

HEART AND BRAIN INTEGRATION: A NEW, UNIFIED APPROACH

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Abstract: Recently Dr. Goodheart has developed a procedure called "second brain" which dramatically improves circulation by normalizing some heart parameter(s). Here an individualized testing scheme demonstrates that an integration of the heart or second brain is actually occurring. Furthermore, a less stressful correction-- a simple exercise--is revealed whereby a subject can integrate his own heart hemispheres. These methods are shown to follow from the Rochlitz Aldehyde Dyslexia Hypothesis (RADH). Any muscle/meridian/organ can undergo an Aldehyde Balance. If there are hemispheres, integration intrinsically occurs.

The human circulatory system contains many unsolved riddles, such as the lack of unison among the four heart valves and wrist pulses that differ from heartbeats. Soviet research indicates the heart has holographic or "second brain", regulatory functions. Western researchers see the heart as an endocrine organ, not just a pump. Briefly, from Drs. Goodheart and Deal: The Goodheart technique is appropriate for chronic conditions and should be used only when needed to avoid any possible negative consequences. Testing is as follows. If an indicator muscle (in an area of circulatory difficulty) weakens upon counting or humming, a "heart-as-brain" problem exists. Correction is made by thumping, front and back, over the appropriate heart hemisphere. Right if weak on hum, left if weak on count.

At the July, 1985 TFH Convention, the author immediately realized a different approach. There are several reasons for alternative testing and correcting. 1. It is not individualized enough to assume everyone has count/hum in the left/right hemisphere, respectively. 2. The correction may cause harm to the ribs, especially in older women. 3. There should be a procedure which can not possibly cause circulatory harm and which the subject can perform on himself.

Now in Human Ecology Balancing Sciences (HEBS), dyslexia has been attributed to the effects of formaldehyde and acetaldehyde on the corpus callosum--the RADH.^{2,3} We postulate, analogously, that the heart hemispheres are "dis-integrated" also by the aldehydes. Here the septum between the heart valves would be equivalent in function and possibly dysfunction to the corpus callosum. (Of course, causes other than aldehydes may be found, someday.)

One can test for a "switched-off" or "dyslexic" heart in two ways. 1. A weak response when the aldehydes are held over a heart hemisphere indicates that hemisphere is switched-off. This is analogous to the HEBS dyslexia testing scheme. 2. Place 5 fingers over the heart. (The hand over the heart tells the "biocomputer" that we're assaying heart, not brain, integration.) This should test string. Next, hold up an "X". If weak, the heart or second brain needs integration. One can even determine the "Heart Fitness Energy Level" out of 40. Also, as noted by Margaret Hewes, R.N., there should be muscles that are homolateral to the "second brain". (See the HEBS correction below.) Often, the right heart is switched-off, apparently.

Now for the correction. As with brain integration, there are probably an infinite number of ways of doing this. Again, first the theory. The RADH states that brain integration occurs when there is simultaneous innervation of the corpus callosum, gestalt brain hemisphere and liver;organs or meridians. The Dennison Laterality Repatterning is seen to work because of the action of the hand touching the opposite knee. (A Frank Mahony suggestion.) This works not because it crosses the midline, but rather because it activates the rhomboids (liver) muscle. Also the supraspinatus (brain) is activated. Likewise, to achieve heart integration, a rotation to the opposite side-- to innervate the rhomboids--while employing the subscapularis muscle will do the trick!!

More explicitly, the correction is as follows. You TFHers recall that the subscapularis muscle is tested⁴ or employed by bringing the elbow to the level of the shoulder, with the hand down in the plane of the rest of the body. Then simply rotate the wrist (and arm) upwards. Now do this in cross-crawl fashion. First, with the hand vertically down, rotate the elbow to the midline. This is just a rotation at the shoulder. Next, at the midline, employ the subscapularis--flick the wrist and arm to the horizontal. Do the latter, while bringing up the opposite knee. Do both sides, of course. This would probably test weak, until you add a hum or look opposite to the side that is switched-off. HEBS utilizes the humming because it will automatically access the gestalt hemisphere without the need to even determine which half is switched-off! This should finally test strong. Make it flow, you can play music. Repeat about 10 times. Then, without humming, continue this exercise with the eyes going around a circle completely one way, then the other.

This should switch-on or integrate or repattern the heart hemispheres! As a corollary of the RADH, it also integrates for the first time, the brain hemispheres too! In HEBS, it is called the Rochlitz Simultaneous Heart and Brain Integration Exercise. You will note there is no "extinguishing of the homolateral" phase. Neither does the author perform it for brain integration exercise. This is an error. The author, all along, noted that very healthy people test strong on both "X" and "||"; as do people after receiving full body Candida and Aldehyde Balances. This was confirmed by conversations with Frank Mahony. (Heart Integration can also be achieved intrinsically by the latter balances, if tested first.)

Note: Many people, when first told to perform the Dennison Repatterning, swing their hands over with their elbows high! The author believes this is the innate wisdom of the body attempting to integrate the heart hemispheres--probably a priority. Unfortunately, until this work, the subject was usually talked out of this variation?!

Before and after testing of blood pressure in the extremities and range-of-motion testing, e.g. leg abduction, indicate increased blood and nerve energy "flow" throughout the body. I have seen systemic blood pressure normalize after this correction. Sometimes it is immediate, but it may take several days with concomitant dietary restrictions of monoamine foods (aged or fermented foods, citrus, beans, chocolate, coffee, bananas, etc.) It has worked wonders on every M.S. client who received it. One client, had her leg unswell in seconds after the Exercise and was able to walk normally for the first time in 15 years. (She had previously received brain integration.) Caution--since this is an exercise, if one is so compromised cardiovascularly as to have problems with it--it may be wiser here to perform the Goodheart correction. Either way, the aldehydes or the "X" should test strong on the heart.

As always, how long this correction lasts depends on ascertaining and avoiding or eliminating the cause. With formaldehyde and acetaldehyde (presumably from Candida), this can be a very complex issue. Full body balancing for these substances will be of great benefit.

This brings up the issue of the ecologically ill or multiple allergy/Candidiasis sufferers. It is the author's hypothesis that much of the unfolding of illness in these people begins with the loss of (or lack of ever attaining) brain and heart integration. As the nervous system interacts with the immune system, immunological disorders can ensue or, more likely, worsen, from lack of brain integration. And circulatory problems can arise from lack of heart integration. Both can now be reversed (with the same exercise). Many ecologically ill people have cold hands and feet and often look pale. (Does this ring a bell regarding your young, dyslexic clients?) With these symptoms, many find their physicians prescribing thyroid medication even though thyroid blood tests are normal. I have found the cold hands and feet often revert to normal after the correction. Cardiac arrhythmia can improve too. Mine certainly did--this was the impetus for my devising the exercise in the first place.

The author believes there is an intrinsic, homeostatic hierarchy in the body. As loss of heart integration is more immediately necessary for survival, it would likely occur after loss of brain integration. So you may see many, young, otherwise-healthy dyslexics who haven't yet lost heart integration. But I would suspect the majority of those without heart integration, also do not have brain integration. It may take a greater blood level of aldehydes (and/or other mediators) to affect heart

integration (fortunately).

Some final observations now. Even after the exercise allows for integration, its continued use can lead to further improvement. Examine carefully the marching of Soviet troops. They march cross-crawl fashion, but more precisely, they flick the arm in subscapularis manner!! Returning to Homolateral Muscles (discovered by Paul Denison), this new work leads to a vast improvement here too. Instead of correcting brain and heart homolateral muscles separately, do them both at the same time by cross-crawling in the subscapularis manner rather than "over to the opposite knee". Also, I believe nerve impulses are improved with this Heart and Brain Integration Exercise. The M.S. client discussed above had sensation return to her foot after 15 years.

Lastly, if this work is correct, it implies any muscle/meridian/organ may be affected by aldehydes. If the organ has hemispheres (like the brain and heart), the aldehyde balance intrinsically allows for integration to occur. If there are no "hemispheres", various negative states should be corrected nonetheless. Thus any muscle/organ can be "repatterned" by using it with cross-crawl, hum and rhomboid activation!

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References

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