

RESTORING HEALTH NATURALLY

NEUROMODULATION TECHNIQUE

By Dr. Lisa Rhodes, D.P.M.

Have you ever been introduced to something so exciting and stimulating that you want to tell everyone you meet? You want everyone to have this information because you know it is information they can benefit from. Well, I have been fortunate enough to be one of those people who have learned of a fairly new alternative treatment for many chronic and acute conditions such as pain, injury, migraines, irritable bowel, reoccurring illness, asthma, allergies, fatigue, eczema, and emotional disturbances.

This treatment modality, coined NeuroModulation Technique (NMT), was developed by a chiropractor from Hermiston, Oregon. Dr. Leslie Feinberg, who has practiced earlier modalities of energetic medicine, developed this comprehensive and effective treatment protocol. Dr. Feinberg for many years has trained in and practiced alternative therapies that may be familiar to you. These therapies include Nambudripad's Allergy Elimination (a treatment of allergy desensitization), Jaffe-Mellor Technique (utilized for auto-immune diseases), Acupuncture, and Total Body Modification (nutritional therapy). Dr. Feinberg has drawn from the specialties of these various techniques and along with extensive research in neuroanatomy developed this technique that treats a wide range of conditions. As you may have gathered this is a unique system of healing based upon a meld of modern medical theory and ancient Chinese medical knowledge.

We all have the innate knowledge or capacity to heal. Sometimes this knowledge becomes blocked and we need help in removing these blockages. Imagine a garden hose with water running through it. If you bend the hose the water is unable to continue running through to the end. Our bodies are similar to this; if a block occurs in the communication system of our body the knowledge of healing becomes blocked. The internal controls of our body cannot return to a natural state of health. NMT facilitates the return of health by removing blockages in the internal control system of the body in a completely safe and noninvasive manner.

What are some of the things that cause these blockages? Blockage can occur as a result of confusion of the immune system. The immune system may become confused as a result of invaders foreign to the body. Foreign invaders including allergens, infectious micro-organisms and toxins may cause auto-immune diseases, inflammation of the tissues, allergic reactions or congestion of the organs and lymphatic system. Blockage may also occur as a result of emotional stress.

Let's look at allergens first. Allergens are generally classified as substances ingested, inhaled, injected into the body, or substances we come into contact with such as chemicals. It is also very common to have an allergy to your own body chemicals and tissues or the chemicals and tissues of another person. Have you ever wondered why we all are exposed to the same substances, for instance pollens but only some people have allergic reactions to these substances? An allergic reaction is caused by the immune system confusing these inert substances for dangerous substances. NMT is an effective and fast method of retraining the body to no longer perceive these substances as dangerous and process them in a healthy manner.

Infectious agents or micro-organisms such as bacteria, viruses, parasites or yeast can cause inflammation of tissues or auto-immune reactions. Typical cold or flu symptoms are common results of inflammation. What many people do not realize is that these infectious agents can lodge themselves in organs, nerve and muscular tissue of the body and cause inflammation in these areas as well. The result is pain such as that seen in fibromyalgia, arthritic conditions, and tissue dysfunction. When the immune system begins to confuse body tissues for these infectious agents and attacks these tissues, an auto-immune condition occurs. NMT provides a safe way to help boost and balance the immune system to recognize these agents and to allow the body to distinguish between these infectious agents and body tissues.

NMT may also be used to facilitate the body in flushing toxins from the areas where they are stored. When the body is exposed to a toxin, the proper response is to purge that toxin from the body. If the body is unable to perform this response instead of purging this toxin it will store it. A good analogy is cleaning a room in your house. If you happen to find an object you are not sure what do with, you may place it in a drawer to keep it hidden. The body does the same

thing. Unfortunately that toxin will have negative effects on the tissue which it is being stored in. NMT teaches the body to flush these toxins from areas of storage.

The body-mind principle explains the connection between emotions and resulting physical symptoms. Most of us are accustomed to thinking of emotions as non tangible events. Candace Pert, a well known neurophysiologist and author of *Molecules of Emotion*, has changed that idea. Emotions can actually cause the nervous system to release chemicals called neuro-peptides. These chemicals, if not processed and eliminated from the body, can cause disease. These chemicals will be absorbed by tissues of the body and cause toxicity. Certain organs are associated with different emotions. For instance the liver is associated with anger and resentment, the kidney is associated with fear, and the lungs are associated with grief. In other words, particular emotions can have an effect on particular organs. NMT treatment may be used to release these neuro-peptides from these organ tissues.

Who is a candidate for NMT? There is no one who cannot receive help from NMT. This style of treatment is used for many conditions of disease from minor allergies to environmental agents to more extreme allergic reactions. NMT has been helpful in relieving symptoms associated with auto-immune diseases, hormonal imbalances, emotional distress, irritable bowel, and many other conditions. Because this treatment is painless and non-invasive it is a great alternative treatment for children and infants.

NMT is also an effective treatment for preventing blockages in the body that may lead to disease. Many of us seek help only when we do not feel well. Only then does our health become a consideration. We have to remember that health is not a passive endeavor. Our lifestyles have become physically, mentally, and emotionally stressful. All of this stress can lead to breakdown of our immune system. In order to stay healthy we need to be proactive about our health and think preventatively. NMT can be utilized to remove blockages before they lead to symptoms.

Lisa Rhodes received her degree in Podiatric Medicine from Temple University. She has traveled throughout the country training with numerous practitioners of energetic medicine. Dr. Rhodes has been trained in two advanced levels of NMT treatment. Visit Dr. Rhodes online at: www.integrativehealthcarepa.com