

Applied Kinesiology and Tools for Unburdening the Real and Fancied COVID-19 Patient

Tyran G. Mincey, D.C., DIBAK, C.M.E.M.H.

Abstract

Here presented are experiences in a realm that many have no experience in - using extant Applied Kinesiology techniques to lessen burdens and support patients who have contracted or are suspected of having contracted COVID-19 or other infectious diseases.

Key Indexing Terms

Chiropractic, Applied Kinesiology, COVID-19, Immunity, Botanicals, Subluxation, Manual Muscle Text, MMT, Nutrition, Physiological Phenomena, Functional Medicine, Large Intestine, Colon, Ileocecal Valve (ICV), Chlorophyll, Valve of Houston, Fixations

Introduction

History has taught us about the word “pandemic” with various, viral, and bacterial infectious diseases having spanned the globe and been blamed for taking the lives of many. Empirically these attacked targets are groups with certain characteristics, rather than the entire population. The potential for a pandemic in industrialized societies has been brewing for years with smoldering reports of possibilities of epidemic microbial wildfires that somehow were extinguished with only a trace remaining or flare-ups here and there. COVID-19, regardless of various opinions about source, did move from smoldering to epidemic to a pandemic inferno and in its endemic wake we can see that drug-free care played several very essential unsung roles allowing for a better understanding of the landscape of the sickness and in prevention as well as recovery. Applied Kinesiology brings many tools to the table that unburden sick patients, addresses susceptibility issues and offers preventive opportunities to those who desire to understand how to utilize it. As Dr. Goodheart once stated “muscle testing provides an opportunity to observe the workings of the nervous system...the doctor has the ability to diagnose the need, supply the need, and observe the results.”

Jargon relating to COVID-19

Unburden means to lighten the load in a human body that is not functioning well as a result, remote functions can be enhanced to lessen the body's work load. Then the newly recovered resources are used to fight and heal. COVID – refers to an acronym that stands for coronavirus disease of 2019; vital capacity refers to lung capacity, PPE – means personal protective equipment; the Ileocecal Valve, also abbreviated “ICV,” is located at the junction of the ileum and cecum. It has been demonstrated to be a functional valve in that it opens and closes. Nutritional support would be those supplements given to assist

structural corrections. “TFL” is short for the Tensor Fascia Lata a muscle which originates between the ASIS and the middle and lateral aspect of the external surface of the iliac crest and inserts on the lateral thigh on the Iliotibial Band (IT Band) a thickening of the Fascia Lata. “TS Line” stands for Temporo-Sphenoidal Line, a mostly diagnostic palpatory line located bilaterally on the skull near the temporal and sphenoidal areas. M.A.L.T. is an acronym for mucosa associated lymphoid tissue and includes mucous tissue heavily imbued with immune cells.

Background and Preparation

Heal Thyself

To unburden the sick patient and assist the well patient in staying well we must first make sure that we have taken actions to protect ourselves as healthcare providers. Many times, this is not what has happened. We also have to look at our present health status and determine if we are “fit for duty” and if not “bow out gracefully.” So, the admonishment from the father of modern medicine applies here – as Hippocrates once stated “Physician Heal Thyself” applies.

PPE

Especially in instances where you are helping to unburden confirmed cases of COVID-19, PPE or personal protective equipment is important and there are several layers that can and should be employed;

First, the use of masks serves as a barrier against large particle transmission. The basic principles of hygiene such as washing hands and cleaning surfaces such as treatment and exam tables applies.

Beyond the basic CDC recommended protocols there are many opportunities to enhance your PPE effectiveness. PPE should include certain supplements and therapies:

1. Make sure you have adequate vitamin D
2. Make sure you have adequate vitamin A
3. Calcium
4. Zinc
5. Exercise
6. Get adjusted!
7. Use essential oils and diffuse them as they are antimicrobial.
8. Address any known immune or other health issue in an ongoing fashion.

Now that you have cared for yourself, we can move onto helping others.

Triage

A protocol for triage is very helpful as we need to make sure that people get the help they need - we have a large amount of data now and can see that the majority of COVID-19 deaths come from those over 65 (15.9 % of the US population) with a co-morbidity (less

than 27% of the 15.9% mentioned above); therefore, it is key that you identify the type of patient and get them the care they need (CDC).

At this time there is no “cure” for COVID-19 except that which has been offered by the immune system; this is empirical in that there have been millions of cases that healed on their own, If there were no answer from within that was effective this would not be the case. At issue here is decreasing death and minimizing suffering (Rosenthal 2006).

Routes of infection

The COVID infection impacts and enters through weakened or susceptible mucosal surfaces; These surfaces include those protected by the scientifically described MALT or Mucosal Associated Lymphoid Tissue. If these areas are susceptible then an infectious agent has a vulnerable point of entry and infection can occur (Russell 2020);

This tissue can be made vulnerable to attacks by many factors and these include in part;

- 1) Distant organ dysfunction such as those of the adrenal gland.
- 2) Fluid status such as dehydration
- 3) low vitamin status such as that of vitamin D, low vitamin A
- 4) Heredity
- 5) Age
- 6) Environmental factors such as toxins, and heavy metals.
- 7) Trace mineral deficiencies
- 8) Macro-mineral deficiencies

Identify Types of patients

The fact is that the initial COVID infection is mucosal.

As we age our lung capacity tends to decline. Once over 65, the lung capacity or vital capacity is nearly ½ that of younger cohorts. The natural order of things is as you age you are more susceptible to respiratory illnesses and death – this is why it is called “vital capacity.” So, age and lung capacity are two important characteristics of the COVID patient but are only contributing factors and not the sole determination of susceptibility.

Co-morbidity factors such as obesity, morbid obesity, and diabetes exacerbate already low vital capacities. Severe nutritional deficiencies are also increased risk factors for death. Increased blood sugar alone decreases antibody effectiveness. All factors ultimately impact the CO2 levels and the presence of fatigue which may be the most common complaint during this infection.

We essentially have two types of patients for triage purposes in our offices, those who can breathe and those who cannot. The use of a pulse oximeter is key and is an important tool, guiding the trigger for referral for more aggressive care. A pulse oximeter value that is declining or low – below 95, is a red flag and should serve as an immediate trigger for referral.

So, for non-emergency practitioners, the odds are great that you may not see the very sickest of the COVID-19 patients who statistically have a co-morbidity, are obese or over 65 and have a low vital capacity and pulse-ox reading; The odds are you will see some of the 80 percent and they can be assisted and kept from becoming worse or having residuals through sound Applied Kinesiology management. The management would simply address the 4 -burdens with our various tools.

The four Burdens of COVID-19

The burdens addressed in this paper include;

- Dysfunctional gut burden
- Lymphatic congestion burdens
- Structural burdens
- Weakness in mucosal surface burdens

Dysfunctional Gut Burden

As a key source of the immunity strong hold for 70% of the immune system, the gut, which in the USA has epidemic dysfunction, is a great source of healing potential. By improving function of this area, patients can be made less symptomatic and more comfortable.

Checking for and properly correcting the sliding hiatal hernia is important as the sliding hiatal hernia silently robs the body of maximal vital capacity and oxygen, makes the body become more acidic, burdens the digestive tract with allergens which tie up immense resources and energy that could be better be utilized on killing infected cells and on antibody production; This author has observed that almost every single case of COVID-19 has demonstrated muscle dysfunction in the TFL or pectoralis muscle group as well as an outright ileocecal valve syndrome. This doesn't mean that it is the cause but instead is overtaxed and can be supported by 5-factor manipulation. Low zinc status and digestive lactic acid fermentation issues are rampant in these patients as well.

Lymphatic Congestion Burden

If the gut is home to the immune system, the lymphatic systems is a home away from home; A sluggish lymphatic system worsens symptoms and lengthens recovery from any illness. Ironically vitamin A and D play an important role here as spawning vitamins for activation of sentinel dendritic cells, B-cell advancement to plasma cell antibody production and the enhancement of epithelial cell function. In Applied kinesiology we have the lymphatic drainage technique which is invaluable and provides great relief (Goodheart).

Structural Burdens

Structural care too should not be ignored or underestimated – structural care for the COVID or other infected patient mobilizes waste, blocks pains, provides a sense of well-being; provides better communication to the nervous system. By removing these burdens, the body is now better able to address infections with newly freed resources.

Rib fixations decrease rib cage expansion which in turn decreases respiratory capacity. Correction visually is not as impressive as the patient's subjective expression of benefit. These corrections result in modest increases in measured vital capacity after manipulation- yet another unburdening opportunity.

Rib Pump Techniques

As taught by Walther in the AK Synopsis 2nd edition, rib pumping frees respiration centers, unburdens and allows the body to mount a better response.

Treatments for structural imbalances require repetition as they are secondary once the infection has taken hold.

Weakened Mucosal Surfaces

The mucosal surfaces are the principle first line of defense. They must be evaluated visually. And in relation to functional muscle groups and organs such as gall bladder, liver, stomach, parotid, and the upper cervical spine. These also include lack of mucosal integrity, suppressed or a lack of IgA responses also must be considered and the cause which is usually stress has to be removed or addressed. Stress is major contributor to weaken mucosal surfaces. It may be in the form of overtraining, inappropriate diet, sleep deprivation, environmental, electromagnetic and others. Many add up to increased cortisol levels chronically, which lead to a variety of dysfunctions including low IGA status, hence susceptibility to infections such as COVID-19 (Easley).

Optimization of Mucosal Barriers

There is some overlap as the optimization of mucosal barriers is inadvertently addressed in the process of handling digestion, taking vitamins Zinc, A and D and lymphatic supporting herbs such as cleavers are invaluable.

IGA blocks entry of pathogens and is the most important neutralizing antibody against COVID-19 and is present on mucosal surfaces and is suppressed in stressed individuals who have suppressed mucosal immunity due to elevated cortisol or adrenal stress syndrome which we encounter routinely in our practices (Russell).

Suppressed or a lack of IGA responses also must be considered as a major cause which has to be removed or addressed (Yin Xia Chao). Stress is major contributor to weakened mucosal surfaces. It may be in the form of overtraining, inappropriate, diet, sleep deprivation, environmental, electromagnetic and others. Many add up to an increase in cortisol levels chronically which leads to a variety of dysfunctions including low IGA status and increased susceptibility and eventual adrenal exhaustion. This patient type seems to have COVID residuals which are likely a worsened previously existing adrenal stress syndrome.

An all-important dendritic cell function is to alert the humeral immune system to act before a superficial infection becomes a deep one and this is dependent on adequate vitamin D intake and absorption which we sometimes find low and reflected in ileocecal

valve syndromes or small intestine imbalance as well as and leaky gut syndromes. Add high cortisol levels to the picture and you can surmise addressing these issues can provide relief.

The Application of Heat

Finally, but not least important are temperature regulation and alteration. In the year 500 B.C. Parmenides said “Give me the power to produce fever and I'll cure all disease.” We have found that heat application has a beneficial effect on all systems if the patient has a low temperature but not if the patient is already febrile. If the patient is febrile then we need to hydrate more. In this case heat may be tonic to a global weakness but both can and should be tested. Our choice was a Far-infrared sauna as it delivered needed heat and a healing frequency.

Discussion

Life itself is birth-grow-peak-decay-perish and the duration is predominately predicated on the issue of susceptibility. The COVID-19 virus and future viruses will take their quarry on those who are approaching end of life or who are burdened with several systems in a state of dysfunction. It is unlikely that we will be able to immunize for every future threat and not suffer consequences for deep immune stimulation such as cancer and autoimmune diseases and gut dysfunction that may be caused by forced artificial immune responses.

It is important in the patients we serve to first protect ourselves by not only practicing our art but by being patrons as well. We have the tools to detect systems that are malfunctioning as well as to strengthen systems that are weak or weakening.

The gradual burdening of various body systems in this industrialized culture seems to have started with the digestive tract and then moved to other systems.

Non-emergency cases can be helped physically, emotionally, chemically and structurally and hence improve the immunologic response to aggressive attacks; addressing these issues covered in this work and touching people imbues them with life energy and frees valuable resources that had previously been tied up or blocked by aberrant processes.

By first determining and the triage of known, fancied, or suspected COVID patients we can do no harm by getting them the care they need and helping them avoid the care or suffering that they do not need.

Next, we can and should identify the major burdens that are causing distress and address those; for example, a COVID patient with labored breathing can be assisted by removing a hiatal hernia. The relief may provide relaxation to the body and may allow for lower stress responses, lower cortisol, better digestion, and hence probably better immunity.

All systems mentioned should be checked.

With an almost annual history of viral threats in the last few years and with new found abilities to create or modify bacteria and viruses in excess of the natural order of things which includes opportunistic threats, wellness is more important than ever.

Attacks on the human body are ongoing and below the level of everyday perception. Overtime without appropriate maintenance, due to aging or severe attacks. Structural alterations or imbalance, some will be more susceptible.

Conclusion

This last year has been a learning experience for many, but sadly not for all. Perhaps it has reminded some of their mortality all too prematurely. It also has been a lesson that Applied Kinesiology procedures are dynamic and can contribute to the health of mankind through creative application such as the use as a medium for unburdening the body so it can handle other affairs. AK is also useful as a guiding light in helping clinicians who may be somewhat in the dark, apply therapies not only during but also in the post COVID-19 phase for those who do not fully recover due to a pre-COVID tattered adrenal system, pushed over the edge by the rigorous demands placed on the body by the COVID19 attack and absence of optimal function which resulted in severe infection. Finally, we stand uniquely poised to help those that are well stay well. We do this by applying our wellness philosophy, fixing what we find, and helping others do the same.

Acknowledgments are made to Harmonic Energetics, Integrated Healthcare of Montclair LLC, and the ICAK.

References

1. Easley, Thomas COVID-19 One Herbalist's Thoughts on The Coronapocalypse. <https://www.eclecticschoolofherbalmedicine.com/covid-19/>
2. Goodheart, George, DC, "Hiatus hernia – The great mimic."
3. Goodheart, George, DC, "Fatigue and its management"
4. Walther, David S, DC, Applied Kinesiology, Synopsis 2nd Edition, ICAK-U.S.A., Shawnee Mission, KS, 2000, p. 494.
5. Walther, David S, DC, Applied Kinesiology, Synopsis 2nd Edition, ICAK-U.S.A., Shawnee Mission, KS, 2000, p. 221
6. Gray, Henry. "Anatomy of the Human Body 1918 2H. The Large Intestine"
7. [www.bartleby.com](http://www.bartleby.com/107/249.html) 29 January 2011. <http://www.bartleby.com/107/249.html>

8. Yin Xia Chao,^{a,b} Olaf Röttschke,^c and Eng-King Tana,^b, The role of IgA in COVID-19 Brain Behav Immun.2020 Jul; 87: 182–183. Published online 2020 May 23.[doi:10.1016/j.bbi.2020.05.057](https://doi.org/10.1016/j.bbi.2020.05.057) [PMCID:PMC7245198](https://pubmed.ncbi.nlm.nih.gov/PMC7245198/)
9. Gonzales Plaza, Juan José, 1,2, * Nataša Hulak,³ Zhaxybay Zhumadilov, and Ainur Akilzhanova. Fever as an important resource for infectious diseases research Intractable Rare Dis Res. 2016 May; 5(2): 97–102. [doi: 10.5582/irdr.2016.01009](https://doi.org/10.5582/irdr.2016.01009) [PMCID: PMC4869589](https://pubmed.ncbi.nlm.nih.gov/PMC4869589/)
10. Rosenthal, Ken S and Daniel H. Zimmerman Vaccines: All Things Considered. Clin Vaccine Immunol. 2006 Aug; 13(8): 821–829. [doi: 10.1128/CVI.00152-06](https://doi.org/10.1128/CVI.00152-06) [PMCID: PMC1539119](https://pubmed.ncbi.nlm.nih.gov/PMC1539119/) [PMID: 16893980](https://pubmed.ncbi.nlm.nih.gov/PMID/16893980/)
11. Russell, Michael W., Zina Moldoveanu, Pearay L. Ogra and Jiri Mestecky. Front. Immunol., 30 November 2020. <https://doi.org/10.3389/fimmu.2020.611337>. Mucosal Immunity in COVID-19: A Neglected but Critical Aspect of SARS-CoV-2 Infection
12. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

© 2021 All rights reserved.

Applied Kinesiology and Tools for Unburdening the Real and Fancied COVID-19 Patient
Tyran G. Mincey, D.C., DIBAK, C.M.E.M.H.