

# Clinical Pearls... That WORK

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Colleagues often share what I call "clinical pearls", bits of clinical knowledge that have stood the test of time in terms of their effectiveness. I am sure you agree that academic research is always welcome but it's nice to hear from other docs. They know what's working or not.

I am excited to say that these pearls originally came from Drs. George Goodheart and Dan Duffy and were reconfirmed by Drs. Allen Zatzkin and Loui Boven. These pearls have consistently worked with patients, so I know you will appreciate them. Some of them you may know but I can guarantee there are at least a handful of them that will peak your clinical curiosity.

Pearls like this have been the focus of entire weekends. I won't go into great detail, but I will try to highlight the main points and you can grab on to the



ones you find useful. Here's one for starters.

If you have a patient whose adjustments don't hold, typically this is due to ligament instability. Think manganese deficiency or adrenal weakness. But if the problem is in the cervical area, suspect a need for octacosanol, originally discovered and used as a wheat germ oil extract. However with all the wheat sensitivities, Biotics Research Corporation created Bioctasol Forte, which supplies 6,000 mcg

per tablet of octacosanol from rice bran. Use three tablets, three times per day for 30 days then reduce as needed.

Bioctasol Forte has also been purported to increase reaction time and therefore is used as a foundational product in any neurological case. It is considered to be a complex alcohol in structure and therefore takes time for absorption and integration into the tissues. Expect to see some cervical stability in 30 days.

Here's another one. Most of us are not too concerned with plantar warts unless you have them. Most people think immune support for any type of wart. Many patients have been helped with IAG, the arabinogalactan that is used to feed the immune system and, in a sense, acts as modulator for the immune system.

How about this? Ever see a person who cries at the drop of a hat? This person may have underlying thyroid issues and should have their iodine levels checked.

Also, patients with nightmares will often show a rise in systolic blood pressure going from standing to lying. This may demonstrate a need for kidney support. Supplement with Carbamide Plus. Use three capsules, three times a day, to feed kidneys and measure blood pressure to evaluate progress.

What about these symptoms? Drowsiness after meals, frequent nocturnal urination, tight band feeling around the head, poor breath holding time, frequent yawning, fatigue, bloating, lack of appetite, muscle soreness after exercise and burning on the soles of ones feet. These are symptoms of a vitamin B1 deficiency. Use the cocarboxylated forms. They are usually better tolerated and produce faster results. When looking at a blood chemistry report; an anion gap of over 12 gives another clue for a need for vitamin B1.

Ever have a patient that complains of sweating at night, has blood shot eyes or jerks when they are falling asleep? These are the people who may need hydrochloric acid. But don't stop there. Check for B2 and B3 as underlying factors. I recommend Bio-GGG-B. Also, patients who yawn too frequently may need alkalizing

agents such as calcium, magnesium and potassium.

Acidosis is often over ACTIVITY of the sympathetic nervous system. Patients may be breathless, sigh a lot or feel like they have a lump in their throat. Potassium is also used as a major sympathetic brake for patients who are sympathetic dominant. Potassium-HP (with magnesium) is useful for this condition. Patients with allergies or asthma should be checked to rule out adrenal insufficiency and an acid alkaline imbalance.

Patients with "wedding band syndrome" or an inability to take their wedding band off due to swollen fingers or hands may need B6. Couple an inability to remember one's dreams and Chinese restaurant syndrome and a B6 need is almost certain.

Patients with failing memories may need RNA or Phosphatidylcholine, which is an extract of lecithin. Choline is used in the synthesis of acetylcholine and blocking acetylcholine impairs memory. Choline when combined with fatty acids helps give structure to the cell membrane and helps regulate transmission of signals between the cells exterior and the nucleus.

I know these clinical pearls cover a wide spectrum of issues, but try them. They've stood the test of time and several of them may come in handy. If you have some of your own, feel free to comment. I'm always interested in knowledge that I can pass on to help us and help our patients.

Thanks for taking the time to read this week's edition. I'll see you next Tuesday.