

# QUINTESSENTIAL APPLICATIONS *Clinical Protocol*

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## BEGINNING PROCEDURES

1. Postural Analysis
2. TS Line Analysis
3. Identify Weak Muscle(s)
  - a. Measure, Measure, Measure (ROM, Pain, etc.)
4. Does Autogenic Facilitation Strengthen?
  - a. No: Use IRT - Rubbing over Area(s) of Injury Strengthens Weak Muscle(s)
    - i. Use Origin-Insertion Technique with IRT for Muscle or Ligament Injury
  - b. Yes: Use NSB and/or Set Point Technique for Recent or Chronic Injury / Pain

## SYSTEMIC NUTRITIONAL FACTORS

5. Test Aspirin, Acetaminophen, Ibuprofen Mix – If Strengthens or Weakens:
  - a. Check Essential Fatty Acids (BCSO, FSO, EPA, etc.)
  - b. Check EFA Cofactors (B-6, Mg, Zn, Niacin)
  - c. IRT Chapman's Reflexes with Animal and/or Trans Fat
6. Test Antihistamine Mix – If Strengthens:
  - a. Challenge for Allergen(s) / Offender(s)
  - b. IRT Chapman's Reflexes with Allergen(s) / Offender(s)
7. Sniff Tests – Aldehydes, Bleach, Ammonia
8. Test Nutrients for Strengthening Based on Patient History:
  - a. Vitamin E (Low Back Muscles); Vitamin C (Shoulder Muscles)
  - b. Iron, Folic Acid, Vitamin B-12
  - c. Cholesterol Lowering Nutrients (If Cholesterol Weakens PMS)
  - d. Chondroitin Sulfate (Joint Problems)
    - i. Check Sulfur (Cysteine) & Associated Nutrients
    - ii. Check Blood Sugar Handling (Insulin, Magnesium)

## SYSTEMIC STRUCTURAL FACTORS

9. Is TL to K-27 (or Hyoid Challenge) Positive?
  - a. Straight TL – Cranial (Go to 11) – Immune or Mechanical?
  - b. Crossed TL – TMJ (Go to 10) – Immune or Mechanical?
  - c. Dorsal Crossed TL – Use Tooth Techniques
  - d. Hyoid Challenge – TMJ, Folic Acid and/or Thymus
10. Does TL to TMJ Strengthen Weak Muscle and/or Weaken Strong Muscle with Neck in Extension?
  - a. If TMJ IRT Right – Check Thymus (or Lower Sternum)
  - b. If TMJ IRT Left – Check Spleen (or Lower Sternum)
  - c. If TMJ TL but No IRT:
    - i. Check Nasosphenoid Cranial Fault
    - ii. Check Temporoparietal Jam
    - iii. Check Sphenoid Compression Fault
    - iv. Check TMJ Muscles
11. Does Pre-Test Imaging Strengthen? If Yes – Check Cranial Bones
  - a. If Cranial IRT Right – Check Thymus (or Lower Sternum)
  - b. If Cranial IRT Left – Check Spleen (or Lower Sternum)
  - c. If No Cranial IRT – Mechanical Correction Needed

## SYSTEMIC NUTRITIONAL FACTOR

12. Does Rebreathing in a Paper Bag Strengthen?
  - a. If Yes: Check Citric Acid Cycle & Electron Transport Chain Nutritional Factors

## HEART-FOCUSED ACTIVITY

13. Does Specific Thought of Appreciation Felt in the Heart Strengthen?
  - a. Yes: Use Heart-Focused Technique(s)

## **SYSTEMIC ENDOCRINE EFFECTS**

14. Does TLR Strengthen as Expected?
  - a. No: Identify and Treat Appropriate Endocrine Chapman's Reflex
  - b. Yes: Check for Endocrine Related Muscle Weakness – Treat Appropriately
15. Does Rubbing Adrenal Chapman's Reflexes Cause Pituitary Chapman's Reflex to TL?
  - a. Yes: IRT Adrenal Chapman's Reflexes with Offender.
16. Does Adrenal Challenge (Pinching) Induce Adrenal Related Muscle Weakness? If Yes:
  - a. TL to Adrenal Chapman's Reflexes – If Strengthens: Rub Reflexes
  - b. TL to Pituitary Chapman's Reflex – If Strengthens: Go to 15a
17. Does Ligament Stretch Cause Muscle Weakness?
  - a. Yes: Rub Adrenal Chapman's Reflexes
18. Test Endocrine Related Muscles – Identify and Treat Primary Chapman's Reflex
  - a. Test PMS (Liver) and TFL (Colon) – Treat Primary Chapman's Reflex
19. Does Rubbing or Pinching Liver VRP Strengthen Weak Muscle? – If Yes:
  - a. Test Liver Detoxification Nutrients
  - b. Challenge Liver Chapman's Reflex with Offenders – If Positive:
    - i. IRT or Rub Liver Chapman's Reflex with Offenders
  - c. Challenge PMS with Cholesterol – If Weakens:
    - i. Rub Liver Chapman's Reflex with Cholesterol in Mouth
  - d. Challenge PMS with Thymus Thump (Cytokines)
  - e. Challenge Liver Chapman's Reflex with Sugar in Mouth (Triglycerides)
20. Pinch Pancreas VRP and Test Biceps Brachii (or Other Upper Limb Flexor) – If Weakens:
  - a. IRT Pancreas Chapman's Reflex with Offender(s) in Mouth

## **GASTROINTESTINAL TRACT**

21. Challenge for Hiatal Hernia / GERD
22. Challenge Ileocecal Valve – Open or Closed
23. If Digestive Problem – Rub and Pinch Visceral Referred Pain area(s)
  - a. If Rubbing Strengthens: Rub Chapman's Reflex for that Organ
  - b. If Pinching Strengthens: IRT Chapman's Reflex with Offender
  - c. Challenge for Closed ICV with Fat (Ileal Brake)
  - d. Challenge for Open ICV with Sugar
  - e. 3-Step Challenge for Gastrocolic Reflex

## **EMOTIONAL STRESS**

24. Perform Emotional Recall Challenge – If Positive: Do Emotional Recall Quick Fix

## **LOCAL PROBLEMS**

25. Check Weak Muscle(s) for Chapman's Reflexes and Origin / Insertion Technique
26. Check Fascial Sheath Shortening
27. Check Iliolumbar Ligament
28. Check Pelvic Categories, Iliac & Sacral Fixations
29. Check Spine (and Feet) Using FRA Activity:
  - a. Challenge Vertebra (or Foot) to Determine Direction of Correction
  - b. Add Spinal Position to Determine Optimal Coupled Position for Spinal Adjustment
  - c. If Uncoupled Mechanics: Look for Source of Uncoupling
30. Challenge Extremities and Adjust as Indicated

## **GAIT ASSESSMENT**

31. Check Gait (Backward Step First)
  - a. If Gait Testing Facilitation / Inhibition ABNORMAL
    - i. Check for Iliolumbar Ligament or Spinal, Pelvic, Foot / Ankle Subluxation(s)
  - b. If Gait Testing Facilitation / Inhibition NORMAL
    - i. Pinch Pancreas VRP – If Pinching VRP Disrupts Gait: Test Related Nutrients and Rub Pancreas Chapman's Reflex
    - ii. Pinch Other VRP's – If Pinching Disrupts Gait: Rub Chapman's Reflex

## **CHRONIC PAIN**

32. If Chronic or Persistent Pain: Use LQM and/or Tonification Point Techniques