

DR. WILLIAM G. ALTIS
CHIROPRACTOR

570 South Barranca
COVINA, CALIFORNIA 91723
(213) 966-4469

Dear Fellow Chiropractor:

Clarence S. Gonstead, D.C. of Mt. Horeb, Wisconsin, has long maintained that "if the patient does not respond after the first adjustment, it is the doctor's fault and not the patient's."

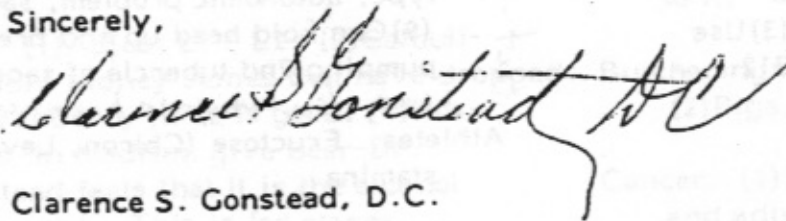
The following systematic reference has been compiled because of the many misunderstood writings and quotes of those who attend seminars. Any edition to follow will be submitted to Dr. Gonstead for his approval before printing.

Dr. Gonstead does not believe in prescription chiropractic care and states, "Find the subluxation, accept it, correct it, and leave it alone". The following notes are meant to be another tool for the Gonstead doctor, but never to replace the necessity, of finding that subluxation which has really been the key to Dr. Gonstead's success.

These notes are a direct result of 8½ years of seminars by William G. Altis, D.C. of Covina, California.

By my signature below I state that these notes have been read over by me, but are not my total representation of each part and only what Dr. Altis has recorded.

Sincerely,



Clarence S. Gonstead, D.C.

WGA/nb

This is a transcription word for word of a collection of notes by William Altis who attended seminars provided by C.S. Gonstead in the 1960's and 70's. It contains typographical errors, including abbreviations for listings. It lacks completeness, context and explanation in many cases because they are notes, not a transcription of a seminar. These notes are not to be considered chiropractic advice, or taken as absolutes. In some cases, the care advice could be wrong given current scientific knowledge or needs of your patient.

- Nicholas Moore, Gregory Plaugher

Accupresure and Accupuncture: Deadens efferent nerves

Adjust: Adjust from top down

Adjusting lower back: Keep head, neck, back, and leg straight and foot at 90 degrees

Adrenals: Salt, alcohol, coffee are bad. 10th dorsal

Alcoholics: Levelose (Chiron) takes away the desire for alcohol

Allergies: (1) Can be in either system. It is safe if you cannot find subluxation to adjust below C7 first and then above when nothing else left. (2) Para, Vit. A, B3. (3) Adjust sympathetics. The sympathetics need stimulating. (4) No milk, chocolate or sugar.

Aloe Vera: A plant, looks like a cactus

Aloevera Douche: Vaginitis

Aloevera Gel: (1) Throwing up blood. (2) Conjunctivitis or pink eye – 3 drops

Aloe Vera Solution: Flu and stomach problems

Amnesia: (1) Adjust parasympathetic, usually atlas. (2) When person wakes up at night, in this case she happens to be pregnant, adjust

the parasympathetic nervous system. (3) Use 250mg of folic acid and also B12.

Anemia: Chlorophyll

Aneurysm: (1) High gap 180-84. (2) Brain, 90% parasympathetic, constriction of vessels usually increases diastolic pressure, dilation of vessels usually decreases diastolic pressure.

Angina: Heart, sip Burgundy before meal

Arm: Arm above head relieves pain. Adjust D1-5

Arteriolosclerosis: Adjust sympathetic

Arthritis: (1) Creeping arthritis – take off sugar for 6 weeks and you will see a change, add sugar back and trouble will return. (2) Iodine and kelp – for heavy people, 3 at each meal for 1 month then 1 each meal; for light people 2 at each meal for 1 month then 1 each meal. (3) Acute stages, adjust C6-D1. (4) R.A., salt free diet, no coffee – it inhibits adrenals, give Hyalex, give no sugar without bodily activity – pyruvate is converted to lactic acid which causes pain. (5) Also use vitamin C and Mg.

ASIN: Can cause pain at coccyx

Asthma: Can be in either system. It is safe if you can't find subluxation to adjust before C7 first and then above. (1) Sacrum or ilium. (2) Adjust sympathetics. (3) Do not adjust

parasympathetics for 4-6 weeks. (4) Parasympathetics are overworking causing congestion. (5) No milk because of casein. (6) Give vitamin E, A & Iron. (7) Dry asthma, blow out air. (8) Direct type, autonomic problem, sacrum & ilium. (9) Can hold head up and breath after pumping 2nd tubercle of sacrum.

Athletes: Fructose (Chiron, Levelose) for stamina

Atlas: (1) Side with largest wedge between odontoid and atlas is the side of posteriority. (2) ASLA – anterior transverse of atlas hits vagus, also ASRP. This happens 85% of the time. (3) ASLA – can't turn head to the left as far as to right, adjust left to right & atlas only.

Back: (1) Adjust dorsals before lumbar. (2) Low back pain in cold weather, adjust the sympathetics (lower cervicals, upper dorsals). (3) Kelp – 6 per day, 2 at each meal for 3 months & then 2 per day for life. (4) A kyphotic lumbar spine is from an ASIN or rotated 5th lumbar. (5) Lordotic lumbar are from PIEX or a variation with the PI or EX predominating.

Ballet: Doing the exercise portion is dangerous & 60% wrong. Ballet itself does not damage.

Beds: Adjustable beds in hospitals are no good because they increase the kyphosis of a back leading to a posterior vertebra.

Bed sores: Powdered sulfur and lard.

Bed wetting: (1) parasympathetic or 2nd sacral tubercle. (2) When child wets nights adjust the sympathetics. (3) When older person wets while thinking about it adjust sympathetics.

Beer: (1) Heniken beer is best because of processing. (2) Head on beer is cobalt

Bell's Palsy: Upper cervicals. Atlas

Betaine HCL: Standard Process

Bile: Output increased by sympathetics, decreased by parasympathetics.

Bladder: (1) Adjust L1 & L2. (2) Calculi – possibly kidney stones that have dropped. (3) Cranberry juice is good. (4) Hospitals in Madison give beer – Dr. Gonstead feels that it is the alcohol that works. This is for stones.

Blisters: Adjust sympathetics.

Blood Dyscrasias: Adjust sympathetic.

Blood Pressure: (1) For high blood pressure adjust the sympathetic. (2) For high systolic pressure adjust the sympathetic. (3) For high diastolic pressure adjust the parasympathetic.

Bone Meals: Generally contains lead

Books to Buy: (1) Essential Guide to Prescription Drug Use, M.D. – Harper & Row paperback, \$8.95. (2) Man Who Looked at Hands – John Ellis (3) NFA Bookstore, Atlanta, Texas: The Diagnosis and Treatment of B6 Deficiency (4) Soft Tissue, Back and Neck Injury – Ben Bernstein

Bowel Problems: Darzime (Dartell) helps, generally no more problem.

Brachial Plexus: Numbness and tingling in the shoulder, elbow all fingers especially the thumb and index finger, adjust the parasympathetic.

Breast Development: In boys is generally parasympathetic

Breathing: (1) Difficult breathing adjust the parasympathetic, usually atlas. (2) Sharp jabbing pains when breathing, adjust the parasympathetic.

Bronchitis: Adjust the parasympathetics.

Bursitis: Atlas or axis, will go down into the thumb and finger next to it.

Butchering: (1) Steer 12-1400 lbs. (keep penned). (2) Pigs, 400 lbs

Cancer: (1) Refer out for medical and adjust spine for disc problems only. (2) Vitamins A, C & Fe. (3) Dr. Gonstead drinks 2 quarts of Welch's Grape Juice per day. (4) Both legs, hands & arms

equals a chemistry problem and adjust the sympathetic. (5) Give Ca, Mg, Phosphorus, Kelp, B6, high B complex, B3, Wheat Germ & Vit

Car Driving Aids for Lower Back: (1) Brace hand when lifting out of trunk. (2) Buy car with six-way seats or adjustable back. (3) Sit up close to steering wheel (move seat up).

Carpal Tunnel Syndrome: Lower cervical. D3.

Cases: (1) Harry Jordan – Milwaukee Fleet football player ran around gym with friends...dropped out to go to restroom – found deceased in restroom. (1977) – Overweight. (2) 42 years old, 245 pound overweight, 180/100 (100 is stroke potential), Triglycerides 324, Cholesterol 286, Uric Acid 22

Cerebral Palsy: (1) Condyle 60%, (2) AS atlas-axis 40%.

Cervicals: (1) Kyphosis – never adjust axis, but atlas yes. (2) Lordosis – can adjust axis or C3.

Chairs: Regular straight back chairs should have 11 degrees tilt.

Chemistry Problem: (1) Adjust sympathetic. It takes 8-12 weeks to correct.

Chewing: Trouble chewing & talking, adjust the parasympathetic.

Chin: (1) Can't hold chin up, plastic cervical. It takes 2-3 weeks. (2) When person can't touch chest with chin, a bone is posterior.

Cholesterol: (1) Adjust sympathetic. For bile & parathyroid function, it is usually C6-T3 & the rest of the thoracics. (2) Chew food better. (3) Take lecithin. (4) Can be reduced in 90 days. (5) Parathyroid. (6) Get some saliva, poor functioning liver. (7) Sympathetic.

Chondritis: (1) Stop sugar & coffee. (2) Ca, Kelp, Rutabaga, Sweet Potatoes, Spinach, Turnips should be used. (2) May be assimilation problem related to sympathetic.

Clavical: Away from sternum subluxated up & out, torque anterior clockwise on right side, torque anterior counter-clockwise on left side.

Coccyx: Break rule of cold & use heat on parasympathetic subluxation.

Coffee: (1) Sanka & decaffeinated coffee has HC-HCL – carcinogenic. (2) Drink Postum.

Colds: Use butter.

Colitis: (1) Mucous colitis – yoghurt enema, Luke-warm water. (2) Adjust At. (3) Take vitamin A. (4) Ulcerative colitis, adjust parasympathetic. (5) Slant board, 16" rise at top & 5' long. Lie down & pull in viscera for 20 minutes per day.

Colon: Pocks in colon, adjust parasympathetic to bring tonus back.

Compensation: Adjust over compensation when necessary with equal pressure. (2) Compensation area, adjust total area with thenars.

Compression Fracture: With slippage of the spine, either left or right, on AP film, return bad part of spine, usually below, to good part above.

Condyles: (1) AS condyle – child drops head back constantly. (2) A condyle problem is if atlas and condyle is opening closes bringing head up & down.

Constipation: (1) Sympathetic. (2) T-4. (3) Adjust the lumbar (1 or 2). (4) Lactobysil – Dartell. (5) Konsyl at drug store.

Cord pressure: Stays high until into autonomic (15 pt. in Atlas Axis, then 10 pts. In thoracic-lumbar area, then 15 pts. again).

Coughing: If continual, adjust the sympathetic usually D2-3.

Cramping: Natural cramping in pregnancy adjust PIEX.

Cranial 8: Adjust atlas.

Cushing's Disease: Adjust parasympathetic.

CVA: Test: Head off table, head right & down 20 seconds. If it gets you dizzy, it may be drowsiness.

Cyst on Wrist: Synovial fluid has broken out, hammer into place with a hammer & tongue depressor, put button over & tape for 1 week.

Day Petrum Contracture: Pulls contracted C.T. upward & outward & adjust up through palm.

Dermatitis: Sympathetic.

Diabetes: (1) Zinc GLucomate. (2) Fructose. (3) Eat soybean bread. (4) Adjust D7, sympathetic. (5) If patient is under 30 don't promise much. (6) If develops after patient is 30 he will respond well. (7) Must watch diet, soybeans break down sugar & fats. 7-Up, Gingerale & beer raise sugar level. (8) Diabetics like to chew ice.

Diastolic: (1) Adjust parasympathetic in potential stroke patients. (2) Ringing in ears, adjust parasympathetic.

Digestive Problems: (1) Chlorophyll. (2) Iodiopoxdine. (3) Drinks juices 30 min. before a meal or 30 min. after. It makes stomach basic or alkali.

Disc: (1) Normal – cervical & lumbar slightly wider at anterior, thoracic slightly wider

posterior. (2) Swollen disc at posterior always adjust vertebra below when lumbar & cervical regions. (3) If swollen cervical region do not use heat (whirlpool). (4) When thick disc on atlas on one side and axis is center it is usually atlas not axis. (5) Synovial fluid will go back into disc. (6) When twisted over to one side, herniated disc. If you can pull back from other side, it is a lumbar. (7) Ruptured neck disc – hit trapezius with rod – angle toward neck with broom handle repeatedly & hit at tip of scapula. (8) When disc space widens at post between sacrum & L5 – sacrum posterior. (9) When disc narrows at post between sacrum & 5th – post L5, PLEX or spondylo. (10) When disc in lumbar very slightly wider at anterior-iliac. (11) When widened disc in back-vertebra involved is below in cervical & lumbar areas. (12) Nucleus imbarcus to left as motion goes opposite to right. (13) 72 hours after accident there is a swelling & edema of injuries to disc. (14) Herniation of lumbar disc test = broom handle on back of gastrocnemius with vibration & if pain increases in the lumbar region, then positive. (15) Trapezius muscle for cervical disc test.

Dizzy Vertigo: (1) Adjust atlas. (2) Get dizzy by leaning over & looking up – correct parasympathetic. (3) Dizzy on one side of head & not the other – atlas. (4) Dizzy on getting out of bed – atlas.

Drugs: (1) Librium, Valium & Phenobarbital reduces sensitivity of Nervoscope. (2) For years will keep diastolic higher longer & for years. (3) Potassium deficiency from drugs leads closer & closer to a coronary.

Dry Skin: Aloe Vera

Dupetrens Contracture: Adjust the parasympathetic

Dysentery: (1) Aloe Vera. (2) Konsyl. (3) Dartell Lactobysil.

Earaches: (1) Butter. (2) Aloe Vera

Ears: (1) Ringing in ears – parasympathetic. (2) Ringing in ears can be diastolic (possible stroke patient). (3) Wooshing noise in ears, adjust jaws, atlas.

Eating: (1) If eating stops digestive problem, adjust sympathetic. (2) Eating creates a digestive problem, adjust parasympathetic.

Edema: Pill for pregnancy a lot of times

Emesis (Vomiting): (1) Adjust upper dorsals for person who can't hold down food. (2) Give Aloe Vera.

Emphysema: Parasympathetic

Endometreossous (Endometrial tissue that occurs in aberrant places in the pelvic cavity): Adjust the sympathetic, L1, 2, 3.

Epilepsy: (1) Grand Mal – at night after 4 hrs. look to T12, L1 or L2. (2) Petit Mal – day 3-4 minutes in duration, Atlas, Axis. (3) Direct Epilepsy: Daytime, adjust parasympathetic; bed

or waking up, adjust sympathetic. (4) Regular fits, adjust the parasympathetic.

Epistaxis (Nose bleed): Adjust the neck.

Erratic Bowels: (1) Don't drink with meals. (2) Don't mix foods. (3) Start with sympathetic, look at 1 or 2 lumbar, if unsuccessful use chlorophyll.

Erection: L1 & 2.

Exercise: (1) To scoliosis side. (2) Cervical exercise – when knitting, drop head back.

Exzema: (1) Sympathetic. (2) Suprarenals D-9.

Eyes: (1) Eye pain & blurry vision with headache in just one eye, adjust sympathetic. (2) To regulate the dilation of the eyes; a. 70% is the atlas, b. 30% is the axis.

Eye Trouble: Pink eye- 3 drops of Aloe Vera in eye.

Fall Arches: (1) Slipped navicular, foot support & adjust feet. First week 1 hour, second week 2 hours, third week – all. (2) Foot-So-Port.

Feet: (1) Bar smelling – chlorophyll. (2) Pain in both feet, adjust sympathetic C6 & 7, D1-2 or D9, 10, 11, L1-2. (3) Both feet out – anterior condyle or ASIN ilium. (4) Both feet in- post sacrum or PIEX ilium. (5) Hot feet, hyper

thyroid, adjust Parasympathetic, upper cervicals.

Femoral Pain: Anterior femoral pain, similar to hernia & runs down medial aspect to the knee, adjust the sympathetic, L2-3-4.

Fingers: (1) Little finger & ring finger, adjust from C6 down or the sympathetic. (2) Numbness of the shoulder, elbow, all 5 fingers especially the thumb & index finger, adjust the parasympathetic.

Flu: Nip of Aloe Vera generally stops flu.

Food: (1) Alcohol – bad for adrenals. (2) Beans pinto & lima – hypoglycemia. (3) Beer – bad for diabetes, good for kidney stones. (4) Bran – helps sweep intestines, multiple sclerosis. (5) Bread – bad for hives. (6) Broccoli – decreases thyroid. (7) Burgundy – angina. (8) Butter – colds, earaches, hay fever. (9) Cabbage juice – swollen body. (10) Carrots – multiple sclerosis. (11) Cauliflower – depresses thyroid. (12) Celery – multiple sclerosis. (13) Celery Soup – peptic ulcer. (14) Cheese – bad for gout, good for hypoglycemia. (15) Cherry Juice – gout. (16) Chocolate – bad for allergies, hyperactive child. (17) Coffee – bad for adrenals, rheumatoid arthritis, chondritis. (18) Coffee, black – good for headaches. (19) Corn – canker sore, sore tongue, ulcers. (20) Cranberry juice – bladder problems. (21) Eggs – bad for gout. (22) Flour, white – bad for psoriasis. (23) Fruits, acid – bad for psoriasis. (24) Grape juice (Welch's) – cancer, hemoglobin builder. (25) Grapes – hay fever. (26) Gingerale – bad for diabetes. (27) Ham (canned) – less likely to be allergic to it. (28) Honey – can cause osteoporosis. (29) Lard – bed sores, heel cracking. (30) Lemon juice –

rheumatoid. (31) Liver – hay fever. (32) Milk – bad for allergies, asthma, gout, psoriasis, good for peptic ulcer. (33) Mineral oil – carcinogenic, can cause osteoporosis. (34) Olive oil – 1 pt before bed for gallstones. (35) Peanuts – multiple sclerosis. (36) Pork – sore tongue, ulcers. (37) Postum – use as coffee substitute, Sanka & decaffeinated coffee may be carcinogenic. (38) Potatoes – bad for hives. (39) Potatoes, sweet – chondritis. (40) Rutabega – chondritis. (41) Salt - bad for adrenals, rheumatoid arthritis, gout. (42) Sausage – hay fever. (43) 7-Up – bad for diabetes. (44) Soybean bread – diabetes. (45) Soybeans – bad for gout. (46) Spam – good for hypoglycemia. (47) Spinach – chondritis. (48) Sugar – bad for allergies, arthritis (without bodily activity), chondritis, psoriasis. (49) Tomatoes – bad for psoriasis, depresses thyroid. (50) Tomato juice – migraine, peptic ulcer (neutralizes acid in the stomach). (51) Tomato soup – peptic ulcer. (52) Tupelo honey – hypoglycemia. (53) Turnips – chondritis. (54) V-8 – peptic ulcer. (55) Vinegar – can cause osteoporosis. (56) Watermelon seed – swollen body. (57) Wheat germ – cancer. (58) Yogurt – as enema for mucous colitis.

Foot: (1) If heel hurts, it is innominate. (2) If it is the little toe, adjust the sympathetic.

Foot Drop: 1L, 2L, don't promise much.

Foot and Toes: (1) Foot & toes in – ilium subluxation, EX ilium. (2) Foot & toes out – IN ilium. (3) Both feet in – sacral base posterior. (4) Both feet out – condyle. (5) Dual pelvic subluxation – swings shoulders & not the hips.

Fracture: Adjust vertebrae above total fracture. (2) CA, Vitamin B6 & C to heal. (3) On 2nd

thoracic fracture set fracture and tape with elastic tape for 6 weeks. (4) Fracture of odontoid – break rule above & set body of vertebrae to odontoid. (5) Push head down & if you get pain in center of chest odontoid is broken if pain is at episternal notch.

Fractured vertebrae: (1) Lay on stomach. (2) 1/2" balsa, felt & belt.

Fructose tablets (Chiron): For hypoglycemia or diabetes.

Gall Bladder: Speed up by adjusting sympathetics.

Gallstones: (1) Pint of olive oil before bed, lie on right side, knee on lower side to chest, next morning take 2 teaspoons of Epsom salts in warm water. (2) Elimination – a. First system, 2 teaspoons orange juice & 1 teaspoon olive oil (Italian non-processed). b. 2nd system, (more harsh) Sat. noon – cup of soup, 3:30 p.m. – 1 qt. salt water, level teaspoon with salt & warm water., 5:00 p.m. – same as 3:30 p.m., 7:00 p.m. – cup of soup, grapefruit juice, 1/3 cup lemon juice, 1/3 cup Italian non-processed olive oil, 10:05 p.m. – lay down on right side, bring knee up and possibly empty gallbladder, go to sleep & about 5:30 a.m. you will realize what this will do.

Gas: (2) Excessive gas, adjust the upper neck. (2) On x-rays, a sympathetic problem.

Gastric Ulcer: Reduced flow of carbohydrates causing gas pressure, adjust the sympathetic, mid-thoracic.

Gastritis: Chronic gastritis, adjust the parasympathetic.

Geriatric: Never adjust base posterior on knee chest.

G.I. Disturbance: (1) Burns after meal, sympathetic. (2) Burns between meals, parasympathetic. (3) Gastric ulcers can become malignant.

Glands: (1) Sympathetics decrease the output of a gland. To speed up output, adjust the sympathetics. (2) Parasympathetics increase the output of a gland. To decrease the output, adjust the parasympathetic.

Glaucoma: Thyroid, C6.

Gout: T10, L2. (2) No meat or salt. (3) Give cherry juice. (4) No milk, cheese, soybeans, eggs. (5) Baked or boiled food is better. (6) Aminozeest – 1 before meals.

Gray's Anatomy: Page 1031 important to chiropractic.

Groin Area Pain: 12th dorsal & L1.

Growth: Adjust the parasympathetic to increase growth.

Guyton's Physiology: Proves chiropractic. (1) Fourth edition – 540, 696, 872, 876, 137, 139, 740, 741, 746, 762, 692, 693, 694, 697, 154. (2) Fifth edition – 608, 609, 988, 998, 852, 853, 866, 768-775, 170.

Hair analysis: (1) Lead excess – can stop person from getting over hypoglycemia. (2) Bone meal – lead creates problem.

Hair growth: (1) Vita herbs. (2) Aloe Vera liquid.

Hair problems: Aloe Vera shampoo helps hair and sometimes hair starts to grow.

Ham: If you can't eat its preservatives, eat canned ham.

Hands: Both hands – C6, T4, or atlas axis.

Hands & Legs: Both – chemistry, adjust sympathetic.

Hay Fever: Vitamin A, C, liver, sausage, grapes, butter.

Head: (1) Child hitting head on floor or wall, inhibiting output of thyroid or pituitary. (2) Anterior condyle.

Headaches: (1) Thyroid, suprarenals, estrogen. (2) Slow up sympathetic, adjust sympathetic. (3) Waking up with headaches generally is hypoadrenalin – should have stimulants, black

coffee. Dr. Gonstead prefers adrenamin from Standard Process. (4) Sunday morning headaches – generally cause by 2 hours longer sleep, can cause low back pain too, cause generally is adrenal glands which are poisoning you. Use Adrenamin from Standard Process. Adjust 6C or 7C, 9 or 10D. (5) From hysterectomy – hormones, adjust lower cervical & upper thoracic, 1, 2, 3 Lumbar, kelp.

Hearing problem: Deviated septum.

Heart: (1) Angina – sipping Burgundy before meal helps. (2) Swelling clear up on leg indicates heart is bad. (3) Muscle relaxant can cause paralysis of heart muscle. (4) Bradycardia – adjust C7-D5, sympathetic. (5) Diastolic problems – atlas. (6) Systolic problems – sympathetic. (7) Diastolic & systolic – adjust the sympathetic, first for the systolic problem. (8) Heart attack – adjust D2. (9) High systolic after menstrual adjust L2 or L3, estrogen control. (10) Pacemaker - adjust the sympathetic in the upper thoracic area. (11) Palpitation – adjust atlas. (12) Palpitation in bed or following meal, pain in left shoulder & down arm once in a while – adjust atlas, ASLA. (13) Tachycardia – adjust jaw, posterior sacrum. (14) Heart attack – D2 & 3.

Heat and Cold: (1) Parasympathetic areas use heat, except coccyx. (2) Lumbar area use cold.

Heel Cracking: Unsalted lard for 2 weeks and it will clear.

Heel or Foot Spurs: Innominate. If pain is at heel of foot patient generally has spurs.

Hemoglobin Builder: Welch's Grape Juice.

Hemivertebra or Wedged: (1) Vertebra can occur congenitally. (2) Adjust bone below up to age 10.

Hiatal Hernia: Raise bed 4 inches at top, use slant board 5' long & 16" at top. Suck stomach into chest for 20 minutes per day. Head shoulder be at lower end. (2) 1st test – hold in deep breath for 40 sec., if you can't do it is a hiatal hernia. 2nd test – press in below sternum & listen, if you hear a gurgling sound, generally have one.

Hip: (1) Low back adjusting won't hold & trouble keeps returning, it is generally a hip problem. ASIN causes hip degeneration. (2) Walk on crutches for 6 mo. to 1 year, Legg-Perthes. (3) Hip joint pain, has an ilium problem. (4) Normal pelvis has a 15 degree anterior tilt. (5) PI drops gluteal fold. AS raises gluteal fold. (6) PIEX opens disc anteriorly at L5. (7) Post. or ant. – check standing. (8) IN or EX check sitting. (9) Posterior ilium causes lordosis & anterior ilium causes kyphosis.

Hives: (1) B6 can cause hives. (2) Give Calcium Lactate. (3) Severe welting in spine after nervoscopy is a digestive problem. Can't have bread or potatoes. (4) Lack of HCL. (5) No vitamins. (6) Carbohydrates are the cause.

Hormonal Balance: L1 & L2.

Hot Flash: Adjust L1, 2, 3, & give kelp.

Hyperactive: (1) Child will be constipated. (2) AS condyle. (3) Hits head on wall or floor to help condyle. (4) No chocolate. (5) Adjust parasympathetic.

Hypoadrenalism: (1) if 30 squats does not increase blood pressure, he could have hypoadrenalism. (2) Adjust sympathetic. (3) Systolic pressure should raise 20 min, if normal.

Hypoglycemia: Substitute sugar with cheese or spam. (2) Need blood calcium – give Dartell Darcium. (3) Should eat three meals of beans (Pinto, Lima). (4) Patient you can't change generally has a lead problem. Run Hair Analysis. (5) Fructose (Chiron-Levelose). (6) Tupelo Honey (Everglades honey, doesn't turn into sugar. (7) Atlas. (8) No sugars, high protein diet & in 6 months a new person. (9) Adjust parasympathetic.

Hypothyroidism: (1) Lower cervicals. (2) Kelp.

Hysterectomy: Obitrogen by Standard Process, Dr. Gonstead's preference.

Ilium: (1) Long leg gets shorter on Hi-lo, adjust sacrum. (2) ASIN leg stays long, take ilium. (3) ASIN leg shortens, take sacrum. (4) Ilium EX – when EX pull it has more influence on lordosis. (5) Ilium subluxations in children – hold child up to determine EX (kyphotic) or IN (lordosis curve).

Impacted Molars: Can cause migraines & exzema.

Insulin: To reduce, give cheese & sandwich meats.

Internal Disorder: Drink Comfrey or Jasmin.

Intestines: Bran & warm water sweeps intestines.

Irregular Cycle: L1, L2

Jaw: (1) When clicks to the left, adjust right. (2) Jaw out can cause: Tachycardia, Menieres Syndrome, Tic Douloureux.

Kidneys: (1) D9-12. (2) Fructose won't cause problems with kidney. (3) Kidney failure – D9, D10. (4) Kidney stones: 4oz. Coke every half hour, adjust D8-D12, Vitamin C can cause kidney stones, hospitals in Madison give beer. Dr. Gonstead feels that it is the alcohol that works.

Knee: (1) On x-ray wide side has gone anterior, short side is posterior. (2) Pain in back of knee & calf – adjust L4 or 5 or sacral base posterior. (3) AI in Femur – turn leg towards side setting counterclockwise bottom leg. (4) PEX Tibia – left leg lean to right, don't turn leg. (5) Pain on inside of knee – adjust ASIN, L1 or L2 as high as T11 (nerve supply to acetabulum).

Knee, Leg, Calf Pain: (1) One leg – L5. (2) Both legs – forerunner to cancer, check Hb & Hematocrit, no Vitamin E. (3) Inside of leg – T12 or ASIN. (4) Pain from knee down – L3 down. (5) Pain on inside of foot – T12, L2. (6) Front of leg – L1, 2, 3. (7) Side of leg – L3, 4. (8) Heel pain –

L4, 5, sacrum, sometimes EX Ilium. (9) Anterior inguinal groin pain – anterior first, IN secondary AS, weak sartarius (inside of leg). (10) Internal knee pain – T12 secondarily L1 (anterior crural branch). (11) Back of leg – sacrum, L5. (12) Femur head joint pain – ASIN or AS or IN. (13) Coccydynia pain – ASIN or rotated L5.

Konsyl: Is better than Lactobysil Dartell for constipated patients.

Kyphosis: Whenever a sweeping kyphosis (mid-back & neck) never adjust any cervical including atlas or axis except when absolutely and then only atlas.

Kyphotic Low Back: (1) ASIN. (2) Rotated 5th Lumbar.

Kyphotic Lumbar Curve: (1) From a badly rotated L5 or ASIN. (2) Exercise – lean forward keeping heels on the floor, also stride walk. (3) Traction makes worse. (4) Indicated chronic disease. (5) Femur head joint pain is related.

Kyphotic Spine: (1) Lean on wall, feet flat & drop stomach towards wall. This exercises abdominal muscle & helps low back. (2) Cowboy boots are good. (3) Kyphotic spine – Coccydynia.

Lard: Has Vitamin A, niacin & minerals.

Laryngitis: Parasympathetic.

Lead: (1) Sodium Nitrate has attraction for lead.
(2) Bone meal generally contains lead.

Leg: (1) Swelling of leg – L1 or 2. (2) A (30%), IN (70%) lengthens leg. (3) P (30%), EX (70%) shortens leg. (4) Long leg gets longer, adjust sacrum. (5) Long leg gets shorter, adjust ilium. (6) Cauda Equina Tumor can cause pain in both legs (refer out share legal responsibility). (7) Length affected by 34 different subluxations. (8) Anterior hip lengthens leg. Posterior hip shortens leg. (9) ASIN with short leg that side on leg check, take sacrum. (10) Pain down back of leg, L5. (11) Pain down side of leg, L2 or L3. (12) Pain down front of leg. ASIN ilium or D12 or L1.

Legal Case: (1) Montana Chiropractor (Malpractice told to me by Doug Cox, D.C.) Got it for missing cancer of 10th Dorsal because he only x-rayed area thought was problem & used 14x17 instead of 14x36. (2) Wisconsin Chiropractor (Doug Cox, D.C.) He was walking his case (a woman) to the x-ray department and she raised her arm and heard a cracking noise. Arm had cancer on x-ray & had broken on raising. What would have happened had he touched or raised the arm?

Little Finger numb: C6, T4.

Liver: Adjust D4, D7.

Lordosis: (1) Caused by posterior sacrum, PIEX or spondy. (2) Lordotic spine – use low heel. (3) Obturators both are closed with a posterior sacrum & open with a PIEX. (4) PIEX cause sacrum to fall forward. (5) Sacral base should be 30 degrees. (6) EX – side down. (7) IN – side up.

(8) Adjust PI or AS side up. (9) Obturators look like cat eyes – base posterior sacrum.

Low Back Adjusting: Keep head, neck, back & leg straight & foot at 90 degrees.

Low Back Pain: Lactobysil Dartell or Konsyl (drug store) for low back pain or constipation problems.

Lumbar: (1) Kyphosis – ASIN, rotated L5. (2) Lordosis – PIEX.

Lumbar Adjustments: L1 & L2, dropped or tipped uterus & organs.

Mandible Tracts: (1) If tracts to left, right side is problem. (2) If subluxated, can lead to Meniere's Syndrome or Tic douloureux.

Marie-Strumpell Disease: Adjust cervicals on Hi-lo sideways.

Meniere's Syndrome: (1) Positive generally if patient puts head down between legs for 20 sec. & then raises head quickly & he is dizzy. (2) Atlas & Kelp. (3) 8th Cranial. (4) Axis. (5) 85% atlas, 8% axis, 7% condyle. (6) Can be wax.

Menopause: Atlas. Hot Flashes – L1-3.

Menstrual: (1) Bloating during period – sympathetic. (2) Heavy clotting – adjust atlas. (3) Low back pain – L5 or sacrum. (4) Irregular

cycle – D12 – L5, or more specifically L1, L2 or L3. (5) Heavy flow – parasympathetic. (6) Menstrual cramps – L4, L5, sacrum or ilium, Ca stops cramps, use slant board. (7) Pain – rotated pelvis, spondylo, posterior sacrum. (8) Spotting during most of month – adjust sympathetic. (9) Menstrual problems – Chlorophyll.

Migraine: (1) Make patient run & he will get over it as he burns up toxins. (2) C6, T4. (3) Walk fast enough to work up sweat, then go to bed. (4) Urine usually very acid. Keep away from acid foods. Tomato juice OK, changes to alkaline in stomach. (5) Should live a routine life. (6) Check for hypoglycemia. (7) Check thyroid. (8) Light meals. (9) Obitrogen (Standard Process) preferred by Dr. Gonstead. (10) Don't become over-tired, sip tomato juice. (11) Migraines generally occur at one of 3 times – 2-3 weeks before menstruation, 2-3 weeks after menstruation, at ovulation. (12) Sympathetic, C6, 7, D1, 2. (13) Black coffee is good.

Mineral Oil: (1) Cuts down absorption. (2) Can cause osteoporosis. (3) Carcinogenic. (4) Coats GI tract, keeps fat soluble vitamins out of system & also keeps other things out, loss of minerals.

Mouth: Bitterness in mouth & throat – adjust parasympathetic.

Multiple Sclerosis: (1) Parasympathetic. (2) Give book & anabolic basic formula. (3) Orotic Acid. (4) Vasalote. (5) Oratate. (6) Take bran 6 times per day or what can be tolerated. (Bran meal health food store) (7) Should grow own sprout garden. (8) Eat carrots & celery daily. (9) 85% atlas, 10% condyle, 5% axis. (10) Stop adjusting as soon as they have bladder control, generally.

(11) Adjust the upper cervicals. (12) 2,000 mg. per day Vit. C. (13) Peanuts, 250 mg. B12 per day.

Muscular Dystrophy: (1) No response to chiropractic. Might arrest with condyle, atlas, axis. (2) Web of thumb wasted first.

Myasthenia Gravis: Nothing we can do.

Na Fl: Makes bones & teeth strong, hard & brittle.

Narcolepsy: (An uncontrollable desire for sleep, or sudden attacks of sleep) Adjust the sympathetic, C6-T2 & T3 sometimes.

Neck: (1) When you can pull neck downward with the sternocleidomastoid muscle, it is sympathetic. (2) When neck can't be pulled down, it is a parasympathetic problem. Adjust that side PLS or PRS. (3) Neck pain – adjust parasympathetic.

Nerves: (1) 3 out of 9 nerves cause pain. (2) Nerve endings inflamed – adjust sympathetic.

Nerve Conductivity: (1) Less – adjust sympathetic to increase. (2) More – adjust parasympathetic to decrease.

Nervoscope: (1) If you have a break on the meter above & below the bone, adjust bone in center. (2) Monitor the break day by day to watch it decrease. (3) No reading feels posterior

meningeal recurrent nerve is involved. (4) Widen terminals C5, D10. (5) Narrow terminals T11, L5. (6) C1, D3 – reading is below spinous. (7) D4, D9 – above spinous (interspinous space above). (8) D9, L5 - below spinous. (9) Important in knowing when to qui. (10) Quickening of great importance. (11) First reading no value. (12) Where nerve structure is. (13) Heat on EX side of ilium. (14) Fever & high humidity – high setting on Nervoscope.

Nulli Gravida: Adjust EX ilium & she can become pregnant.

Numbness: Numbness in right arm & leg or other side can be fractured odontoid. Fractured odontoid hurts when patient brings chin down at top of sternum. Be careful for first few visits. Fracture doesn't show up right away on x-ray so take new x-rays.

Occiput: (1) In debate of whether to adjust occiput or other, use femoral head line. (2) If femur is low on side atlas is high on- adjust occiput.

Odontoid: Numbness in right arm & leg or other side can be fractured odontoid. Fractured odontoid hurts when patient brings chin down at top of sternum. Be careful for first few visits. Fracture doesn't show up right away on x-ray so take new x-rays.

Osgood-Schlatter Disease: (1) B6 & Orolate. (2) Calcium. (3) Niacin. (4) Take contact & tape down, Johnson elastic tape. (5) 3 visits, let go 3 weeks & 3 visits again. (6) Walk slow, then more, then run after 3 weeks.

Osteoarthritis: (1) Heberden's & Bouchard's nodes in hands – adjust C6, 7, D9, 10, L1, 2. (2) Will have decrease in hemoglobin so give Fe or Welch's grape juice.

Osteoporosis: (1) Vinegar & honey can cause. (2) Mineral oil cuts down absorption.

Overweight: (1) Fructose (Levelose – Chiron) cuts down desire for sugar that increases weight problem. (2) Tupelo Honey from Everglades – cuts down desire for sugar, won't turn to sugar.

Pain: (1) Breathing pains – adjust parasympathetic. (2) Groin – D12, L1. (3) Front of thigh – L1, 2. (4) Lateral thigh – L3. (5) Posterior thigh – L4-5. (6) In both feet- adjust sympathetic, C6, 7, D1, 2, D9, 10, 11 or L1-2. (7) In outside of foot, waking her up in midnight – sympathetic, L2-3. (8) Pain down back of leg – L3. (9) When driving – move seat forward because seat moves sacrum backwards. (10) Pain effects: worse when standing, PLEX; sitting, L4 or L5; walking PLEX or L5; worse when lying on back, lumbar area; worse when lying on stomach, sacrum or ilium; worse as day goes on, sacrum or ilium; bad when you wake up, L5 or lumbar; pain on inside of knee, ASIN or L1 – L2 as high as T11 (nerve supply acetabulum).

Palpation: (1) Lean forward in palpating the lumbar spinous (percussion tells accuracy). (2) Palpate spinous rush in circular manner around spinous. (3) Palpate edema down the paravertebral areas for soft spot. (4) Sponge soft edema side is subluxation. (5) Taut & tender side is compensation area. (6) To

determine listing – have patient lean forward, then look down head to low back to determine high side (body of vertebra) and low side spinous rotation.

Parasympathetic Adjustments: (1) Cause organ, gland & heart to speed up & muscle to contract. (2) Areas to adjust – Coccyx, Condyle, Ilium, Neck (C1 – C5), Sacrum. (3) Conditions affected – Amnesia – usually atlas, Aneurism of the brain – 90% parasympathetic, Allergies – can be either system. It is safe if you can't find subluxation to adjust below C7 first & then above when nothing else left. Asthma – do not adjust parasympathetic for 4-6 weeks. It is overworking causing congestion, Bed Wetting – day & night & when it involves children, Bile – decreases output, Blood Pressure – high diastolic pressure, Brachial Plexus – numbness & tingling in the shoulder, elbow & all fingers especially thumb & index finger, Breast Development – in boys, Breathing – (a) difficult, usually atlas, (b) sharp jabbing pains when breathing, Bronchitis, Chewing – trouble chewing & talking, Colon, pockets – adjust parasympathetics to bring tonus back, Cushing's Disease, Diastolic Pressure, Digestive Problem – if eating creates it, Dizzy Vertigo – get dizzy by leaning over & looking up, Dupreytren's Contracture, Ears – ringing, Emphysema, Epilepsy – daytime of regular fits, Fingers – numbness of shoulder, elbow & all 5 fingers especially thumb & index finger, Gastritis, G.I. Disturbance – burns between meals, Glands – parasympathetic increases output. To decrease output adjust parasympathetic. Growth – adjust to increase growth. Heat & Cold – use heat except Coccyx. Hyperactive. Hyperthyroidism – condyle to C5. Hypoglycemia – condyle to C5. Menstrual – heavy flow. Mouth – bitterness in mouth & throat. Multiple Sclerosis. Neck – when neck can't be pulled down with the sternocleidomastoid muscle adjust that side PLS

or PRS. Nerve Conductivity – adjust to decrease. Pain – breathing pains. Parkinson's Disease. Penis – a hard retractive mass which causes curvature upon erection. Peptic Ulcer, exam of HCL (adjust atlas & axis), condyle to C5. Perception Problems (mixing up letters & words). Pulse Rate – if low adjust sympathetic first. Rheumatoid – if patient is up to 15 years old. Sinus Infection – 9:00 AM – 6:00 PM. Sleep – wakes up early & can't sleep. Spastic Colitis. Stenosis of Urinary Tract. Stomach – burning after eating. Stools – yellow or green. Too much bile. Stroke – must get within 7-8 months for best results. Systolic. Tachycardia – condyle to C5. Talking – trouble chewing & talking. Throat – bitterness in throat & mouth. Thumb – index & middle finger. Tic Douloureux. Triglycerides. Ulcerative Colitis – condyle to C5. Uric Acid.

Parkinson's or Amyotrophic Sclerosis: Basic Formula (Anabolic). (2) Chemistry, adjust sympathetic. (3) Amino acids. Parasympathetic.

Penis: (1) A hard, retractive mass which causes curvature upon erection, adjust parasympathetic. (2) Give 900 I.U. Vitamin E.

Peptic Ulcer: (1) Coughing pain, atlas or sympathetic (2) Peptic ulcer vs gall bladder – (a) Stool light yellow in color – liver, no sweets, tomato soup & juice, V-8, celery soup, milk, alkaline food. Adjust T2, T7 (b) Stool is good color – peptic ulcer, adjust axis.

Perception Problem (child mixes up letters & words): Adjust parasympathetic.

Phlebitis: Adjust sympathetic.

PIIN: With high subscript can cause pain on coccyx.

Pituitary: Adjust for it if patient is growing.

Pneumonia: (1) Chemical If temp. 101-102 degrees F. (2) Infectious if temp. 102-104 degrees F.

Polio: (1) ASIN is weak side polio case. (2) First sign to watch for inability to bring chin to chest. (3) Widening discs in entire lumbar area indicates an old case of polio, adjust atlas, axis. 3rd. (4) Patient can't bring head down to chest without pain. Moist heat under neck for 4-5 days, change cloth every ½ hour, never give aspirin, keep the fever up.

Pregnant: Have women lean on table and bow backward toward floor. (2) Nulli Gravida – adjust EX ilium & she can become pregnant.

Premarin: Causes hair growth on face on women.

Prostate: (1) Adjust L3, T10. (2) Give zinc glucomate & cherry juice, keep off sugars (will make go to the restroom more often), give Fructose (Chiron). (3) Give Prostell (Anabolic) for benign hypertrophy. (4) Prostate problems – adjust D12, L1 or L2.

Psoriasis: (1) Adjust D6, L1, D9, 10, 11. (2) Do not eat white flour, sugar, acid fruits, tomatoes or milk (because of casein). (3) Use no stimulants or depressants.

Ptosis: Adjust C6, 7.

Pull Move: (1) PRS – lower upward. (2) PRI M – torque down. (3) PRSM – torque upward. (4) On a heavy rotating scoliosis do not pull.

Pulse Rate is Low: Adjust sympathetic first.

Relief of Pain: (1) Back relief – post sacrum or PLEX ilium. (2) Stomach relief – lumbar area. (3) Relief lying on back on floor – spondy or sacral base posterior or PLEX.

Research: Doctor in New York took 100 kids off junk food & 100 improved.

Retro Flexed Uterus: Exer-Cor.

Rheumatic Fever: Adjust C6-7.

Rheumatoid: (1) Adjust on Hi-lo. (2) Give Adrenotrophin (Standard Process), Thyrotropin (Standard Process). (3) With shiny knees, don't use pelvic bench. (4) Adjust sympathetic. (5) Up to 15 years of age can be parasympathetic. (6) Ask them to purchase distilling device. Gets rid of sodium fluoride. (7) 4 oz. pure lemon juice to 48 oz. water helps rheumatoid patient.

Ribs: Broken rib, tape rib above.

Ringling in Ears: (1) Pull for pregnancy. (2) Adjust Atlas, condyle, axis, jaw.

Rotation: Tissue is high on the side of rotation.

Sacrum: (1) Long leg gets shorter, adjust sacrum. (2) Flat on x-rays, it is a PIEX. (3) Sacral base posterior causes toes to turn in. (4) Base posterior – Hi-lo is good. (5) Base posterior drive superior or into disc. (6) Spondy into superior (line of drive), adjust on Hi-lo and block abdomen.

Safflower Oil: Haynes.

Sciatica: (1) When correct adjustment is given pain goes down leg. Stop adjusting and let nature heal. It might take 30-40 days. (2) Likely to move into hip, thigh, knee, leg, ankle, foot and toe. (3) Ice down ½ hour, off ½ hour & on ½ hour, etc. (4) Walk a lot. (5) If mammillary listing doesn't break the fixation turn the patient over & push it. (6) Gas – general adaptive syndrome. (7) Back ache, toxic = on Monday or Tuesday, exercise more. (8) Use pillow in small of back in airplane seat. (9) No sugar & gluten in bad sciatica. (10) 1,500 – 2,000 mg of Vitamin C per day, 50-100 mg B6 per day, B12. (11) Anacin preceded by milk if pain severe. (12) Stop adjusting when sciatica pain is below the knee. Foot or gastrocnemius muscle will feel numb for 2 months after problem is corrected. (13) Look for swollen disc.

Scratching: Hyper & scratching all the time Zymex II (Standard Process).

Seizure: (1) Wakes up with seizures – adjust sympathetic. (2) See Epilepsy.

Senility & Loss of Memory: Kelp & Iodine.

Shingles: (1) Never use B12. (2) Place on calcium lactate.

Shoulders: Can't stand weight on shoulders, adjust sympathetic.

Sinus Infection: (1) 9:00 AM to 6:00 PM adjust parasympathetic. (2) Asthma low in Hb like Emphysema. (3) Sinusitis – 9:30 AM to 5:00 PM bad eye pain, adjust sympathetic. (4) Sinus problems – parasympathetic.

Skin Problems: Sympathetic needs stimulation.

Slant Board: (1) Menstrual cramps. (2) For better bowel movement. (3) Varicose veins. (4) Hiatal & inguinal hernias.

Sleep: (1) Wakes early & can't sleep – adjust parasympathetic. (2) Best sleeping positions when pregnant are on back & side. (3) Child can not sleep at night, child seems to be backward – adjust 2nd tubercle of sacrum.

Sleeping Pills: Tryptophan & B6 plus (Anabolic) helps one to sleep.

Spastic Colitis and Ulcer: Adjust parasympathetic.

Spine: Must be adjusted until curves return to neck & low back to make sure the spine acts like a recoil spring.

Spinographs: (1) Are what chiropractors need, not radiologists. What does radiology have to do with chiropractic?

Spinous Process: A sore spinous is a subluxation.

Spinous Rotation: Shown by roundness on side of spinous, flat on other side.

Spondylolisthesis: (1) When you have a spondylolisthesis and heavy rotation take the worst of the 2. (2) Disc swollen on anterior, no pain on chin to chest. (3) Use a 6" 2 by 4.

Spurs on os calcis: Spur on anterior inferior calcaneus will show pain along medial and lateral side.

Stamina: Fructose (Chiron – Levelose).

Stenosis: Stenosis of urinary tract, adjust parasympathetic to relax.

Stiff Neck: (1) If patient's head can be pushed upright without pain, adjust mid thoracic. (2) If patient's head cannot be pushed upright without pain then adjust atlas-axis.

Still's Disease: Sympathetic.

Stomach Problems: (1) Tablespoon of Aloe Vera per day for health. 2 tablespoons per day for stomach problems. (2) Upper stomach problems – give Darzyme (Dartell), generally no more problem. (3) Burning in stomach after

eating – production of HCL is deficient, adjust parasympathetic. (4) "Every time I don't eat I have gas & feel like I 'm going to explode." Adjust sympathetic. (5) With all stomach problems best advice is to drink nothing.

Stools: Yellow or green, adjust parasympathetic because of too much bile.

Stroke: (1) Stroke & continued crying L1 or L2. (2) Must get within 7-8 months for best results. Over 1 year response is slow. (3) Adjust parasympathetic.

Subluxations: (1) Straight spine with rotation can be cured by post ASin, il or L5. (2) If any other lumbar except L5 looks PRS-M take it as PR. (3) In debate to adjust occiput or other (atlas) use femur head line. (4) PLS-M torque up to L5, PLI-M torque down to L5. (5) Hips, 9 ways to go. (6) Occiput, 28 ways to go. (7) Vertebrae, 9 ways to go. (8) AILP thrust with torque clockwise. (9) ASLA torque counter clockwise. (10) AIR – counter clockwise. (11) ASLA – counter clockwise. (12) Ex – torque up. (13) IN torque down. (14) IN – pain in groin. (15) L5 causes loss of lordosis, but not as bad as ASin

Swelling: Clear up leg, heart is bad.

Swollen body: Cabbage juice & watermelon seed.

Sympathetic Adjustments: (1) Sympathetic subluxation slows a gland, organ. (2) Areas to adjust – Dorsals (D1-12), Lumbars (L1-5), Neck (C6-7). (3) Conditions affected – Allergies, sympathetic needs stimulating. Can be in either

system. It is safe if you can't find subluxation to adjust below C7 first & then above when nothing else left. Arteriosclerosis. Asthma. Bed Wetting, nights for children or older people who wet while thinking about it. Bile, Increases output. It is usually C6-T3 & rest of thoracics. Blisters. Blood Pressure, high & high systolic pressure. Bradycardia. Cancer, both legs, hands & arms equal a chemistry problem. Refer out for medical verification & adjust spine for disc problems only, not cancer. Chemistry Problem, takes 8-12 weeks to correct. Cholesterol. Chondritis, may be assimilation problem related to sympathetic. Constipation. Coughing, if it is continual adjust D2-3. Dermatitis. Diabetes, adjust D7. Digestive Problem, if eating stops it. Duodenal Ulcer. Endometriosus, adjust L1, 2, 3. Epilepsy, bed or waking up. Erratic Bowels, look at L1, 2. Exzema. Eye Pain, & blurry vision with headache in just one eye. Feet, pain in both adjust C6 & 7, D1-2 or D9, 10, 11, L1-2. Femoral Pain, L2, 3, 4. Fingers, little finger & ring finger. Foot, if it is little toe. Gall Bladder, speed up by adjusting. Gas, on x-rays. Gastric Ulcers, reduce flow of carbohydrates causing gas pressure adjust mid-thoracic. G.I. Disturbance, burns after meals. Glands, sympathetic decreases the output of a gland. To speed up out adjust sympathetic. Headaches. Heart, (a) Bradycardia – adjust C7-D5. (b) Systolic problems. (c) Diastolic & systolic – adjust first for systolic. (d) Pacemaker – adjust in upper thoracic area. Hypoadrenalism. Kidney. Menstrual, (a) Bloating during period. (b) Spotting during most of month. Migraine, 60% deficiency of thyroid, adjust C6-7, D1, 2, to L2. Neck, when you can pull downward with the sternocleidomastoid muscle. Nerves, (a) nerve endings inflamed. (b) Conductivity, adjust to increase. Pain, (a) in both feet, adjust C6, 7, D1, 2, D9, 10, 11 or L1-2. (b) in outside of foot waking her up in night, L2-3. Paralyzed Muscle. Parathyroid Function, it is usually C6-T3 & the rest of thoracics. Parkinson's Disease, chemistry

problem. Phlebitis. Pulse Rate is low, adjust sympathetic first. Rheumatoid Arthritis. Seizure, wakes up with it. Shoulders, can't stand weight on. Sinusitis, 9:30 AM – 5:00 PM, bad eye pain. Skin Problems, sympathetic needs stimulation. Still's Disease. Stomach, "Every time I don't eat I have gas & I feel I'm going to explode." Systolic. Tongue. Torticollis. Triglycerides. Ulcers, burning in stomach after eating. Uric Acid. Wetting at Night.

Systolic: Adjust sympathetic.

Tachycardia: Condyle C-5, parasympathetic. (2) Usually atlas on right or left. (3) Axis PRS or PLS.

Talking: Trouble chewing & talking, adjust parasympathetic.

Teeth: Gritting teeth – don't eat before going to bed.

Testicles: (1) Bi-laterally undescended is post sacrum. (2) Fails to descend – Ex ilium or PI3 EX10.

Thoracics: (1) Spinous contact – fingers down. (2) Transverse contact – fingers down spine.

Throat: A bitterness in throat & mouth, adjust parasympathetic.

Thumb: Thumb, index & middle finger, adjust parasympathetic.

Thyroid: (1) Adjust C6. (2) Hypo – C6 & C7. (3) Hyper – atlas & axis (exophthalmosis & sweaty hands). (4) Don't eat cauliflower, tomatoes, broccoli it depresses the thyroid.

Tibia: Pain L1, 2.

Tic Douloureux: (1) Parasympathetic C3, 4, 5. (2) Dental related many times. (3) Stay off B vitamins. (4) Give calcium lactate.

Tomato Juice: (1) Neutralizes. (2) Turns alkaline PH in stomach. Sip it.

Tongue: Sore tongue along side, need niacin. (2) Adjust sympathetic. (3) Raw nicotinamide, nicotinic acid. (4) Sore tongue, use pork or crushed corn.

Torticollis: (1) Contraction of muscles and she won't let you pull up, it is parasympathetic. (2) If you can pull up from other side, it is sympathetic usually 4th dorsal (neck). (3) When patient can't hold up head & you can pull up by trapezius on opposite, adjust sympathetic.

Triglycerides: Parasympathetic.

Ulcers: (1) Burning in stomach after eating, sympathetic. (2) Distress after eating, no ulcer. (3) Duodenal, adjust sympathetic. (4) Problem 1 ½ hours after eating – eating makes you feel better, bloating. 1 ½ hours after meal pain – half & half milk stops pain. (5) Nicotinamide, B3, corn, pigs, pignose not bean soup, vitamin A (25,000 units for 1 month, then 1 month none, then 25,000 units for 1 month). (6)

Hyperacidity, if food makes it worse adjust atlas (parasympathetic). If food relieves, adjust D5 (sympathetic). (7) Peptic ulcer, adjust parasympathetic. (a) D4-D10. (b) ASLA or ASLP – do not eat a lot at a time.

Uric Acid: Parasympathetic.

Urinary Tract: Stenosis, adjust parasympathetic.

Uterus: (1) Uterus closing or broad ligament weak. (2) Uterus tilt, L1, 2, 3.

Vaginitis: Aloe Vera – do for 3 weeks and then dip tampon in it & push way up for hard cases.

Varicose Veins: (1) No vitamin E. (2) Veins stretch out – minerals, Rutin & Vitamin A, adjust sympathetic.

Vertebrae: (1) If fractured, lay on stomach. Lie face down to sleep and rest. (2) Vertebra fracture – Takes 3 days to see on x-ray, 5-10 lbs. weight on post of fracture, 3/8 – 1/4 thick x ½" wide x 4" long Balsa wood to push against fracture (if ambulatory sew pocket into rib belt to hold wood piece) cover vertebra above & below involved fracture by one vertebra, start up crawl, start 2/week then 1/week then 1/month in adjustments, adjust upper to lower, fracture on top of vertebra adjust 1 above. (3) When vertebra is dissolved on top adjust bone above. (4) When vertebra is dissolved on bottom adjust bone below.

Vertigo: Adjust atlas.

Visceraloptosis: (1) Causes menstrual cramps.
(2) Slant board.

Vitamins: (1) Adrenamin (Standard Process) – headaches. (2) Adrenotrophin (Standard Process) – Rheumatoid. (3) Aminozeest – gout. (4) Basic Formula (Anabolic) – Parkinson’s Disease or Amyotrophic Lateral Sclerosis. (5) Calcium – cancer, chondritis, cramps, Osgood-Schlatter’s Disease. (6) Calcium Lactate – hives, shingles, tic douloureux. (7) Dartell Dar-calcium – hypoglycemia. (8) Dolomite – no good, full of lead. (9) Epsom Salts – gallstones. (10) Folic Acid – amnesia. (11) Fructose – for stamina, diabetes, hypoglycemia, kidney & prostate problems. (12) Herbs – (a) Aloe – 99 Crème – dry skin. (b) Aloe Vera Douche – Vaginitis. (c) Aloe Vera Gel – throwing up blood, conjunctivitis, Pink Eye (3 drops), emesis, dysentery, earaches. (d) Aloe Vera Solution – flu, stomach problems, hair growth. (e) Chlorophyll – anemia, digestive problems, erratic bowels, bad smelling feet, menstrual problems. (f) Comfrey – internal disorder. (g) Jasmine – internal disorder. (h) Kelp – arthritis, back pain, cancer, chondritis, headaches after hysterectomy, senility, loss of memory. (13) Hyalex – rheumatoid arthritis. (14) Iodine – arthritis, senility & loss of memory. (15) Iodiopoxdine – digestive problems. (16) Iron – asthma, cancer. (17) Konsyl (drug store) – constipation, dysentery, low back pain. (18) Lactobysil (Dartell) – constipation, low back pain, dysentery. (19) Levelose – take away desire for alcohol, for hypoglycemia & stamina. (20) Mg – arthritis, cancer. (21) Niacin – Osgood Schlatter’s Disease, sore tongue. (22) Nicotinamide – ulcers. (23) Obitrogen (Standard Process) – hysterectomy migraine. (24) Oratate – multiple sclerosis. (25) Orotic acid – multiple sclerosis. (26) Phosphorus – cancer. (27) Prostell (Anabolic) - prostate. (28)

Sulfur – bed sores. (29) Thyrotropin – rheumatoid. (30) Tryptophan – helps sleep. (31) Vasalote – multiple sclerosis. (32) Vitamin A – allergy, asthma, cancer, hay fever, ulcers. (33) Vitamin B Complex – cancer. (34) Vitamin B3 – allergy, cancer, ulcers. (35) Vitamin B6 – cancer, Osgood Schlatter’s Disease, helps sleep, can cause hives. (36) Vitamin B12 – amnesia, multiple sclerosis, do not use for shingles. (37) Vitamin C – arthritis, cancer, hay fever, can cause kidney stones. (38) Vitamin E – asthma, cancer, penis (a hard retractive mass which causes curvature upon erection), never give late at night. (39) Zinc Glucomate – prostate, diabetes. (40) Zymex II – hyper & scratching all the time. (41) Always takes vitamins with or right after meals.

Wetting: (1) Day & night – adjust parasympathetic. (2) Night wetting – adjust sympathetic. (3) Children bed wetting – adjust parasympathetic.

X-Ray: (1) 100 Ma can be lowered by adding 10 kvp. (2) 10 kvp can be reduced by adding one second to time. (3) AP & Lateral leaves the body in two weeks. (4) X-ray wedges in a normal x-ray generally wipes out primary that we must have for pathology of the disc. (5) 14x36 films are a must to show relationship of whole spine. (6) X-rays should be taken when necessary for patient’s health. (7) No patient should be released when that patient has a kyphotic neck or low back & the doctor feels he can correct it. If he can’t he should refer the patient to another Gonstead doctor who can. (8) Patients with straight spine are sick people, or are going to be and should be corrected.

Yet Disease: When curves are gone you know patient is going to have problems.