

Clinical Application
 of Naturopathic Physiotherapies

Vital Gathering IV
 October 2019
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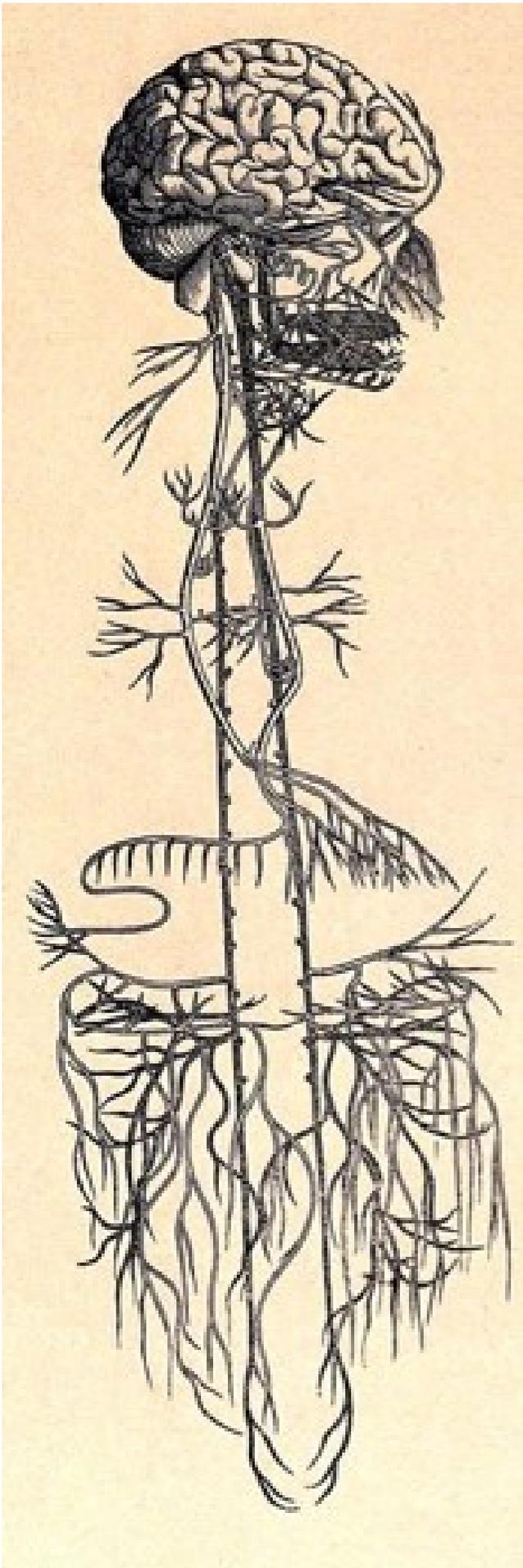
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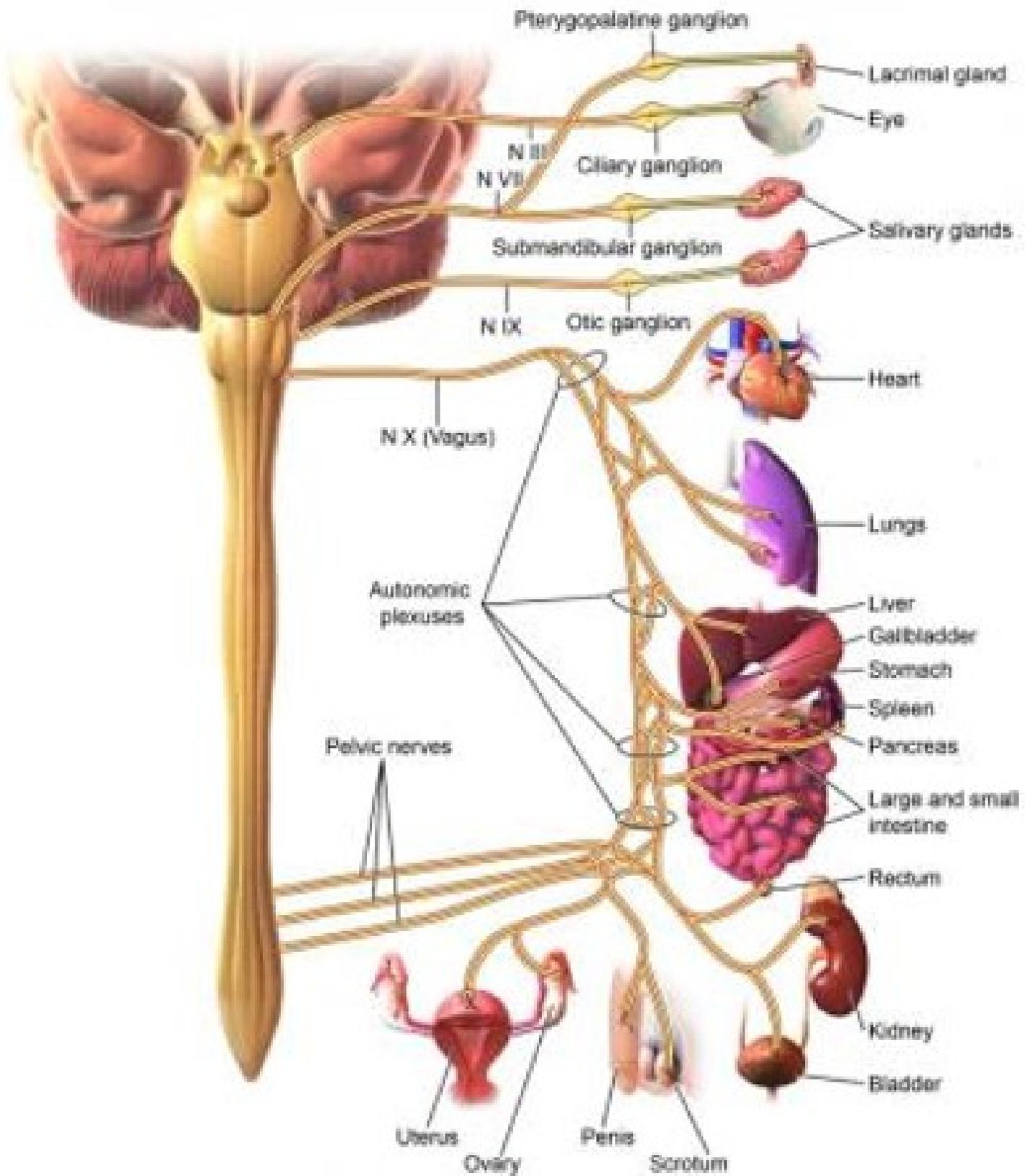
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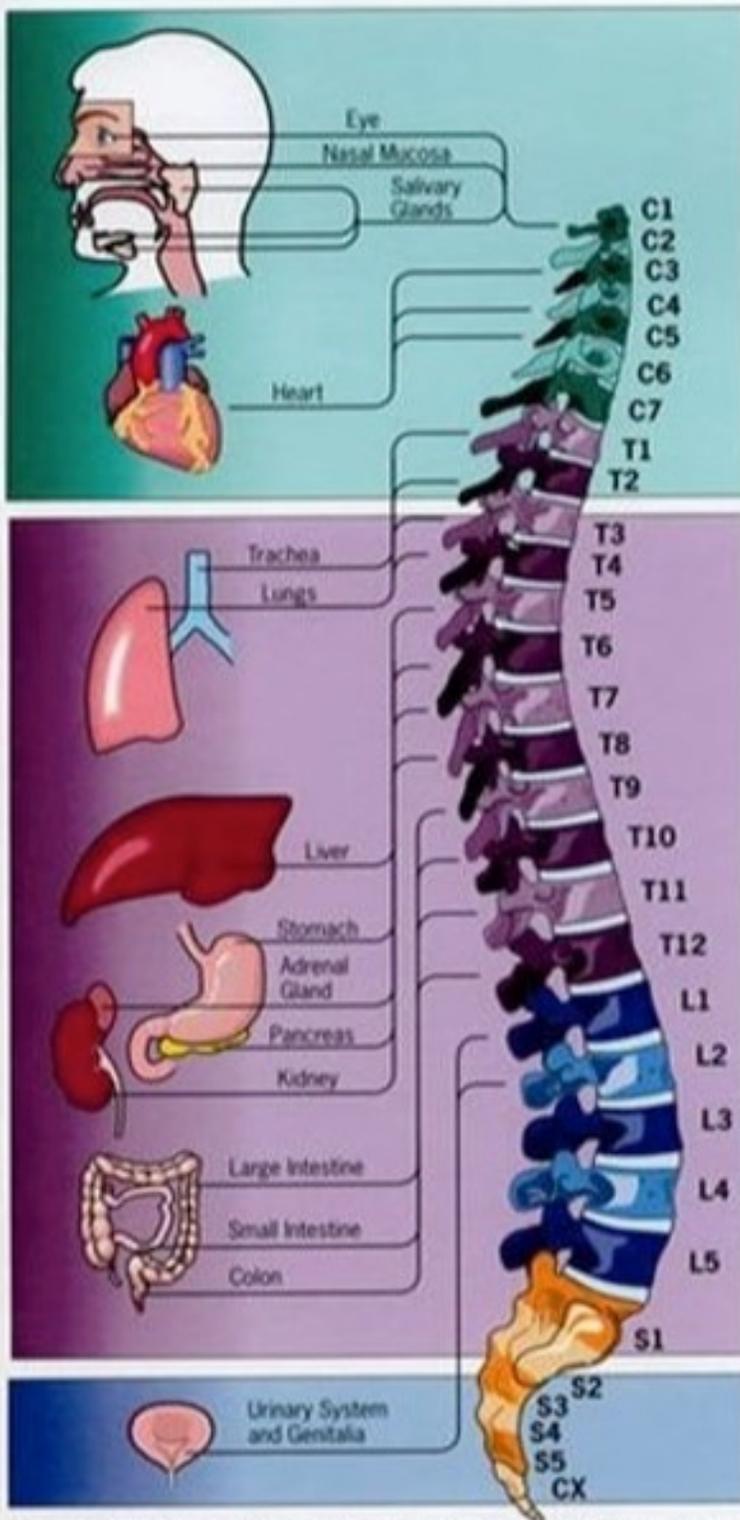
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Parasympathetic Innervation



Parasympathetic pathways of spinal nerves and the organs they supply.

Nerves run from the spinal cord through openings between the vertebrae. They transmit stimuli from the brain and central nervous system to and from all areas of the body such as muscles, skin, joints and internal organs. Vertebral problems can impair nerve function, affecting any area of the body.



Spinal nerves and the areas of skin they supply.

The vagus nerve is known as the "wandering nerve" because it has multiple branches that diverge from two thick stems rooted in the cerebellum and brainstem that wander to the lowest viscera of your abdomen touching your heart and most major organs along the way.

Vagus means "wandering" in Latin. The words vagabond, vague, and vagrant are all derived from the same Latin root.

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In 1921, a German physiologist named Otto Loewi discovered that stimulating the vagus nerve caused a reduction in heart rate by triggering the release of a substance he coined *Vagusstoff* (German for "Vagus Substance"). The "vagus substance" was later identified as acetylcholine and became the first neurotransmitter ever identified by scientists. *Vagusstoff* (acetylcholine) is like a tranquilizer that you can self-administer simply by taking a few deep breaths with long exhales. Consciously tapping into the power of your vagus nerve can create a state of inner-calm while taming your inflammation reflex.

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The vagus nerve is the prime component of the parasympathetic nervous system which regulates the "rest-and-digest" or "tend-and-befriend" responses.

On the flip side, to maintain homeostasis, the sympathetic nervous system drives the "fight-or-flight" response.

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July 2016 study Vagus Nerve Stimulation Inhibits Cytokine Production and Attenuates Disease Severity in Rheumatoid Arthritis, appears online in the *Proceedings of the National Academy of Sciences* (PNAS) and will be published in an upcoming print issue. This is the first human study designed to reduce symptoms of rheumatoid arthritis by stimulating the vagus nerve with a small implanted device which triggered a chain reaction that reduced cytokine levels and inflammation. Although this study focused on rheumatoid arthritis, the trial's results may have implications for patients suffering from other inflammatory diseases, including Parkinson's, Crohn's, and Alzheimer's.

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Vagus Nerve Stimulation Dramatically Reduces Inflammation
<https://www.psychologytoday.com/blog/the-athletes-way/201607/vagus-nerve-stimulation-dramatically-reduces-inflammation?eml>

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Sine Wave or E-Stim

- **CHT**-Use surging sine (S) for the 2 specific settings
- **Healing injury, septic wound, or post-surgical**-Use constant (T) sine on a limb for 10+ minutes.
 - Also through an organ i.e. Liver
- **For increased blood/nerve flow**-Use on constant (T) tetanizing setting.
 - I use through a limb, through temples, bilateral feet for vertigo or to increase blood to the head.
- **Muscle spasm**-Use on pulse (P) setting for 10+ minutes.

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Sine Wave Contraindications

- Do not use:
 - Over a blood clot (you may dislodge the clot)
 - Over a kidney or gallstone (you may dislodge the stone)

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Vita-Ray / Violet Ray / or High Frequency Unit – 10 minute application

- Use over:
 - Joints for inflammation / tendinitis/ fractures / sprains
 - Ovaries for ovarian cysts (ruptured or not yet ruptured)
 - Uterine fibroids
 - Pelvic area for prostatitis, BPH, or prostate CA
 - Dental extraction sites (wisdom teeth removal etc.)
 - Post surgical sites to speed healing and reduce swelling
 - Gouty joints
 - Eyes for iritis or inflammation
 - Bed sores or open wounds to disinfect and speed healing

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High Frequency Concerns

- The glass rod can arc and surprise someone causing them to drop the device and break it.
- Keep it on the skin before turning it on. Keep in contact with the skin the entire time in use.
- Turn off the machine before lifting it off the skin. Again, keep in contact with the skin the entire time in use. It's best to have a technician apply the therapy for the patient.

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Shortwave Diathermy Unit
10 minute with CHT
(30 min. if separate tx)

- Primary therapy for pneumonia, bronchitis, asthma, TB
- Treat arthritic joints
- Used over the abdomen for Crohn's, colitis, or when hearing "heavy bounding heart tones" when listening to the heart in constitutional hydrotherapy.

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Shortwave Diathermy Contraindications

- Do not use over:
 - Metal – you will heat the metal internally
 - Silicone – you can heat and melt the silicone (breast implants, penile implants)
 - An area that you don't want to add heat to (fever). You may want this though, so be sure you understand your diagnosis.
 - Belly rings, nipple rings, or metal jewelry. They will heat up and can burn the patient.

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Diathermy should not be done on anyone with METAL or SILICONE implants. Nor on anyone with a PACEMAKER. Consider your effects when treating anyone with a FEVER. It can make the fever go higher.

Sine-wave can stimulate the movement of stones into ducts of the kidney, bladder, or gallbladder. This may be good or bad. Caution with defibrillating pacemakers.

Vita-ray or high frequency therapy is more indicated over venous stasis than sine-wave which may dislodge a clot.

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Therapy Quiz

1. Wisdom teeth extraction
2. Post surgery knee replacement
3. Ankle sprain
4. Ovarian cyst rupture
5. IBS
6. Pneumonia
7. Iritis
8. Arthritic knee
9. Septic wound
10. Sinusitis

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Historical Notes

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“Evidence is given for the ‘specific calming effects’ of the high frequency on the vegetative nervous system” (i.e. Vagus Nerve)

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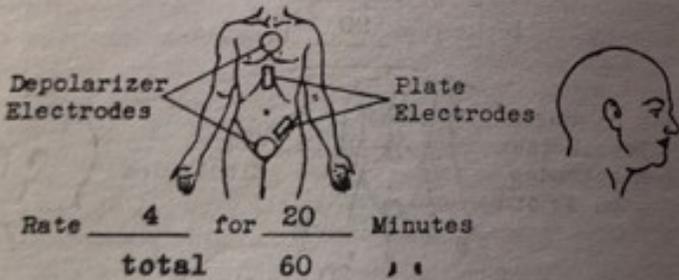
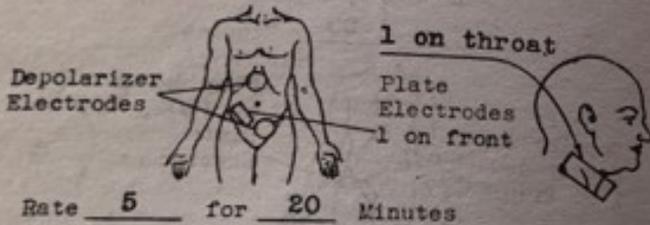
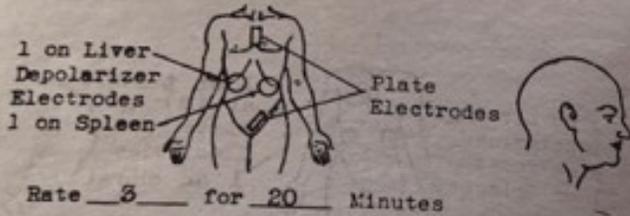
“The basic principle is that wherever there is a cellular activity there is electrical energy developed; and conversely, wherever electrical energy is applied, cellular activity is increased and better growth obtained..... In theory and in practice, this applies to all biological specimens, such as plants, animals, and humans alike.”

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V- “Disease radiations produce a reflex in living tissue”,
 VI – “The beneficial or detrimental effect of medications...are due to their electromagnetic properties”,
 VII- “Radiant energy...normalizes diseased tissue.”
 VIII “Such treatment energy can be produced artificially by a ... short wave low power ...”

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GENERAL TREATMENT



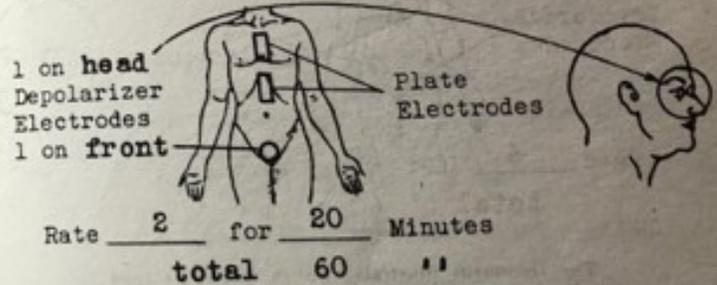
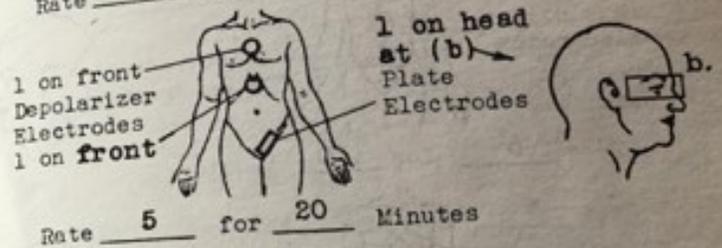
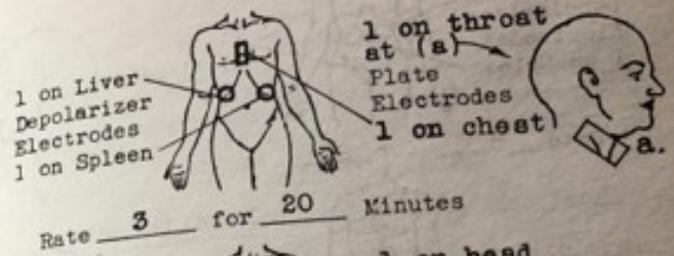
The treatment illustrated above would be good for any one to take as it would serve to correct any tendency to disease that might be present. "A STITCH IN TIME SAVES NINE!"

GENERAL NOTES ON TREATMENT

For acute cases treatment should be given every day five days per week until patient shows improvement, then as often as necessary. In cases not acute every other day for three weeks, then as often as necessary.

Do not put depolarizer electrodes in water. Sterilize by sponging off with alcohol.

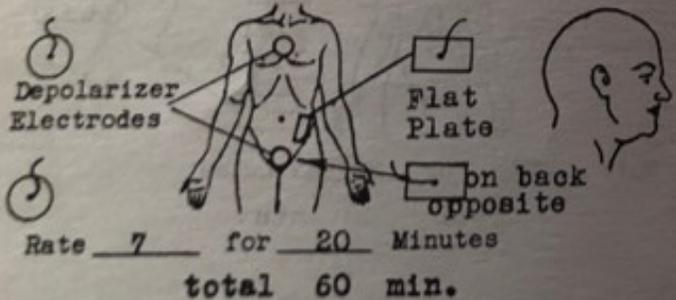
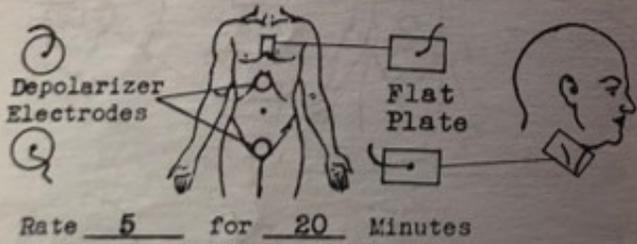
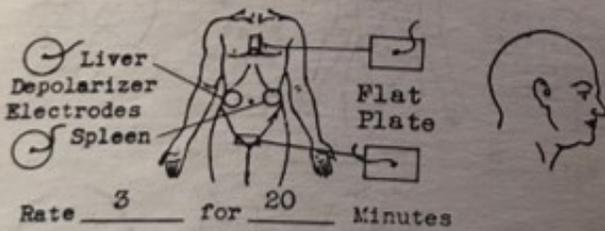
FLU OR COMMON COLD



Note how the electrodes are placed and how they are moved around with each different rate. This is done in order that the depolarizer electrodes will treat as many tissues as possible during the treatment.

PAINFUL MENSTRUATION

Right Left



SINUSITIS

Right Left

