to the right with arms outstretched and thumbs together with eyes locked on to thumbs.**

♦ **Eye Movements**
To Increase Right Brain

♦ Drawing and Coloring
♦ Look at Pictures
♦ Smell under right nostril
♦ Spin the whole body to the left with arms outstretched and thumbs together with eyes locked on to thumbs.
♦ Music in left ear or background music
  • Classical or Jazz
“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

Margaret Mead