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PTSD IN K.B.C.

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Con la presente dichiaro di essere l'unico autore di questo progetto / tesi e che il suo contenuto è solo il risultato delle letture e delle ricerche che ho fatto.

Sommario

Cap 1

Holistic science

I - definition

II - history

III - holistic view of health

Cap 2

Biological consecutive medicine

I - Psychoneuroimmunology P.N.E.I.

II - Chronobiology

III -The Three Basic Cycles of Chronobiology

IV - Phytotherapeutic remedies in M.B.C.:

- Citoyang,
- reayang,
- actiyin,
- shuessler salt,
- nutri puntura,
- oligoelementi,
- Vitamins,
- Bach flowers,
- Micoterapia

Cap 3

KBC , consecutive biological kinesiology

I - Muscle Test

Cap 4

Case Study:

I - What is PTSD

II - Who is Matt?

1th session

2nd session

3rd session

4 th session

5 th session

6 th session

7 th session

Last session

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Abstract:

In This 18 years of study, research and work I have experimented several "medicines", some closer to the traditional allopathic, others more related to philosophical-religious areas such as the Oriental ones.

They all enriched my personal and cultural baggage, allowing me to grow beyond the purely professional dimension.

All have also left open questions that have stimulated my continual research.

This work was an important goal for me because it gave a sense to different knowledge, disciplines that seemed seemingly far and that I could bring together here.

Allopathic Medicine has developed a highly specialised work system, which has greatly improved the quality of life.

It is also true that never as now, is emerging the need to look at person in its entirety, made of body, mind, spirit.

Hence the need to go beyond the symptom and conceive the body as an ecosystem that can renew itself.

by This view the therapist's work cannot be to possess "care" because the same symptoms may have different causes and developments, but stimulate the system to activate its own resources to get out of the conflict.

I hope that over the years it increases the collaboration between different professional figures with the same common goal of improving health.

A special thanks to my children, masters of unconditional love and glory, my guardian angel.

CHAPTER 1

Holistic science

Holism in science, or holistic science, is an approach to research that emphasizes the study of complex systems. Systems are approached as coherent wholes whose component parts are best understood in context and in relation to one another and to the whole.

It follows that the two dominant characteristics of the holistic science are commitment to a multidisciplinary approach (where multiple biological, psychological and social factors were seen as interlinked) and an emphasis on the study of problems that involve complex interactions among their constituent parts.

CAM is an abbreviation of complementary and alternative medicine. It has also been called sCAM or SCAM with the addition of "so-called" or "supplements". The words balance and holism are often used, claiming to take into account a person as a "whole", in contrast to the supposed reductionism of medicine.

History

The history of alternative medicine refers to the history of a group of diverse medical practices that were collectively promoted as "alternative medicine" beginning in the 1970s, to the collection of individual histories of members of that group, or to the history of western medical practices that were labeled "irregular practices" by the western medical establishment. It includes the histories of complementary medicine and of integrative medicine. Before the 1970s, western practitioners that were not part of the increasingly science-based medical establishment were referred to as "irregular practitioners", and were dismissed by the medical establishment as unscientific and as practicing quackery. Until the 1970's, irregular practices became increasingly marginalized and categorized as fraud, whilst western medicine increasingly incorporated scientific methods and discoveries, and had a corresponding increase in success of its treatments. In the 1970s, irregular practices were grouped with traditional practices of nonwestern cultures and with other unproven or disproven practices that were not part of biomedicine, with the entire group collectively marketed and promoted under the single expression "alternative medicine".

Use of alternative medicine in the west began to rise following the counterculture movement of the 1960s, as part of the rising new age movement of the '70s. This was due to misleading mass marketing of "alternative medicine" being an effective "alternative" to biomedicine, changing social attitudes about not using chemicals and challenging the establishment and authority of any kind. It also changed the sensitivity towards giving

equal measure to beliefs and practices of other cultures (cultural relativism), and grew frustration and desperation of patients on the limitations and side effects of science-based medicine.

At the same time, in 1975, the American Medical Association, which played the central role in fighting quackery in the United States, abolished its quackery committee and closed down its Department of Investigation. By the early to mid 1970s the expression "alternative medicine" came into widespread use, and the expression became mass marketed as a collection of "natural" and effective treatment "alternative" to science-based biomedicine. By 1983, mass marketing of "alternative medicine" was so pervasive that the British Medical Journal (BMJ) pointed to "an apparently endless stream of books, articles, and radio and television programmes which urge on the public the virtues of (alternative medicine) treatments ranging from meditation to drilling a hole in the skull to let in more oxygen". In this 1983 article, the BMJ wrote, "one of the few growth industries in contemporary Britain is alternative medicine", noting that by 1983, "33% of patients with rheumatoid arthritis and 39% of those with backache admitted to having consulted an alternative practitioner".

By about 1990, the American alternative medicine industry had grown to a \$27 billion per year, with polls showing 30% of Americans were using it. Moreover, polls showed that Americans made more visits for alternative therapies than the total number of visits to primary care doctors, and American out-of-pocket spending (non-insurance spending) on alternative medicine was about equal to spending on biomedical doctors. In 1991 Time magazine ran a cover story, "The New Age of Alternative Medicine: Why New Age Medicine Is Catching On". In 1993, the New England Journal of Medicine reported one in three Americans as using alternative medicine. In the same year, the Public Broadcasting System ran a Bill Moyers special, *Healing and the Mind*, with Moyers commenting that "...people by the tens of millions are using alternative medicine. If established medicine does not understand that, they are going to lose their clients."

Another explosive growth began in the 1990s, when senior level political figures began promoting alternative medicine, investing large sums of government medical research funds into testing alternative medicine, including testing of scientifically implausible treatments, and relaxing government regulation of alternative medicine products as compared to biomedical products. Beginning with a 1991 appropriation of \$2 million for funding research of alternative medicine research, federal spending grew to a cumulative total of about \$2.5 billion by 2009, with 50% of Americans using alternative medicine by 2013.

In 1993, Britain's Prince Charles, who claimed that homeopathy and other alternative medicine was an effective alternative to biomedicine, established The Prince's Foundation for Integrated Health (FIH), as a charity to explore "how safe, proven, complementary therapies can work in conjunction with mainstream medicine". The FIH received government funding through grants from Britain's Department of Health. In 2008, London's *The Times* published a letter from Edzard Ernst that asking the FIH to recall two guides promoting alternative medicine, saying: "the majority of alternative therapies appear to be clinically ineffective, and many are downright dangerous." In 2010, Brittan's FIH closed after allegations of fraud and money laundering led to arrests of its officials.

In 2004, modifications of the European Parliament 's 2001 Directive 2001/83/EC , regulating all medicine products, were made with the expectation of influencing development of the European market for alternative medicine products. Regulation of

alternative medicine in Europe was loosened with "a simplified registration procedure" for traditional herbal medicinal products. Plausible "efficacy" for traditional medicine was redefined to be based on long term popularity and testimonials ("the pharmacological effects or efficacy of the medicinal product are plausible on the basis of long-standing use and experience."), without scientific testing. The Committee on Herbal Medicinal Products (HMPC) was created within the European Medicines Agency in London (EMA). A special working group was established for homeopathic remedies under the Heads of Medicines Agencies.

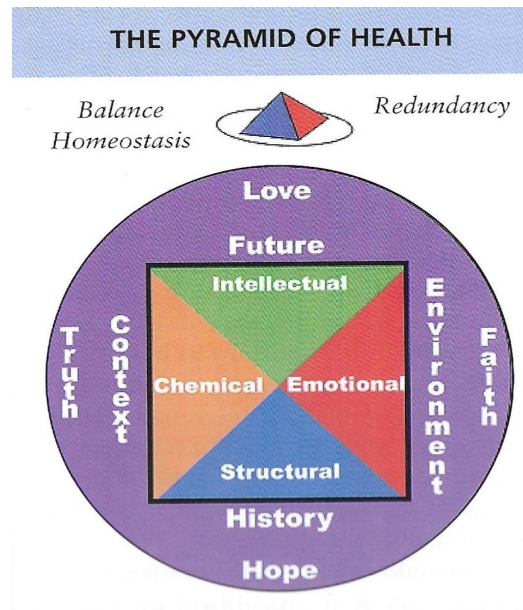
Through 2004, alternative medicine that was traditional to Germany continued to be a regular part of the health care system, including homeopathy and anthroposophic medicine. The German Medicines Act mandated that science-based medical authorities consider the "particular characteristics" of complementary and alternative medicines. By 2004, homeopathy had grown to be the most used alternative therapy in France, growing from 16% of the population using homeopathic medicine in 1982, to 29% by 1987, 36% by 1992, and 62% of French mothers using homeopathic medicines by 2004, with 94.5% of French pharmacists advising pregnant women to use homeopathic remedies. As of 2004, 100 million people in India depended solely on traditional German homeopathic remedies for their medical care. As of 2010, homeopathic remedies continued to be the leading alternative treatment used by European physicians. By 2005, sales of homeopathic remedies and anthroposophical medicine had grown to \$930 million Euros, a 60% increase from 1995.

Since 2009, according to Art. 118a of the Swiss Federal Constitution, the Swiss Confederation and the Cantons of Switzerland shall within the scope of their powers ensure that consideration is given to complementary medicine.

By 2013, 50% of Americans were using CAM, however, CAM medicinal products in Europe continued to be exempted from documented efficacy standards required of other medicinal products.

Holistic view of health

Health is an experience of well being (physically,mentally,emotionally,spiritually,socially) integrated in the whole person. We can represent the holistic model of health using a four-sided pyramid comprised of and supported by 12 equally important facets. Each side reflects qualities that are equally vital to the integrity of the whole:



-structural (posture)

-chemical(the metabolic,physiological functions)

-intellectual (concius and subconcius)

- emotional (feeling,moods,responses,reactions that interpret experiences)

although each of these aspects exhibits distinct properties,they are continuously interacting and thus affecting one another. When there is an imbalance in one aspect there is a corresponding imbalance in every other aspect.

Surrounding the pyramid are four external aspects that have deep effects upon our experience and all aspects of our being:

-history: includes our personal life story,the genetics of our family, cultural and political histories of our communities and nations. negative experiences can create limitations or uncomfortable adaptations. Our lives can be shaped by the group's fundamental assumptions, which direct our perceptions.

-context :situations and background that surrounds the content of the individual. As lived life it can includes being injured or having an illness from situations such as a war or a terrorist attack.

-Environment: natural (biological) and social (family,community) environment. driving behind toxic, or smoking vehicles can really knock us out of balance. working with no organic forms of living plants or animals may lead a deficient of energy. The type of interaction we have with other human beings is a powerfull aspect of our physical, emotional, and spiritual health and energetic balance.

-Future: involves the recognition that our perceptions of our life today and in our past, may be influenced by our outlook, and hopes and dreams for the future. we can be frustrated, blocked in actions, or feeling past failures. we can be affected by our attitudes and expectations.

The core beliefs and spirituality represent the unbending basis your life is build upon. For this reason they become the base of the pyramid and they are our inner value and philosophy toward the nature of our reality and express how truth, faith, hope, love direct our lives and purpose from within.

CHAPTER 2

Biological consecutive medicine

KBC

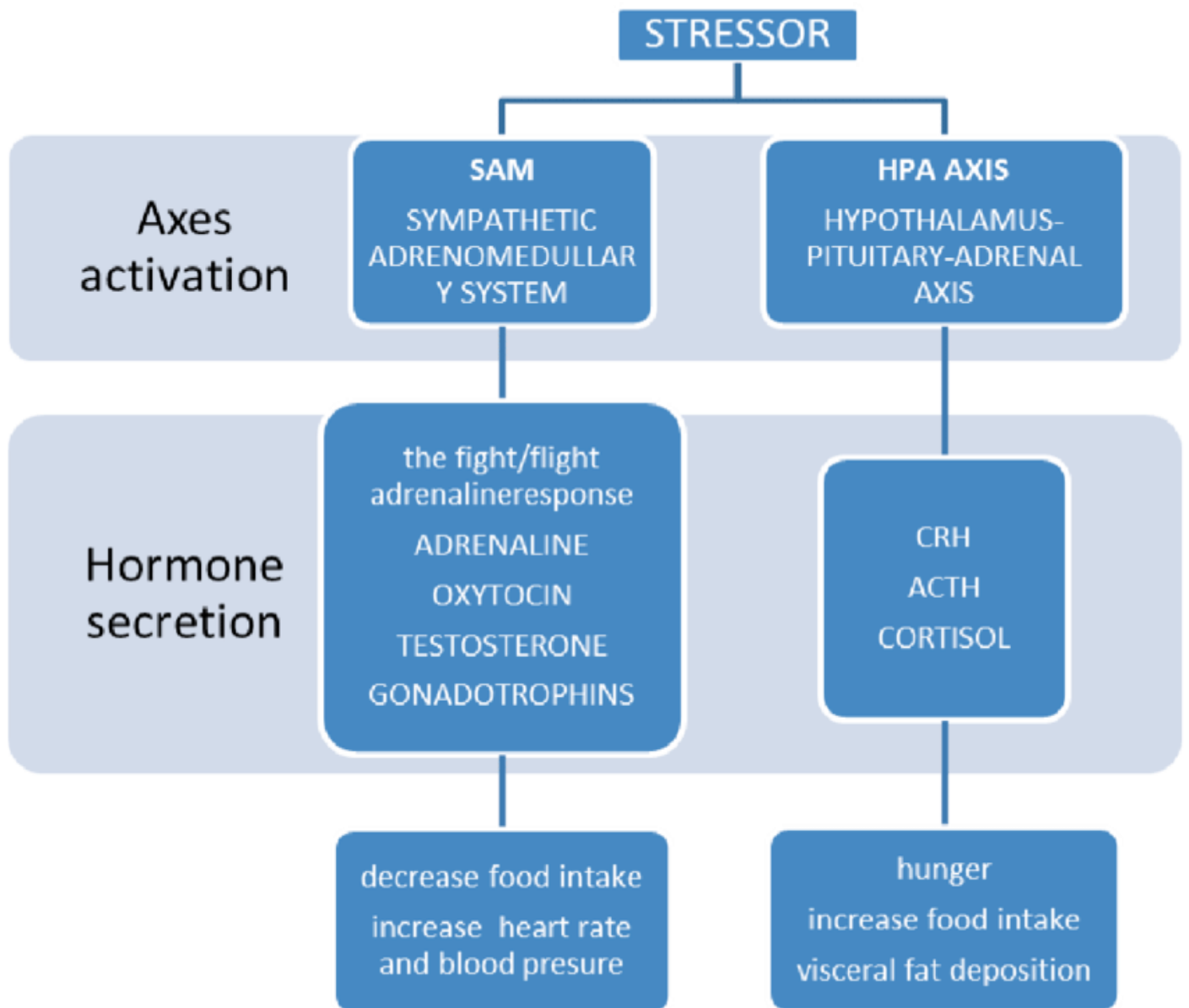
Within the holistic panorama a new therapeutic concept is distinguished, which allows the simultaneous use of different healing approaches. MBC or consecutive biological medicine is the synthesis of an integrated and synergistic medicine of consecutive therapy, biological medicine and systemic phytotherapy.

It combines the secular experience of traditional Chinese medicine and ayurvedic indian medicine with the adjustment of P.N.E.I. and the use of vegetable substances that mimic specific molecules of our organism, activating cells with a signal.

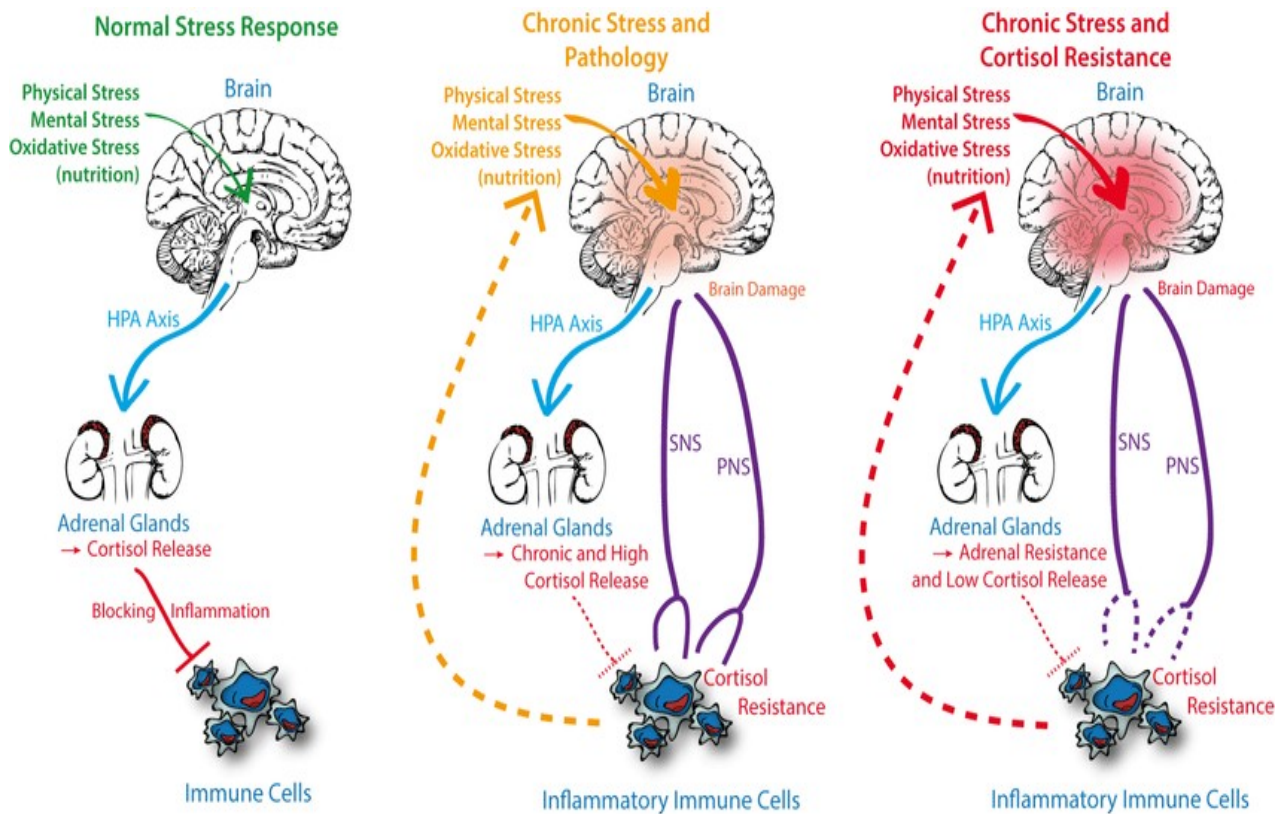
Psychoneuroimmunology P.N.E.I.



Psychoneuroimmunology (PNI), also referred to as psychoendoneuroimmunology (PNEI) or psychoneuroendocrinoimmunology (PNEI), is the study of the interaction between psychological processes and the nervous and immune systems of the human body. PNEI takes an interdisciplinary approach, incorporating psychology, neuroscience, immunology, physiology, genetics, pharmacology, molecular biology, psychiatry, behavioral medicine, infectious diseases, endocrinology, and rheumatology. The main interests of PNI are the interactions between the nervous and immune systems and the relationships between mental processes and health. PNI studies, among other things, the physiological functioning of the neuroimmune system in health and disease; disorders of the neuroimmune system (autoimmune diseases; hypersensitivities; immune deficiency); and the physical, chemical and physiological characteristics of the components of the neuroimmune system in vitro, in situ, and in vivo. The immune-brain loop : Cell signaling networks and Signal transduction. PNEI research looks for the exact mechanisms by which specific neuroimmune effects are achieved. Evidence for nervous-immunological interactions exist at multiple biological levels. The immune system and the brain communicate through signaling pathways. The brain and the immune system are the two major adaptive systems of the body. Two major pathways are involved in this cross-talk: the Hypothalamic-pituitary-adrenal axis (HPA axis), and the sympathetic nervous system (SNS), via the sympathetic-adrenal-medullary axis (SAM axis).



The activation of SNS during an immune response might be aimed to localize the inflammatory response. The body's primary stress management system is the HPA axis. The HPA axis responds to physical and mental challenge to maintain homeostasis in part by controlling the body's [cortisol](#) level. Dysregulation of the HPA axis is implicated in numerous stress-related diseases, with evidence from meta-analyses indicating that different types/duration of stressors and unique personal variables can shape the HPA response.[16] HPA axis activity and cytokines are intrinsically intertwined: inflammatory cytokines stimulate [adrenocorticotrophic hormone](#) (ACTH) and cortisol secretion, while, in turn, [glucocorticoids](#) suppress the synthesis of proinflammatory cytokines.



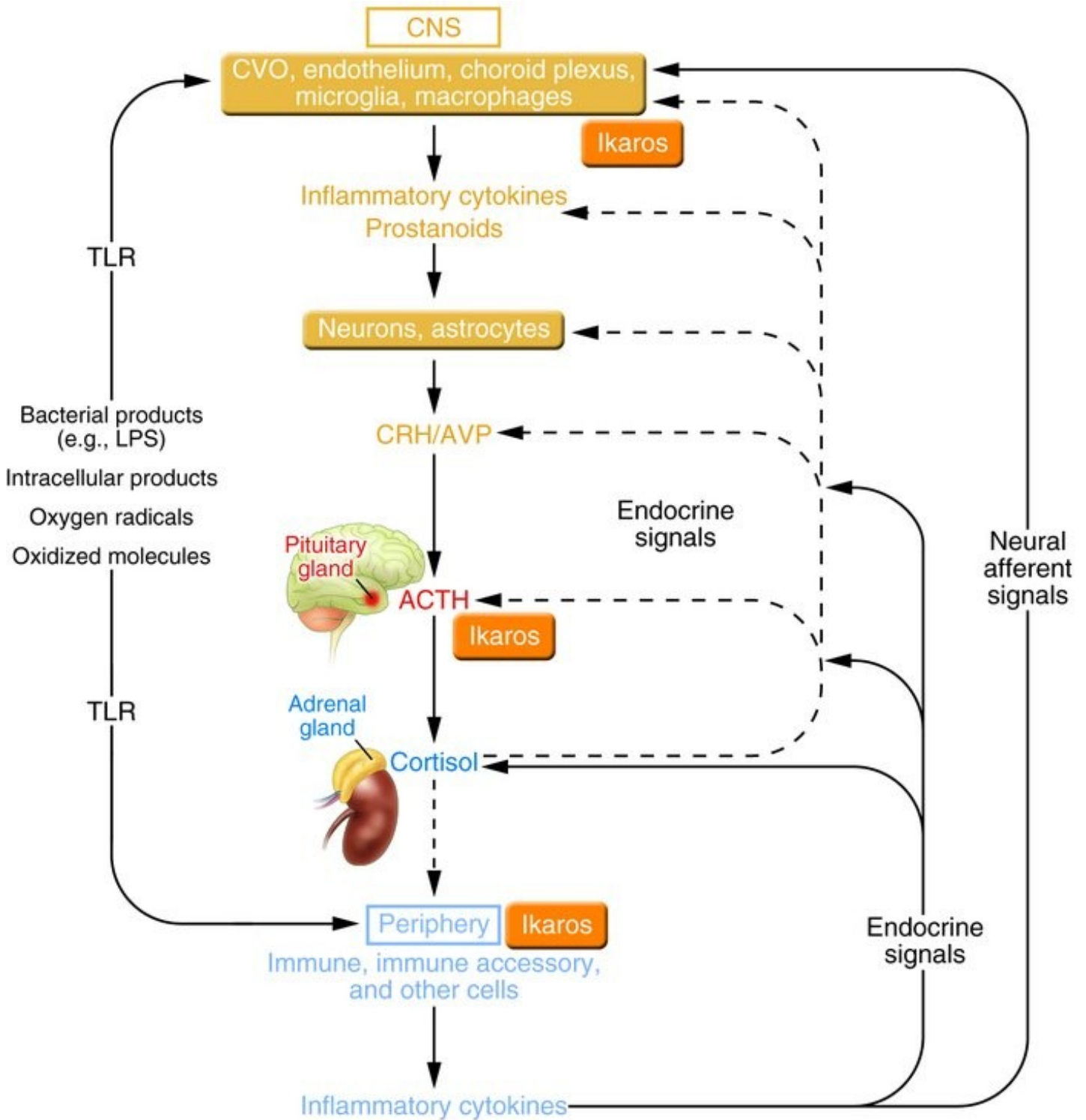
Molecules called pro-inflammatory cytokines, which include interleukin-1 (IL-1), Interleukin-2 (IL-2), interleukin-6 (IL-6), Interleukin-12 (IL-12), Interferon-gamma (IFN-Gamma) and tumor necrosis factor alpha (TNF-alpha) can affect brain growth as well as neuronal function. Circulating immune cells such as macrophages, as well as glial cells (microglia and astrocytes) secrete these molecules. Cytokine regulation of hypothalamic function is an active area of research for the treatment of anxiety-related disorders.

Cytokines mediate and control immune and inflammatory responses. Complex interactions exist between cytokines, inflammation and the adaptive responses in maintaining homeostasis. Like the stress response, the inflammatory reaction is crucial for survival. Systemic inflammatory reaction results in stimulation of four major programs:[18]

- the acute-phase reaction
- sickness behavior
- the painprogram
- the stress response

These are mediated by the HPA axis and the SNS. Common human diseases such as allergy, autoimmunity, chronic infections and sepsis are characterized by a dysregulation of the pro-inflammatory versus anti-inflammatory and T helper(Th1) versus (Th2) cytokine balance.

Recent studies show pro-inflammatory cytokine processes take place during depression, mania and bipolar disease, in addition to autoimmune hypersensitivity and chronic infections.



Chronic secretion of stress hormones, glucocorticoids (GCs) and catecholamines (CAs), as a result of disease, may reduce the effect of neurotransmitters, including serotonin, norepinephrine and dopamine, or other receptors in the brain, thereby leading to the dysregulation of neurohormones. Under stimulation, norepinephrine is released from the sympathetic nerve terminals in organs, and the target immune cells express adrenoreceptors. Through stimulation of these receptors, locally released norepinephrine, or circulating catecholamines such as epinephrine, affect lymphocyte traffic, circulation, and proliferation, and modulate cytokine production and the functional activity of different lymphoid cells.

Glucocorticoids also inhibit the further secretion of corticotropin-releasing hormone from the hypothalamus and ACTH from the pituitary (negative feedback). Under certain conditions stress hormones may facilitate inflammation through induction of signaling pathways and through activation of the Corticotropin-releasing hormone.

These abnormalities and the failure of the adaptive systems to resolve inflammation affect the well-being of the individual, including behavioral parameters, quality of life and sleep, as well as indices of metabolic and cardiovascular health, developing into a "systemic anti-inflammatory feedback" and/or "hyperactivity" of the local pro-inflammatory factors which may contribute to the pathogenesis of disease. This systemic or neuro-inflammation and neuroimmune activation have been shown to play a role in the etiology of a variety of neurodegenerative disorders such as Parkinson's and Alzheimer's disease, multiple sclerosis, pain, and AIDS-associated dementia. However, cytokines and chemokines also modulate central nervous system (CNS) function in the absence of overt immunological, physiological, or psychological challenges.

Communication between the brain and immune system Stimulation of brain sites alters immunity (stressed animals have altered immune systems). Damage to brain hemispheres alters immunity (hemispheric lateralization effects). Immune cells produce cytokines that act on the CNS. Immune cells respond to signals from the CNS. Communication between neuroendocrine and immune system Glucocorticoids and catecholamines influence immune cells. Endorphins from pituitary and adrenal medulla act on immune system. Activity of the immune system is correlated with neurochemical/neuroendocrine activity of brain cells. Connections between glucocorticoids and immune system Anti-inflammatory hormones that enhance the organism's response to a stressor. Prevent the overreaction of the body's own defense system. Regulators of the immune system. Affect cell growth, proliferation and differentiation. Cause immunosuppression.

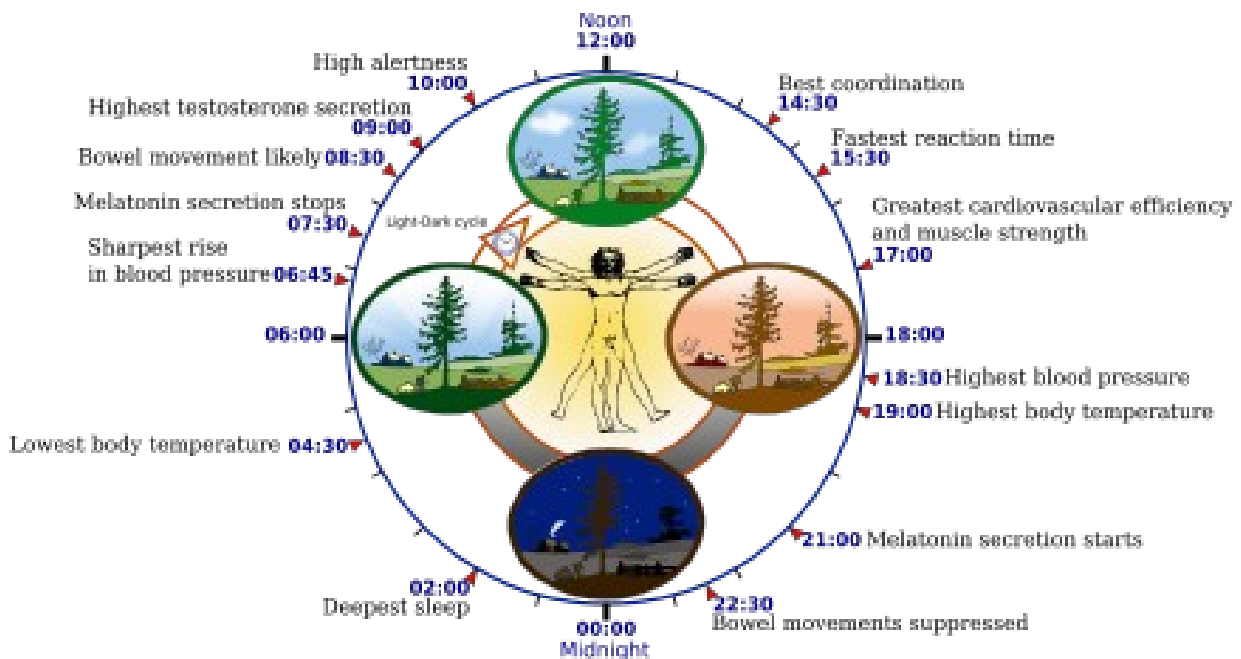
Suppress cell adhesion, antigen presentation, chemotaxis and cytotoxicity. Increase apoptosis. Corticotropin-releasing hormone (CRH) Release of corticotropin-releasing hormone (CRH) from the hypothalamus is influenced by stress. CRH is a major regulator of the HPA axis/stress axis. CRH Regulates secretion of adrenocorticotrophic hormone (ACTH). CRH is widely distributed in the brain and periphery

CRH also regulates the actions of the Autonomic nervous system ANS and immune system. Furthermore, stressors that enhance the release of CRH suppress the function of the immune system; conversely, stressors that depress CRH release potentiate immunity.

Central mediated since peripheral administration of CRH antagonist does not affect immunosuppression.

Chronobiology

Most of us have very little knowledge about the human body's inner clock. However, a new science from Europe called Chronobiology has been gaining recognition over the past 30 years. Chronobiology refers to the day-night cycle that affects the human organism when the earth rotates. Since the beginning of mankind, human history has been shaped by light and darkness. Genetically manifested timers reside deep in our bodies that control this fundamental rhythm. The more intelligently we absorb their information, the more useful it is. This connection is important in the prevention and treatment of diseases, as well as for the healing process.



The Three Basic Cycles of Chronobiology

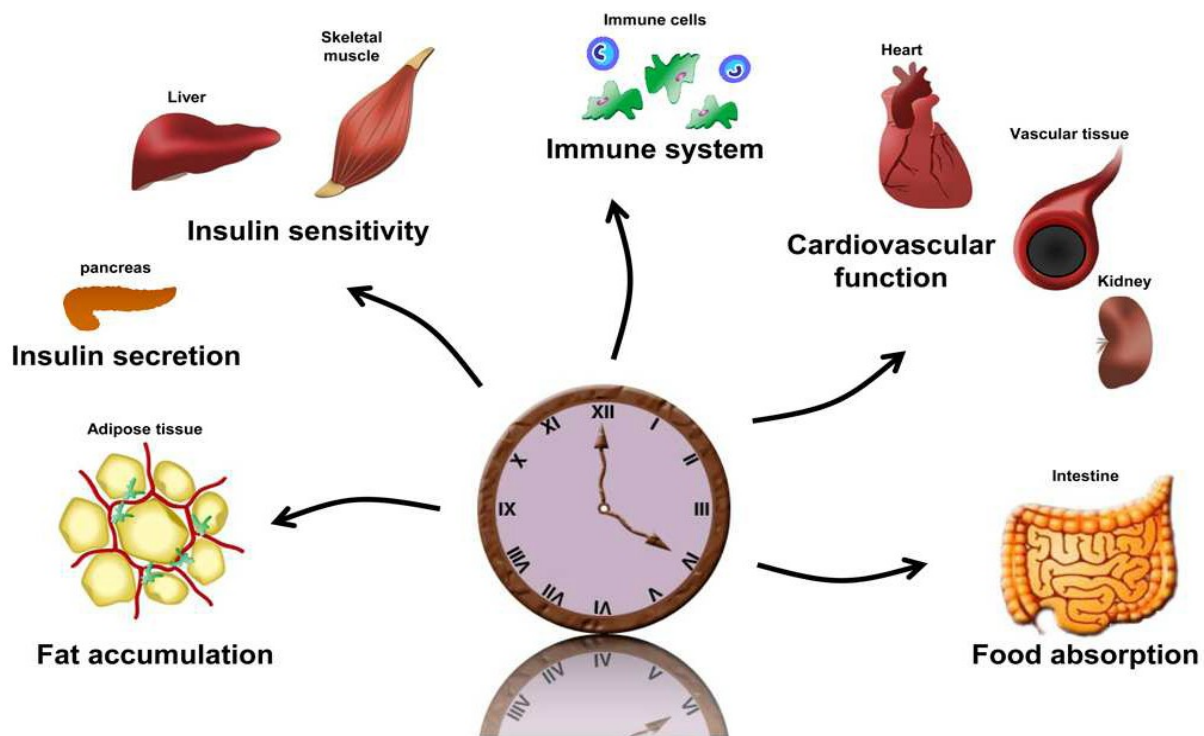
Infradian Rhythms (from the Latin “infra” meaning “under,” and “dies” meaning “day”) are rhythms that last more than 24 hours. These are repeated only every few days, weeks, months, or even once per year.

Good examples are seasonal rhythms such as bird migration, lunar rhythms (which follow the phases of the moon, or about 29.5 days) and semi-lunar rhythms (about 14 days) that are associated with tidal cycles. Another example is unpredictable rhythms (aka “non-circadian rhythms” that do not have any environmental correspondence) such as a woman’s menstrual cycle.

Ultradian Rhythms (from the Latin “ultra” meaning “over,” and “dies” meaning “day”) are biological rhythms that are shorter than 24-hours. There are many physiological functions of the human body that exemplify an ultradian rhythm. These rhythms have multiple cycles in one day. An adult, for example, has an exertion and rest cycle about every two hours. Ultradian rhythms regulate physical, emotional and spiritual functions. They often last several hours and include the ingestion of food, circulation of blood, excretion of hormones, different stages of sleep and the human performance curve. These processes are built into our bodies in millions of ways. Some last merely seconds, such as the control of breathing. Some last only milliseconds, such as the majority of processes that take place in the cell on a microcirculatory level. Tidal rhythms (about 12.4 hours) are often observed in marine life, follow the transition of the tides from high to low and back and have a special function for many people living inside a surf zone.

Circadian Rhythms (from Latin “circa” meaning “around,” and “dies” meaning “day”) are rhythms that take approximately 24-hours, i.e. the human sleep/wake cycle or the leaf movements of plants. Many effects of circadian rhythms directly and immediately affect humans therefore, they are the most extensively researched. Thus, all further explanations refer to circadian rhythms.

Chronobiology: The Science of Time



Each cell produces highly specific substances, such as the building blocks of amino acids. Once the desirable concentration is reached, production stops. Enzymes decompose the substances within hours. A new cycle begins.

Certain genes (also referred to as “clock genes”) act as on/off switches for these processes. They can be found in nearly any type of human tissue and their impact is incredibly multifaceted, sophisticated and smart. All parts of the human body have receptors that take up the information of messenger substances and neuronal stimuli. The “clock genes” control their sensitivity. This also applies to the effect of vitamins, trace elements and other biologically effective substances, including medicines. The main switch is located in the diencephalon, a central part of the brain composed of two structures. The diencephalon receives messages from special photocells located in the retina. These sensors, which have been decoded only recently, do not recognize objects or colors, but the times of the day, the ambient atmosphere and the seasons. They are the starting point of a mechanism of action, which in its entirety may be described as a control room where all inner clocks are set. This control room transfers the change between daytime and nighttime from the world outside to innumerable rhythms in our body and attunes them to and among each other.

The M.T.C. gives daily intervals to the body's psychophysical functions and heal each illness by stimulating energy in the ill organs, increasing or decreasing in intensity according to the time of day or night. Vital energy runs incessantly in our bodies, following pathways called "meridians". Meridians interconnect the internal and external parts of our bodies, creating a complex net of relations that allow for organic life.

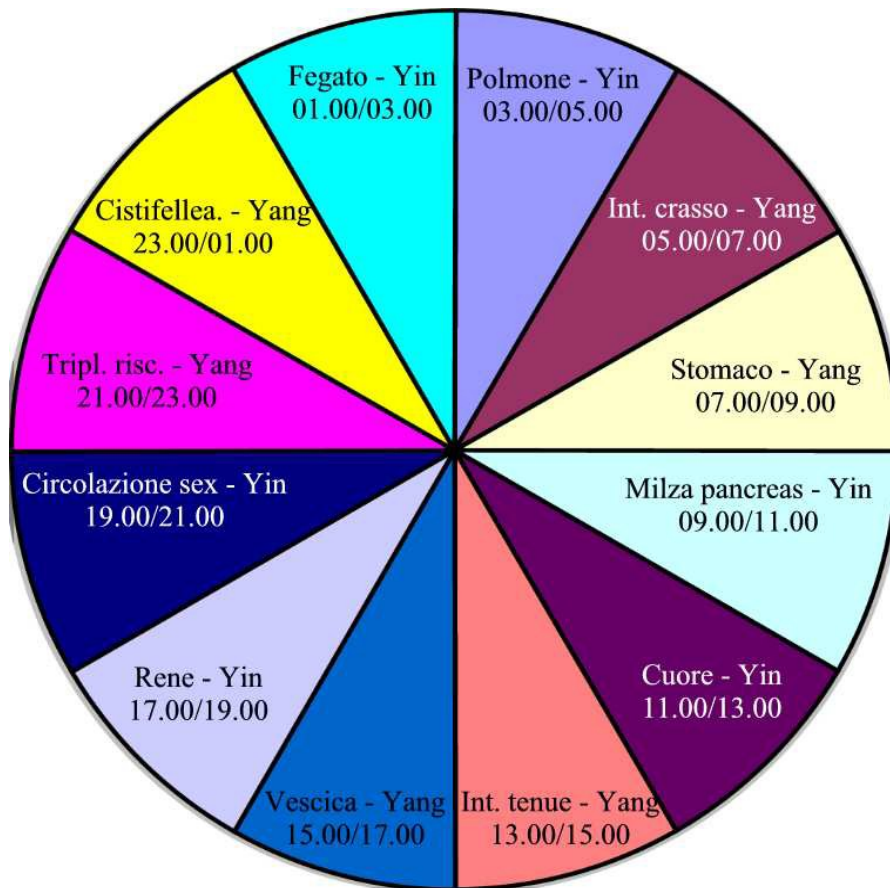
For every organ there is a 24 hourperiod in which it reaches the maximum energetic expression, while it reaches its minimal energetic potential exactly 12 hours later.

Luciano Gianazza (M.T.C. therapist) lists rhythms longer than circadian ones:

"Life is a series of cycles of energy production, storing and releasing. This generic cycle is a characteristic of all living organisms, from the monocellular seaweed to the human beings. In nature everything observes the circadian cycle. The circadian rhythms are a combination of interactions within an internal clock and external signals from the Earth's magnetism, electromagnetic fields, gravitational fields and cosmic radiations, furthermore other planetary movements, for a total of 24 hours.

There are biological rhythms which reside internally in the body that require intervals to repair, grow tissue, eliminate debris, etc... Body temperature, blood pressure, brain activity, hormonal levels, and many other factors obey this rhythm. Research in the field of biorhythm have shown that the body has 14-day biorhythms to autoregulate its physical state, 28-day to regulate its emotional state and 33-day to regulate its mental state.

If an organ is damaged in its energetic expression, there will be some dysfunctional manifestation, especially in the time-hour of maximum and minimum energetic expressivity. The energy, in 24 hours, covers three cycles.

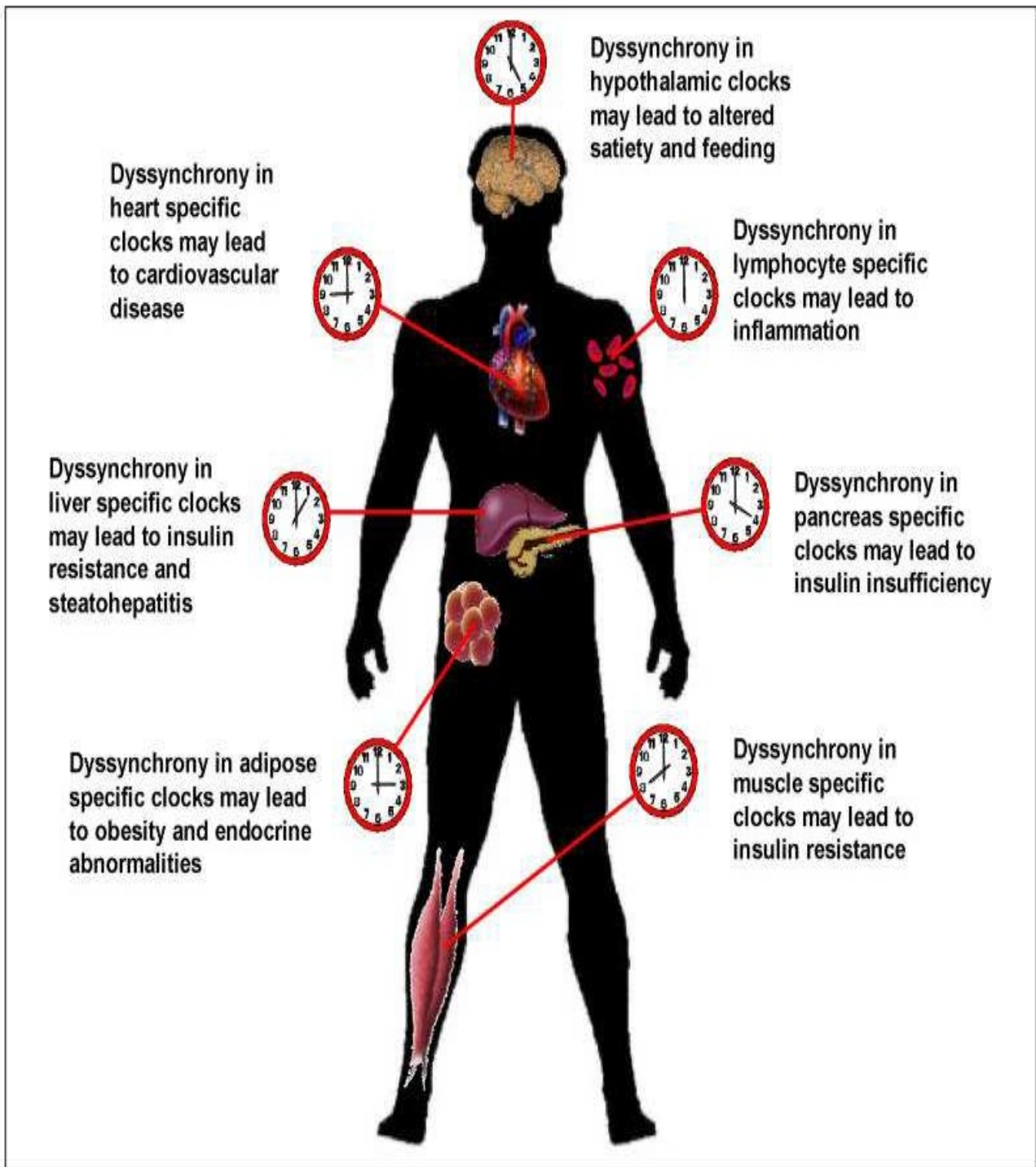


The day begins with a (slow) pulmonary rhythm – first cycle -, this is followed by a second cycle with a cardiac rhythm (faster than the pulmonary rhythm) and ends with a frenetic rhythm of cellular metabolic exchanges which is the third cycle.

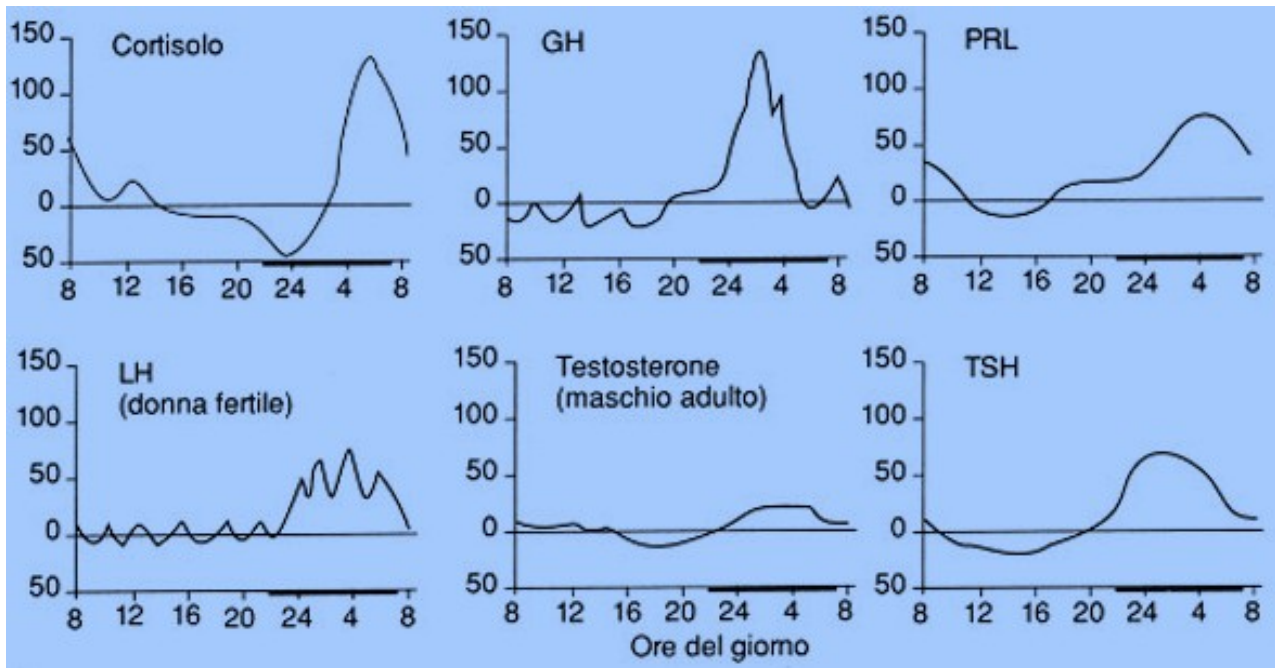
These three cycles reconnect to the human Tripartition elaborated by Rudolf Steiner, in a neurosensorial pole, rhythmic system and metabolic pole. The rhythmic system consents the interconnection and the energetic exchange between the neurosensorial and metabolic poles. At the end of each cycle there are less rhythmic organs of the body, like the pancreas, kidney and liver – which action consists in absorbing and amortizing rhythm alterations, provoked by intermediate organs which are metabolic.

Therefore, each cycle begins with an imposed rhythm by a rhythmic organ, which is transmitted to the two intermediate metabolic organs, to then be regulates and amortized by an organ with neurosensorial functions.

Some examples: asthma attacks are frequent at four in the morning. Those who have stomach issues will notice that breakfast is the most digestible meal of the day for them. Nocturnal enuresis (bladder incontinence) manifests between 3 to 5 am, etc... So even healing works in cycles.



The desynchronization of peripheral biological clocks can promote pathologies.



Phytotherapeutic remedies in M.B.C.

The remedies of consecutive biological medicine act as regulators of the organism's main meridians and act as specific biological activators.

They develop into 3 phases:

- activation and reactive rebalancing
- organic drainage
- energetic drainage.



Citoyang: improves system's response through the cytokin's network stimulation, the activation of interleukin production and creates nerve growth factors in a specific way.

Their action allows the energy and hormonal system activation, it improves the psychological state and helps the body to get out of a chronic phase.

citoyangginger: IL-10 like agent to regulate acute inflammation;

citoyanguncaria: INT-Y like agent for chronic inflammation;

citoyang sage: IL-6 like agent, for hormonal system regulation;

citoyanglemon balm: BDNF like agent to work on the nervous system in case of mood disorders;

citoyangcorn: EGF like agent, protective of gastric mucous membranes;

citoyang curcuma: IL-8 like agent for prolonged acute inflammation;

citoyang rise: IL-4, balancing digestive and hepatic function;

citoyang energy: it allows an immediate reaction of the system, activating S.N.C.





reayang

phytotherapeutic products are made with a mixture of 5 herbs which work following the 5 elements theory traditional Chinese medicine.

Reayan1RT: stimulates and controls energetically the spleen-pancreas meridian;

reayang 2P: stimulates and controls energetically the pulmon-large intestine meridian;

reayang 3R: stimulates and controls energetically the bladder-kidney meridian;

reayang 4F: stimulates and controls energetically the gallbladder-liver meridian;

reayang 5C: stimulates and controls energetically the heart-small intestine;

reayang MC-TR: general systemic regulator for similar cortisone action



Actiyin

Like the previous, these phytotherapists work following the laws which regulate the traditional Chinese medicine 5 elemental wheel. However, they follow the 'grandfather-grandson' relationship, therefore 1 considered element then influences the second one following. They have the objective to reactivate bodily resources as a solution for chronic conflicts.

Actiyin 1E to control the functionality of the stomach meridian

Actiyin 2GL to control the functionality of the large intestine meridian

Actiyin 3V to control the functionality of the urinary bladder meridian

Actiyin 4VB to control the functionality of the gallbladder meridian

Actiyin 5IT to control the functionality of the small intestine meridian



shuessler salt

Wilhelm Heinrich Schüssler — also spelled Schuessler, particularly in English-language publications — (21 August 1821 – 30 March 1898) was a German [medical doctor](#) in [Oldenburg](#) who endeavored to find natural remedies and published the results of his experiments in a German [homeopathic](#) journal in March 1873, leading to a list of 12 biochemical cell salts that remain popular amongst those interested in [alternative medicine](#)

- n. 1 ElasticitySalt.
- n. 2 Bone and teeth Salt.
- n. 3 [First-Aid Salt](#)
- n.4 Mucus Salt
- n. 5 Nerve and mind Salt
- n. 6 [Chronicinflammation Salt](#)
- n. 7 [Cramps and aches Salt](#)
- n. 8 [Hydric balance Salt](#)
- n. 9 [Acid-base balance Salt](#)
- n. 10 [Elimination Salt](#)
- n. 11 [Beauty Salt](#)
- n. 12 Suppurative processes Salt



Nutripuncture



This is an innovative technique: it constitutes 38 remedies – they are taken orally as small tablets. They are the result of ancient studies of Chinese Traditional Medicine and contemporary medicine being put together in relation to cellular epigenetic biology.

Each remedy contains oligo-elements in complex associations, and it relates by feeding it with a specific meridian of acupuncture or organ. These are called “cellular nutrients”, they favor circulation of

electromagnetic intracellular information, opening of specific circuits (like an acupuncture without needles) and, therefore, the activation of autoregulatory mechanisms of the body.

If the illness is the result of deviations in vital currents, the nutri balance them. Therefore, they treat a long series of disorders (respiratory, gynecological, gastro-intestinal, endocrinal, nerve, etc). At a subtler level, the remedies show particular efficacy in resolving traumatic episodes experienced, that have blocked the development of the patient at a certain phase in their lives. It's as if their “memory” and weight of the experience lightens up, favoring the internal individual potential.

Oligo-Elements

Oligo-elements are precious minerals beneficial to health. They are metals and inorganic ions. The term comes from Greek: oligo meaning "little". In fact, these substances are present in minimal amounts, but they carry fundamental functions in the internal main vital processes. In this mineral salt group, they are part of the micro-element category.



Gluconate Iron

We all know the typical symptoms connected to iron deficiency and the consequences of prolonged anemia.

Silver

Helps the body vanquish infections and acts as antipyretic.

Bismuth

Few people know this, but it's an important element which fights numerous health problems. It acts as analgesic and anti-inflammatory. It also reinforces the immune system.

Calcium

Calcium intervenes in many fundamental processes, such as bone calcification and blood coagulation. Furthermore, it helps digestive enzyme productions and immune system stimulations. A correct assumption is fundamental in osteoporosis cases and menopause.

Cobalt

Cobalt functions, instead, acts as vasodilator, anti-spasmodic and hypoglycemic.

Chromo

Chromo activates processes connected to insulin and regulates the sense of hunger and satiety. Consequentially, it's fundamental to lose weight.

Fluoride

It strengthens bones, tooth enamel, preventing the formation of cavities.

Phosphorous

This stimulates cerebral functions, intervenes in spasms at a vascular level.

Iodine

Iodine does a precious action for the internal psycho-physical development – intervening in numerous delicate functions.

Lithium

It's known for its use in treating anxiety, insomnia, depression, and other mood disorders.

Magnesium

Magnesium acts on a vast category of illness. It acts on disturbances, such as, cramps, intestinal spasms, mental fatigue, anxiety and depression. Furthermore, it's been discovered to be necessary for fibromyalgia, premenstrual syndrome, and irritable colon. Also necessary for psoriasis, fragile nails and tinnitus.

Manganese

Its help is fundamental to treat common allergic reactions, such as hives, alimental allergies, eczema, or hay fever. Also, in case of migraines, it's been found to be beneficial.

Manganese-Cobalt

This is a complex which relieves numerous issues, such as, cramps, colitis, anxiety, ulcers. Benefits have been found even for blood pressure alterations and blood circulation issues in the legs. Also, good effects were found at a digestive level.

Manganese-Copper

This element has also a very wide range of action. This compound acts on numerous cases of rheumatism, anemia, hives, otitis, sinusitis, and asthma. It's also advised for cystitis, diarrhea and constipation, dysmenorrhea, attention deficiency and exhaustion.

Copper

Copper strengthens the immune system; therefore, it helps in infectious and viral illnesses, and inflammations. Furthermore, it acts in metabolic processes connected to phosphorous and calcium. It regulates various glands, such as hypophysis and thyroid.

Gold

It helps reduce inflammations and infections, it stimulates cellular activity. It helps in rheumatism, chronic bronchitis, cardio-vascular issues – and even in rickettsialpox disease and furunculosis.

Copper-Gold-Silver

This complex best intervenes for fatigue and concentration, it strengthens antibodies, and eradicates stress.

Selenium

This element is essential to contrast free radicals and aging. Selenium acts as a cure for migraines, eczemas, constipation, impotency. It brings excellent results to neuralgia, prostate complications, rheumatism.

Zinc

Zinc regulate hypophysis functions. It's advised for asthenia, fatigue, thyroid problems and menstrual cycles.

Zinc-Copper

The compound is a beneficial element for hormonal problems. It's advised for developmental delay and premenstrual syndrome. It's given, also, to cases of impotency, andropause, ovarian disfunctions.

Sulphur

This is one of the key elements for many terminal treatments. It acts as a detoxifying element, it cures skin problems, but also arthritis and migraines.

Zinc-Nickel-Cobalt

Last compound, this serves to regulate hormonal activity, and hypophysis and pancreas insufficiency.

Vitamins

Vitamins are essential nutrients for health, which taken regularly – through foods – can be extremely helpful to prevent a number of illnesses.

Vitamins are a group of very heterogeneous chemical substances, normally needed in minimum quantities to meet the organism's needs. They regulate a series of metabolic reactions, frequently acting as coenzymes. Vitamin deficiency, which is usually defined as hypovitaminosis when vitamins are insufficiently present in the organism and avitaminosis when – in much rarer cases – vitamins are completely absent, this type has different specific symptoms according to the type of missing vitamin and can cause different disturbances or illnesses.

Vit

B
C.

K



amins can be subdivided into two main groups:

Hydrosolubles: these are not accumulated in the organism and, therefore, must be consumed daily through food. These are all types of vitamins of the group, including the folic acid of vitamins H, PP and

Liposolubles: these can be absorbed with fats in foods and can be accumulated in the liver.

Deficiency of this type can manifest after a long period of time not assuming it. Vitamins A, D, E and are part of this group.

Bach Flowers

Dr.Edward Bach discovered that flowers in nature have the ability to affect our emotions positively. The energies from different flowers can remove our emotional pains and suffering, which over time harm our health and impair healing.Each of the 38 remedies discovered by Dr Bach is directed at a particular characteristic or emotional state.

To select the remedies you need, think about the sort of person you are and the way you are feeling.

For more information on each remedy in this list click the relevant link. It might help to read some case studies first to see how they work.

[Agrimony](#) - mental torture behind a cheerful face

[Aspen](#) - fear of unknown things

[Beech](#) - intolerance

[Centaury](#) - the inability to say 'no'

[Cerato](#) - lack of trust in one's own decisions

[Cherry Plum](#) - fear of the mind giving way

[Chestnut Bud](#) - failure to learn from mistakes

[Chicory](#) - selfish, possessive love

[Clematis](#) - dreaming of the future without working in the present

[Crab Apple](#) - the cleansing remedy, also for self-hatred

[Elm](#) - overwhelmed by responsibility

[Gentian](#) - discouragement after a setback

[Gorse](#) - hopelessness and despair

[Heather](#) - self-centeredness and self-concern

[Holly](#) - hatred, envy and jealousy

[Honeysuckle](#) - living in the past

[Hornbeam](#) - tiredness at the thought of doing something

[Impatiens](#) - impatience

[Larch](#) - lack of confidence

[Mimulus](#) - fear of known things

[Mustard](#) - deep gloom for no reason

[Oak](#) - the plodder who keeps going past the point of exhaustion

[Olive](#) - exhaustion following mental or physical effort

[Pine](#) - guilt

[Red Chestnut](#) - over-concern for the welfare of loved ones

[Rock Rose](#) - terror and fright

[Rock Water](#) - self-denial, rigidity and self-repression

[Scleranthus](#) - inability to choose between alternatives

[Star of Bethlehem](#) - shock

Sweet Chestnut - Extreme mental anguish, when everything has been tried and there is no light left

Vervain - over-enthusiasm

Vine - dominance and inflexibility

Walnut - protection from change and unwanted influences

Water Violet - quiet self-reliance leading to isolation

White Chestnut - unwanted thoughts and mental arguments

Wild Oat - uncertainty over one's direction in life

Wild Rose - drifting, resignation, apathy

Willow - self-pity and resentment



CHAPTER 3

Fungus therapy

They support the organism at 360 degrees, are low in calories and rich in substances that help the organism to prevent disease. We are talking about the medicinal mushrooms, from the *Ganoderma lucidum*, to the *cordyceps sinensis*, to the *Hericium Erinaceus* to cite the most famous.

In traditional Chinese medicine and in the eastern world, Mycotherapy has always been used to rebalance the energetic aspect. Each fungus acts on different loggias of the 5 elements.

In the Western world it is used in ponderal mode to balance all G L aspects of self-regulation involving the Pnei system and the general adaptation syndrome.



KBC: consecutive biological kinesiology

It was created in 2017, after years of elaborations, studies and practical trials, thanks to the synergic work of PhD, kinesiologist, osteopath Antonio Vivaldi and doctor, surgeon specialized in embryology and anatomy, and immunologist Dr. Jerome Malzac.



The New Rebalancing Technique in Psycho/Physical/Energetic fields' prerogative is that to work following the Chronobiologic, Biologic, Physiologic and Energetic principles. PNEI principles, which are the backbone of KBC, have been widened and elaborated constituting that which in KBC will be called PNEI-M.S (Psycho-Neuro-Endocrine-Immune-Metabolic-Somatologic) – these consider the Somatic (structure) aspect as another essential element in order to obtain a state of equilibrium and health. The technique will allow to identify the energetic imbalances of the body's system associated in a Chrono-Biologic, Physiologic and Energetic context through an MRT – Muscular Response Test. This will identify the most appropriate modalities to adapt to re-balancing so that the body activates the right resources to end the inflammatory conflict. A good kinesiologist works on the causes of the problem and will try by all means available to him to solve the origin of the dysfunction so that the body can return to a state of psycho-physical equilibrium. The kinesiologist does not directly deal with the symptoms, despite the attention to the latter become for him the signal of an energy imbalance present within the body-mind system. A good kinesiologist treats each person as a unique and wonderful being, who wants to be helped to return to a state of equilibrium and harmony. In this sense Kinesiologist strives to give information, clarifications, and above all always asks permission before acting, in full respect of the person who turns to him asking for help.

Muscular test

Kinesiologists use kinesiologic muscular tests on singular muscles, asking the patient to “push” or “resist” while a slight force is applied in a specific direction. A “normal” muscle contracts or is blocked in response to the pressure, opposite to the muscular work. A muscle is considered “weak” when a dysfunction in the muscle or a dysfunction found in other areas of the body neurologically associated to that muscle is found. Through the Kinesiologic Muscular Test the operator is able, in fact, to identify and underline the variations in the tone of the person’s muscular response in correspondence with specific stimuli. Furthermore, kinesiology knows that each muscle is associated to a “holographic” web of connections to other specific aspects in the person.

You have the person easy into down-ward pressure on the arm above the wrist as if to move it back to the side of the body. you use just enough pressure to feel if it's easy to hold arm in place or if seems weak. Try to use less than 2 pounds of pressure for about 2 seconds to see if the muscle locks without moving much more than 2 inches. The arm stay firm and easily “lock” in place (muscle ON)...



..or “unlock” , feel mushy, weak , swing freely (muscle OFF)

So any muscle that functions correctly can be used to evaluate stress response, energy imbalance, or the circuits/reflexes of other muscles under specific conditions.

MUSCLE TEST

(WE TEST BOTH)

MUSCLE TEST (LIMBIC BRAIN)

TO FIND OUT **WHEN & WHAT** OF THE CAUSE;
Past Present & Future

MUSCLE LOCKS

Positive Response (Balanced)
Functioning Properly

MUSCLE UNLOCKS

Negative Response
(Unbalanced) Stress Here

MUSCLE TEST

(BODY'S ENERGY SYSTEMS)

TO FIND OUT **WHERE** IS THE CAUSE;
Emotionally, Physiology, Structurally,
Meridian, Auric or Nadis

MUSCLE LOCKS

Positive Response (Balanced)
Functioning Properly

MUSCLE UNLOCKS

Negative Response
(Unbalanced) Stress Here

The objectives of KBC are as following:

- highlight the type of stress,
- to make the person aware of the motivations that led him to this condition,
- find the right stimuli to react to stress with the intent of returning or coming to one optimal state of health,
- and lastly keep this status as long as possible.

CHAPTER 4

Clinic case study

Soldier, A.M., offered himself to be part of a kinesiologic study. The issue at hand is post-traumatic stress disorder, or PTSD. The objective is to study how much this kind of approach can be useful applied in such a vast and difficult problem. For privacy reasons, the soldier has chosen to be anonymous and, therefore, I will use pseudonymous "Matt". He has also asked to not report our conversations during the sessions, I will, hence, limit myself in reporting the betterments found each time briefly.

PTSD and DSM-5

In 2013, the American Psychiatric Association revised the PTSD diagnostic criteria in the fifth edition of its *Diagnostic and Statistical Manual of Mental Disorders (DSM-5; 1)*. PTSD is included in a new category in *DSM-5*, Trauma- and Stressor-Related Disorders. All of the conditions included in this classification require exposure to a traumatic or stressful event as a diagnostic criterion. For a review of the *DSM-5* changes to the criteria for PTSD, see the American Psychiatric Association website on Posttraumatic Stress Disorder.

DSM-5 Criteria for PTSD

Full copyrighted criteria are available from the American Psychiatric Association (1). All of the criteria are required for the diagnosis of PTSD. The following text summarizes the diagnostic criteria:

Criterion A (one required): The person was exposed to: death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence, in the following way(s):

- Direct exposure
- Witnessing the trauma
- Learning that a relative or close friend was exposed to a trauma
- Indirect exposure to aversive details of the trauma, usually in the course of professional duties (e.g., first responders, medics)

Criterion B (one required): The traumatic event is persistently re-experienced, in the following way(s):

- Unwanted upsetting memories
- Nightmares
- Flashbacks
- Emotional distress after exposure to traumatic reminders

- Physical reactivity after exposure to traumatic reminders

Criterion C (one required): Avoidance of trauma-related stimuli after the trauma, in the following way(s):

- Trauma-related thoughts or feelings
- Trauma-related reminders

Criterion D (two required): Negative thoughts or feelings that began or worsened after the trauma, in the following way(s):

- Inability to recall key features of the trauma
- Overly negative thoughts and assumptions about oneself or the world
- Exaggerated blame of self or others for causing the trauma
- Negative affect
- Decreased interest in activities
- Feeling isolated
- Difficulty experiencing positive affect

Criterion E (two required): Trauma-related arousal and reactivity that began or worsened after the trauma, in the following way(s):

- Irritability or aggression
- Risky or destructive behavior
- Hypervigilance
- Heightened startle reaction
- Difficulty concentrating
- Difficulty sleeping

Criterion F (required): Symptoms last for more than 1 month.

Criterion G (required): Symptoms create distress or functional impairment (e.g., social, occupational).

Criterion H (required): Symptoms are not due to medication, substance use, or other illness.

Two specifications:

- Dissociative Specification.** In addition to meeting criteria for diagnosis, an individual experiences high levels of either of the following in reaction to trauma-related stimuli:
 - Depersonalization.** Experience of being an outside observer of or detached from oneself (e.g., feeling as if "this is not happening to me" or one were in a dream).
 - Derealization.** Experience of unreality, distance, or distortion (e.g., "things are not real").
- Delayed Specification.** Full diagnostic criteria are not met until at least six months after the trauma(s), although onset of symptoms may occur immediately.

Note: *DSM-5* introduced a preschool subtype of PTSD for children ages six years and younger.

How Do the **DSM-5** PTSD Symptoms Compare to **DSM-IV** Symptoms?

Overall, the symptoms of PTSD are generally comparable between *DSM-5* and *DSM-IV*. A few key alterations include:

- The revision of Criterion A1 in *DSM-5* narrowed qualifying traumatic events such that the unexpected death of family or a close friend due to natural causes is no longer included.

- Criterion A2, requiring that the response to a traumatic event involved intense fear, hopelessness, or horror, was removed from *DSM-5*. Research suggests that Criterion A2 did not improve diagnostic accuracy (2).
- The avoidance and numbing cluster (Criterion C) in *DSM-IV* was separated into two criteria in *DSM-5*: Criterion C (avoidance) and Criterion D (negative alterations in cognitions and mood). This results in a requirement that a PTSD diagnosis includes at least one avoidance symptom.
- Three new symptoms were added:
 - Criterion D (Negative thoughts or feelings that began or worsened after the trauma): Overly negative thoughts and assumptions about oneself or the world; and, negative affect
 - Criterion E (Trauma-related arousal and reactivity that began or worsened after the trauma): Reckless or destructive behavior

What Are the Implications of the **DSM-5** Revisions on PTSD Prevalence?

Changes in the diagnostic criteria have minimal impact on prevalence. National estimates of PTSD prevalence suggest that *DSM-5* rates were only slightly lower (typically about 1%) than *DSM-IV* for both lifetime and past-12 month (3). When cases met criteria for *DSM-IV*, but not *DSM-5*, this was primarily due the revision excluding sudden unexpected death of a loved one from Criterion A in the *DSM-5*. The other reason was a failure to have one avoidance symptom. When cases met criteria for *DSM-5*, but not *DSM-IV*, this was primarily due to not meeting *DSM-IV* avoidance/numbing and/or arousal criteria (3). Research also suggests that similarly to *DSM-IV*, prevalence of PTSD for *DSM-5* was higher among women than men and increased with multiple traumatic event exposure (3).

Who is Matt

Matt is 39 years old. He loves and see his mother when the work permits but the relation with the father was so bad that after an argument they stopped the relation. He is a soldier by 21 years, he loves his work and he hope to degree to high positions. Now he is a special force.

10 years ago he had a very bad surgery to L4-L5 for a disk rupture and the big toe cut off and reattached. He didn't walk for 6 weeks and It was very difficult to start to walk again. He report he needed all his willpower to decide to stand up by the bad, support the terrible pain and get out the hospital with his legs.

Here his military curriculum.

Matt CV

Joined Army 2001

Training at Ft. Benning, Georgia June 2001- May 2002

Stationed at Ft. Bragg, North Carolina May 2002-Feb 2003

Deployed to Iraq, Feb 2003 – May 2004

Stationed at Ft. Bragg, North Carolina May 2004 to October 2006

Stationed at Okinawa, Japan October 2006 to Jan 2007

Deployed to Iraq Jan to Aug 2007

Stationed at Okinawa, Japan Aug to Sep 2007

Deployed to Philippines Sep 2007 to May 2008

Stationed at Okinawa, Japan May 2008 to Dec 2008

Deployed to Philippines Dec 2008 to May 2009

Stationed at Okinawa, Japan May to Nov 2009

Individual Ready Reserve Nov 2009 to Dec 2010

Reserve Duty; Lubbock, Texas Dec 2010 to Aug 2013

Stationed Syracuse, NY Sep 2013 to May 2014

Stationed Philadelphia, PA May 2014 to June 2016

Stationed Vicenza, Italy July 2016 to May 2017

Deployed to Chad May 2017 to March 2018

Stationed Vicenza, Italy March 2018 to present

He never get married but he had many love stories with different women. Some were more important than others, some are not worth mentioning. The relationship that triggered the emotional situation then classified as ptsd was with a woman (that we call miss C) from whom he had a child.

He never recognize the daughter, he hates her caused by a violence.

The symptoms started to show slowly but they grew up fast and without control. He became verbal aggressive, angry, with bad memories and dark thoughts uncontrol and repeated, endangering his military career. In past years he worked with different psychologist but he felt the problem gone worst.

Blood exams

PATIENT LABORATORY RESULTS INQUIRY
Report Requested By: **BOBBILIOALENS B**

Print Date: 05 Sep 2018 11:58

Test Name	Site Specimen	Result	Units	Ref Range
Patient: MARTIN, ADAM PATRICK				
Age: 39yo				
25 Jul 2018 1202	Site Specimen	Result	Units	Ref Range
Glucose Fasting	SERUM	76 (L)	mg/dL	(79-115)
25 Jul 2018 1202				
Lipoprotein Screen Panel				
Triglyceride	SERUM	138 <L>	mg/dL	(150)
Cholesterol	SERUM	56 <L>	mg/dL	(200)
Cholesterol/HDL	SERUM	2.5 <L>	mg/dL	(40-60)
LDL Cholesterol	SERUM	72 <L>	mg/dL	(0-130)
25 Jul 2018 1202				
Urinalysis w/Retes Testing				
Bilirubin	URINE	negative		(negative)
Glucose	URINE	negative	mg/dL	(negative)
pH	URINE	5.5		(5.0-8.0)
Color	URINE	light		(1.003-1.029)
Appearance	URINE	normal		(negative)
Specific Gravity	URINE	1.024	mg/dL	(0.0-2.0)
Protein	URINE	negative		(negative)
Hemoglobin	URINE	Trace (B)	wbc/mcL	(negative)
Blood	URINE	negative	mg/dL	(negative-5)
Leukocyte Esterase	URINE	Trace		
25 Jul 2018 1202				
CBC w/Auto Diff				
WBC	BLOOD	5.9	Units	Ref Range
HGB	BLOOD	4.86	x10(3)/mcl	(3.5-10.5)
Hematocrit	BLOOD	13.1	%	(37-47)
Hemoglobin	BLOOD	43.1	g/dL	(13.2-17.1)
MCV	BLOOD	91.3	fL	(80.0-100.0)
MCH	BLOOD	31.0	pg	(27-31)
MCHC	BLOOD	33.9	g/dL	(32-35)
RDW CV	BLOOD	12.3	%	(10.0-14.2)
Platelets	BLOOD	197	x10(3)/mcl	(150-400)
MPV	BLOOD	17.2	fL	(8.0-13.0)
Lymphocytes	BLOOD	14.2	%	(18-51)
Abs Lymphocytes	BLOOD	2.4	x10(3)/mcl	(1.1-3.1)
Neutrophils	BLOOD	46.8	%	(35-73)
Abs Neutrophils	BLOOD	2.9	x10(3)/mcl	(1.6-6.5)
Monocytes	BLOOD	7.9	%	(1.0-12.0)
Name: MARTIN, ADAM PATRICK				
Patient SSN: XXX-XX-5015				
DOB: 23 Mar 1979				
DOB ID: 1125748739				
PCAR: A111 USA ACTIVE DUTY OFFICER				
MC Status: PCSM: NEWMAN,BURTON TODD				
Insurance No:				
Sex: M				
TelH: 0-637-1581				
CS:				
SWS:				
PCM: NEWMAN,BURTON TODD				
Patient SSN: XXX-XX-5015				
Sponsor DoD ID: 1125748739				
Rank: MAJOR				
Unit: WHITE99 (0000 HO HSC USARAF				
Dapt Rec Rm: CLARK HIC RECORDS				
Tel PCM: 636-9532 Laboratory Result Data				

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VIOLATORS WILL BE PROSECUTED

Page 1 of 2

PATIENT LABORATORY RESULTS INQUIRY

Report Requested By: BORRIELLO, ALENS B

Print Date: 05 Sep 2018 1336

Test Name	Result	Units	Reference Range
ABS Monocytes	0.5	%	x10(3)/mcl (0.2-0.8)
Eosinophils	1.6	%	(0.0-8.0)
ABS Eosinophils	0.1	%	x10(3)/mcl (0.0-6)
Basophils	0.5	%	(0.0-2.0)
ABS Basophils	0.0	%	x10(3)/mcl (0.0-0.1)

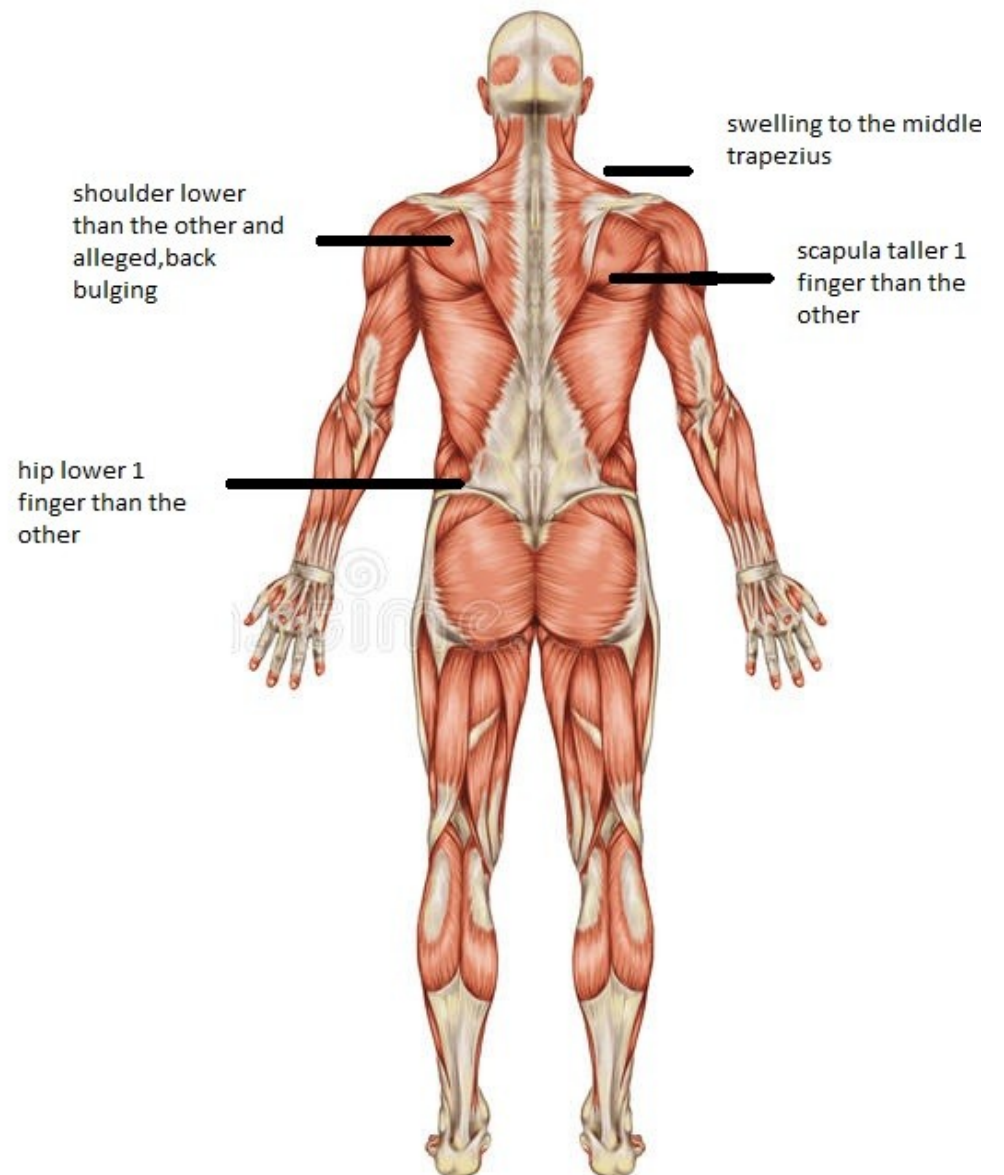
Name: MARTIN, ADAM PATRICK
DMF/SSN: 20XXX-XX-5015
DoD ID: 1125748739
DOB: 28 Mar 1979
PC ac: ALL I USA ACTIVE DUTY OFFICER
MC Status:
Insurance: No

Sex: M
TelH: TelW: 0-637-1581
CS:
SWS:
PCM: NEWMAN, BURTON TODD

Patient SSN: XXX-XX-5015
Sponsor DoD ID: 1125748739
Rank: MAJOR
Unit: WJHE99 (0000 HQ HSC USARAF
Output Rec Rm: CLARK HIC RECORDS
Tel PCM: 636-9532 Laboratory Result Data

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Posture analysis



First session

I want to anticipate I describe the technics I'm going to use , but not the scientific and technical evidence in support of them. I refer to dott. Antonio Vivaldi 's work for that.

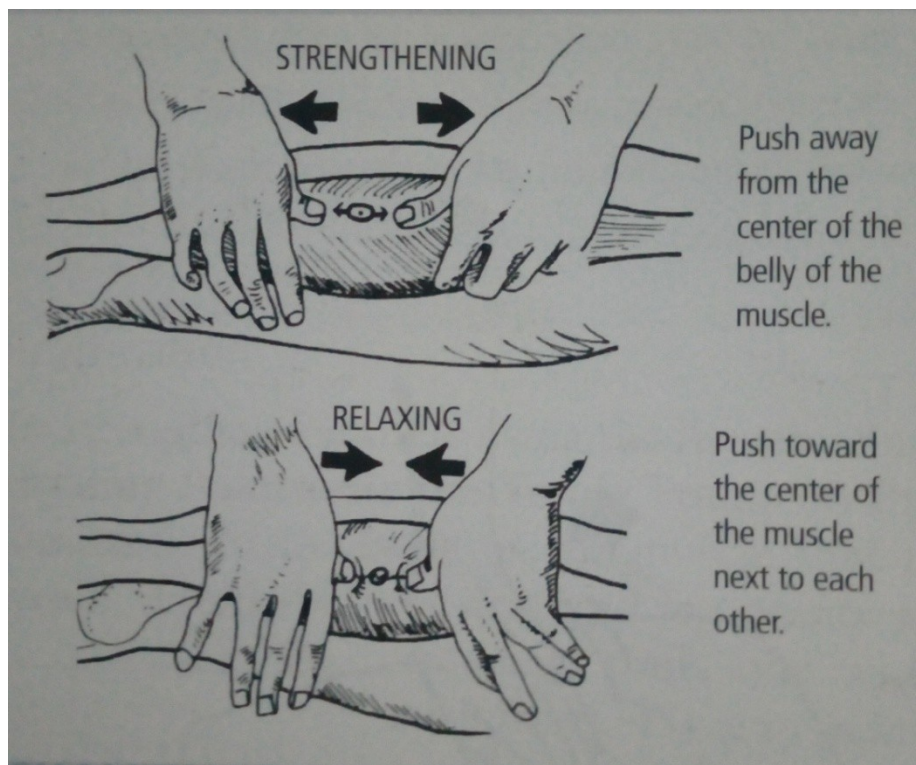
Since I use the indicator muscle (IM) so much in session, it's important to have a convenient way checking to determine if the muscle we want to use as mine indicator is functioning normally and whether its related energy circuits are clear. In this way, there will be no confusion about the muscle responce.

I use the anterior deltoid as IM. The arm stay firm and easily “lock” in place (muscle ON) So I apply the spindle cell mechanism to verify the good condition of the comunication of the system.

The spindle Cell mechanism,which is located in the belly of the muscle,senses the relative lenght and rate of change of muscle fibers, and send information into the nervous system. This shorten the Spindle Cell receptors, which in turn send a message to the brain, “ this muscle is too short”. The brain replies by sending more nerve impulses to the muscle,causing it to relax and become longer.

Testing immediatly after the muscle stimulation I expect a muscle OFF, not easily lock in place.

This may be done in reverse stretching the belly of the muscle,strengthening together in the direction of the muscle fibers. I expect a muscle ON, easily lock in place.



That is and I can pass over.

I touch the bellybotton and the space between the eyebrows (glabella) as indicator KBC workflow.Immediately

I test MI and sign the muscle response spreading my legs (this is called circuit).Because Matt doesn't present physical symptoms,I ask to focus on the main stress remembering bad feeling in relation with miss C, his daughter and the sensation to be mind control (handled, jiggled the words Matt used).

By the test the muscle is off, there's a stress to consider.



Using the finger in the position as the photo I test if the stress is a priority.

Priority means what is the best for the body here and now. After each test I use the circuit to put the information on memory.

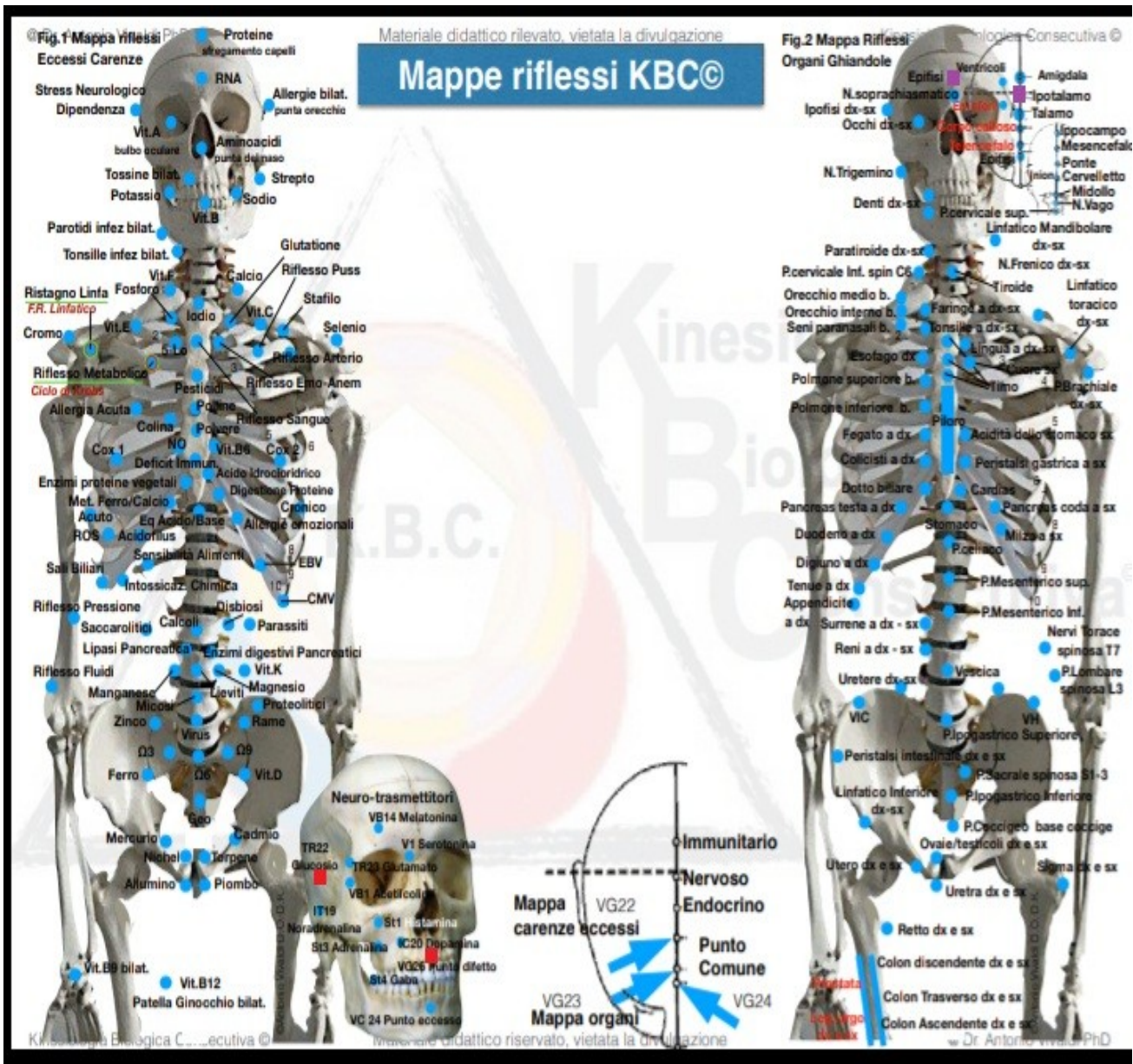
I can pass the information to the client draw a comma with fingers on glabella.

Following the KBC maps I touch and check some specific points on the body with the test ; I'm looking for which

change the muscle response, to find how the emotional situation of Matt influence his fisiological system.

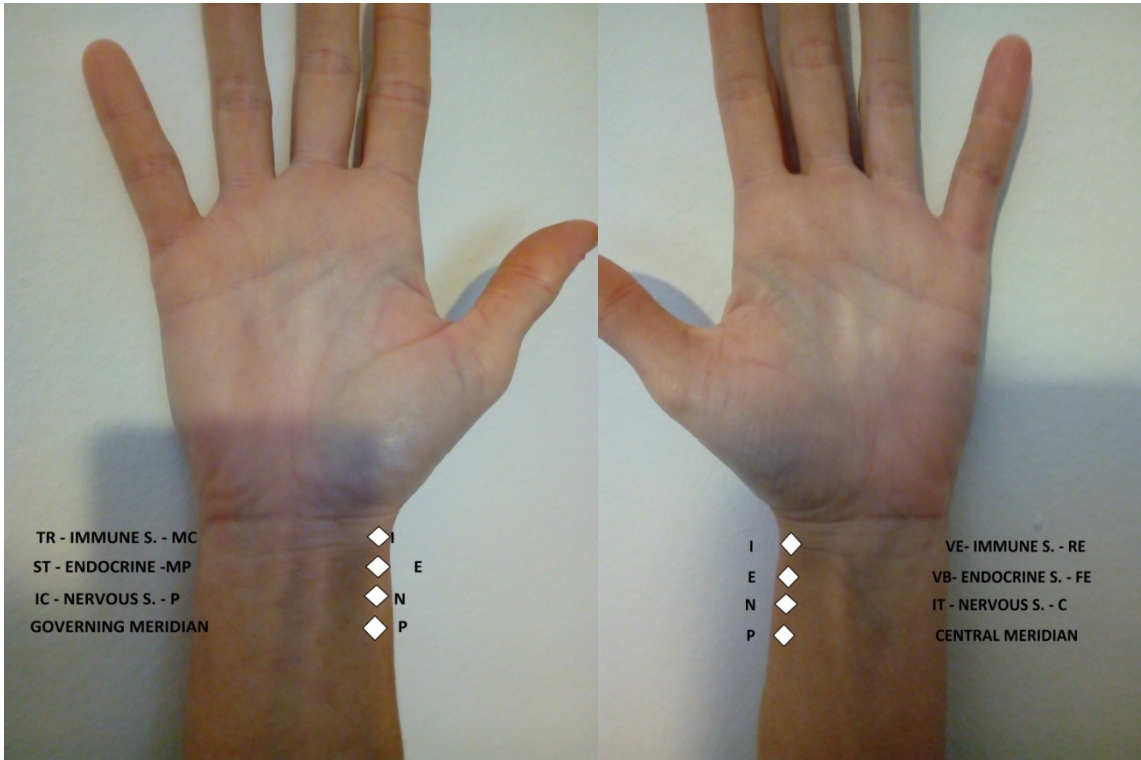
Overflow/ weakness

organs/glandsmap



- glucose
- pineal gland (priority)
- failing ■ thalamus (no priority)

These are maps that put in relation P.N.E.I. with meridian and the ayurvedic wrist analysis. We use to understand, by a big view of the body ,which are the principal systems involved in the problem of the person.

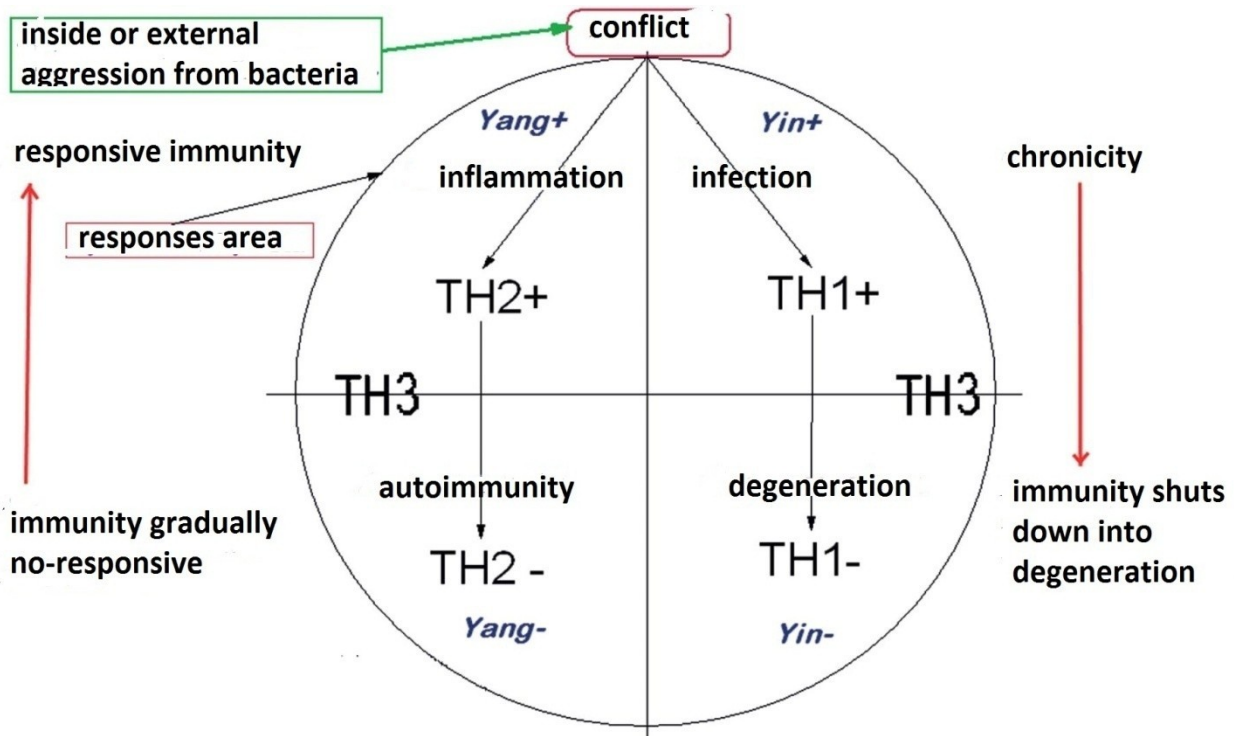


On the left side we consider what is in relation with yin energy.
On the right side we consider what is in relation with yang energy.



I test one wrist at the time and then each point, like the photo, following the maps over.. I divide the area around the bellybutton into 4 quadrants and I check which one shows a muscle off.

So we can understand, between the two immune systems, which works with Matt's situation.



The test sign the third quadrant, TH1-, it is degeneration.

Around the bellybutton I test also 5 elements of traditional Chinese medicine to monitor the energy flow in relation with the meridian and organs-viscera corresponding.

With a light pressure I test yang meridian : small intestine and triple warmer (fire)
 stomach (earth)
 large intestine (metal)
 bladder (water)
 gall-bladder (wood)
 with a deep pressure I test yin meridian : heart and circulation-sex (fire)
 spleen (earth)

lung (metal)

kidney (water)

liver (water)

By testing the result is a deep pressure on earth element, that is spleen meridian.

I read to Matt about element metaphor and questions to consider spleen meridian metaphors.

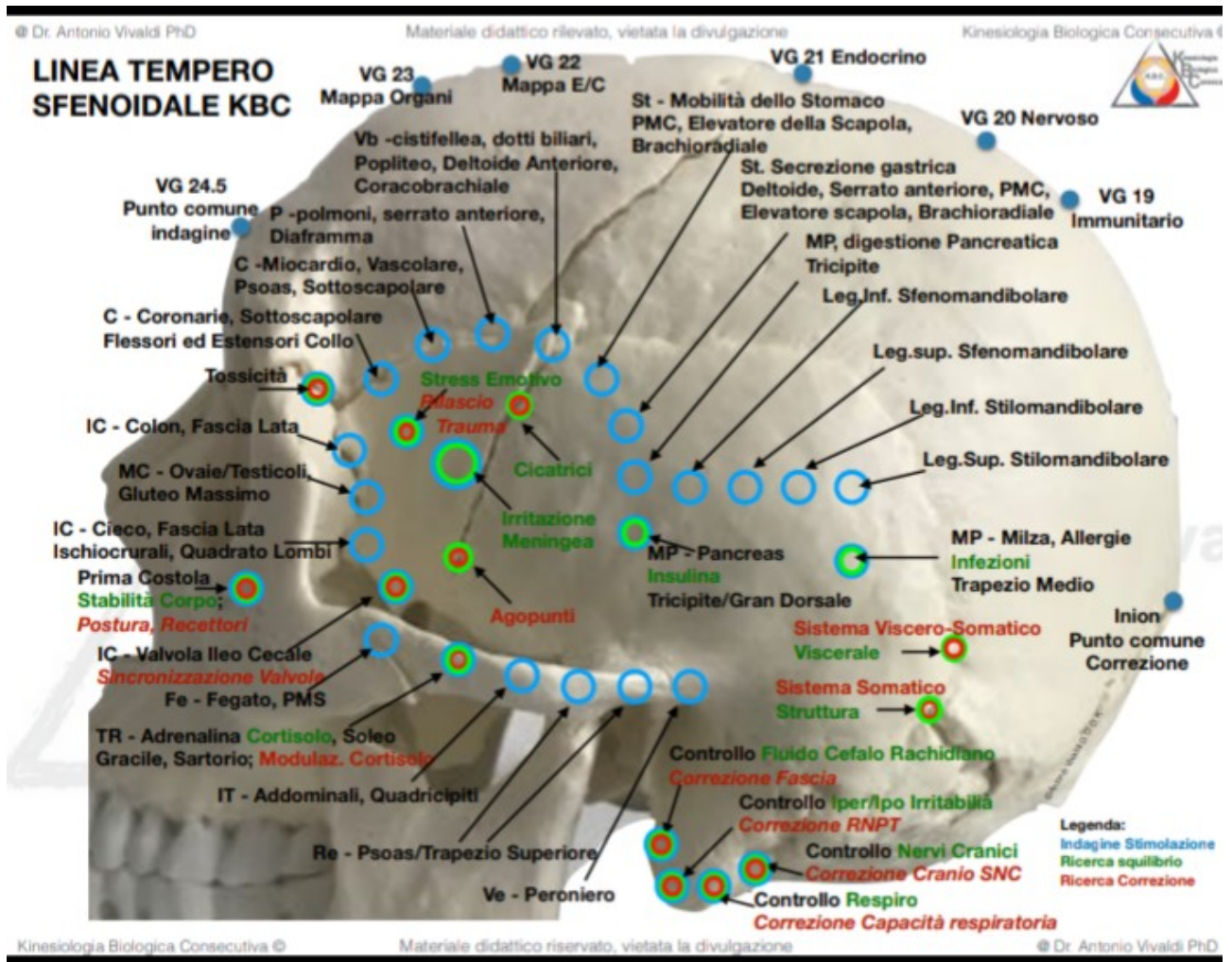
I invite him to find something with a sense for him in this moment of his life.

- In your current phase of change, do you feel like you have enough roots to nourish your growth and enough stability to give form to your dreams?
- Do you feel like you have your feet on the ground or do you need to be more grounded and centered?
- How are you doing with keeping your act cleaned up?
- Do you have enough sweetness or too much sweetness?
- How are you at breaking down problems into digestible parts?
- Are you burdening yourself with toxic materials and overworking the detox-immune system function in dietary, mental, chemical, spiritual areas?

We do not discuss, I prefer this input will be reorganized by unconscious.

I touch glabella + imbalance points, you find on the map below, painted green.

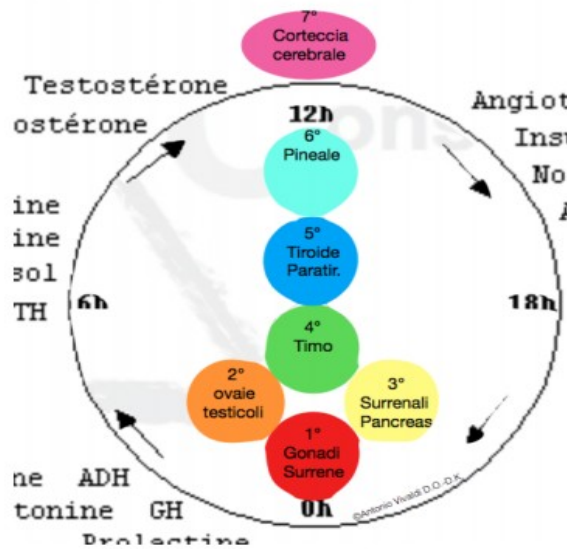
Cranium map



The test sign the endocrine system point.

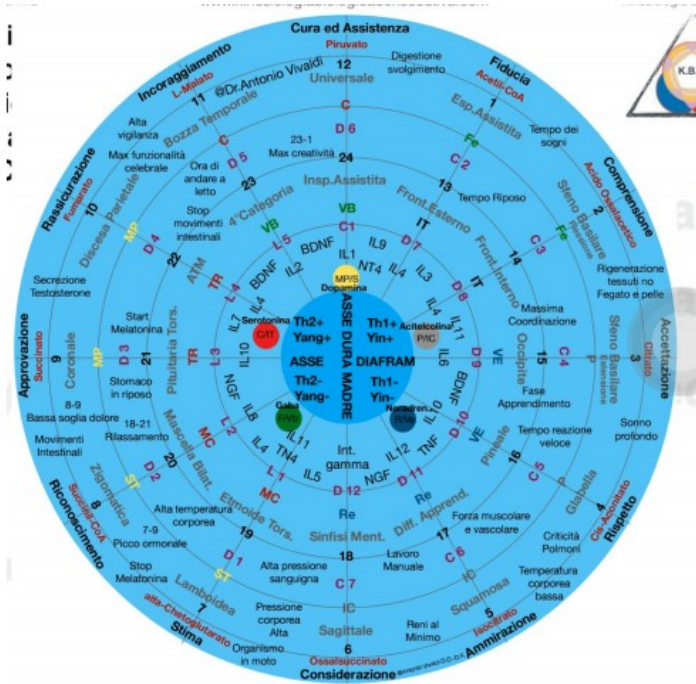
By testing chakras in the belly area, I consider the first, equal to gonads – adrenal glands

ENDOCRINO



I touch inion (a point on the central low part of occipital) and look for the meridian (of the map below) for the FIRST ADJUSTMENT.

→ MERIDIANE

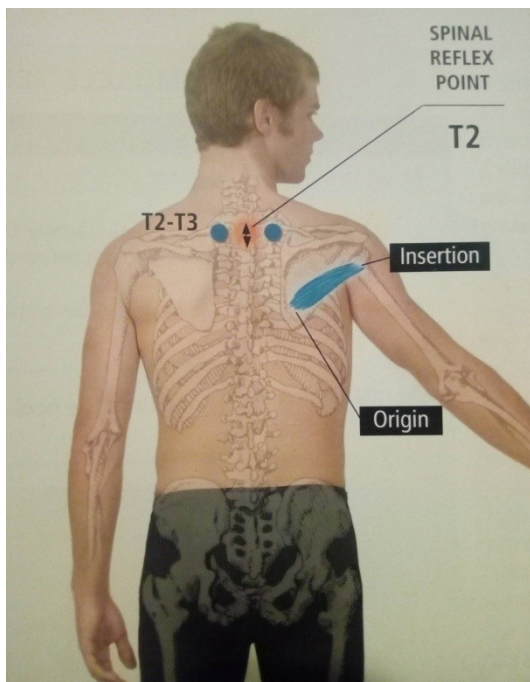
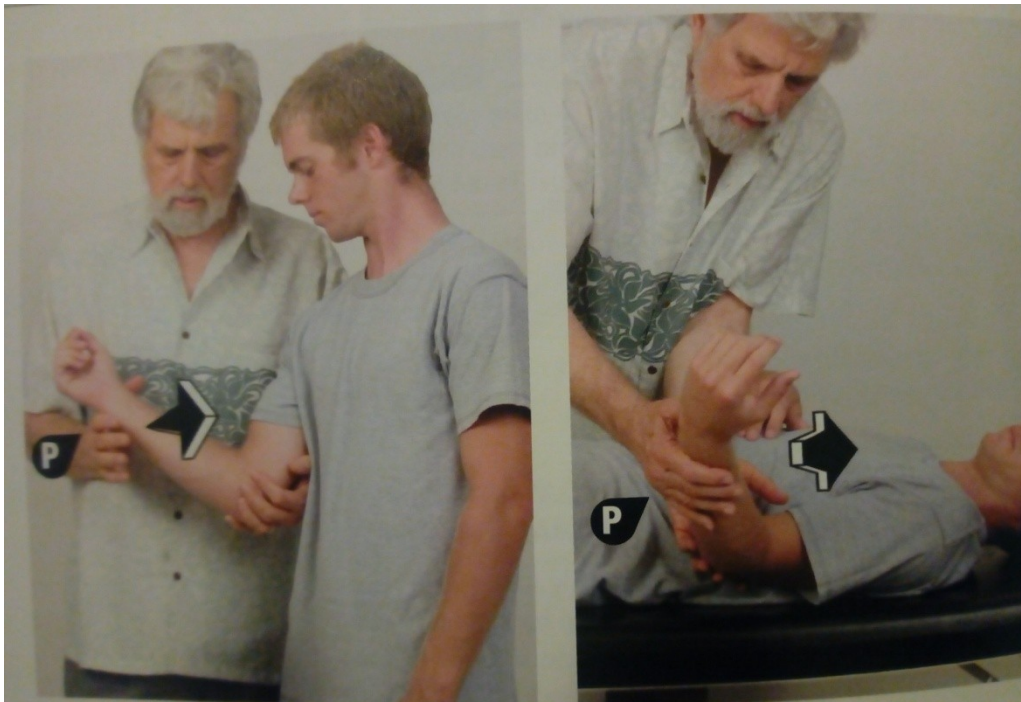


MERIDIAN NUMBER 9

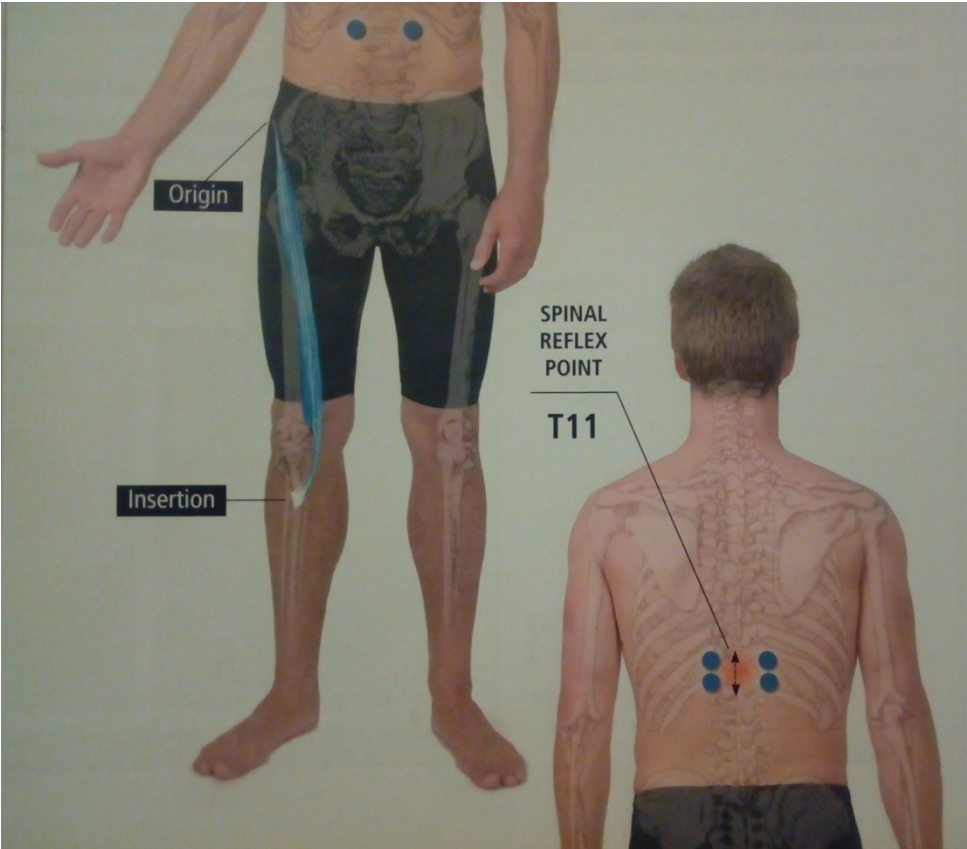
The meridians considered on this line are triple warmer and spleen.
I check the response of specific muscle in connection with these meridians.

Triple warmer:

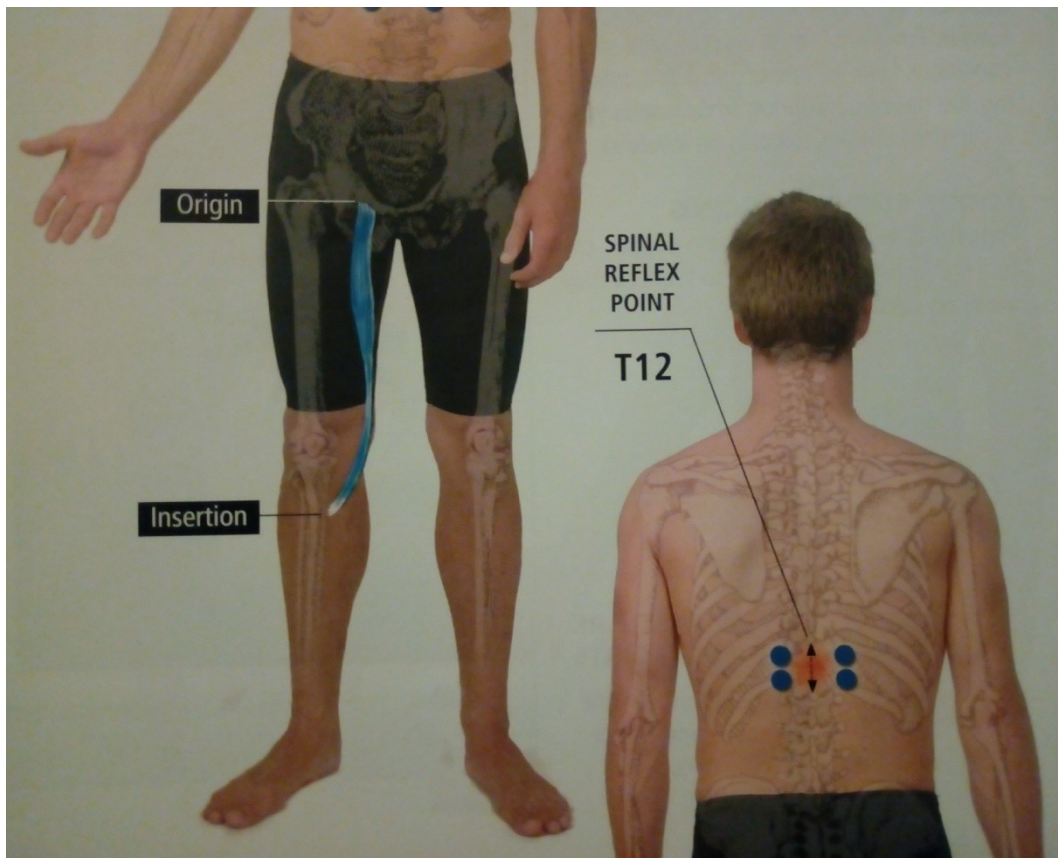
TERES MINOR, test



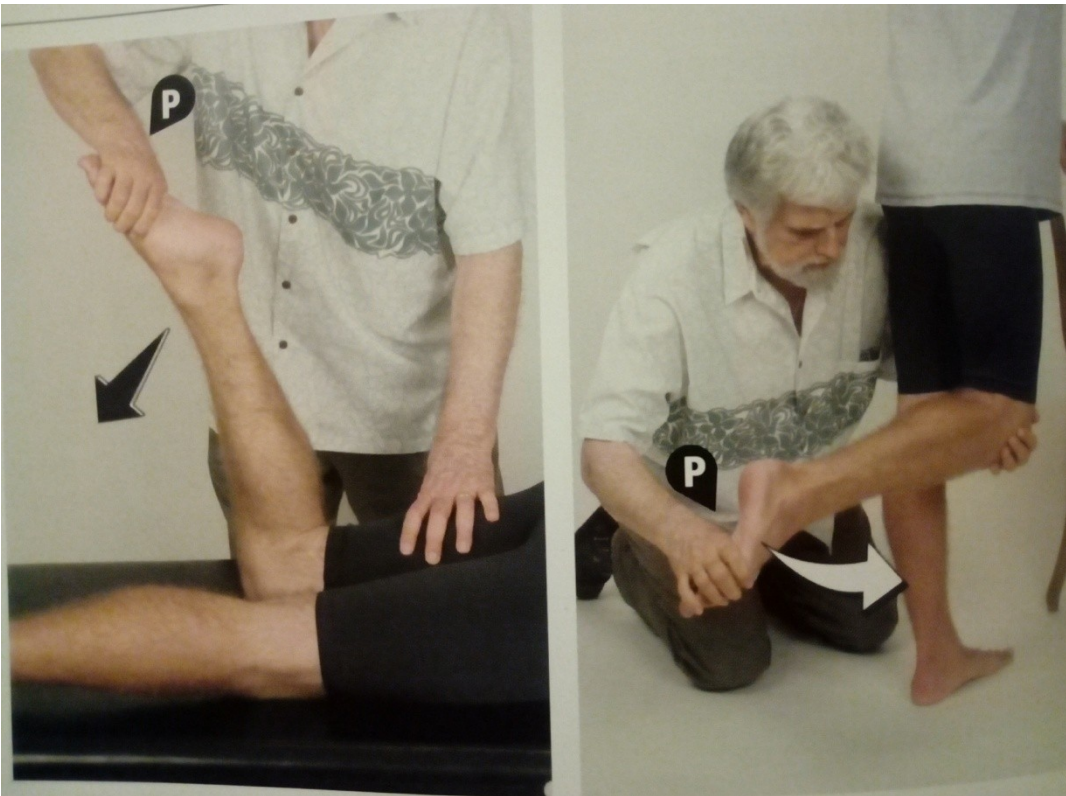
SARTORIUS, test



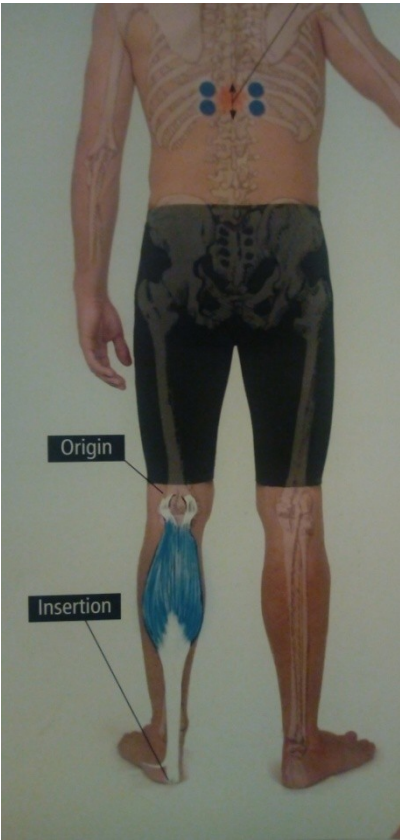
GRACILIS, test



SOLEUS, test

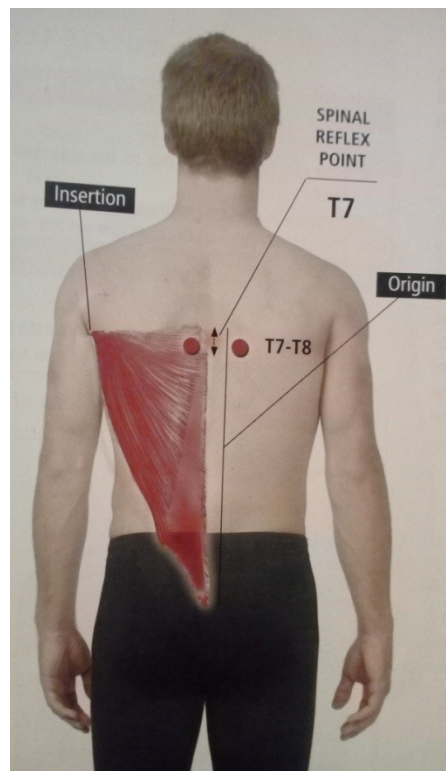


GASTROCNEMIUS, test

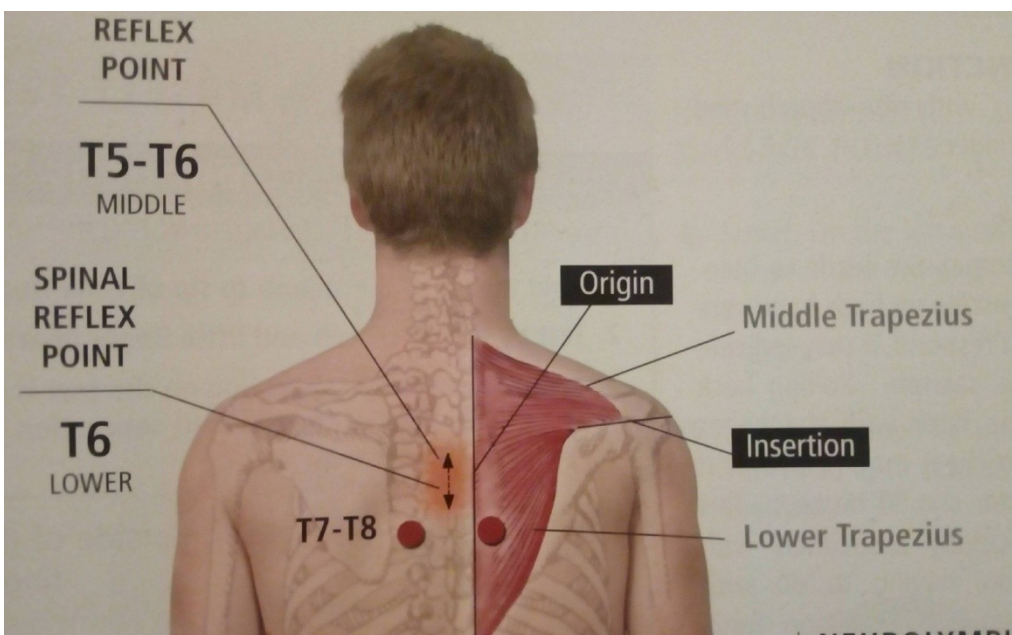
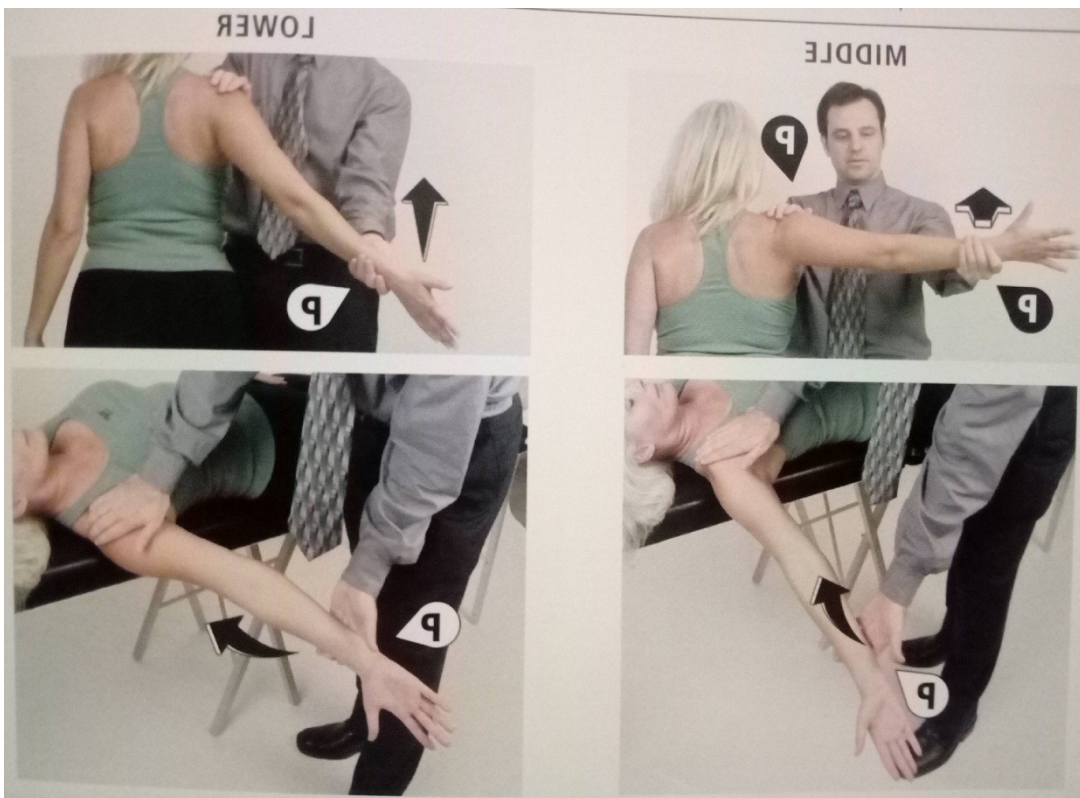


Spleen

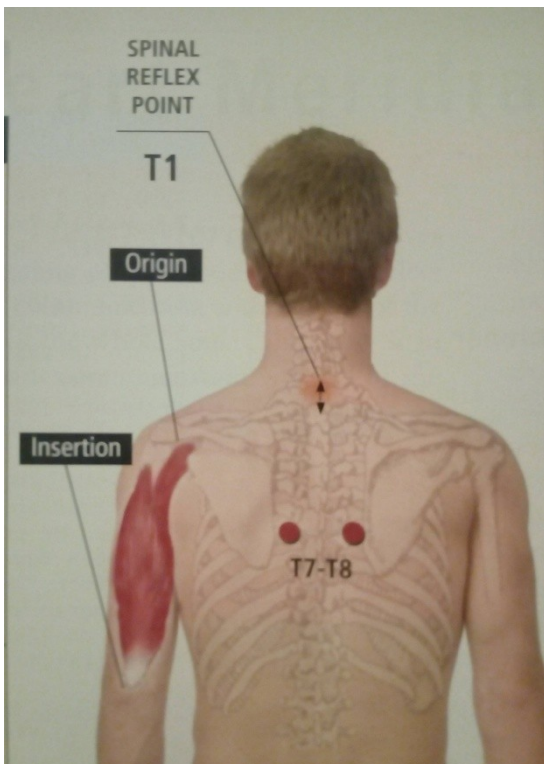
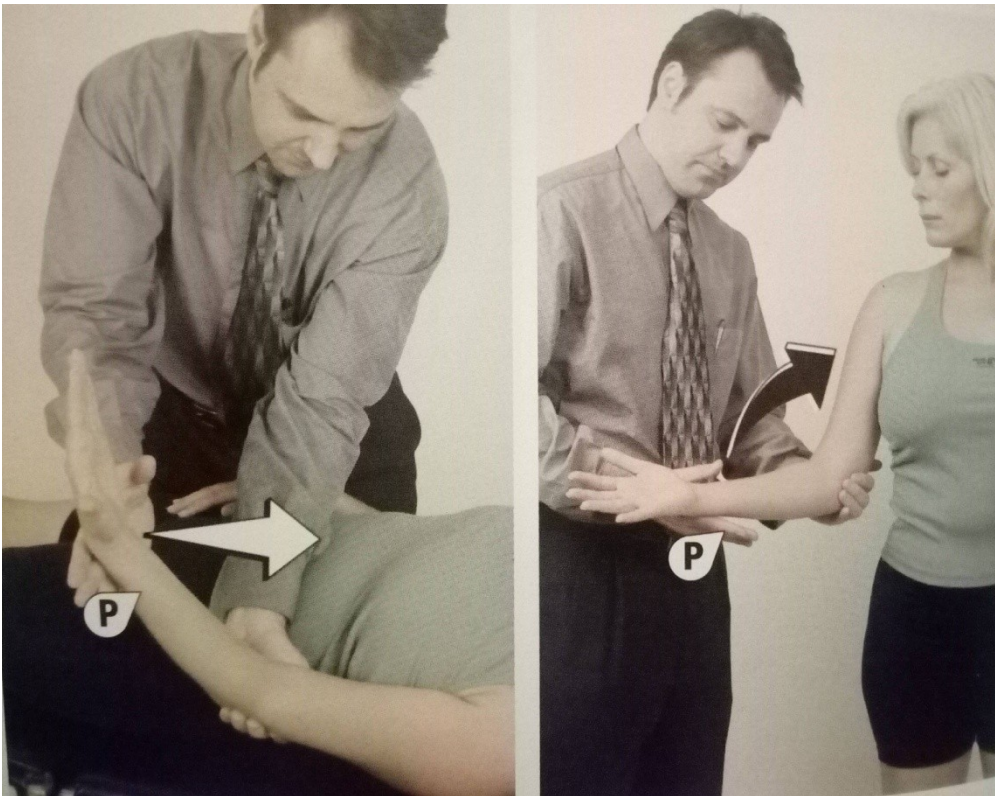
LATISSIMUM DORSI, test



MIDDLE /LOWER TRAPEZIUS TEST



TRICEPS TEST



Tests confirm muscles are “unlock” except sartorius.

On the cranium map i find the point I need stimulate for 50 seconds: MP (2 points), TR.
Then i repeat the muscle tests to control their energy state is improving.

Now they are “lock”.

I work the vertebrae of the meridian testing the direction of work.

D3 needs the left side of the spine, an input in cephalic line, down-left, inhaling.

For L3 the legs are positioned on the right, the input is on the right side of the spine, cephalic line,exhaling.

I highlight primal need : approval.

I work cranial injuries:

- Pituitary gland.

Problem: torsion.

Adjustment: hook and pull upwards with the fingers occipital and the top of eye sockets while the person inhale and flex the feet. Repeat for more time and revalue the adjustment testing.

-Coronal suture

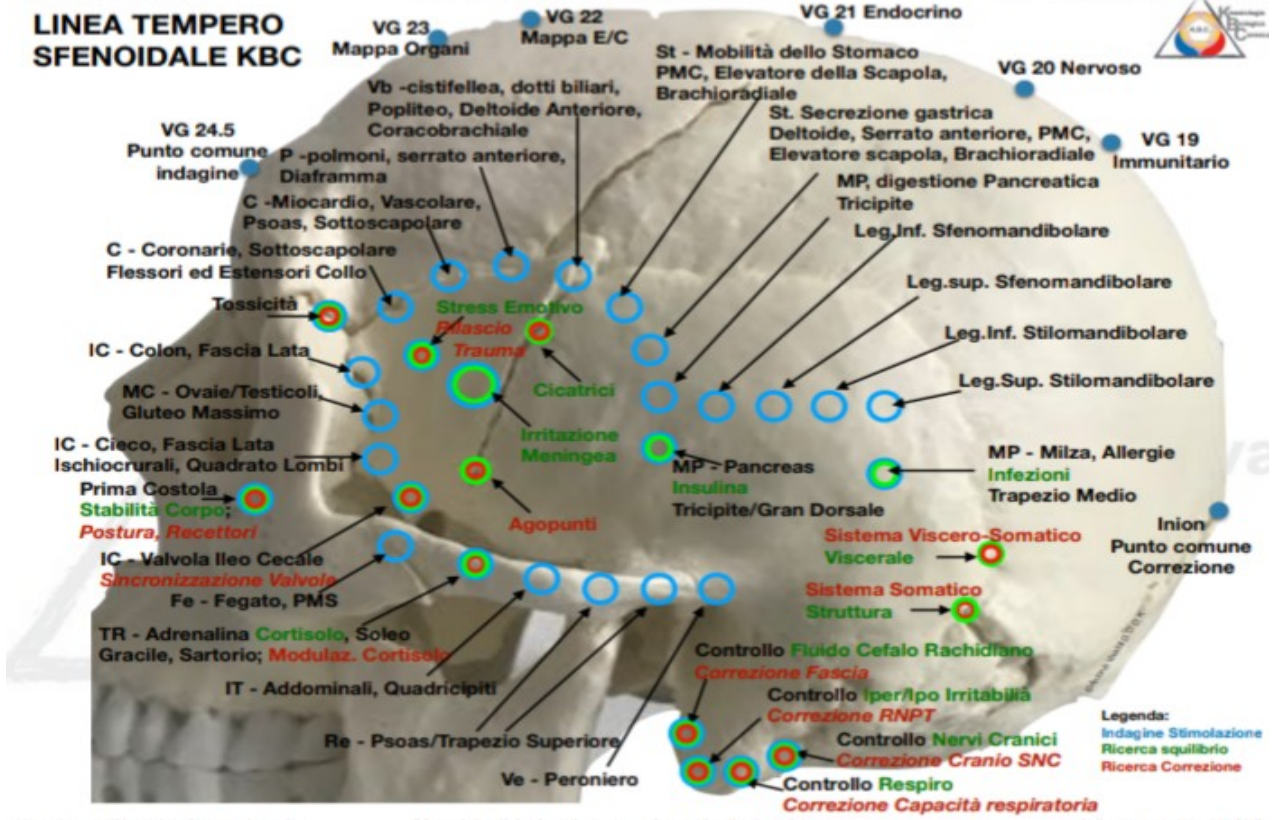
Problem:directly the suture linking frontal bone with parietals bone

Adjustment: find the line of work with the test and following it press while the person inhale and flex the feet.

I ask for the second adjustment touching inion (a point on the central low part of occipital) + the adjustment point.

You find them on the map below paited red. There are other 2 points, one on the second rib for kreb's cycle, and an other between collarbone and humerus for lymphatic system.

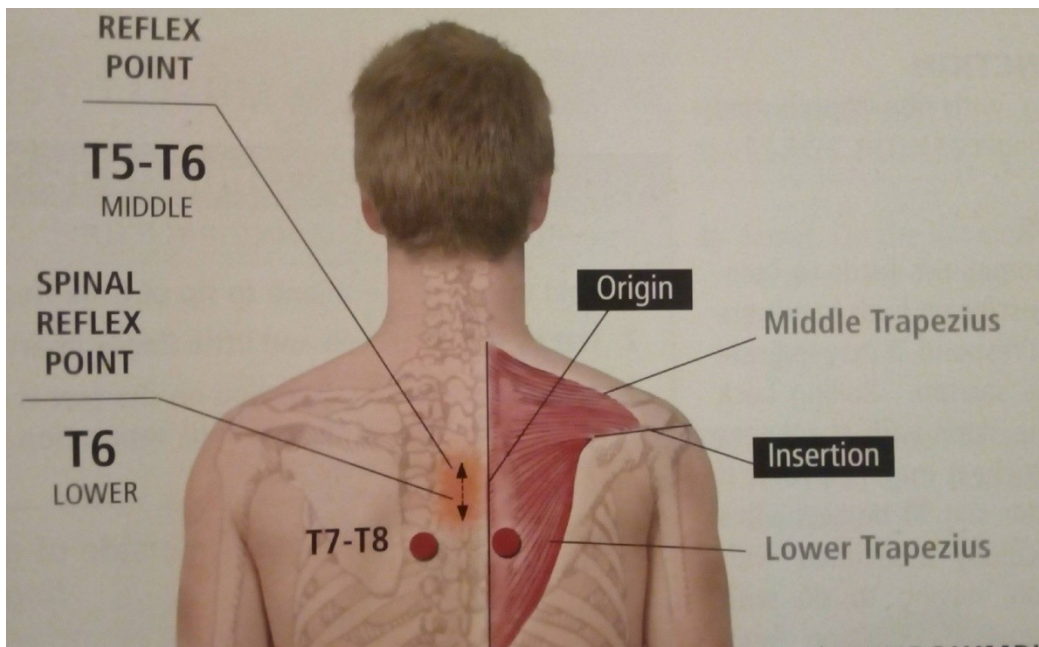
LINEA TEMPERO SFENOIDALE KBC



Test signs VG21, that is nervous system. I work again with meridian, now number 11. Meridians associated : heart and gallbladder.

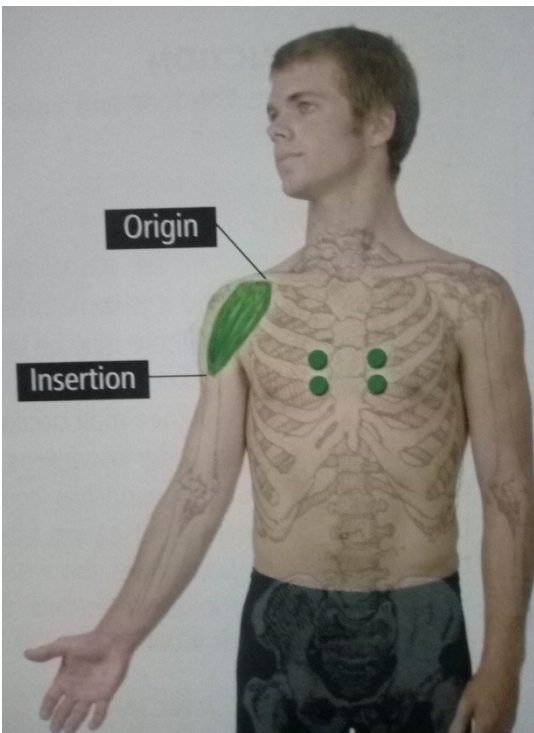
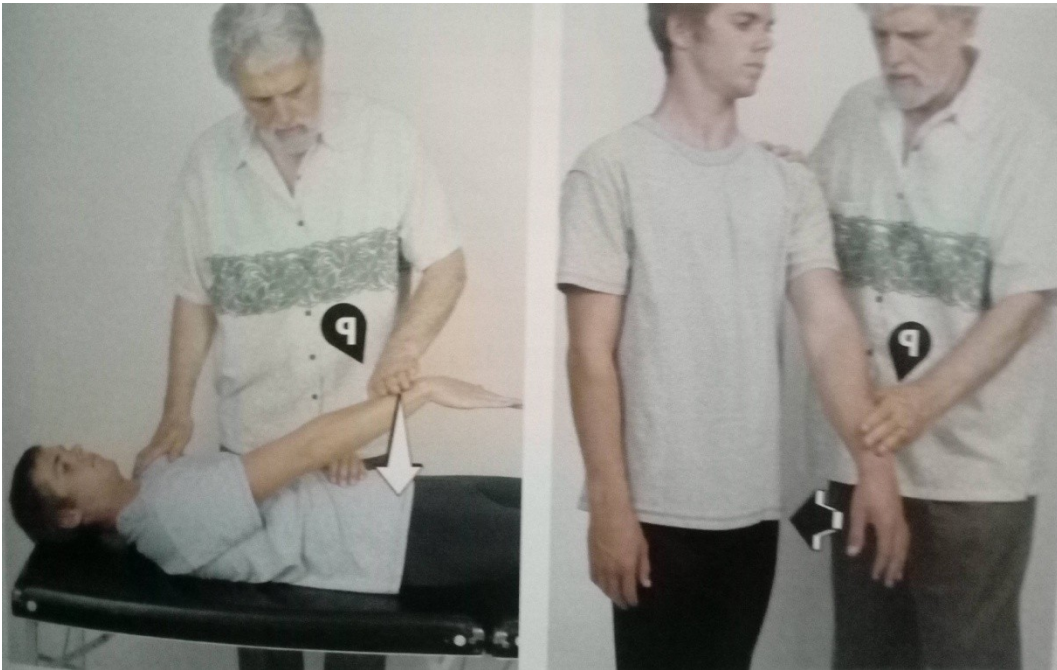
Heart

SUBSCAPOLARIS, TEST



Gallbladder

ANTERIOR DELTOID, TEST



POPLITEUS, TEST

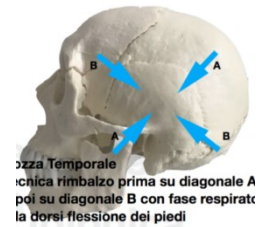


The only muscle “lock” is peroneus, all the others are off.
 I stimulate points C and VB on cranium, like cranium map, and control with the test the muscle response.

I work cranial injuries:

-temporal bone
 Problem:torsion

Adjustment: this shall be carried out by rebound technique.the manipulation consists in squeeze the temporal bone towards the centre and let it go while the person inhale and flex the feet.



-4 category.
 Problem: sphenoid – pterygoid

Adjustment:Pump palate toward mandibula articulation,both sides while person inhale and flex the feet.

Primal need is encouragement

I work the vertebrae of the meridian testing the direction of work.
 D5 needs the left side of the spine, an input in cephalic line, up-left, inhaling.
 For L5 the legs are positioned on the left, the input is on the right side of the spine, cephalic line,exhaling.
 I control if the body need fitonutrition support testing inion + points of the map below.

Antonio Vivaldi PhD | Materiale didattico riservato, vietata la divulgazione | Kinesiologia Biologica Consecutiva

Punti Ricerca Correzione-Integrazione

INTEGRAZIONE

- TL Inion+ TL IC 11 = Modulatori KBC
- TL Inion+ TL TR4 = Sali Tissutali
- TL Inion+ TL TR5 = Oligoelementi
- TL Inion+ TL IC 3 = Fiori Bach
- TL Inion+ TL punto micosi = Mico-integrazione KBC
- TL Inion+ TL TR10 = Nutri Puntura
- TL Inion+ TL TR 9 = LVS
- TL Inion+TL IC6 = Vitamine
- TL Inion+TL IC5 = Fito-integrazione generale

ologia Biologica Consecutiva © | Materiale didattico riservato, vietata la divulgazione | © Dr. Antonio Vivaldi PhD

Test shows racemis gocce (drops)
This remedy lends calmness and clearness of mind:
immediate effect against acute stress.



Active substances

concentrated grape-juice of *Vitis vinifera* L. fruit; hydro-alcoholic extract of *Scutellaria lateriflora* L. aerial parts; hydro-alcoholic extract of *Scutellaria baicalensis* Georgi leaves.

To know:

Racemis Serenità Gocce is a natural preparation of 2 species of *Scutellaria* and concentrated grape-juice obtained following an ancient Byzantine recipe, providing for relief in case of state of anxiety and depression. The result is that to achieve a state of mind relaxation, which helps our body to reduce and mitigate the state of anxiety, besides to have an energizing action which facilitates recovery in case of psycho-physical stress and lack of concentration.

Method and time of consumption: it is recommended an intake of 10 drops from 2 to 5 times a day, also diluted in a glass of water.

To find modulator I test meridian dura and meridian diaphragms on the bellybutton.

Diaphragms show priority.

The diaphragms, we look at, are pelvic diaphragm, thoracic diaphragm, high thoracic diaphragm, styloid diaphragm, cranial (tentorium of cerebellum).

Thoracic diaphragm is a priority.

Adjustment



person lie supine, with bent knee.

Hook the edge of the chest, go down with the fingers and pull in a cephalic line going deeper to touch the diaphragm.

Stay until you feel a fascia release.

The first session is finish. Matt says it's very different from what he usually had done but it's nice so we continue to work...

Second session

I start the kbc workflow following the step just used for the first session.

Check IM.

Put the stress in circuit. To touch belly button and glabella.

Do the wrist analysis. It shows immune system on the left, nervous system on the right side.

Check the immune conflict. It is 3 quadrant TH1- , degeneration.

Find the element with deep pressure for yin meridians, light pressure for yang meridian.

It shows lung meridian.

I read to Matt about element metaphor and questions to consider lung meridian metaphors:

- Are you too hard or not hard enough on yourself or others?
- Are you too focus on adornment and appearance, or do you need to pay some attention to how you represent and communicate your inner richness and potential?
- Do you need a “hard shell”, barrier or boundaries to protect you from the demands or aggressions of people in your life, or do you need to open up more, let down your shield or mask to communicate with people?
- Can you breathe/speak easily?
- Do you have a free flow of fresh air and /or inspiration to nourish the various functions of your life, or are you feeling constricted, inhibited in speaking, literally or figuratively?
- What do you need to lift up in your life?
- Are you giving too much or too little praise?
- Do you need to shout, cheer or even cough something up?

I look for unbalance point with glabella + green point of cranium map.

It shows nervous system.

I work with Overflow/ weakness map and organs/glands map.

It shows a weakness of acetylcholine and it signs testicles and prostate.

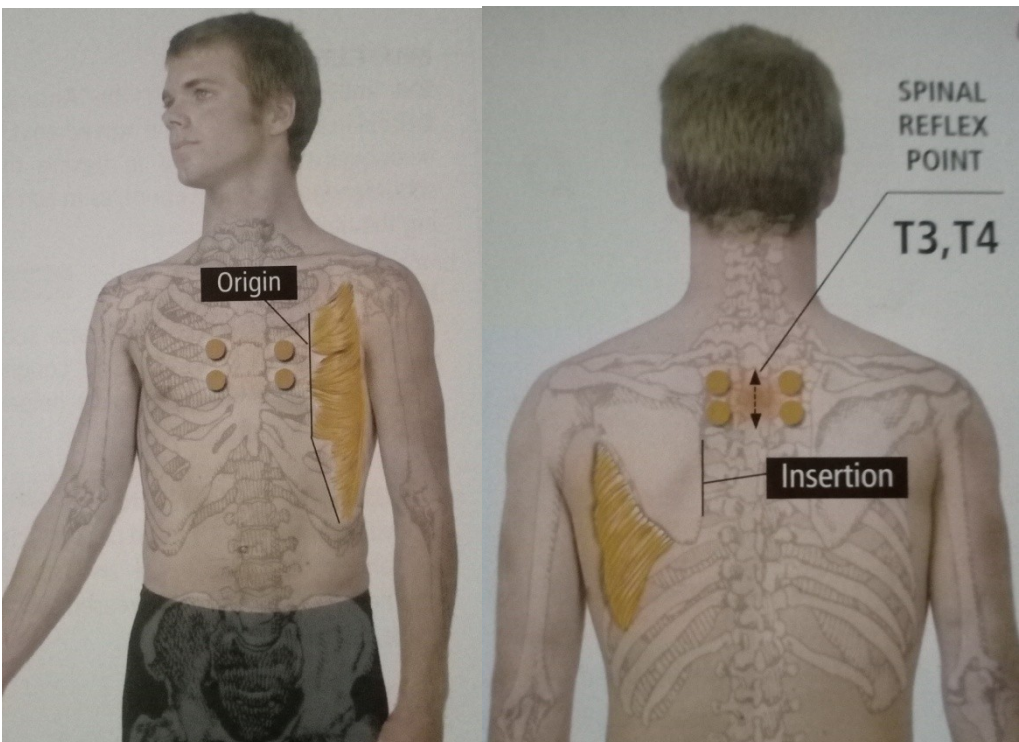
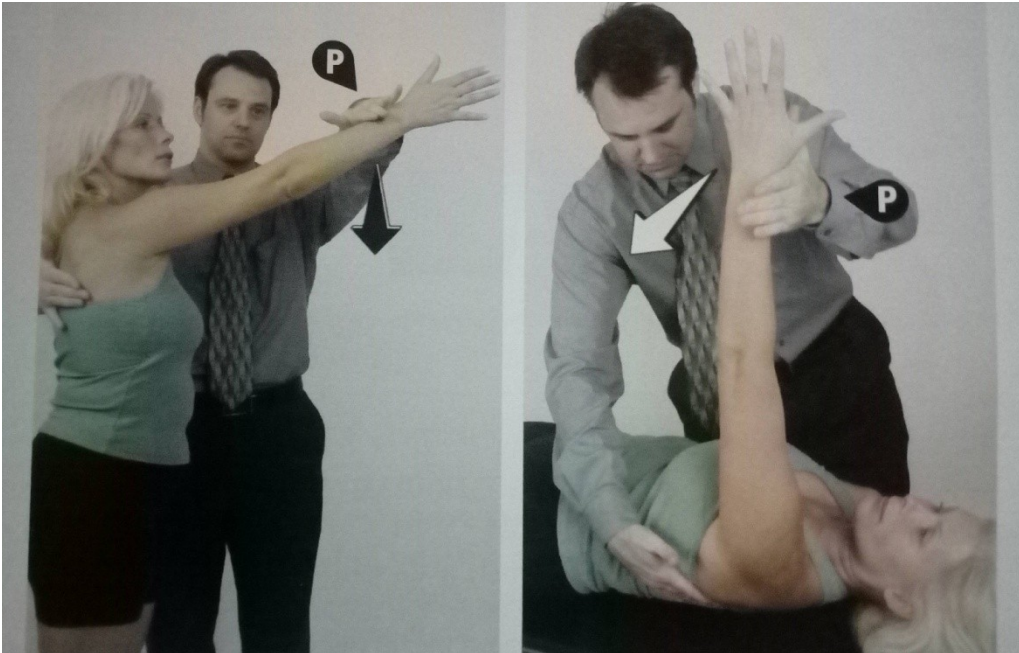
I start with the 1 adjustment with inion+ meridians.

Test gives meridian number 3.

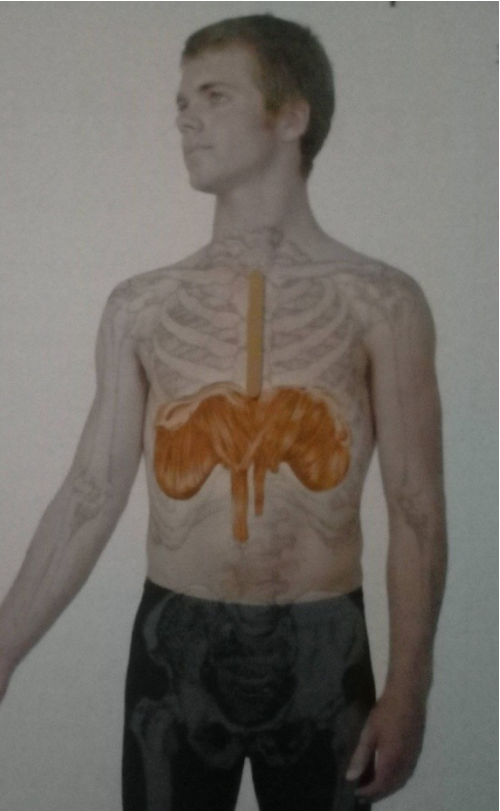
Meridians involved are lung meridian and bladder meridian. Here corresponding muscles.

Lung meridian

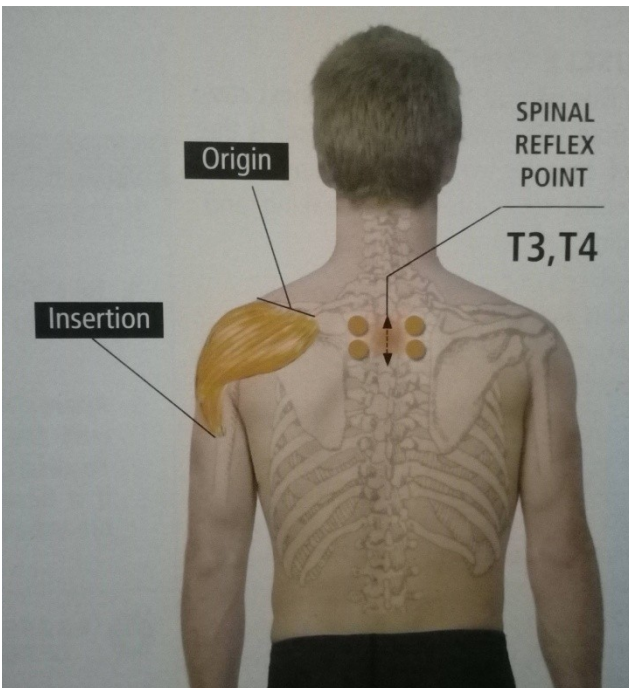
ANTERIOR SERRATUS, TEST



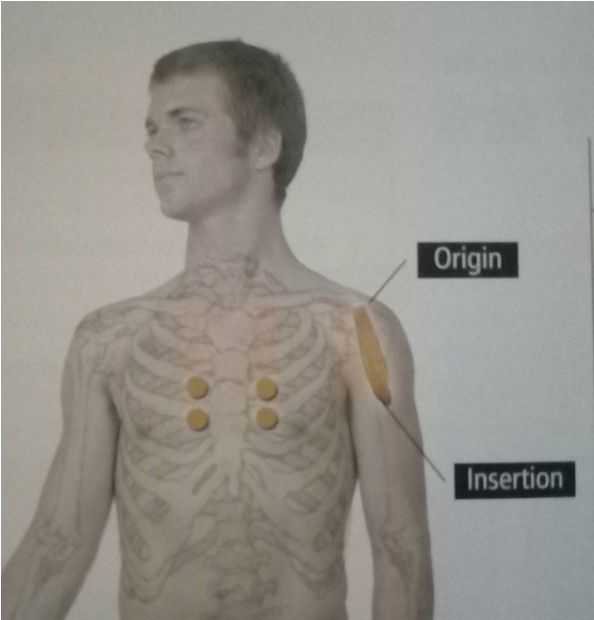
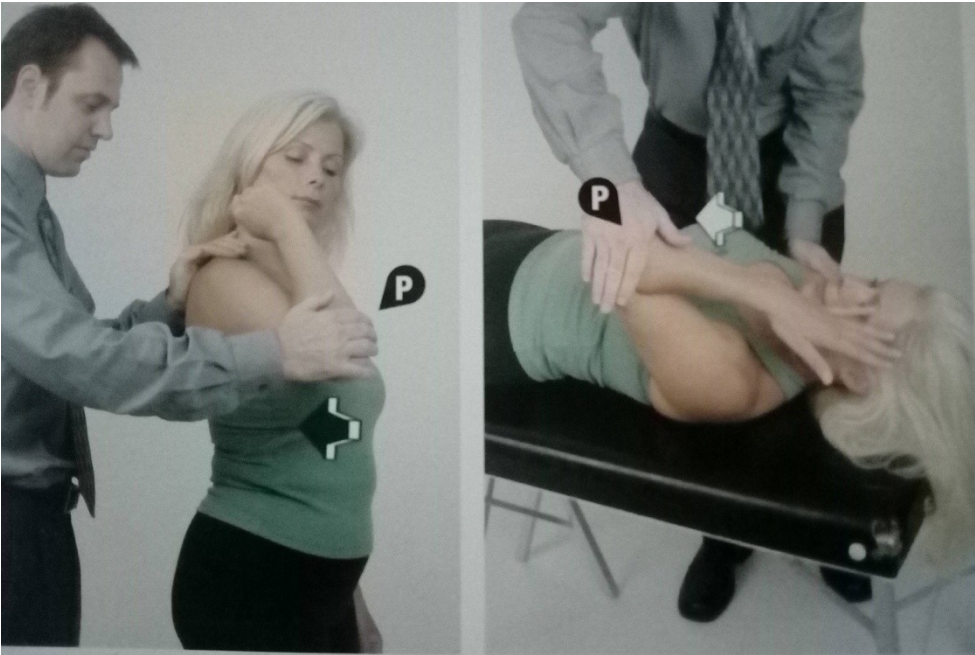
DIAPHRAMM,TEST



DELTOIDS, TEST



CORACOBRACHIALIS,TEST



The only muscles “lock” are tibials.

I stimulate the VE and P blue point on the cranium like cranium map.

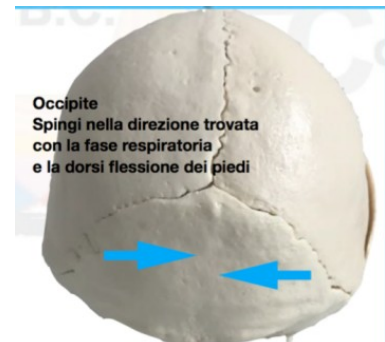
I check a change on the muscles.

I work cranial injuries:

Occipital.

Problem:lateral,front,back fixing.

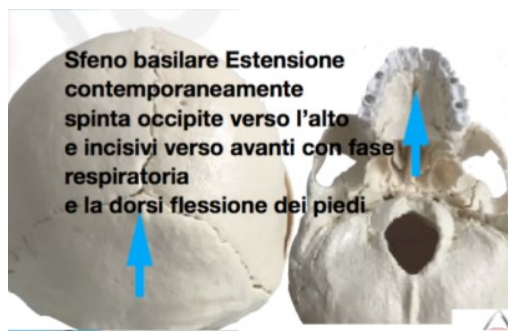
Ask to the person to move the tongue to the right,to the left, up and down. Then test the position and find the direction of work.



adjustment:

pull and let it go in the opposite direction while the person inhale and flex the feet.

N.B.:psoas weakness on each side could mean occipital proble



Sfeno-basilar expansion adjustment:

push up occipital and push forward on incisors of jaw while the person inhale.

I work vertebrae :

C4- neck bent left side, finger on left side of the spin push in caudal line while Matt push with his head on my hand on the right side, exhaling.

D9- legs bent left side, finger on right side of the spine push in cephalic line and down during exhale

I control if the body need fitonutrition support testing inion + points of the map for supplementation.

Citoyang uncaria has several properties, generally antiinflammatory, antimicrobial, antirheumatic, immunomodulating, antioxidant.

Active substances: hydro-alcoholic extract of Uncaria Tomentosa.

To know:

Citoyang Uncaria has several properties, generally antiinflammatory, antimicrobial, antirheumatic, antioxidant.

Citoyang Uncaria is the base

broad spectrum stimulator of the Consecutive Therapy, by acting on different meridians of the body following principles of the Traditional Chinese

Medicine. Its action becomes very powerful after a deep drainage increasing, in this way, the actual reply in case of a lack of a-reactivity in the ongoing therapies.

Method and time of consumption: It is recommended to take 10 drops morning and evening, diluted in a glass of water. Increase the intake from 3 to 5 times per day, following therapeutical indications.



Actiyin 4VB The mixture allows to control the functionality of the gallbladder meridian, it promotes the physiological performance of the Immune System, useful to the digestive, hepatic and depurative functions of the body.

Active substances: for 50 drops: Rosemary f.e. 725 mg, Green tea f.e. 362 mg, Hawthorn f.e. 290 mg, Cranberry f.e. 271 mg, Black

Cherry f.e. 241 mg.

To know: drainage of gallbladder is controlled by Actiyin 4VB when there is subsistence of a disorder in choric phase. Actiyin 4VB manages the necessary energy to activate the drainage

phase of the gallbladder. In this way it is possible to rebalance also the hepatic activity, the center of the equilibrium of the immune system.

Method and time of consumption: it is recommended an intake of 10 drops from 2 to 5 times a day in a glass of water.



Third Session

Matt affirms he felt more calm and stability during the week.

I start the kbc workflow following the step just used for the first session.

Check IM

Put the stress in circuit.

Toch bellybotton and glabella

Do the wrist analysis. It shows psychological system on the left , nervous system on the right side.

Check the immune conflict. It is 2 quadrant TH1 + , cronicity.

Find the element with deep pressure for yin meridians, light pressure for yang meridian. It shows triple warm meridian.

I read to Matt about element metaphor and questions to consider lung meridian metaphors:

- When you think of fire, what image comes to mind and what might this symbolize in your life?
- Are you too passionate, burning up your excess Energy, burning those around you, or you too cold, unable to be passionate?
- Do you have enough "fire in the belly" passion and Energy for life?
- What gets you hot, physically, mentally, spiritually or emotionally?
- What are you running from?
- What are you fighting?
- What paralyzes you?
- Do you feel that your life is one of the constant fight or flight? are you always on the run?
- What are you willing to suffer or even to die for?

I work with Overflow/ weakness map and organs/glands map.

It shows only testicles.

I look for unbalance point with glabella + green point of cranium map.

It shows glandular system.

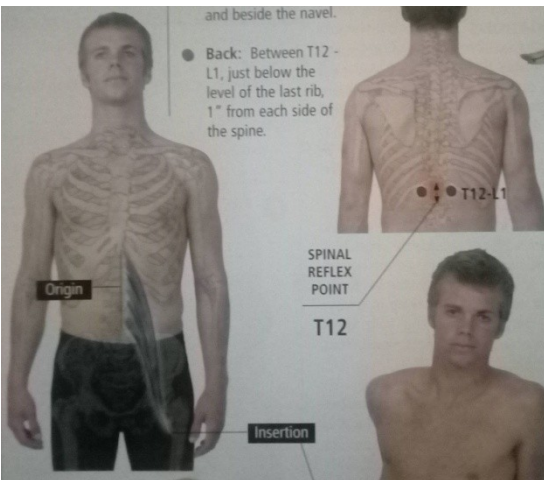
I start with the 1 adjustment with inion+ meridians.

Test gives meridian number 6.

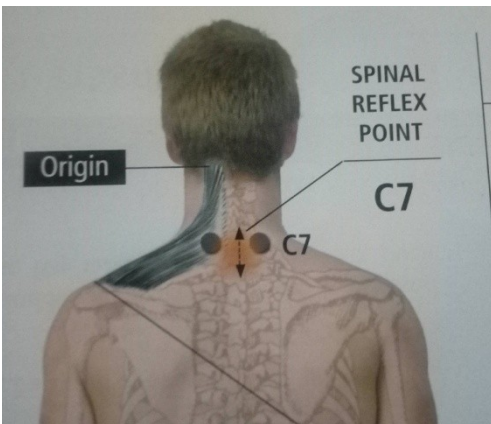
Meridians involved are kidney meridian and large intestine meridian. Here corresponding muscles.

kidney

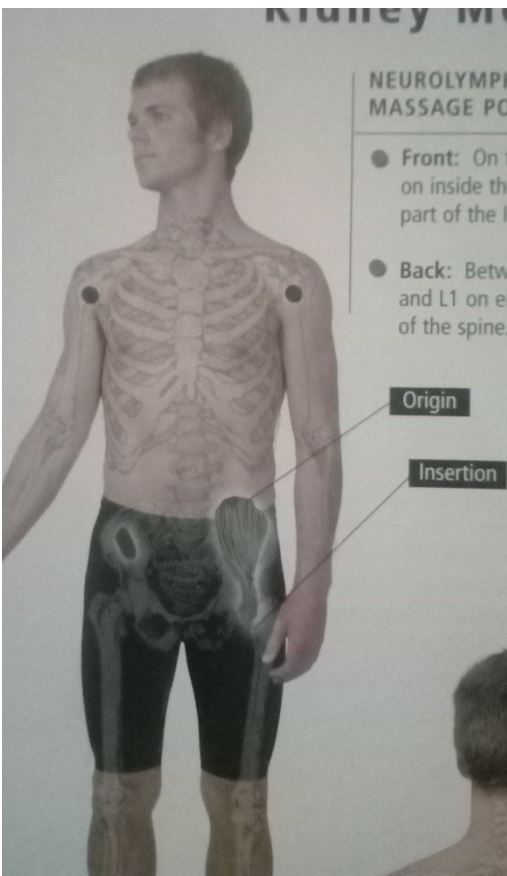
PSOAS,TEST



UPPER TRAPEZUS, TEST

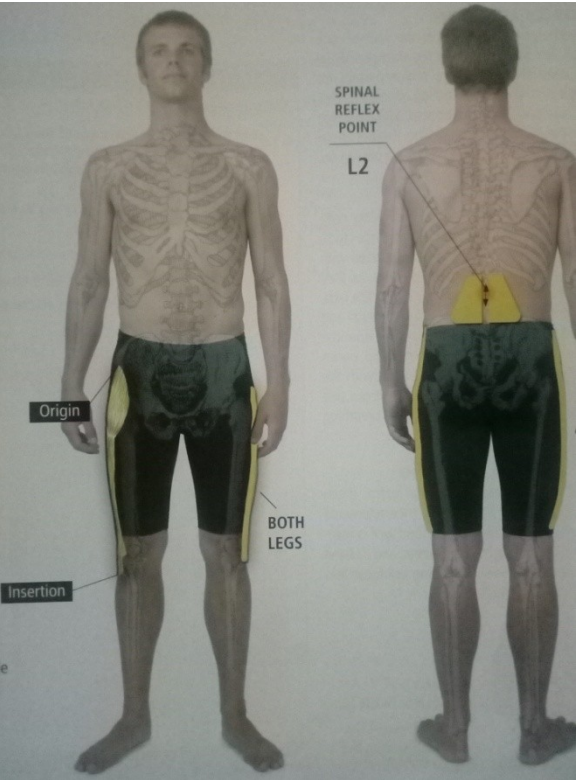


ILIACUS, TEST



Large intestine

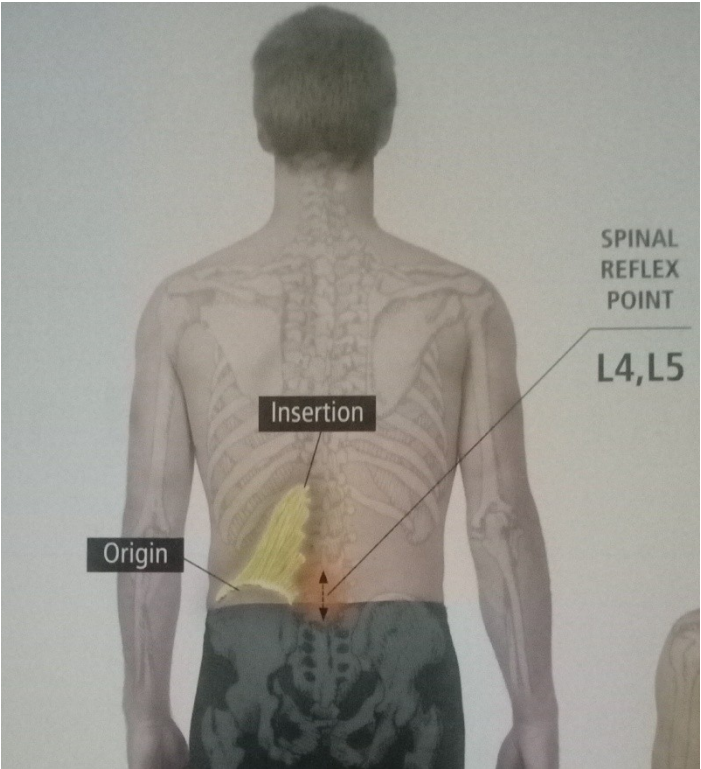
FASCIA LATA



HAMSTRINGS, TEST



QUADRATUS LUMBORUM, TEST



All the muscles are “unlock”. I stimulate points RE (2 points) and IC (3 points) on cranium, like cranium map, and control with the test the muscle response.

Primal need is regard.

I work cranial injuries.

Chin symphysis

Problem: cranial suturing.

adjustment:

hook bottom teeth with the fingers and pull as for open the chin suturing.



Sagittal suture.

Problem: to the cranial suturing attaching parietal bones

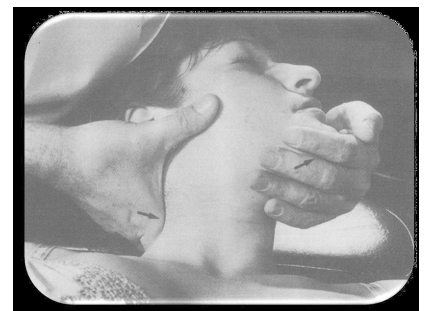
adjustment:

pull and let it go in the opposite direction while the person inhale and flex the feet.

I work vertebrae :

C7

- with left hand at chin I improve the head rotation at C7 ;
- with right hand carry out the thrust (pop) from right to left gently to the lower
- to the right back part of C4 articulation DX di C4 .
- hands work in concert.
- I do the same on the other side by inverting hands work.



D12

 Matt lie on a side. The upper leg is bent just enough to feel D12 under the hand.

Work with shoulder and hip bone inclination

 Move to put the spine in kyphosis position.

Stabilize shoulder and hip bone in maximum rang of opening.

Thrust (pop) with a fast manipulation force. Supplements : racemis gocce.



Forth session

I start the kbc workflow following the step just used for the first session.

Check IM

Put the stress in circuit.

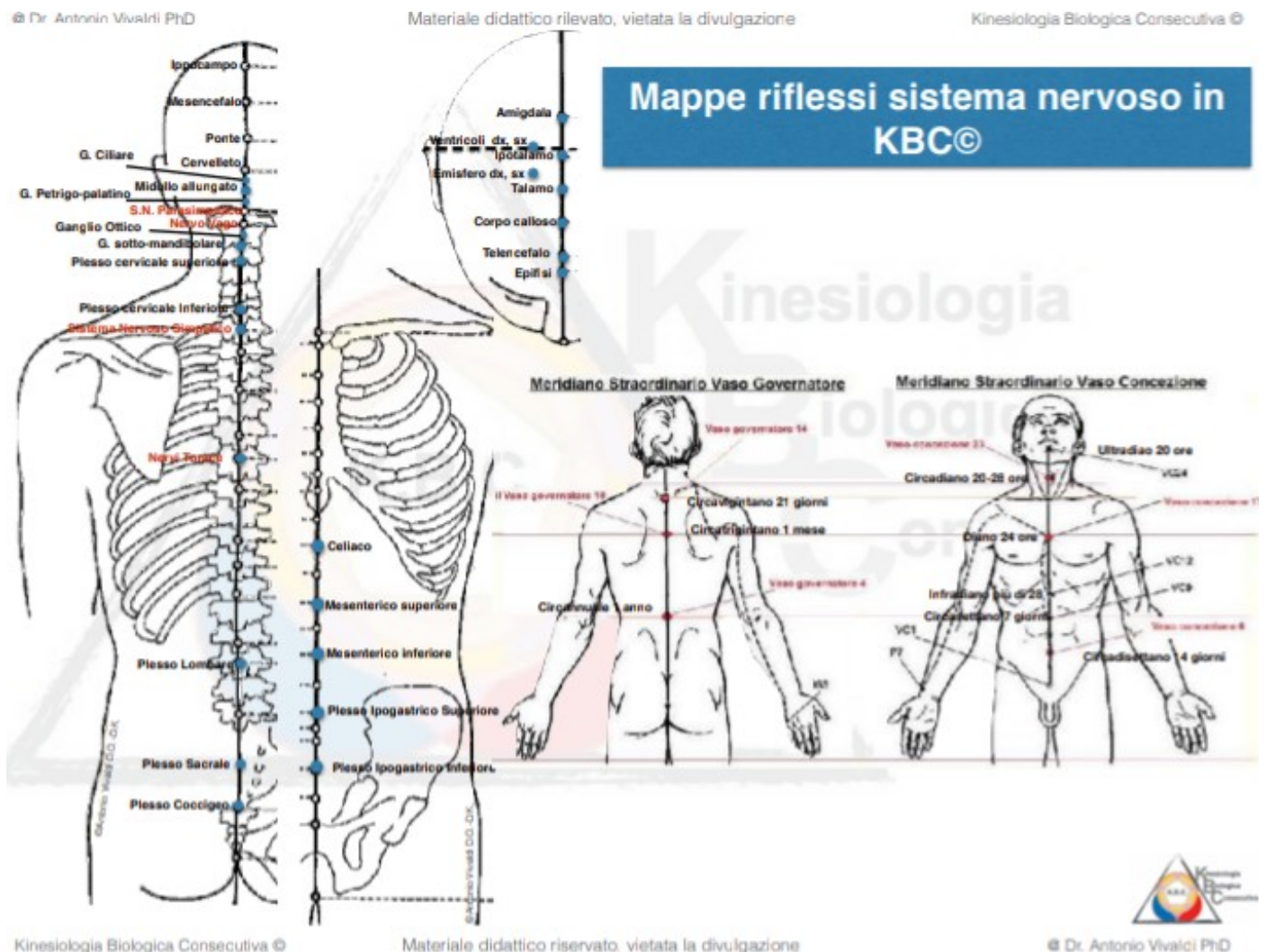
Toch bellybotton and glabella

Do the wrist analysis. It shows nervous system on the left , nervous system on the right side.

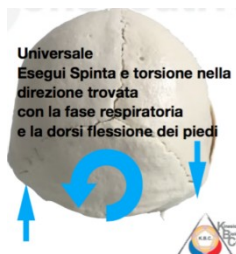
Check the immune conflict. It is 1 quadrant TH2 +, inflammation.

There's no 5 elements to consider.

I consider 21 days cycle of substans flow.



I work with Overflow/ weakness map and organs/glands map.
 It shows emozional allergies in the first map. It signs testicles, amygdala,torax nerves,
 lower hypogastric plexus, vagus nerve in the second one .
 I look for unbalance point with glabella + green point of cranium map.
 It shows nervous system
 I start with the 1 adjustment with inion+ meridians.
 Test gives meridian number 1.
 Meridians involved are heart and gallbladder meridian. I test corresponding muscles.
 All the muscles are “unlock”.
 I stimulate the C and VB blue point on the cranium like cranium map.
 I check a change on the muscles.
 Primal need is care and assistance.
 I work cranial injuries.



Universal.
 problem: torsion.
 adjustment:

by testing find the direction of the torsion. With occipital and mastoid on the hand twist them on the left side. Repeat for 5-6 times.

Assisted Inhale.

Problem: in relazione with mastoid process
 adjustment:

while the person inhale pull mastoid process for 5-6 times,both sides.



I work vertebrae C1,D6

I control if the body need fitonutrition support testing inion + points of the map for supplementation.

Racemis gocce

Gentian bach flowers:

...is for that relatively mild downheartedness we sometimes feel when things go wrong. We miss a bus; fail an exam; miss out on an opportunity: it knocks us back.

Often the feeling lifts by itself, but the remedy can be used to lift it sooner so that we are able to make things go right instead of just hoping they will. Gentian is often confused with [Gorse](#), which is also a remedy for feeling down when things go wrong. The difference is largely one of degree.



People in a Gorse state have decided to give up. They refuse to be encouraged, and even if they seek a solution they will do so grudgingly, assuring everyone that there is no use trying. People in a Gentian state are less pessimistic and more prepared to try again.

Dr Bach's description



Those who are easily discouraged. They may be progressing well in illness, or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them.

Method and time of consumption: it is recommended an intake of 4 drops for 3 times a day, diluted in a glass of water.

Fifth session

Today Matt feels angry, but, testing the stress in relation with miss C and the daughter, muscle does not show unbalance. So we open this emotional state to other person in general. Matt hates the world because it makes him feels not respected.

Overflow/ weakness map: emotional allergies, gaba weakness.

organs/glands map: amygdala, midbrain.

Wrist test: on the left psychological system, on the right nervous system. Immune Conflict: 3 quadrant TH1-, degeneration.

5 elements: liver

Metaphores and questions about:

- Do you have enough structure in your growth so you can achieve your purposes or do you need to allow yourself more freedom in your growth to be fulfilled?
- How does the image of green growing things relate to your life and goals?
- Do you have enough roots to sustain your growth, and enough fuel to sustain your passions?
- How are you handling multiple responsibilities?
- Are you open to too many things and becoming overwhelmed/toxic, or do you need to absorb more, literally or figuratively?
- What needs detoxification in your life, what do you need to let go of?
- What do you need to bring into your life that will be cleansing, purifying or nourishing?

I look for unbalance point with glabella + green point of cranium map.

It shows emotional system.

No meridians, but a specific correction for emotional.

Testing meridians I find the primal need : to be taken into account.

Testing vertebrae I find C3-L3 : be what you do/ expectations – treason/safety .

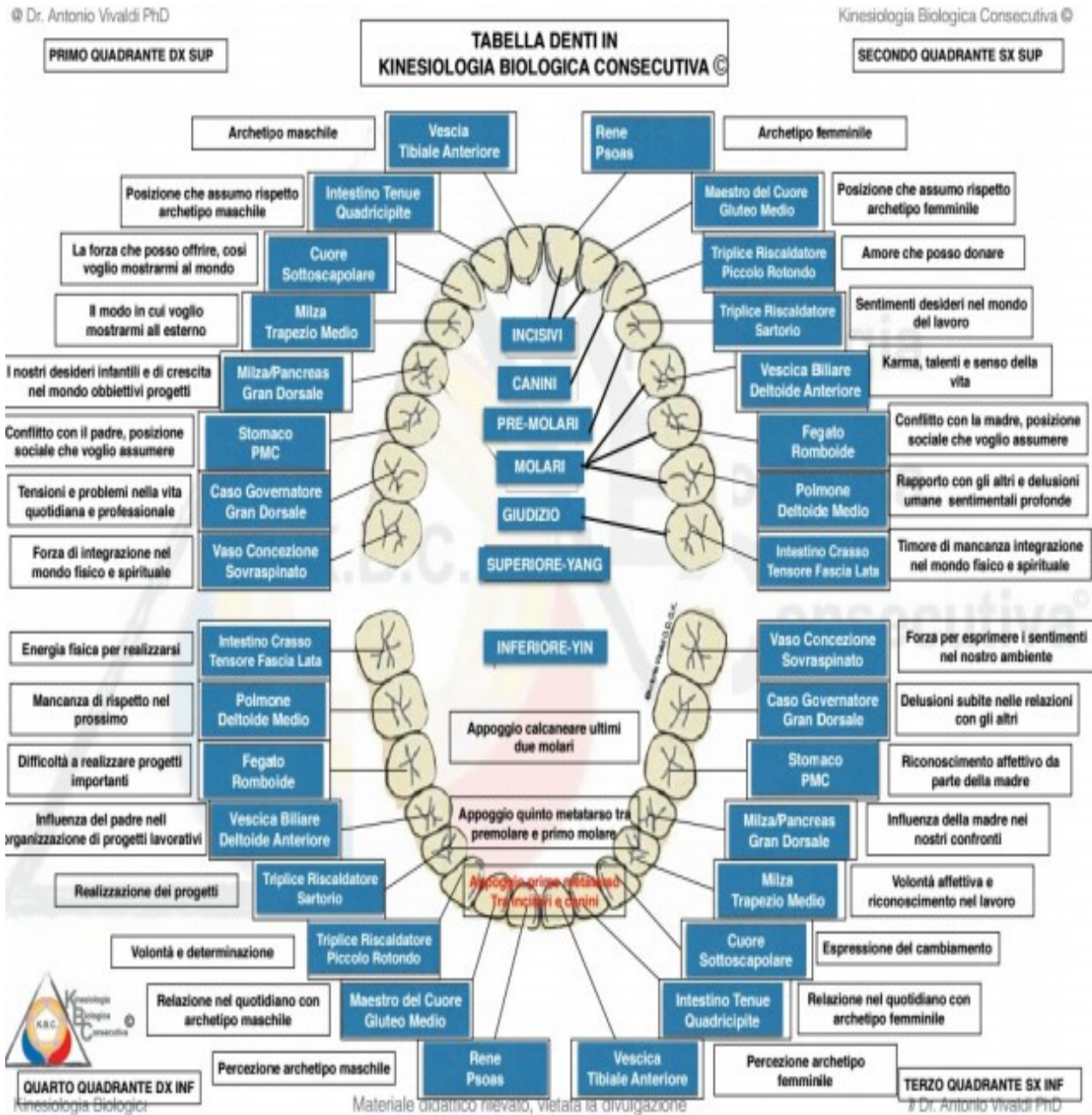
Below vertebrae and corresponding emotions.

EMOZIONI E VERTEBRE - VERTEBRE GEMELLE KBC	
Sfenoide/coccige ^{R.O.}	Qui ed Ora
Temporale/ileo ^{R.O.}	Ancoraggio del passato
Occipite/sacro ^{R.S.}	Blocco nel presente
C1/L5 R.S.	Idee che girano nella mente
C2/L4 R.S.	Negoziante del se/Decisioni
C3/L3 R.S.	Essere quel che si fa/Aspettative
C4/L2 R.O.	Collera, colpevolezza/Mancanza Appoggio
C5/L1 R.O.	Dire, esprimersi/ansia per il futuro
C6/D12 R.O.	Portare la croce dell'altro/Autostima
C7/D11 R.O.	Paura di non cavarsela/Realizzazione
D1/D10 R.O.	Paura di perdere tutto/Giudizio
D2/D9 R.O.	Soffocamento/senso di colpa
D3/D8 R.O.	Fobia, ingiustizia
D4/D7 R.O.	Paura di amare di essere amati
D5/D6 R.O.	Paura del fallimento nella vita/Coraggio
D6/D5 R.O.	Non digerire, gelosie/Motivazione
D7/D4 R.O.	Saturazione conflitti familiari/Privato di
D8/D3 R.O.	Ossessione difronte alla sconfitta/Rifiuto
D9/D2 R.O.	Paura dell'abbandono/ intrappolati/ Risentimento
D10/D1 R.O.	Perdita del territorio, limiti/Responsabilità
D11/C7 R.O.	Perdita di valore immagine esteriore
D12/C6 R.O.	Paura di non essere perfetti
L1/C5 R.O.	Insicurezza/paura di essere turbati/Rabbia
L2/C4 R.O.	Umiliazione/Acettazione
L3/C3 R.S.	Tradimento/Sicurezza
L4/C2 R.S.	Determinazione/Rifiuto sessualità
L5/C1 R.S.	Scelta non Scelta/peso sulle spalle
Sacro/occipite ^{R.O.}	Rigidità al cambiamento/influenze esterne
ileo/Temporale ^{R.O.}	Direzione non conforme
Coccige/Sfenoide ^{R.O.}	Spinta Vitale/Convinzioni

Correlazioni emozioni, vertebre e costole in associazione superiore inferiore secondo la KBC



Testing the teeth i find first molar : lack of respect in the other.



We talk about these words and how they take a sense in his life.

I apply a technic works for emozional release, it use the relation eyes-sphenoid-pineal gland



While he focus on that, his eyes follow my finger drawing a circle in front of him.

I test different eyes positions looking for which unlock IM.

The eyes have like a jump looking down on the left and down on the right. In these two positions I draw a small arch with the fingers. Mark follows them with the eyes untill he feel the work more comfortable.

I take his head into my hand. Rolling it I ask for open-close the mouth. This repeated movement help to release mandibula tension, an important point of stress drainage.



I work on left ankle, with a thrust.

Now I suggest to Matt to imagine how he would have liked it to be while I work embryonal fascia with a hand on occipital and the other on the belly. The work is feel movements of fascia, exagurate to pass over the fascia restriction.

To end I stimulate:

pituitary pump

central nervous system

eyes movements



I control if the body need fitonutrition support testing inion + points of the map for supplementation.

Kalium sulphuricum , shuessler salt

(potassium sulphate) is traditionally used at the third stage of inflammation – proliferation (cell division and formation of extracellular matrix to restore damaged tissues) as well as in chronic inflammation. Kalium sulphuricum activates regeneration processes of inflamed mucous membranes, promotes the formation of new epithelium, reduces the severity of chronic inflammation of the mucous membranes and skin. Because of these properties, Kalium sulphuricum is used for the treatment of chronic inflammation of the mucous (bronchitis, sinusitis, tonsillitis, gastritis, colitis, etc.), chronic skin diseases (eczema, atopic dermatitis, dermatitis, acne, boils, etc.), for the rapid healing of wounds with slow granulation (including trophic ulcers), and start of the process of recovery from inflammation of the mucous membranes of the mouth, nose, and eyes.

Method and time of consumption: it is recommended 6-7 tabs daily.

Rock rose,bach flowers

...is the remedy against terror, and as such is an important ingredient in Dr Bach's traditional crisis combination.

The Rock Rose state may start out as a more everyday Mimulus or Red Chestnut state, but it is further along the path from these, being a panicky, terrorstruck fear that makes conscious thought and decision next to impossible. The remedy provides calm and courage. We are able to forget fear as our courage is renewed.

Dr Bach's description

The rescue remedy. The remedy of emergency for cases where there even appears no hope. In accident or sudden illness, or when the patient is very frightened or terrified or if the condition is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy. Other remedies in addition may also be required, as, for example, if there is unconsciousness, which is a deep, sleepy state, [Clematis](#); if there is torture, [Agrimony](#), and so on.

Method and time of consumption: it is recommended an intake of 4 drops for 3 times a day, diluted in a glass of water.

Sixth Session

Matt is sick with a terrible cold and he doesn't feel good for therapy, so I decide to use cranio-sacral therapy for 30 minutes to work for a full body wellness! I focus on occipital, temporal, sphenoid.

CranioSacral Therapy (CST) was pioneered and developed by osteopathic physician [John E. Upledger](#) following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic
- [Autism](#)
- Central Nervous System Disorders
- Orthopedic Problems
- Concussions and Traumatic Brain Injuries
- [Alzheimer's Disease and Dementia](#)
- Spinal Cord Injuries
- Scoliosis
- Infantile Disorders
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction



SomatoEmotional Release (SER) is a therapeutic process that uses and expands on the principles of CranioSacral Therapy to help rid the mind and body of the residual effects of trauma. SER1 offers applications designed to enhance results using CST and other complementary therapies.

- Assess and mobilize the Avenue of Expression working through more than 10 different body components, including the thoracic inlet, hard palate and hyoglossal tissues.
- Locate and release Energy Cysts.
- Release suppressed emotions that may be inhibiting complete structural releases.
- Refine listening and comprehension skills.
- Improve palpation and whole-body evaluation skills.

At the end Matt feels better and very relaxed.

Seventh Session

I start the kbc workflow following the step just used for the first session.

Check IM

Put the stress in circuit.

Toch bellybotton and glabella

Do the wrist analysis. It shows immune system on the left , nervous system on the right side.

Check the immune conflict. It is 3 quadrant TH1-,degeneration.

5 elements: liver

Metaphores and questions about(view fifth session)

I work with Overflow/ weakness map and organs/glands map.

It shows yeast, weakness of serotonin in the first map. It signs testicles, thyroid, ippotalamus, surrenal glands. I look for unbalance point with glabella + green point of cranium map.

It shows nervous system

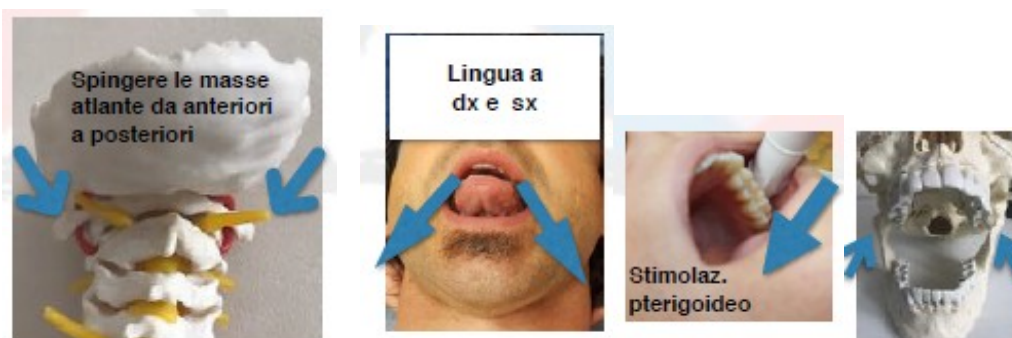
I start with the 1 adjustment with inion+ meridians.

Test gives meridian number 6 (view third session).

I work on dura axis.

I test IM while Matt protrudes tongue on left and on right side.

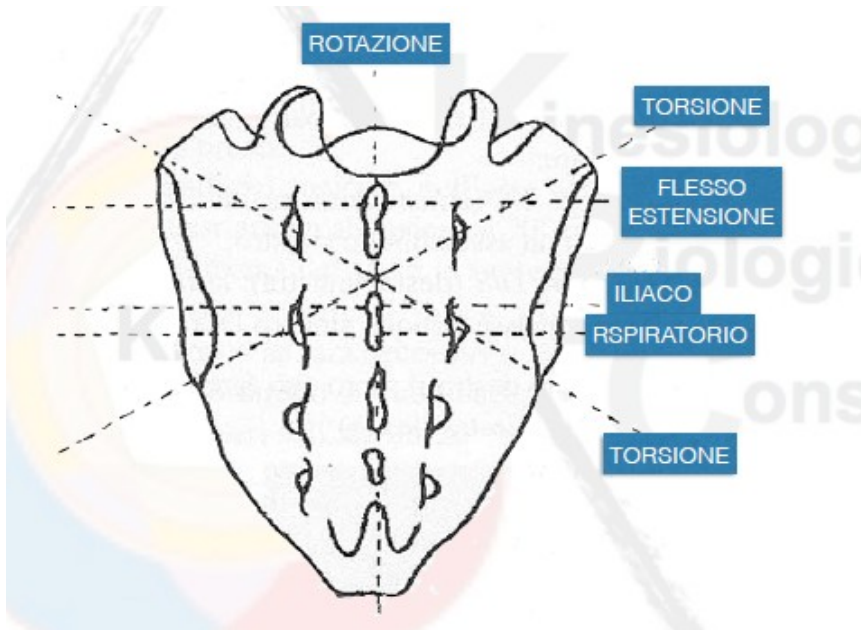
I consider the left side because I have a change on muscolar status.



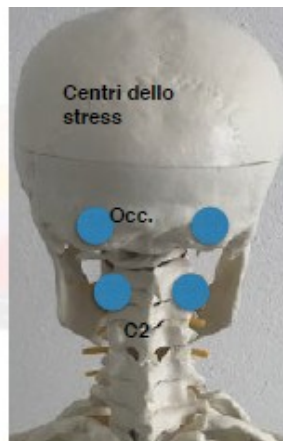
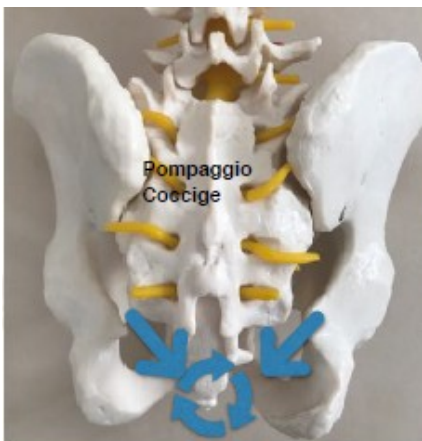
Stabilized neck,I push to the centre occipite during Matt inhale.

Using two roled towel under hips I find a balance of sacrum.I can do the same with shoulder to consider cross line muscolar work. Test confirms to me right position. I test three line like photo below. I consider the second one,on the left.

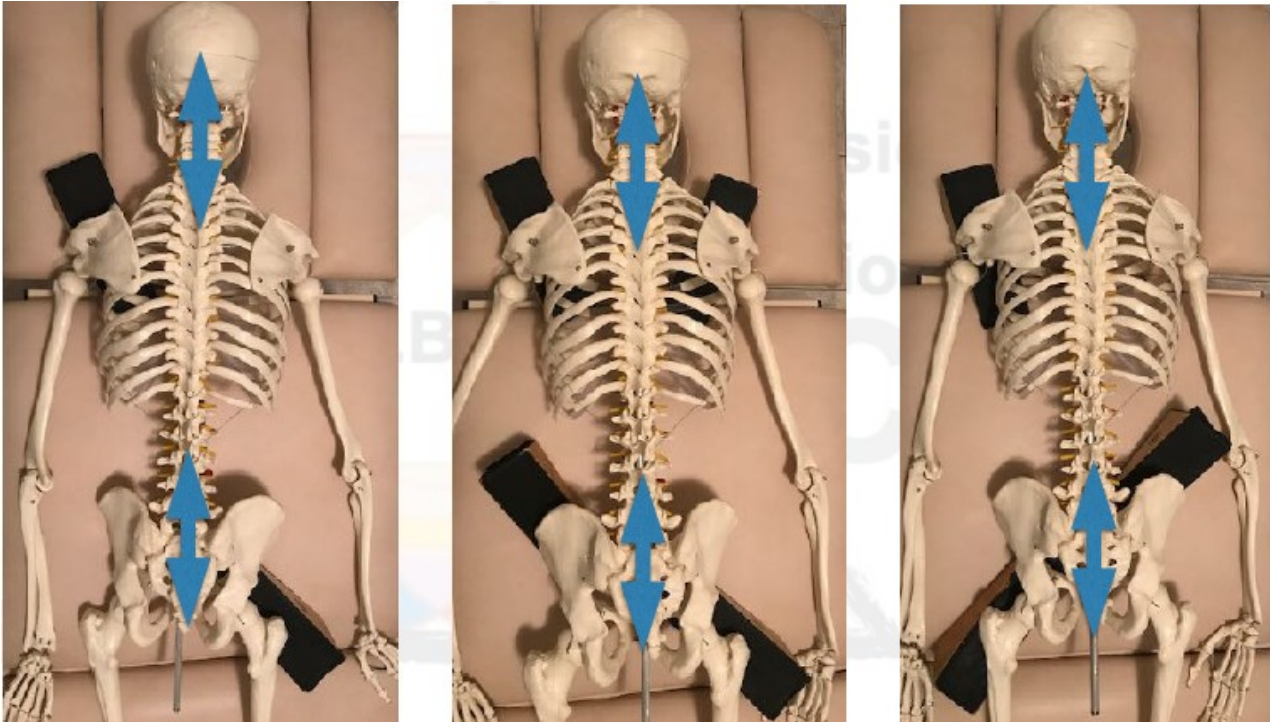
I look for adjustment pushing in cadual line sacruum for each inhale for few times.



I test the direction of sphenoidl. it wants move up on the left side, I use a kindly pressure for that. I test the direction of coccyx, we have not in this case. I test 4 point on occipit and C2 and directions of thrust. It wants left side occipite, push to the middle.



Tank to muscular test I find the direction I need give to hand placed at the sacrum and occipite base. I keep an external force during inhale.



With Matt we decide to change a little bit his way to eat by including protein, veggie and fruit during breakfast and dinner, leaving legums and cereals for luch. This choise to follow the cortisol cycle, high in the morning and late afternoon. Cortisol has, infact, a bad impact on insuline cycle.

Eighth Session

Matt arrives with good news. He hate less persons, he feels less angry and sleep more (the quality is improved). He forget to think to miss C and the way to kill her. Moreover he literally reports to feel "horny". This is very important for him because it was a long time his body did not react.

I start the kbc workflow following the step just used for the first session.

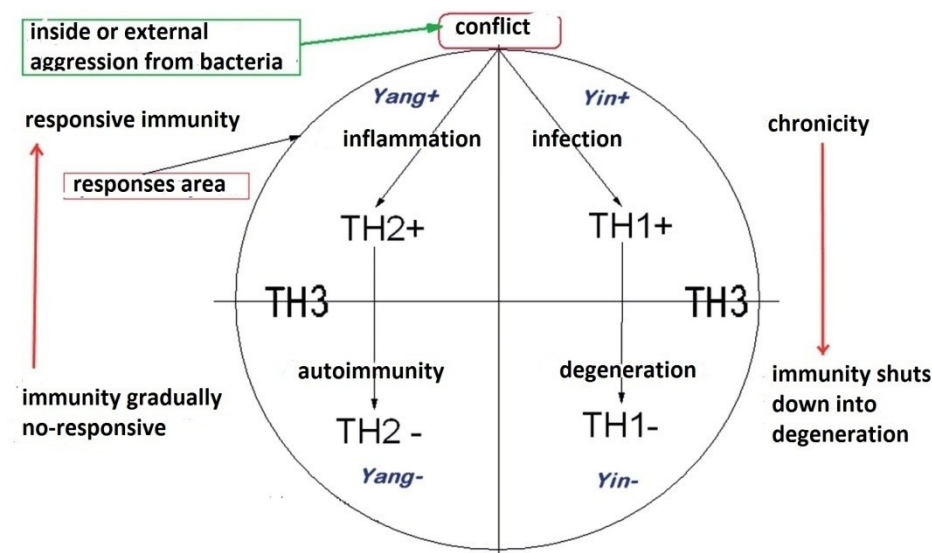
Check IM

Put the stress in circuit.

Toch bellybotton and glabella

Do the wrist analysis. It shows nervous system on the left , nervous system on the right side.

Check the immune conflict. It is 1 quadrant TH2 + inflammation.



Find the element with deep pressure for yin meridians, light pressure for yang meridian. It shows kidney meridian.

I read to Matt about element metaphor and questions to consider kidney meridian metaphors:

- What does water symbolize for you in your life or in the context of your goals?
- Do you have enough awe in your life?
- Is there too much mystery, fear and risk, or do you need to overcome your fears and allow some uncertainty to fulfill your dreams?
- Where are you feeling pressure in your life?

- Are you bringing in enough fresh clear water to keep your life composition and volume in balance spiritually, emotionally, physically?
- Do you feel that you have sufficient vitality for continued growth and development, or are you operating on reserve Energy and just surviving?

I work with Overflow/ weakness map and organs/glands map.

It shows weakness of serotonin on the first, hypothalamus, liver, surrenals gland, prostate on the second. I consider 1month cycle of substans flow.

I look for unbalance point with glabella + green point of cranium map.

It shows glandular system.

I start with the 1 adjustment with inion+ meridians.

Test gives meridian number 9.

Meridians involved are kidney meridian and large intestine meridian. (view 1 session)

I control if the body need fitonutrition support testing inion + points of the map for supplementation.

Racemis gocce.

Citoyang salvia

is the remedy which operates at a physiological level as regulator of the Hormonal System.

Active substances: Sage (Salvia Officinalis) hydro-alcoholic extract.

To know: Citoyang Salvia is employed for its estrogenic-like properties and for its regulating action and of reactive support of the Endocrine and Immune System. Has antioxidant and antibacterial properties and is thus suggested for affections of the oral tract. Stomachic and cholagogue properties are known, besides to have eupeptic and spasmolytic action and is also suggested for disorders of the Digestive System. Moreover, Citoyang Salvia is used as tonic to fight both physical and mental weakness, by positively acting on mood tone. Following Consecutive Biological Medicine, Citoyang Salvia acts on PNEI balance as regulator of the Endocrine and of the Immune System.

Method and time of consumption: It is recommended to take 10 drops morning and evening, diluted in a glass of water. Increase the intake from 3 to 5 times per day, following therapeutical indications.



Last Session

Matt comes with new good news. He has a girlfriend and the couple meeting was pretty good. It's difficult to remember bad words and miss C.

Worries he has refers to work, but he has the sensation our sessions help for a new way to see life staff. Even if he is leaving for work he decides to continue this type of therapy coming back.

At the beginning of the project, Matt filled out a psychological test.

Lisa Andreucci, a psychologist that works at the clinic of Ederle base in Vicenza, gave me.

This test is usually used by American doctors to value the level of PTSD, with other instruments.

Today I submit the same test to Matt to verify to measure the improvement more than Matt's words.

Here the first and second one compared.

Appendix 4

PTSD Checklist – Military Version (PCL-M)

Patient's Name: MATT

Instruction to patient: Below is a list of problems and complaints that veterans sometimes have in response to stressful life experiences. Please read each one carefully, put an "X" in the box to indicate how much you have been bothered by that problem in the last month.

No.	Response	Not at all (1)	A little bit (2)	Moderately (3)	Quite a bit (4)	Extremely (5)
1.	Repeated, disturbing memories, thoughts, or images of a stressful military experience from the past?			X		
2.	Repeated, disturbing dreams of a stressful military experience from the past?			X		
3.	Suddenly acting or feeling as if a stressful military experience were happening again (as if you were reliving it)?		X			
4.	Feeling very upset when something reminded you of a stressful military experience from the past?				X	
5.	Having physical reactions (e.g., heart pounding, trouble breathing, or sweating) when something reminded you of a stressful military experience from the past?			X		
6.	Avoid thinking about or talking about a stressful military experience from the past or avoid having feelings related to it?					X
7.	Avoid activities or situations because they remind you of a stressful military experience from the past?				X	
8.	Trouble remembering important parts of a stressful military experience from the past?	X				
9.	Loss of interest in things that you used to enjoy?		X			
10.	Feeling distant or cut off from other people?				X	
11.	Feeling emotionally numb or being unable to have loving feelings for those close to you?				X	
12.	Feeling as if your future will somehow be cut short?					X
13.	Trouble falling or staying asleep?				X	
14.	Feeling irritable or having angry outbursts?		X			
15.	Having difficulty concentrating?				X	
16.	Being "super alert" or watchful on guard?	X				
17.	Feeling jumpy or easily startled?	X				

PCL-M for DSM-IV (11/1/94) Weathers, Litz, Huska, & Keane National Center for PTSD - Behavioral Science Division

This is a Government document in the public domain.

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8.	Trouble remembering important parts of a stressful military experience from the past?	X				
9.	Loss of interest in things that you used to enjoy?	X				
10.	Feeling distant or cut off from other people?			X		
11.	Feeling emotionally numb or being unable to have loving feelings for those close to you?		X			
12.	Feeling as if your future will somehow be cut short?				X	
13.	Trouble falling or staying asleep?		X			
14.	Feeling irritable or having angry outbursts?	X				
15.	Having difficulty concentrating?		X			
16.	Being "super alert" or watchful on guard?	X				
17.	Feeling jumpy or easily startled?	X				

PCL-M for DSM-IV (11/1/94) Weathers, Litz, Huska, & Keane National Center for PTSD - Behavioral Science Division

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I'm very satisfied about results.

I'm proud of my work.

I'm happy to make feel good persons.

The human experience is very pleasant.

I experienced improvement of a "body" has been listened in his complexity.

I experience new way of work combining several subjects.

I enjoyed "the stupid intelligence of the body" as a kinesiologist called.