Newsletter and Information Resource of the Palmetto State Chiropractic Association

PSCA
Palmetto State Chiropractic Association

TONE

Issue 2 SPRING 2021 PSCA - Chiropractors Correcting Subluxations © 2021 PSCA

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tone /ton/ - 1. general character; attitude 2. giving greater strength 3. harmonize

IT'S ABOUT THE NERVE

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When studying Chiropractic, we study hard sciences like anatomy and physiology. The nervous system is a segment of both anatomy and physiology, and we must not forget its structure determines the function of the entire body. *Gray's Anatomy* describes the nervous system as "an extensive and complicated organization of structures by which the internal reactions of the individual are correlated and integrated and by which his adjustments with his environment are controlled." Let's dig into this just a bit.

"Adjustments are controlled through the nervous system, leading to adaptation of our internal reactions with the environment around us. This adaptation is a sign of life."

Extensive: reaching into every nook and cranny of the body. In other words, the role of the nervous system impacts the entire body. **Complicated:** alluding to the complexity of living things. *Gray's Anatomy* and other early anatomy texts were simply reporting on what they observed. Today, mathematicians refer to Complexity Theory, concluding complex structures cannot exist without intelligence behind them.

Organization: again, depicting the involvement of an intelligent entity. If your child's bedroom cannot be organized without intelligence, how can your body, anatomy, and physiology be organized without intelligence? **Correlated and integrated** is a bringing together of all parts and activities. Every part. Every activity. **Adjustments** are controlled through the nervous system, leading to adaptation of our internal reactions with the environment around us. This adaptation is a sign of life.

The practical focus of Chiropractic is the nerve--more specifically, one type of interference to the nerve, which is the vertebral subluxation. The life-giving impulses are transmitted over or through the nerves. It's so much bigger than joint movement, joint pain, and muscle soreness, though those things are still important to our overall expression of life.

Baevskii et al., publishing in the journal *Human Physiology* (2009, Vol. 35, No. 1), discuss the field of Prenosology, stating health should be regarded as an equilibrium between the body

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"Life is the expression of tone...Tone is the normal degree of nerve tension. Tone is expressed in functions by normal elasticity, activity, strength and excitability of the various organs, as observed in a state of health. Consequently, the cause of disease is any variation of tone..."
D. D. Palmer, 1910

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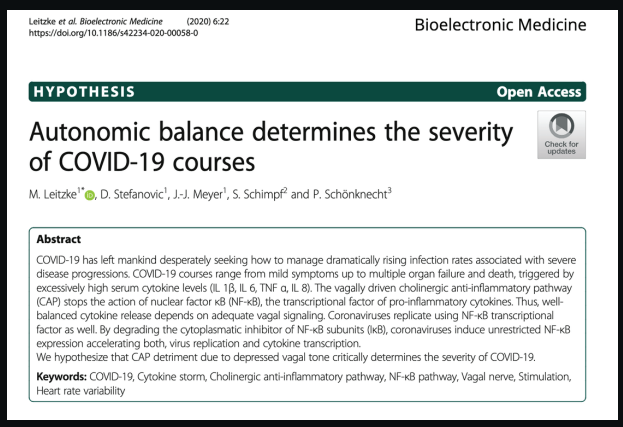
WHAT HAPPENS IN VAGUS... AFFECTS THE WHOLE BEING.
DR. MO

WHY EVERY CHIROPRACTOR NEEDS TO CARE ABOUT THIS



Leitzke *et al. Bioelectronic Medicine* (2020) 6:22
https://doi.org/10.1186/s42234-020-00058-0

Bioelectronic Medicine

HYPOTHESIS **Open Access**

Autonomic balance determines the severity of COVID-19 courses

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Abstract

COVID-19 has left mankind desperately seeking how to manage dramatically rising infection rates associated with severe disease progressions. COVID-19 courses range from mild symptoms up to multiple organ failure and death, triggered by excessively high serum cytokine levels (IL 1β, IL 6, TNF α, IL 8). The vagally driven cholinergic anti-inflammatory pathway (CAP) stops the action of nuclear factor κB (NF-κB), the transcriptional factor of pro-inflammatory cytokines. Thus, well-balanced cytokine release depends on adequate vagal signaling. Coronaviruses replicate using NF-κB transcriptional factor as well. By degrading the cytoplasmatic inhibitor of NF-κB subunits (IκB), coronaviruses induce unrestricted NF-κB expression accelerating both, virus replication and cytokine transcription.
We hypothesize that CAP detriment due to depressed vagal tone critically determines the severity of COVID-19.

Keywords: COVID-19, Cytokine storm, Cholinergic anti-inflammatory pathway, NF-κB pathway, Vagal nerve, Stimulation, Heart rate variability

DR MO KNOWS

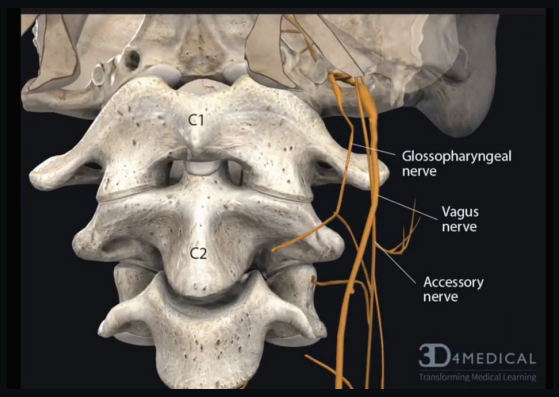
All these predisposing medical conditions have an imbalance of the autonomic nervous system (ANS) in common (Jarczok et al. 2019; Dalise et al. 2020). This is to the detriment of autonomic parasympathetic compartment and can be interpreted as an illness-adaptive sympathetic overexcitation to maintain homeostasis (Goldberger et al. 2019). But vagal signaling essentially controls cytokine expression and release by blocking nuclear factor κB (NFκB) (see Table 2), the transcriptional factor (TF) of

We hypothesize that cholinergic anti-inflammatory pathway detriment due to depressed vagal tone critically determines the severity of COVID-19.

[redacted] physiological conditions, this transcriptional pathway is restricted by vagal

DR MO KNOWS

THE VAGUS NERVE rests on the transverse process of the first cervical vertebra



DR MO KNOWS

Given its' proximity to C1 it is highly probable that a chiropractic adjustment to the upper cervical region will stimulate the VAGUS nerve .

IS THE VAGUS NERVE THE CHIROPRACTOR'S PORTAL TO IMPACTING IMMUNE SYSTEM FUNCTION???

DR MO KNOWS

"Be very careful not to claim to cure or boost anything. Rather, chiropractic - properly delivered - SUPPORTS the function of the immune system."
~Matt McCoy, DC

PSCA SC BOARD OF CHIROPRACTIC EXAMINERS REPORT

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2020 has brought changes to all of us this year. Continuing Education sponsors were forced to change how programs were presented. Regulatory boards are no different. The COVID shutdown and government orders to cancel meetings left all the regulatory boards and commissions pivoting to carry on the important business of regulation. The SC Board of Chiropractic Examiners was faced with several key adjustments (no pun intended) to make as a result of the shutdowns.

First, our staff, along with many others, was forced to begin to work at home. This presented some challenges for the flow of information, but I am proud to say that our staff--especially Mr. Williams, Mr. Owens, and Mr. Elam--all worked closely with me and our board members to remain in contact with developments related to our board. Despite all the challenges and the increase in the volume of work, our staff performed excellently.

Second, the shutdowns required many Continuing Education programs to cancel their programs or to move to a virtual format to present livestream programs. This was quite an undertaking, as many were not prepared to make this switch so quickly, but these programs and the leaders of these programs worked tirelessly to present quality CE content in a livestream format.

The board was faced with the decision of how to allow livestream CE programing to meet the seat time requirement in the regulations. The board decided that if the livestream programs were indeed presented live and the attendees could interact with the presenter, then these programs would meet the seat time requirement.

On-line, on-demand programs are still allowed, but our regulations only allow up to half the 36 hours (every two years) to be counted toward renewal. These programs do not allow for presenter interaction and can be viewed anytime.

Our board also voted to extend the reporting time for CE credits to the end of December 2020. Renewal dates did not change; there was only an extension for obtaining and reporting the credits.

Since there are many programs still being presented virtually, our board will accept livestreamed Continuing Education programs presented in 2021 to meet seat time requirements.

Third, government shutdown also limited travel for meetings. All meetings, state and national, for board members have been conducted virtually for a year now. This challenge has affected all people involved in the process and has led to meetings being much longer than usual and extended the time for some matters to be addressed. We are hoping to return to meeting in person soon, but that will be determined by our governor.

As licensed, essential providers caring for the public, this year has been an important reminder to maintain cleanliness and to put the patients' needs as a priority. Our board would encourage all offices to follow those guidelines from DHEC to maintain clean and sanitary office spaces and to protect the safety and wellbeing of the patients.

Our board members and staff are committed to continue serving the public and our board in the best way possible despite the challenges presented. We recognize COVID has had an enormous impact on how chiropractors have conducted business this year. We appreciate your patience and understanding as we navigate the COVID impact on our board.

In closing, I recommend that all SC licensed chiropractors refer to the LLR Board page for updates and important information. This is an excellent tool to keep up with relevant information for chiropractors in South Carolina.

https://llr.sc.gov/chiro/

Beth Ehlich, DC
Chair
South Carolina Board of Chiropractic Examiners

"Life is action governed by intelligence. Intelligent life, the soul, depends upon the execution of functions. Functions performed by normal energy is health. Disease is the result of the performance of functions above or below a normal degree of activity. Impulses properly transmitted through nerves, result in functions being normally performed, a condition which results in health."

D.D. Palmer, 1910

IS BUILDING A BUSINESS A HARDSHIP?

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A noted scientist observing that "early voyagers fancied that the coral-building animals instinctively built up the great circles of the Atoll Islands to afford themselves protection in the inner parts" has disproved this fancy by showing that the insect builders can only live and thrive fronting the open ocean and in the highly aerated foam of its resistless billows. So it has been commonly thought that protected ease is the most favorable condition of life, whereas all the noblest and strongest lives prove on the contrary that the endurance of hardship is the making of men, and it is the factor that distinguishes between mere existence and vigorous vitality. Hardship makes character. (Taken from *Streams in the Desert)*

Hardship, persecution, and trials build character and prove the truth of a "cause."

As subluxation-focused chiropractors, we must have oodles of character. Let us remember to reflect it in our lives and practices, in our hope and positive attitudes. Thanks to all of you for reminding me of the value of diligence and persistence.

DON'T BE THE LONE RANGER

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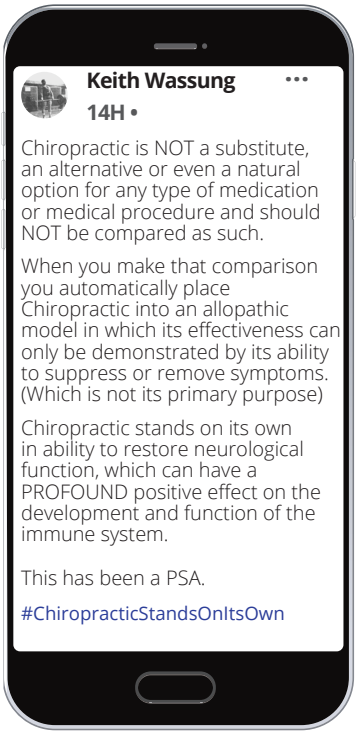
Despite his name, even the Lone Ranger had a companion. Life was never meant to do alone. I would contend that chiropractic wasn't meant to do alone either. That is one of the main reasons why the PSCA exists: to connect like-minded chiropractors. How do we do that? Through our IGNITE series, the Jones Family Philosophy Forum, the PSCA Fall Conference, our quarterly TONE newsletter, and the upcoming membership side of our website. This is how we can connect, share ideas, reenergize ourselves, and stay in touch. As important as that is, there is another reason why the PSCA exists: to be there for you should you need us. It is always important to belong to an association that adheres to your practice objective when dealing with a Board complaint or a malpractice complaint. Bottom line, join! You can join at www.pscaonline.com .



It's About the Nerve
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and the environment. To ensure such an equilibrium, the regulatory systems of the body should work intensely, and the degree of tension of the regulatory systems required to adapt the body to the environment may be regarded as a measure of health. Oh please, let's go back and read that again.

The nervous system (one regulatory system) should work intensely. It does. We describe this as crucial to the process of adaptation. Equilibrium is the end result of adaptation.

Prenosology says the regulatory system has a degree of tension required for adaptation. D.D. Palmer said Chiropractic was founded on TONE, the normal degree of nerve tension. The tension (TONE) of the nervous system is critical to healthy function and adaptation.

Nosology is the branch of medical science dealing with the classification of diseases. Prenosology is the thoughts of some who think the process of adaptation is important before disease is even expressed.

Keep doing Chiropractic; we are already there because adaptation is all about the nerve.