

## Neurotransmitters and AK (Based on the book, “Edge Effect”, by Eric Braverman, M.D.)

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First of all, we as Kinesiologists are working every day with the nervous system. We work tirelessly to release our patient’s innate potential for optimal function. We do this, as you all know, through a variety of techniques. However, we are all

working against patterns and compensations which may very well be as old as our patient. The nature of these patterns are structural, emotional, chemical, and above all, neurological, and that is why we are Kinesiologists. So in the hierarchy of our nervous system the brain rules supreme. If we can successfully recruit the brain in helping us reduce interference, then our results could be dramatically better.

We live in the information age. All of us work hard just to keep up with the latest information in our field and things that affect our daily lives. And the information just keeps coming faster. I see the results of this pace in my practice every day. We stay in sympathetic overdrive and people are either anxious or depressed and we are one of the many places they go looking for answers. Some people, as always, just need a little AK and some sound advice and they are on their way. On the other hand, far too often, people need a whole lot more. This is one of those pieces of the jigsaw puzzle that can be of enormous benefit to you and your patients.

The major premise of this paper is that if we restore proper balance of the four primary chemical messengers or neurotransmitters we can restore or create whole body well-being. Or as we Kinesiologists like to say, take the body

out of dis-ease. The four neurotransmitters are *dopamine*, *acetylcholine*, *GABA*, and *serotonin*. Each of these has its own significant properties and actions and it is possible to have a deficiency or excess. We will address some of the likely reasons for imbalance including chemical, nutritional, hormonal, emotional, and electromagnetic.

Another concept we will discuss in some detail is dominance. Each of us has a genetic or inherited dominant neurotransmitter and this contributes to our personality and general behavior. Once you and/or your patient discover this you are on your way. You simply go to the indicator that is your dominant neurotransmitter by putting your hand over the appropriate skull bone. This will show tendencies for your personality, types of illnesses to which you are likely to be predisposed, hormonal imbalances you may have, foods you may crave, foods and supplements that are best for you, drugs that may benefit you, and so on. This information is exciting as we are all very curious and love to learn more about ourselves. Almost everyone I have tested this on gets very involved and excited to learn more about themselves. As an example, I had a patient who was acetylcholine dominant and according to our findings, this patient should crave fat, especially if they are deficient, which is the case and has been, off and on, their whole life.

These four neurotransmitters are associated with four different skull bones. Which one is out of balance can be detected with the edge of a monopolar magnet as opposed to the dominant neurotransmitter, which can be detected with the palm of your hand. The nutrients used for a chemical correction are pretty much adaptogens, meaning that they

help whether the neurotransmitter is in excess or deficient. After you find the skull bone indicator with the edge of the magnet, now you can use the North side of the magnet to show a deficient condition. You can use the South side of the magnet to show an excess condition.

The following chart can be used to help determine which nutrient is needed:

DOPAMINE - FRONTAL - TYROSINE

ACETYLCHOLINE - PARIETAL  
- PHOSPHATIDYL CHOLINE

GABA - TEMPORAL - GABA

SEROTONIN - OCCIPUT - TRYPTOPHAN

I will give you the basic breakdown of each neurotransmitter and its major nutrient, but this will in no way do justice to the amount and quality of information available in the book.

**Dopamine** is associated with high-voltage beta waves from your brain and affects the power of your body and mind. With normal levels you are powerful and quick with fast reflexes. These people are doers; they know what they want and how to get it. They are usually less comfortable with emotions and feelings. If in excess, this nature can become too intense, aggressive, driven, and possibly violent. In deficiency, this person will feel less energetic, less powerful and have trouble thinking clearly. The best nutrients for this nature are **phenylalanine** and **tyrosine**.

If you are an **acetylcholine** nature, you are adept at working with your senses and view the world in sensory terms. You are highly creative and open to new ideas. If in excess, you can be in danger of giving too much of yourself away

or becoming paranoid. If a deficiency occurs you cannot react as well to sensory stimuli and you become forgetful and lose some working memory. The major nutrients for support are **choline** and **phosphatidyl choline**.

The **GABA** nature is calm and steady. If this is your nature you are very dependable and you thrive on and create organization. If an excess occurs you will become more dependent on your spouse and authority figures and pay too much attention to the judgment of others. When there is not enough available you become anxious, nervous, and irritable. Two nutrients that may be helpful are **inositol** and **GABA**.

Finally, the **serotonin** dominant is characterized by enjoyment and a sense of fun. You are usually flexible and live in the moment. In excess, this person feels inferior, inadequate, shy, sad, and fearful. In the case of not enough **serotonin** this person will lose their ability to recharge their brain. They are unable to get a restful sleep and are over-tired. **Calcium** and **fish oils** are the main supplements to strengthen **serotonin**.

In conclusion, this paper offers a how-to-guide for you and your patients to help support one of the most important and complex organs in the body. One of the things I like most about his book is the fact that tests are included that the reader can take and get individual results. It makes the book much more practical and meaningful. I have used this technique in my practice for almost one year now and have had great success with some otherwise very difficult patients. The last third of the book rehashes the same information, only focuses on memory which can also be helpful. I hope you find this informative and relevant for yourself and your patients.

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## References

1. "The Edge Effect", by Eric Braverman, M.D.
2. *Knights of the Roundtable* presentation by Hans Wakeman, D.C., February 2006