

Test for Hormone Imbalance

by S.J. Schultz, DC

- I. When and how to test for hormone imbalance.
 - A. When to test for imbalance.
 1. Each time the season changes.
 2. A week before the full moon or the menstrual cycle.
 3. If you are having mood swings or unstable emotions.
 4. When the world is wrong and you are right.
 - B. How to test for any imbalances using any strong indicator muscle.
 1. Patient puts one hand on the forehead so testor can test against the pituitary. Then, either one touches the other points for testing.
 2. Test each gland listed below for over and under functional energy (use the alarm point to test for over). If any gland tests weak, do all the correcrtions.
- II. What to test against pituitary.
 - A. Pineal - Emotion: Unsettled, want to move or leave, migratory feeling, seems to have cycles of 3/6/9/12.
Circuit localizing point (CLP): baby's soft spot on top of the head.
 - B. Pituitary - Emotion: Can't focus, feel abandoned, uncaring, self-destructive, suicidal, "so what".
CLP: forehead, (can test this alone as well as against the others).
 - C. Thyroid - Emotion: Cry easily, discouraged, depressed.
CLP: lower throat.
 - D. Liver (regulates estrogen & progesterone) - Emotion: Anger, rage, "work-a-holic"
CLP: lower right ribcage.
 - E. Pancreas/Spleen - Emotion: Compulsive eating
CLP: lower left ribcage.
 - F. Kidney - Emotion: Fear, withdrawal, "leave me alone".
CLP: Over each kidney on patient's back.
- III. Corrections for horomone imbalance.
 - A. Achilles' heel: With two fingers of each hand, firmly hold the Achilles' heel. Breathe in. Counting to seven so it will work faster.
 - B. Liver points: Tap the point (three fingers below the knee and just to the inside of the leg) with the knuckle, gently 30 times.
 - C. Head Pull: Overlap both hands in hollow at base of skull(nape). Pull forward and upward gently as you count to 3. Count to 3 again as you release. Do 4 times.
 - D. Pituitary pump: Place heel of hand on forehead of patient and whole hand on the nape of the neck. Firmly squeeze as patient breathes in deeply, and release as patient breathes out. Repeat 3 times.
 - E. Foot reflexology point; massage the big toe.
 - F. Recheck any gland that showed weakness. You can also rub any weak points, except the lymphatics on the chest of a nursing mother, unless you intentionally want to dry up her milk.

IV. Nutritional Corrections:

	OVER	UNDER
Pineal	digestive aid with pepsin & chloride	hypothyroidic concentrate
Pituitary	magnesium	vitamin B6
Thyroid	chromium or GTF	thyroid glandular with kelp
Liver	B vitamins	vitamin A
Pancreas	pancreatrophin	GTF
Kidney	protein enzymes	protein enzymes

S. J. Schultz, Chiropractic Physician
Specializing in Injuries and Proper Diet
4200 N. Cloverleaf, Ste K, St. Peters, MO 63376