

Immune Palpation Technique

"Certain tender areas or reflexes correspond to organ function, and stimulation or palpation at a reflex point increases the corresponding organ's function."

Have you ever had a patient with a chronic or lingering cough that just wouldn't go away? Or how about a patient with a strange bacterial or viral infection that seems to just hang on and on. I want to share a technique that Dr. Wally Schmitt taught me a few years ago to support or modify the immune system that I have used for many different immune situations including a chronic cough. He uses Chapman reflexes to identify whether the chronic issue has the thymus or spleen as the major focal point then treats and feeds the challenged organ.

Dr. Chapman was an Osteopath during the early 1900s. He spent his whole career studying the relationship of certain reflex points he called neurolymphatic reflexes to specific organ function. His findings were published in 1937 in a book by Charles Owens called "An Endocrine Interpretation of Chapman's Reflexes." Chapman found



that certain tender areas or reflexes corresponded to organ function. Stimulation or palpation at a reflex point increased the corresponding organ's function. Also, as the organ system recovered, the tenderness associated with the corresponding reflex was reduced.

Let me give you a few examples. Someone with a liver problem like hepatitis would have tenderness in the 6th intercostal area on the right. Someone with stomach problems would have tenderness

in the 6th intercostal area on the left. Pancreas patients displayed tenderness in the 7th intercostal area on the left.

His whole therapy revolved around identifying the points and manually rubbing where he found tenderness, until the tenderness reduced or went away. Chapman found when he rubbed those points, patients would get functional improvement to the corresponding organs. In the last 30 years Dr. Goodheart and others have found these points to be very valuable to

stimulate the health and function of the corresponding organ. In fact, Dr. Goodheart discovered the thymus reflex based on Dr. Chapman's work.

Regarding the immune system, the Chapman reflex for the thymus is under the right armpit about the 5th intercostal space which is 4-5 inches directly under the arm depending on the size of the patient. Follow any tenderness and rub the area for about 60 seconds. Now check the Chapman reflex for the spleen. The Chapman reflex for the spleen is the 7th intercostal space on the left side approximately 6-7 inches under the arm pit as well. Dr. Chapman found that as he rubbed, the tenderness would go away. And as the tenderness would go away; often the intensity of the symptoms would go away as well. His whole therapy revolved around identifying the points and manually rubbing where he found tenderness, until the tenderness reduced or went away.

Dr. Schmitt teaches his patients how to identify which area is tender and then treats with a corresponding glandular extract. For example if the tenderness occurs on the right side, he uses thymus tissue and if it occurs on the left side, he uses spleen tissue. He finds that thymus tissue is needed about 80% of the time and spleen tissue 20%.

There are various thymus and spleen tissue products on the market; however, the finest are produced by Biotics Research Corporation, Cytozyme-THY for thymus and Cytozyme-SP for spleen. These glandular tissues are procured from animals one to three days old when they are in the height of their anabolic growth.

There are other benefits beyond the anabolic growth factors that are present which most

people haven't thought of. First, newborn animals have had minimal exposure to environmental toxins. Second, atrophy or tissue degeneration of the gland is absent in a young animal. Third, fatty infiltration and the accumulation of oxidative waste products, something we call lipofuscin, are not observed in tissues from newborn calves.

As we age our thymus gland degenerates, involutes or gets smaller, both in size and function. Biotics has been working with neonatal glands for over 30 years. They process the glands "in house" and because the amount of fat in the gland is so small, they can use mild solvents from food extracts to remove it. Older animals have more fat in their glands and harsh solvents like hexane are often used to defat the glands. It's the fat that causes rancidity and makes the gland smell creating spoilage.

I encourage you to start checking your patients and teach them to check themselves to see which gland is weakened, thymus or spleen. This technique can be a real blessing when you get that phone call on the weekend. You can teach patients to rub the points themselves to stimulate healing until they come into the office.

Feed the respective gland by giving them 2 tablets 3 times a day while the symptoms are present. When the tenderness of the Chapman reflex subsides, finish out with 1 tablet 3 times a day for 30 days to rebuild and repair.

Teaching patients these techniques really sets you apart from the average clinician. People want to do things to help themselves and we can be the catalyst to help them.

Thanks for reading this week's edition. I'll see you next Tuesday.