



UNDERSTANDING THE PHYSIOLOGY OF THE FUNCTIONAL EVALUATION POINTS IN LINGUAL-NEURO TESTING

WHY these points exist - *Self-Selection of Necessary Nutrients*

Simply, our bodies tell us what we need. Our nervous system has the ability to identify foods useful to the body. To understand how the body communicates to us what it needs, we may observe the studies of self-selection of food by humans. In a study performed by C.M. Davis¹, fifteen children, when given the opportunity to choose from a large selection of natural foods with no outside influence, chose foods that provided the nutrition their bodies needed according to their biochemical individuality.

The children were studied for at least six months and up to four-and-one-half years, ranging in age from six months to eleven months when beginning the program. In one instance, a child with rickets chose cod liver oil every day until his blood calcium and phosphorus levels reached normal and x-rays showed the rickets had healed, and in another case, the child with the highest gastric pH chose a diet of much higher alkaline food than other children.² The studies showed that these children had insatiable appetites for cod liver oil.

The study implies that adult influence interferes with proper self-selection, and it is suggested that, in dealing with children with eating problems, parents allow children to self-select for three weeks, keeping track of what they select. In doing so in the study, initially, children indulged in certain foods, but ate a more balanced proper diet toward the end of the three weeks. Children allowed to omit a food, at will, usually do not develop a lasting dislike for it.

These studies show that we have intellectualized ourselves out of the food game. With marketing, health reports and the allure of convenience, we've desensitized our abilities to self-select our food. It is more difficult now to listen to our bodies with the bombardment of information as we believe it is food because of marketing, thus our rationale is based on intellect, not intuition. The points used in the functional evaluation rely on the body's innate ability to communicate what it needs to the practitioner in order to gain nutritional balance and overall wellbeing based on biochemical individuality. We assume that the body, removed from intellect, will intuitively select those nutrients necessary for optimal health.

HOW the points function in the body - *Lingual-neuro Testing*

In lingual-neuro testing, the taste buds are informing the brain, and the body reacts accordingly. Receptor cells in the taste buds generate impulses in the rostral parts of the solitary tract of the medulla oblongata. The solitary tract is a slender, compact fiber bundle whose primary sensory fibers convey information from stretch receptors and chemoreceptors in the walls of cardiovascular, respiratory and intestinal tracts³.

This information travels from the taste buds, through the solitary tract and on to point on the pons⁴ called the pontine taste area. From here the pathways extend to the lateral hypothalamic area, the autonomic





and endocrine control center. Next to the ventral posteromedial nucleus of the thalamus, then onto the sensory cortex (just below the face area). The lateral horn in the spine, where signals from the taste buds are received, has descending fibers proceeding directly to the organs. This is where the decisions are made reflexively by the body—in the central nervous system.

WHO developed the use of these points in functional testing? *Practitioners & Discovery of Reflexes*

Chapman—Neuro-lymphatic reflexes

Discovered by Frank Chapman, D.O., Chapman's reflexes are painful points located all over the body that, when palpated, he felt could lead to the healing of disease. In general, these reflexes are found in the soft tissue at various points along both sides of the sternum, the proximal head of the humerus, distal and proximal clavicle, occipital ridge, cervicals, ribs, scapula, thoracics, lumbar, sacrum, coccyx, pelvis pubic, fibula and medial head of the tibia.

Typically, when the condition involves an organ, the location where the autonomic nerve ganglion branches off the spinal column to the organ becomes one of the reflex points to be palpated. A given reflex is consistently associated with the same viscus; Chapman's reflexes are manifested by palpatory findings of plaque-like changes of stringiness of the involved lymphatic tissues. The lymphatic system bathes the muscle tissues with nourishment and cleans away toxic waste. When lymphatic flow is inhibited, normal muscle function is impaired often leading to pathology and disease. Stimulation of the Chapman's reflexes can produce a change in the lymphatic drainage of a particular organ promoting health of the organs.

Bennett—Neurovascular reflexes

In the 1930s, Terence Bennett, D.C. established neurovascular reflex areas which related to each organ of the body: the reflex points are either over the location of the organ or are reflexes from the organs. The reflex point is felt as a tight muscle and is usually sensitive to palpation. Bennett discovered that blood flow to the organs would be improved by gently touching certain points on the head and body, and interestingly, many of us use these classic points on the forehead when we cry or when we are stressed—we automatically touch these points, and by doing so, we bring the blood from the back of the brain (the logic centers) to the forebrain, (the emotional centers) which diffuses stress.

Riddler—Nutritional reflexes

The Riddler Reflex technique is another system that utilizes nutritional reflex points on the body, but uses them to determine specific nutritional deficiencies. Robert Riddler, a chiropractor, tested various trigger points then tested the points after giving the patients various nutrients. For instance, he tested a trigger point in the corner of the left collar bone for tenderness and muscle weakness, introduced Vitamin C to the system, and the muscle strengthened and tenderness went away. This was an indication of Vitamin C deficiency which is improved with Vitamin C supplement.





Ultimately, Riddler categorized every point as a relationship to a nutrient. For example, the point one anatomical inch inferior and lateral to the ziphoid process on the left side of the body is known as the Hydrochloric Acid (HCl) point and responds to the introduction of hydrochloric acid. The Enzyme Point, one anatomical inch inferior and lateral to the ziphoid process on the right side of the body, responds to the introduction digestive and pancreatic enzymes.

Perspective

All the lower animals and all mammals except humans use their innate senses to determine what to eat and when. Wild mountain goats have been observed eating arnica plants after they have injured themselves falling. Dogs eat green grass when they are sick. Humans still have the innate ability to choose. Again, we've intellectualized ourselves out of the game, and our senses have been tainted by the imprint of chemicals and additives in our food. "I can't believe it's not butter." Well our autonomic nervous system can believe it. Just lingual-neuro test it against the liver reflex or the fatty acid reflex or the heart reflex. Lingual-Neuro testing will reveal that not only is it not butter, it's actually toxic.

Although Lingual-Neuro seems almost mystical to some people, the neurology behind it and the fact that the body has this ability to delineate among nutritional needs are totally logical and consistent with the sciences we know and understand. The ability to use Lingual-Neuro testing provides the Nutritional Therapists with a tremendous tool to access nutritional needs with respect to the biochemical individuality of their clients.

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- 1 Davis, C.M. "Self selection of diet by newly weaned infants –an experimental study, Am J Dis Child, Vol 36, No 4 (Oct 28, 1928).
 - 2 Walther. David. Applied Kinesiology, p. 126
 - 3 The digestive system is extraordinarily reflexive: viscerosensory (between organs and senses), visceroglandular (between organs and glands), visceromuscular (between organs and muscles), viscerovascular (between the organs and the blood).
 - 4 A rounded eminence off the ventral surface of the brainstem. The origins of cranial nerves V, VI, VII and VIII are at the border of the pons (Online Medical Dictionary, Centre for Cancer Education, University of Newcastle on the Tyne.)

