

FROM BIOMECHANICS TO BIOENERGETICS

Dr. Philip Ross DC MS CCSP

Chiropractor

Master of Science in Sports Science and Rehabilitation

Certified Chiropractic Sports Physician

TPI Certified

ABOUT ME

- Bachelor of Science in Health Science from La Roche University
- Doctorate of Chiropractic from Logan University
- Master of Science in Sports Science and Rehabilitation from Logan University
- Certified Chiropractic Sports Physician from American Chiropractic Board of Sports Physicians
- Titleist Performance Institute Certified
- Legacy Medical Centers
- World of Wellness

WORLD OF WELLNESS

- Walking testimonials coming through the door everyday
- Truly see what works
- Help from NF staff to understand the ingredients of the supplements



GOALS

- Goal today to show how our patients are getting outstanding results
- What goes on in the treatment room
- My favorite supplement protocols and therapies for certain conditions
- Explanation of how to treat 2 MSK injuries
- Multiple pieces to the pie

IN THE TREATMENT ROOM

- My goal for the athletes of all ages, whether you are a collegiate athlete, professional athlete, or you like to compete in sport for fun, we help you perform as optimally as possible
- Functional movement screens to assess patients
- Chiropractic adjustments to spine and extremities
- Myofascial release therapy
- Proprioceptive neuromuscular facilitation stretching
- Instrument assisted soft tissue mobilization (IASTM)
- Cupping therapy
- “pin and stretch” trigger point release
- Class IV therapeutic laser therapy
- Rehabilitation exercises

CHIROPRACTIC

- Restore mobility to fixated joints
- Increases proprioception
- Facilitates parasympathetic nervous system response
- Links your brain to your body
- Can enhance athletic performance

Sympathetic and parasympathetic responses to specific diversified adjustments to chiropractic vertebral subluxations of the cervical and thoracic spine

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Heart rate;
Chiropractic;
Autonomic nervous system;
Manipulation, chiropractic;
Manipulation, spinal

Abstract

Objective: The aims of this study were to investigate the response of the autonomic nervous system based upon the area of the spine adjusted and to determine if a cervical adjustment elicits a parasympathetic response and if a thoracic adjustment elicits a sympathetic response.

Methods: Forty patients (25-55 years old) met inclusion criteria that consisted of normal blood pressure, no history of heart disease, and being asymptomatic. Patients were evaluated pre- and post-chiropractic adjustment for the following autonomic responses: blood pressure and pulse rate. Seven patients were measured for heart rate variability. The subjects received either a diversified cervical segment adjustment or a diversified thoracic segment adjustment.

Results: Diastolic pressure (indicating a sympathetic response) dropped significantly postadjustment among those receiving cervical adjustments, accompanied by a moderate clinical effect (0.50). Pulse pressure increased significantly among those receiving cervical adjustments, accompanied by a large effect size (0.82). Although the decrease in pulse pressure for those receiving thoracic adjustments was not statistically significant, the decrease was accompanied by a moderate effect size (0.66).

Conclusion: It is preliminarily suggested that cervical adjustments may result in parasympathetic responses, whereas thoracic adjustments result in sympathetic responses.

BRAIN FUNCTION

- A study conducted by the Spinal Research Foundation and published in the Journal of Neural Plasticity shows that chiropractic spinal adjustments significantly increase activity in the brain's prefrontal cortex, the area where higher learning and cognition happen."
- The prefrontal cortex (PFC) plays a central role in cognitive control functions, and dopamine in the PFC modulates cognitive control, thereby influencing attention, impulse inhibition, prospective memory, and cognition

Manipulation of Dysfunctional Spinal Joints Affects Sensorimotor Integration in the Prefrontal Cortex: A Brain Source Localization Study

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Objectives. Studies have shown decreases in N30 somatosensory evoked potential (SEP) peak amplitudes following spinal manipulation (SM) of dysfunctional segments in subclinical pain (SCP) populations. This study sought to verify these findings and to investigate underlying brain sources that may be responsible for such changes. *Methods.* Nineteen SCP volunteers attended two experimental sessions, SM and control in random order. SEPs from 62-channel EEG cap were recorded following median nerve stimulation (1000 stimuli at 2.3 Hz) before and after either intervention. Peak-to-peak amplitude and latency analysis was completed for different SEPs peak. Dipolar models of underlying brain sources were built by using the brain electrical source analysis. Two-way repeated measures ANOVA was used to assess differences in N30 amplitudes, dipole locations, and dipole strengths. *Results.* SM decreased the N30 amplitude by $16.9 \pm 31.3\%$ ($P = 0.02$), while no differences were seen following the control intervention ($P = 0.4$). Brain source modeling revealed a 4-source model but only the prefrontal source showed reduced activity by $20.2 \pm 12.2\%$ ($P = 0.03$) following SM. *Conclusion.* A single session of spinal manipulation of dysfunctional segments in subclinical pain patients alters somatosensory processing at the cortical level, particularly within the prefrontal cortex.

PREFRONTAL CORTEX

- The prefrontal cortex runs important control mechanisms, including joint position sense

"Thinking about Thinking"

Higher Reasoning

Executive Function

Prefrontal Cortex

9 Functions of the Prefrontal Cortex

1. Empathy
2. Insight
3. Response Flexibility
4. Emotion Regulation
5. Body Regulation
6. Morality
7. Intuition
8. Attuned Communication
9. Fear Modulation



Limbic Brain

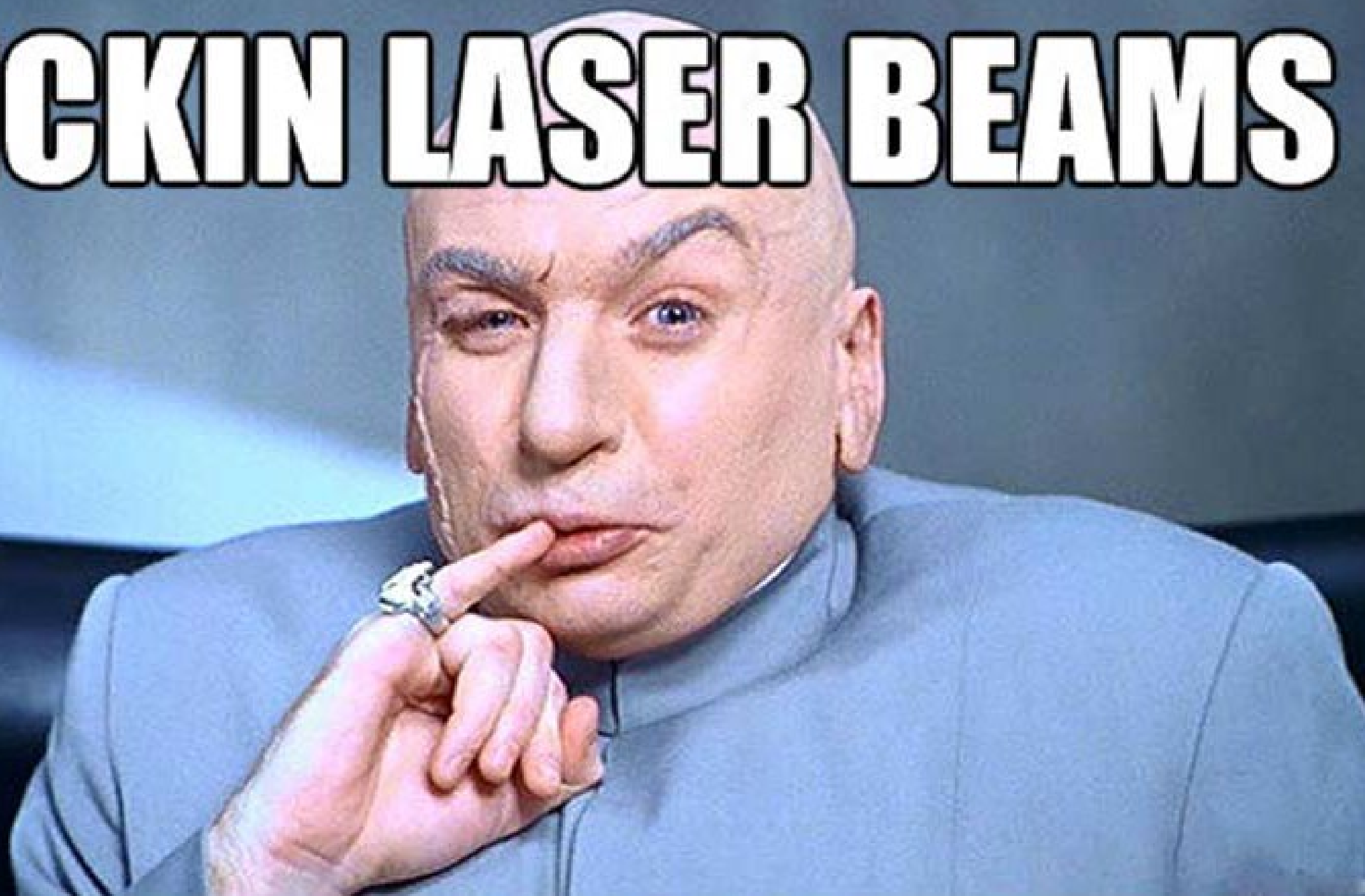
1. Fight, flight, freeze stress response
2. Thinks, "Am I safe? Do people want me?"
3. Emotions live here



CHIROPRACTIC CARE FOR YOUR BODY

- Receiving a chiropractic adjustment lets your body feel “where its at in space” better
- This can help you in any type of athletic event, from cross country running to soccer and football
- Can help if you don't feel as coordinated as you used to be due to
 - Diabetic neuropathy
 - Older age
 - Post concussion symptoms
 - Post stroke symptoms
 - Vertigo

FRICKIN LASER BEAMS

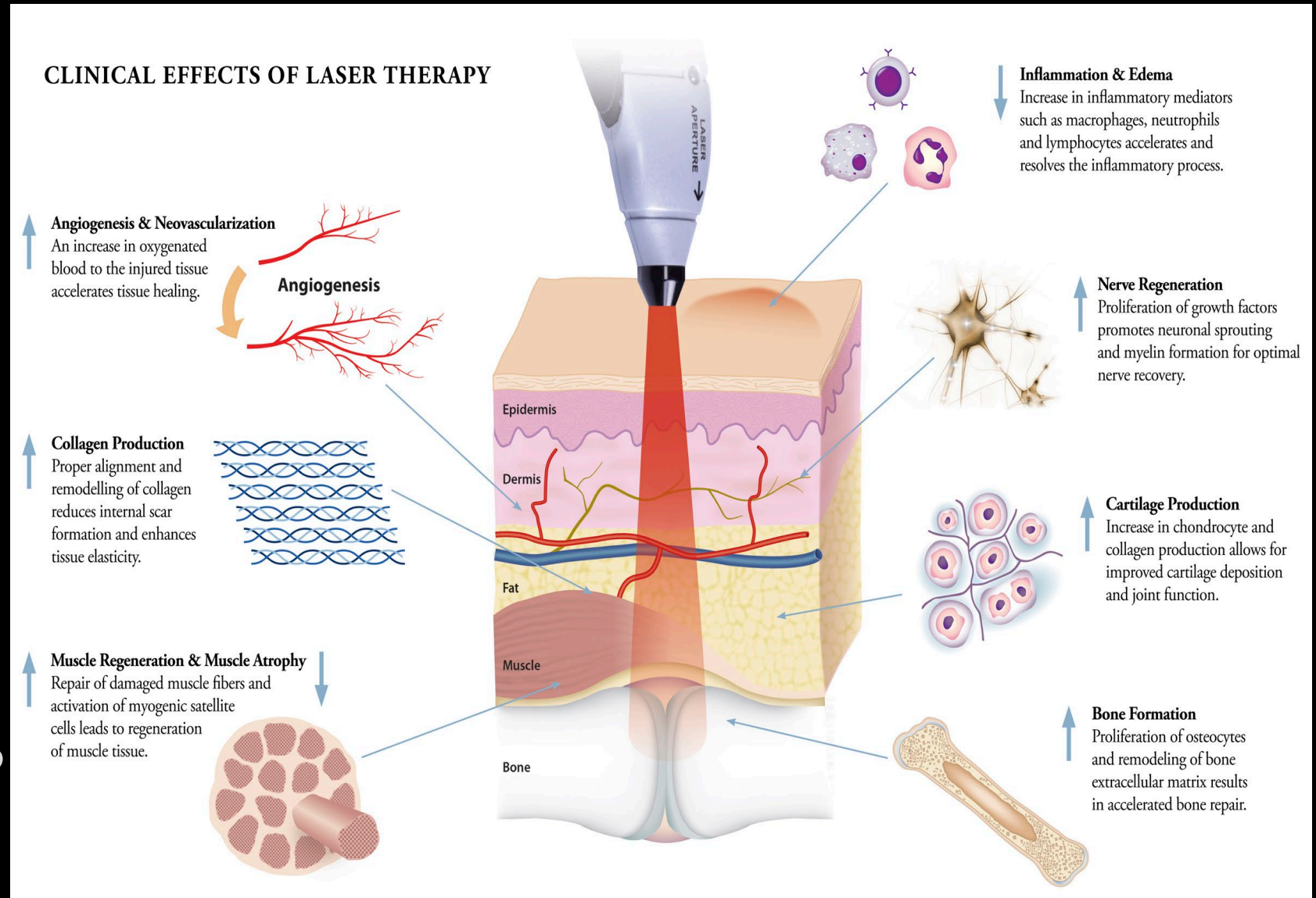


LASER THERAPY

- Analogy for patients
- Different types
- Contraindications
- The fancy word for laser therapy is termed photobiomodulation
- Photobiomodulation is essentially the photon energy's effect on tissue
- Photon energy emitted from the diode in the laser enters the mitochondria
- When the photosensitive chromophore receptors absorb the photons from the laser, a LOT of biochemical changes occur



- Increase of adenosine triphosphate (ATP)
- Increase of nitric oxide which results in vasodilation
- Effects the calcium ion channel of nerves and cells
- Increase in the release of growth factor
- Increases cellular proliferation
- Will alter pain thresholds
- Facilitates prostaglandin production which has an anti-inflammatory effect
- Heat, which we will use to our advantage, is produced from tissue saturation



CLASS IV THERAPEUTIC LASER THERAPY

- What the laser is doing is inducing a biological response in energy through an energy transfer from photon energy absorbed by tissue (chromophores).
- Results in photophysical and photochemical changes that lead to changes at the molecular, cellular and tissue levels of the body.
- Cytochrome C is a vital component in the ETC that drives cellular metabolism

Interplay between up-regulation of cytochrome-c-oxidase and hemoglobin oxygenation induced by near-infrared laser

Xinlong Wang^{1,*}, Fenghua Tian^{1,*}, Sagar S. Soni¹, F. Gonzalez-Lima² & Hanli Liu¹

Photobiomodulation, also known as low-level laser/light therapy (LLLT), refers to the use of red-to-near-infrared light to stimulate cellular functions for physiological or clinical benefits. The mechanism of LLLT is assumed to rely on photon absorption by cytochrome c oxidase (CCO), the terminal enzyme in the mitochondrial respiratory chain that catalyzes the reduction of oxygen for energy metabolism. In this study, we used broadband near-infrared spectroscopy (NIRS) to measure the LLLT-induced changes in CCO and hemoglobin concentrations in human forearms *in vivo*. Eleven healthy participants were administered with 1064-nm laser and placebo treatments on their right forearms. The spectroscopic data were analyzed and fitted with wavelength-dependent, modified Beer-Lambert Law. We found that LLLT induced significant increases of CCO concentration ($\Delta[\text{CCO}]$) and oxygenated hemoglobin concentration ($\Delta[\text{HbO}]$) on the treated site as the laser energy dose accumulated over time. A strong linear interplay between $\Delta[\text{CCO}]$ and $\Delta[\text{HbO}]$ was observed for the first time during LLLT, indicating a hemodynamic response of oxygen supply and blood volume closely coupled to the up-regulation of CCO induced by photobiomodulation. These results demonstrate the tremendous potential of broadband NIRS as a non-invasive, *in vivo* means to study mechanisms of photobiomodulation and perform treatment evaluations of LLLT.

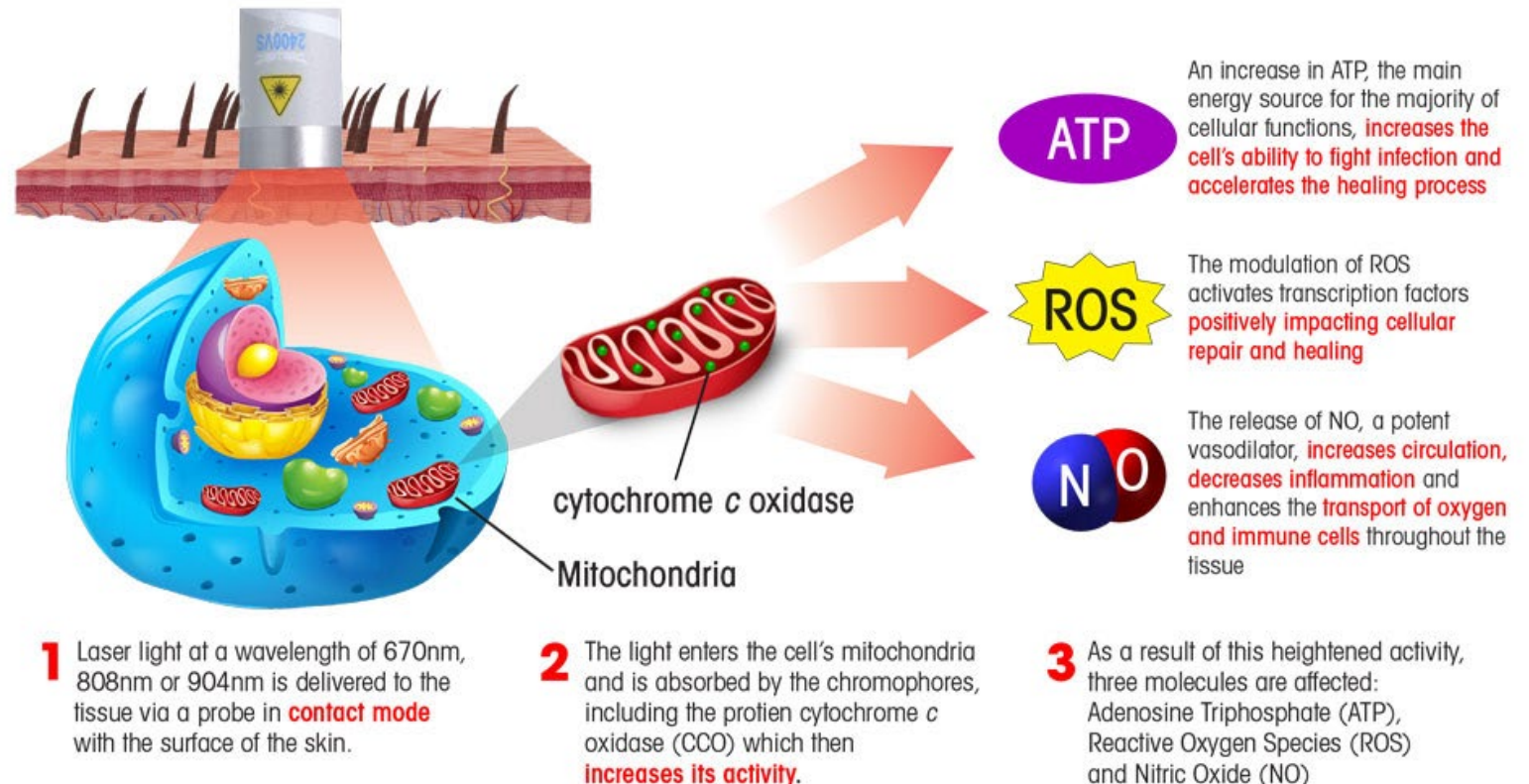
Low-level laser/light therapy (LLLT), also known as photobiomodulation, refers to the use of low-level light in the red-to-near-infrared range (620–1100 nm) to stimulate cellular functions for physiological or clinical benefits. Photobiomodulation has been used to improve wound healing^{1,2}, reduce pain^{3,4}, and many other human applications. The light can be supplied by lasers or light-emitting diodes (LEDs). In recent years, transcranial LLLT has gained increased recognition for its therapeutic use in various neurological and psychological conditions, including ischemic stroke^{5,6}, chronic traumatic brain injuries^{7,8}, and depression^{9,10}. Furthermore, using a 1064-nm laser, Barrett and Gonzalez-Lima conducted the first placebo-controlled studies demonstrating that LLLT to the forehead benefits cognition in healthy humans, including enhanced attention, working memory, and executive functions^{11–13}.

The mechanism of photobiomodulation is proposed to rest on photon absorption by cytochrome c oxidase (CCO)¹⁴, the terminal enzyme in the mitochondrial respiratory chain that catalyzes the reduction of oxygen for

- Reduction of interleukin-1, a pro-inflammatory cytokine
- Faster tissue repair
- Faster wound healing (especially diabetic ulcers or open sores)
- Helps with neuropathy/shingles symptoms
- Increased tissue oxygenation
- Can accelerate nerve regeneration
- Increased prostaglandin production resulting in vasodilation and anti-inflammatory effect
- Leukocyte and Lymphocyte response allows for faster removal of non-viable cellular and tissue components allowing for better tissue repair and regeneration

LASER THERAPY

A MECHANISM OF LASER THERAPY IN TISSUE

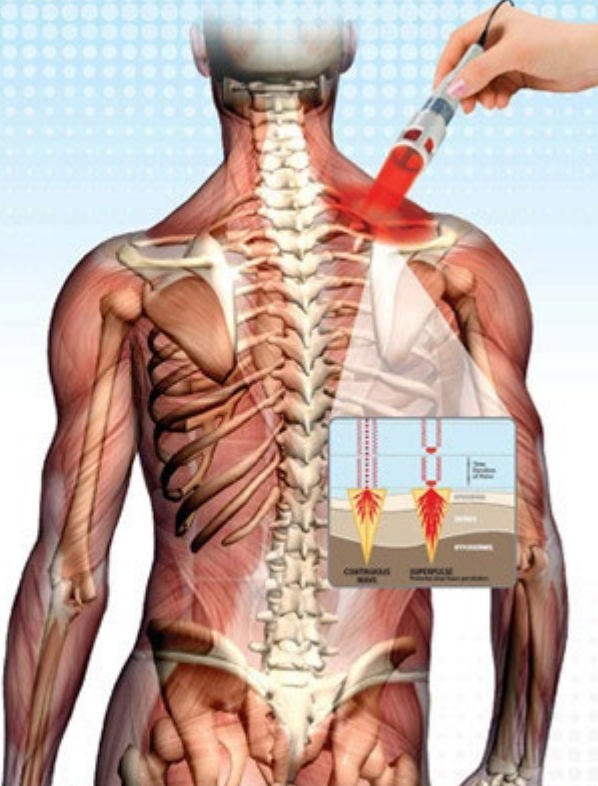


TAKE HOME

- Light induces a complex chain of physiological change including
 - wound healing
 - tissue regeneration
 - increase circulation
 - reduce acute inflammation
 - reduce acute and chronic pain
 - help restore normal cellular function

Laser Mechanism of Action

Photobiomodulation in Target Tissues



Thermal
↑Nerve Conduction
↑Capillary dilation

Biochemical
Releases nitric oxide
↑ ATP production
↑ Fibroblast migration
↑ Macrophage activity
↑ Keratinocyte activity
↑ RNA/DNA synthesis
↑ Enzyme production
↑ SOD production

Bioenergetic
› Acupuncture meridian point stimulation

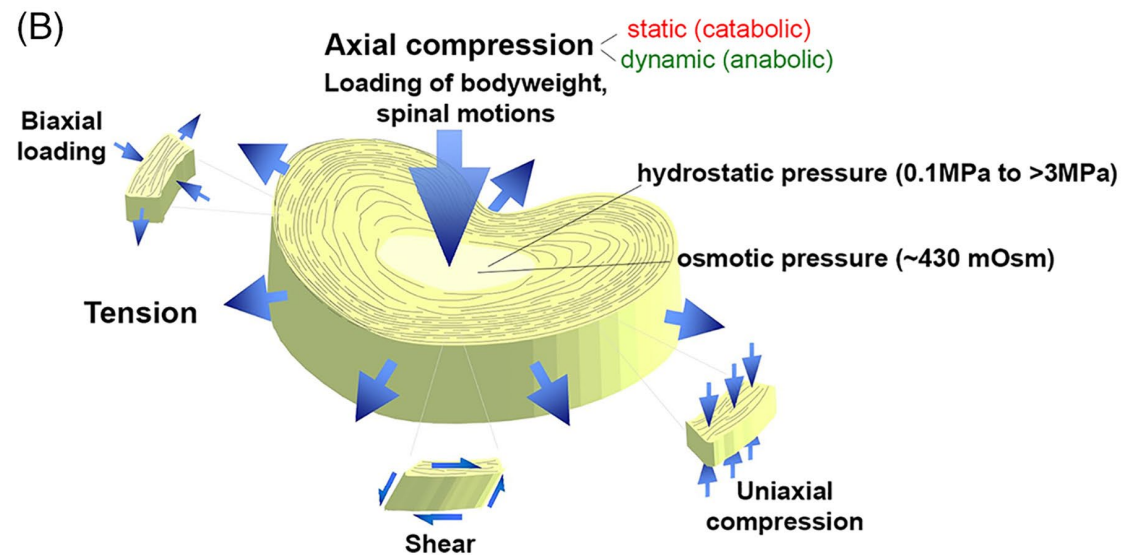
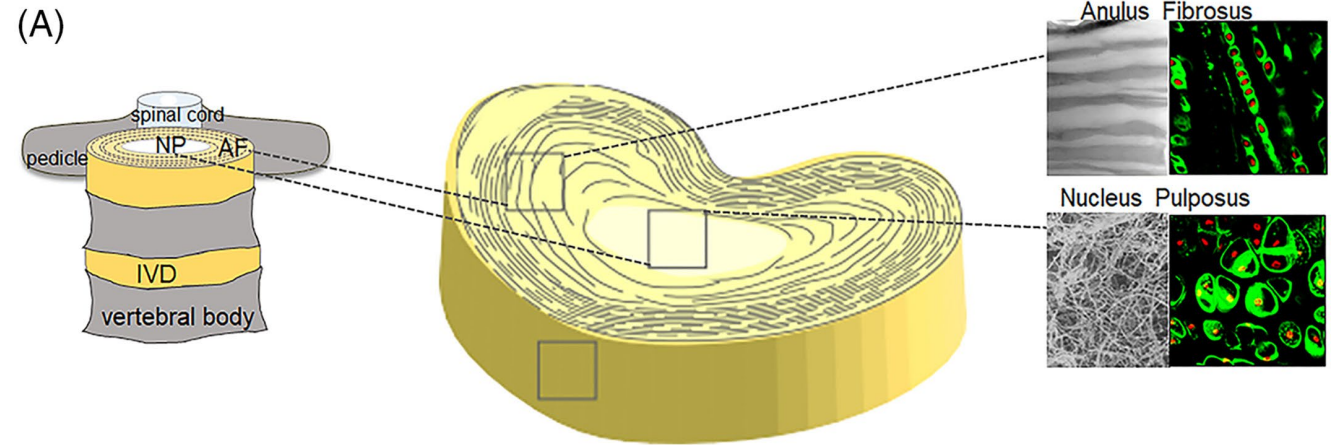
Bioelectric
↑ Electromotive action acting on membrane bound ion channels
↑ Intracellular/extracellular ion gradient changes

CLINICAL EFFECTS

Reduced spasm | Pain Relief | Increased circulation
Improved flexibility and function | Improved healing
Reduced symptoms associated with osteoarthritis

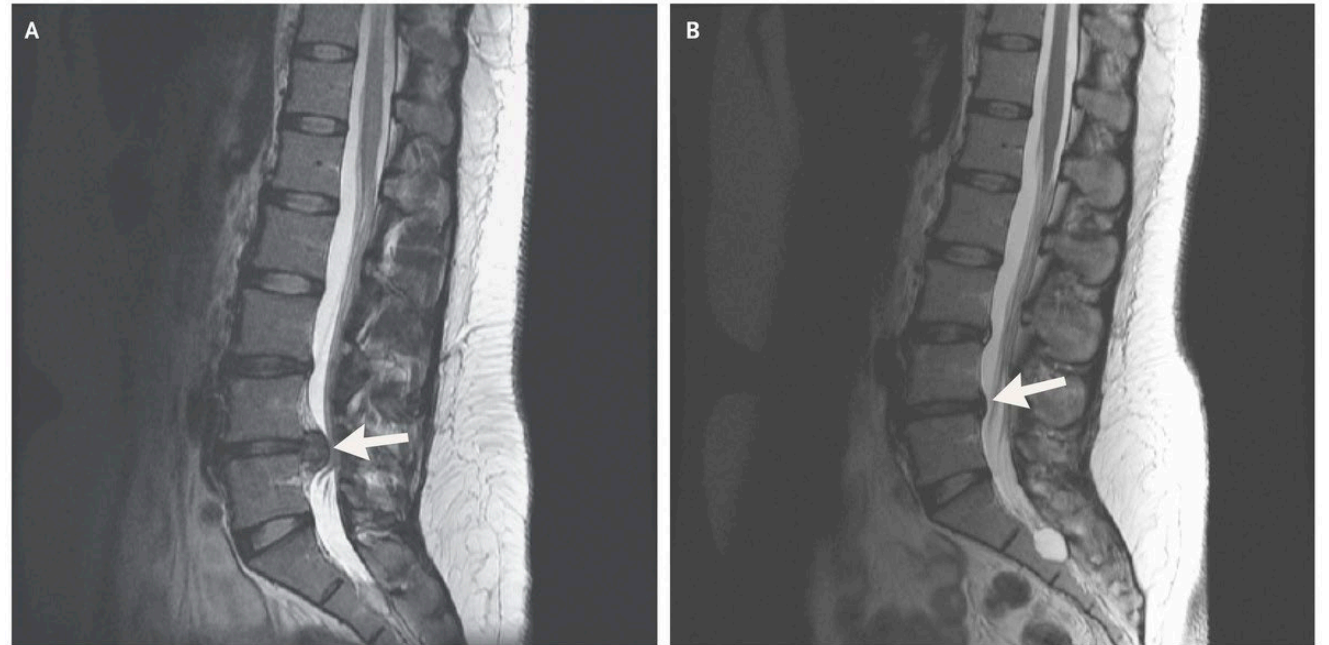
BIOMECHANICS OF A LUMBAR DISC

- Nucleus pulposus is the gelatinous material in the center of the disc
- Anulus Fibrosus
- 22-24 lamellar rings



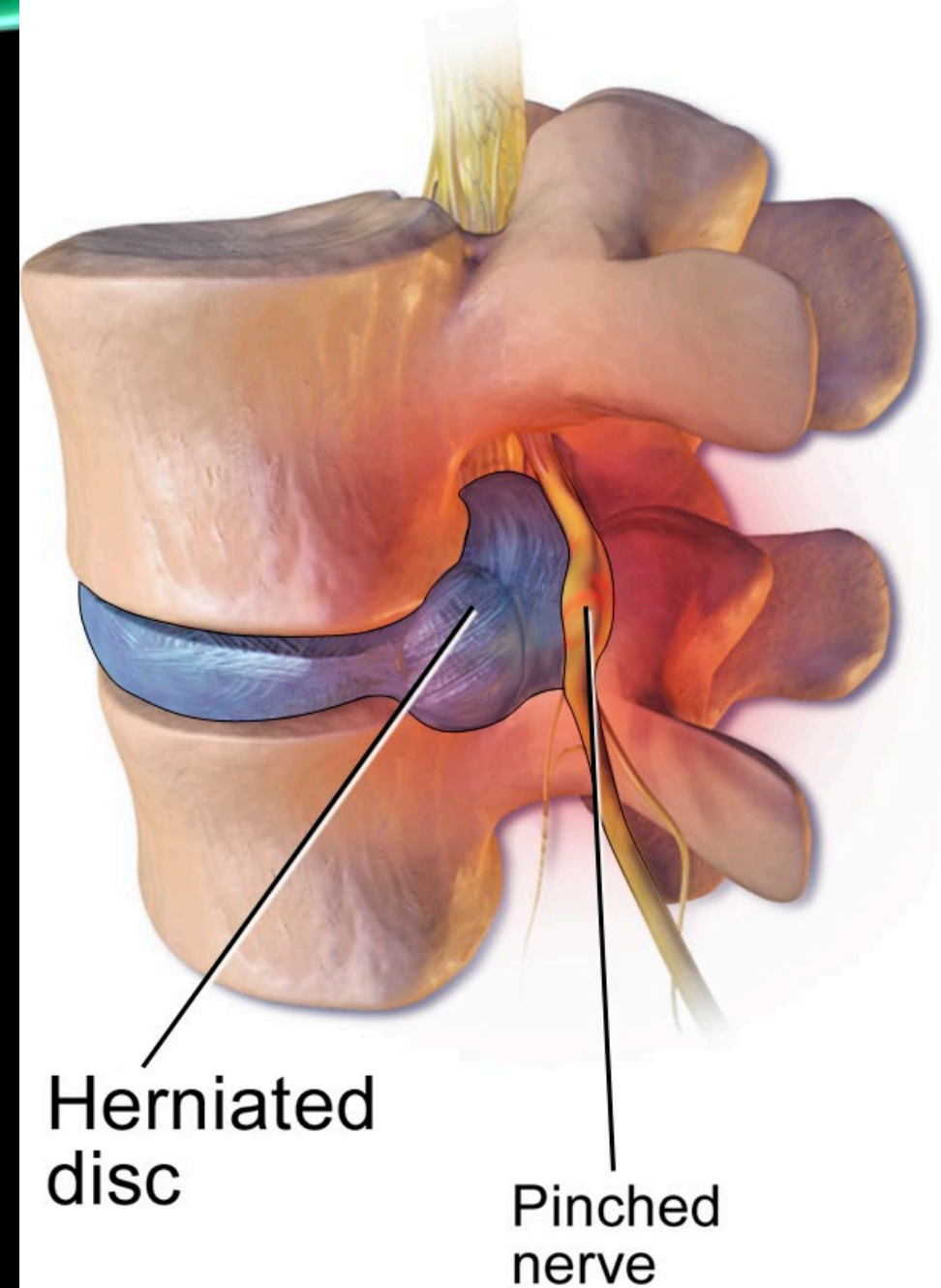
LUMBAR DISC HERNIATION/BULGE/PINCHED NERVE

- Explanation of a disc herniation
- Most provocative motion for a disc
- Pecking order of pressure on discs
- Physical and chemical component



TREATMENT OF DISC HERNIATION

- In the office
 - Laser therapy to decrease inflammation and heal disc and adjacent nerve root
 - Blocks depolarization of C fiber afferent nerves
 - Promotes normalization in calcium, sodium, and potassium concentrations, resulting in pain reduction as result of these ion concentration shifts
 - Decreased bradykinin levels
 - Increased release of acetylcholine, which helps normalize nerve signal transmission in the autonomic, somatic, and sensory neural pathways.
 - Stimulation of mechanoreceptors to over ride C fibers via cupping, IASTM, FST, "pin and stretch"
 - Neuromobilization aka "nerve flossing"
 - Corrective exercises for home



NUTRITIONAL SUPPORT FOR DISC HERNIATION

- Nutritional Frontiers transdermal CBD (lipoderm technology)
- X-Flame to decrease inflammation
- Neuropathese if having radicular symptoms



LATERAL EPICONDYLITIS AKA "TENNIS ELBOW"

- Overuse injury to lateral aspect of elbow
- extensor tendons pull on the lateral epicondyle
- Causes inflammation to go to lateral epicondyle then is a pain generator
- Mainly soft tissue work to release tension of extensor mm to take strain off of extensor tendons



MSK SUPPLEMENTS

- Kre-Celazine® 1,500 mg
- DMG HCl 258 mg
- Turmeric Root Extract (95% Curcuminoids) 200 mg
- Boswellia serrata Extract (65% Boswellic Acid) 200 mg
- Quercetin (as Quercetin Dihydrate) 90.4 mg
- Rutin 79.2 mg
- Ginger Root Extract (5% Gingerols) 50 mg
- Cayenne Pepper Powder 5.2 mg



KRE-CELAZINE®

RESEARCHED AND PATENTED TO REDUCE INFLAMMATION, INCREASE FLEXIBILITY AND MODULATE PAIN

- Double-blind placebo controlled trial
- US Patent # 6,399,661 to reduce inflammation, increase flexibility and modulate pain.
- A case study, a controlled case study, 3 years of clinical efficacy and a *double-blind placebo controlled trial published in JAMA Vol. 12, No. 1, 2009* show its efficacy in reducing inflammation, pain, swelling, stiffness, etc. in various joints.
 - 100% reduction of ankle and foot pain
 - 80% reduction of neck, shoulder, elbow, wrist and hand pain
 - 71% reduction of knee pain

MAIN SUPPLEMENTS FOR MSK

- HA plus
 - Biocell Type II Collagen 500mg yielding collagen, chondroitin sulfate and 60mg of HA, Glucosamine Sulfate 500mg MSM 250mg
 - Joint flexibility
 - Degenerative Joints
 - Optimizing synovial fluid viscosity
 - Supporting cartilage health
 - Promoting healthy skin



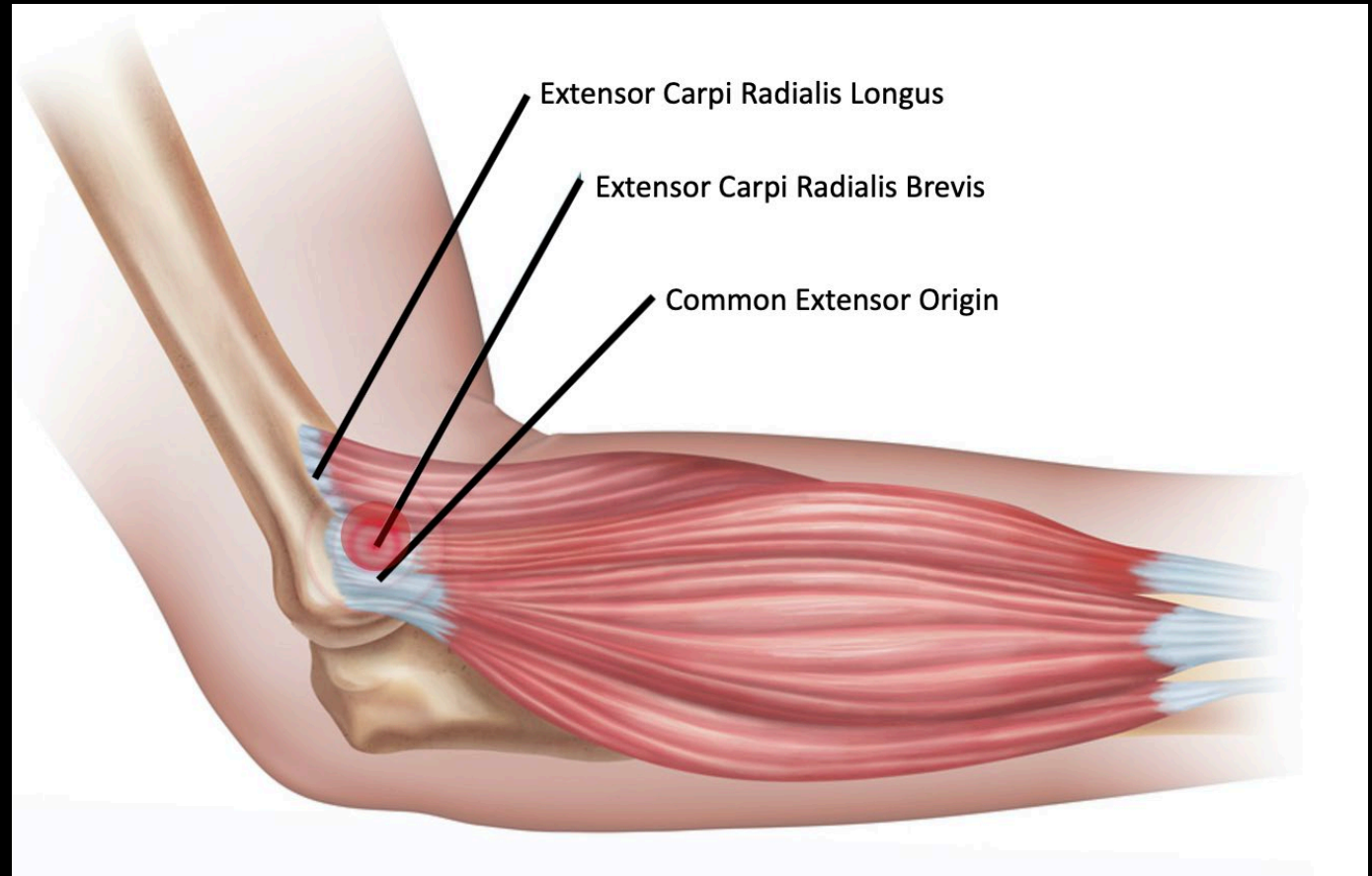
Table. Competitive Advantages of BioCell Collagen II[®] Compared to Other Collagen-based Products

	BioCell Collagen II [®]	Undenatured form	Hydrolyzed Collagen
Collagen type ¹	Hydrolyzed type II	type II	Hydrolyzed type I ?
GAGs (HA, chondroitin sulfate) ²	yes	no	no
Daily dose for clinical efficacy ³	1 -2 g	40 mg	10 g*
Hydrolysis for higher bioavailability	yes	no	yes
Molecular weight ⁴	1.5 - 2 kDa	macromolecules	~ 3 kDa*
Efficient Absorption	yes	unclear	yes
Chondrocyte stimulation ⁵	yes	no	yes
Inhibition of hyaluronidase ⁶	yes	no	no
Targeted tissues	joint and skin	joint	joint

- Lubrication-Improve lubrication and the cartilage structure of joints, making them tough and flexible.
- Protection- It acts as a cushion for bones. With its high lubricant effect, it resists compression and allows the joints and skin to bear weight, withstand force and abuse.
- Metabolism-HA carries nutrition to the cartilage and removes waste from joint capsule.

TREATMENT

- Laser therapy over lateral epicondyle 45 watt for 4 minutes
- IASTM and “pin and stretch” extensor carpi ulnaris brevis and pronator teres mm
- movement with cupping therapy
- Eccentric loading of forearm extensor mm



PIECES TO THE PIE

Linking up brain to body

How pain or altered function in
your body can affect your pain

How emotional trauma and stress
can effect your MSK system

Tying in biomechanics to
bioenergetics

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Bioenergetics

Making the world healthy—
physically, mentally,
emotionally, spiritually—
energetically!



Kristine Glein, MAOM, CPC

Kristine Glein serves as the Chief Growth Officer for Nutritional Frontiers and the World of Wellness. She is a conscious leadership executive who is focused on helping to transform and evolve our employees into game changing leaders. This yields increased performance, consistency, and alignment so they can continue to make a greater impact for our clients and to uphold the mission of Making the World Healthy.

As a 25+ year veteran corporate growth and turnaround specialist, her areas of expertise include marketing, sales, human capital development, education, operations, customer experience, and client retention.

Kristine has a Master's Degree in Organizational Management from the University of Phoenix, a Bachelor of Arts in Speech Communication from Bloomsburg University and is an ICA Certified Professional Coach. She is also the founder of SOUL INTELLIGENCE an energetic alignment system founded in the science of bioenergetics.

The World of Wellness Center in Pittsburgh has been a critical component in bringing the vision of Nutritional Frontiers to life.



Bioenergetics

Bioenergetics is the study of the connection between physical and emotional health. It's all about balance between mind, body, and spirit—our mental, emotional, physical, spiritual, and overall energetic health.

When we are physically healthy, we are able to cope with stress and emotions. When we are emotionally healthy, our bodies are able to better stay in alignment and function properly.

Just like we visit a chiropractor when we need a biomechanical adjustment. We need to energetically align our bodies, too.



Science Supports Bioenergetics

Bioenergetics has been around since the 1950s, in fact—Bioenergetic analysis was developed by Alexander Lowen, M.D. Lowen was a student of Wilhelm Reich, a psychoanalyst who believed and proved that physical ailments were rooted in unconscious psychic conflict.

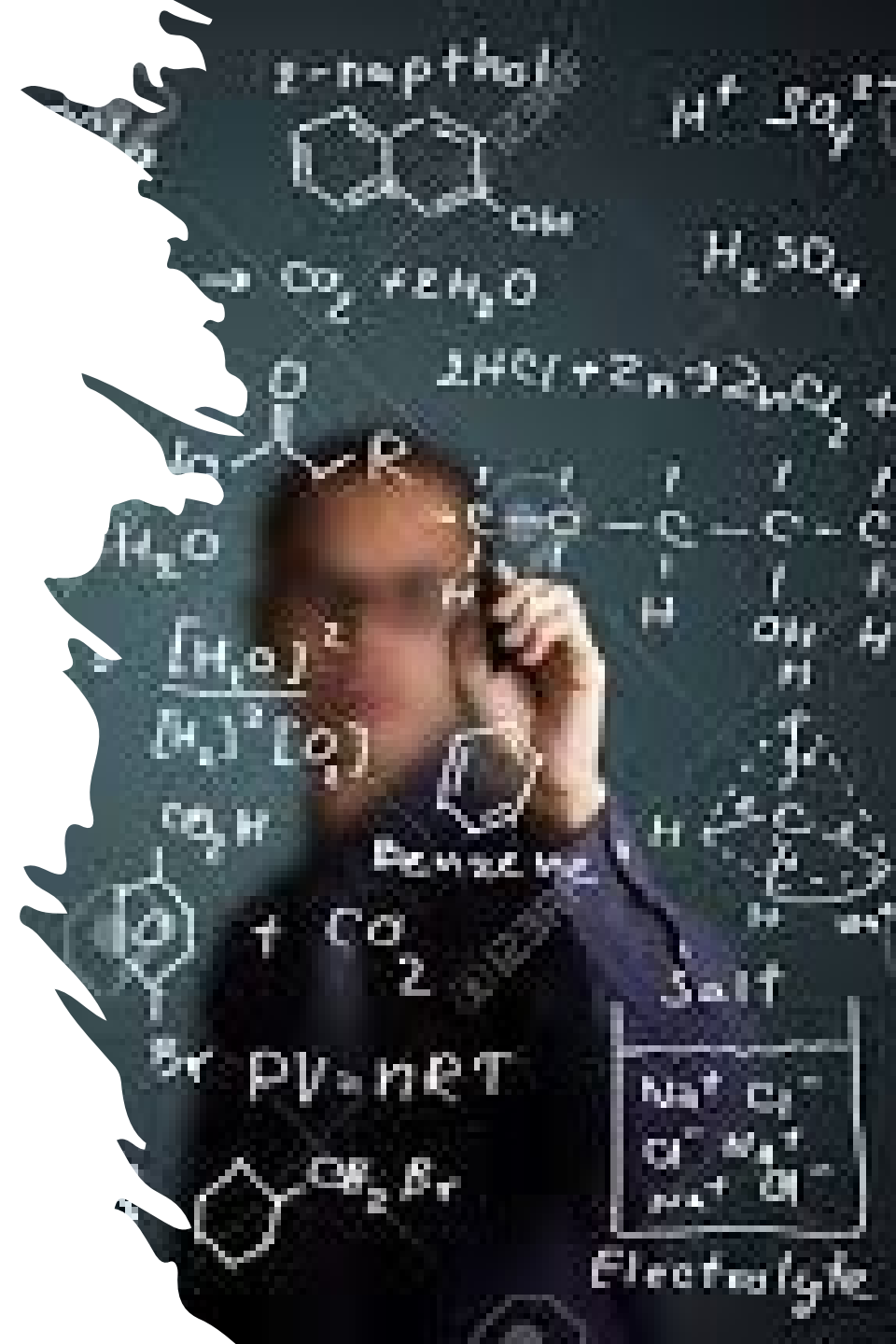
Lowen expanded on this idea, to include the notion that chronic stress could also lead to mental health issues.



Science of Bioenergetics

At the very basic level—everyone and everything is energy. We all know this from 7th grade science class. Right? We're all protons, neutrons, electrons buzzing around vibrating. We all have an electromagnetic field and we all are a part of the collective magnetic field.

E-motions are energy in motion, when energy gets stuck or pools within the body it starts to cause disease or a dissonance in the frequency—and that's when the trouble starts. The beginning of a condition that causes someone to visit the doctor.





Science of Bioenergetics

As you all know, our bodies are protein making machine. Every cell in our body except red blood cells make proteins. In order for a cell to make proteins, a cell has to be stimulated or regulated.

Our genes are essentially a library of potentials. And the latest research in the field of genetics, says genes don't create disease, it's the environment that signals the gene that that begins to create disease.

In fact, less than 1% of people are born w/genetic conditions—the other 99% is created from lifestyle, behavior, & choices. Go, functional medicine, go!

Epigenetics

So, let's talk about our inner environment and the correlations between our thoughts, emotions, and our physical body. Our inner environment is affected by our emotional state which is a key factor in sending signals that cause genes to upregulate or down regulate. The environment signals the gene and the end product of an experience is called an E-motion-(energy in motion).

When someone has an emotionally charged experience it begins to send the chemical emotional signal to their body. And it's that chemical emotional signal that begins to change the persons state of being.

The person's body and brain are now effectively operating in the past as that event has changed them biologically. What happens to most people is that they begin to create beliefs from their past experiences.



Trauma influencing gene expression



Highly charged emotional events can signal genes that begin to cause the body to change.

If people are living in the routine of the predictable future, or their memories associated to the emotions of their past experiences—they can't think or even to a greater degree, how they feel about those series of events in their lives—that routine has begun to influence their gene expression.

Why? Because there is no new information coming in from the environment. The repetitive negative thoughts in their thinking lead to self-limiting beliefs, the toxic emotions that they continue to feel lead to repetitive patterns—constantly sending the same information to the genes over and over again.

Trauma influencing gene expression



Once the gene has been signaled, and the person is constantly living out of homeostasis or out of balance—that imbalance becomes their new normal—and now the internal environment, the body is sending specific signals to the cells.

The cells are getting the same instructions. The same instructions produce the same proteins. The person begins to experience, ill health or dis-ease within the body, or a dissonance in the frequency and they come see you.



Quantum Healing

When you have an internal experience in your mind that carries an amplitude of energy, that's greater than the hardwired programs in your brain, and the emotional conditioning in your body—then you will become biologically changed for better or for worse. It's your choice how you react to the experience—positively or negatively. Emotional states change the internal mapping of your brain.

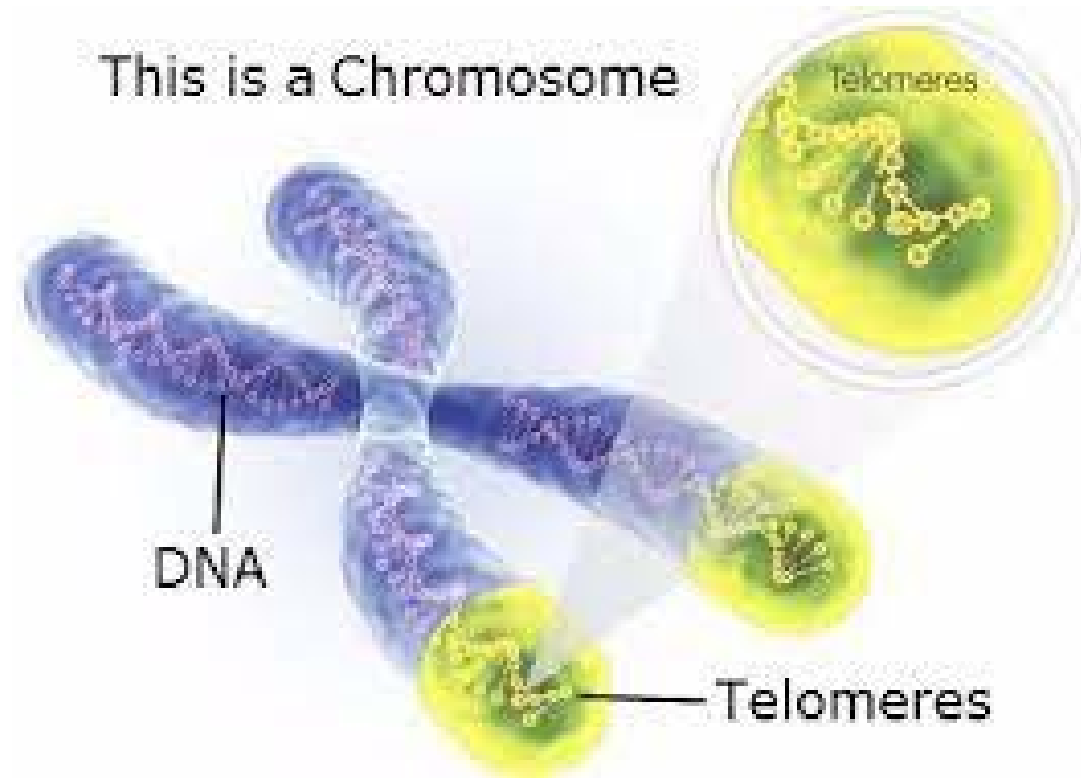
Your biology literally changes, or better yet, the past no longer exists. In essence you rewrite a new pattern, new information comes into the body. Energy influencing matter is a quantum phenomenon. We are quantum healers.

Longevity

And for all you anti-aging, healthy aging, longevity enthusiasts out there...you can extend your life by changing your internal state.

We can lengthen our telomeres with meditation and supplement support!

Biohackers! EnerDMG, SPMs, HA+, Prolean Greens, LivComplete.



Neuroscience Research



People with Type 2 diabetes were exposed to a very funny one-hour comedy show, where they laughed hard for an hour.

The experiment measured the before and after to see whether or not their genes up regulated.

Results—20 genes were upregulated just by people changing their mood!

So, by changing their internal state they were able to instruct new genes to up regulate and make new healthy proteins!

Prostate Cancer



Studies out of UCLA have shown that men with prostate cancer were able to upregulate new genes for health and down regulate those genes for disease by meditating daily for 60 days.

Not only that, but they also lengthened their telomeres and increased their longevity (their biological age vs. their chronological age).



Zen is the word

Neuroscientist Dr. Joe Dispenza held a four-day meditation retreat. People who attended were able to reverse serious health conditions in just 4 days! 4 days?! Let's get zen my friends!

When people begin to heal their genes they are up regulating new genes and down regulating other genes that create disease or imbalance. Proving that we are our own genetic engineers and not our genes.

So, how can you holistically affect the internal state of your patients and help them fully heal their chronic conditions?

Soul Intelligence Method (#SQ)

The SOUL INTELLIGENCE™ Method is a revolutionary healing system that gets to the root cause of chronic illness by addressing what's stuck and what energy is not in motion.

E-motion is energy in motion, and when energy is not in motion, that's when the trouble starts.

With my bioenergetic therapy, you can release physical, emotional, and mental tension that is truly the root cause of most of our problems.

Improve your patient outcomes and increase your practice profits with this new revolutionary modality.



Soul Intelligence Method (#SQ)

What makes the SOUL INTELLIGENCE™ Method different from other healing approaches is that it requires zero compliance for your patients.

They only need to show up and receive the healing, without reliving traumatic events of the past. (In-person or via Zoom!)

This makes it a more accessible and a less invasive option for those who may be hesitant to try other approaches.

It's like reiki on steroids—or at least a steroid bridge, or a very specific form of prayer.



The logo for SOUL INTELLIGENCE™ METHOD. The word "SOUL" is in a large, white, sans-serif font, with the letter "O" replaced by a white geometric mandala symbol. To the right of "SOUL" is the word "INTELLIGENCE" in a smaller, white, sans-serif font, followed by a trademark symbol (™). Below "INTELLIGENCE" is the word "METHOD" in a very small, white, sans-serif font, with wide letter spacing.

SOUL INTELLIGENCE™ METHOD

#SQ

If you're a busy healthcare professional already running a full practice and don't have the time to learn another modality—consider investing in a staff member who can learn the method and become certified.

If you're a doctor or healthcare professional seeking another revenue stream without doing the work yourself, I can connect you with certified practitioners who can do the work FOR YOU, while you get a commission.

The SOUL INTELLIGENCE™ Method offers you transformative power that has helped countless individuals achieve lasting healing and transformation.