

Try These Clinical Pearls

"I have so many little clinical pearls that it's fun to just let them fly and let you experiment with them."

One of the goals of the Tuesday Minute is to share the underlying processes behind a therapy or nutrient. But sometimes I have so many little clinical pearls that it's fun to just let them fly and let you experiment with them.

These pearls come from Dr. Boven and Dr. Harry Eidenier; however, since both were close friends with Dr. Goodheart, it may have been Dr. Goodheart who initially discovered them.

Here's a huge pearl before I get to the one-liners. Whenever you have a patient with pain, any pain, have them get a cool pack and place it over the ileocecal valve area. Dr. Boven believes it slows any back flushing from the large intestine to the small intestine due to a sluggish ileocecal valve.

If the small intestine is flooded with bacteria from



the large bowel, the immune system will start attacking them. As you know, white blood cells release cytokines to kill bacteria. Depending upon how leaky one's gut is, a percentage of cytokines will be absorbed into the blood stream and ramp up systemic inflammation. So the clinical pearl is, for any type of pain, support the ileocecal valve with a cool pack to reduce one of the sources of inflammation.

Remember, I said cool pack, something that is about the temperature of the refrigerator.

Dr. Boven shared this pearl at the seminar he did on inflammation and the next morning for some reason one of my staff had a blinding headache. A naturopath on our staff kiddingly suggested to her colleague to try the cool pack. Since nothing else was working, she thought she would give it a try. To her amazement, in 20 minutes the pain was

significantly better, almost gone. Several days later this same naturopath had a headache of her own and tried the cool pack to see if it was a fluke. Boom! The headache was gone in 20 minutes.

Several weeks later on a Friday night, I contracted some severe lower back pain. I had a rough night's sleep since I was in so much pain. But I remembered Dr. Boven's clinical pearl and the success it granted my staff so I took a bottle of kumbucha out of the refrigerator and placed it in my pants on my right side. Much to my surprise, in 30 minutes my back pain was 50% better, I tried it again in 60 minutes, and again in 120 minutes. The pain was definitely better, but still present. I did the same thing once on Sunday morning and that was it for the day. I was back to running on Tuesday.

This technique is a game changer. Try it for yourself and patients.

Let's talk about some additional clinical pearls. Patients with thick secretions, chronic sinusitis or patients who cry easily may show a need for iodine as in Liquid Iodine Forte or Iodizyme-HP. While someone with thin secretions often needs iron as in Fe-Zyme.

A patient with nightmares usually will show a rise in systolic blood pressure going from standing to lying which demonstrates a possible need for urea as in Carbamide Plus or an arginine complex like Argizyme to increase kidney clearance.

If someone feels uncomfortably full or bloated after eating there is generally a need for HCl.

While we are talking about HCl, Dr. Eidenier taught me that when treating carpal tunnel syndrome and the basic things like vitamin B6, zinc or magnesium along with the correct manipulative therapy doesn't help, they frequently respond to HCl as Betaine Plus HP, Hydro-Zyme, or HCl-Plus.

And remember, if you give someone HCl in the middle of the meal and it causes discomfort, that's a sign the gut is inflamed and on fire. Heal the stomach by putting them on an anti-inflammatory diet and adding HCl-Ease, 2 tid for 30 days. After 30 days, go back and add one tablet of HCl-Plus in the middle of the meal. If there is no discomfort, increase one tablet every 3 or 4 days until they feel slight warmth and then back off one tablet. See the link to the right of how to use HCl.

Patients with a hangover are often helped by phosphoinositol as in Super Phosphozyme Liquid.

And speaking of phosphoinositol or Super Phosphozyme Liquid, it can be one of those things that help nausea with pregnancy when nothing else does. Usually 200 mcg of chromium, ginger tea or even some adrenal support as in Cytozyme-AD will do the trick. But if those don't help, Super Phosphozyme Liquid can be used at 10 to 15 drops, three times a day; however, if you use this therapy add some additional calcium, Ca/Mg- Zyme Caps, 5 capsules daily.

By the way, if you ever get a chance to take a seminar with either Dr. Boven or Dr. Eidenier, you won't regret it. You will learn as much from their "off the cuff" side comments as you do from the direct course work.

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