



CENEGENICS®

Reset Button

Slapping the monitor on the side only works so much if I have trouble with my computer. Many times something not functioning well may be reversed by restarting the computer. The reset button is common with recent technology. The same thing goes for other electrical devices throughout the house. Most of the time the reset button will correct the problem.

How does this relate to nerves? First of all, look at this [article \(Vegas\)](#). Although this is a cranial nerve (originating in the head), the vagus sends nerve branches to every internal organ and every part of the body through the autonomic nervous system.

The autonomic nervous system consists of a sympathetic side and a parasympathetic component. The sympathetic is involved during periods of stress and serves as a built in survival mechanism. Parasympathetic has to do more with subconscious daily functions such as beating of the heart, breathing, as well as digestion.

A ganglion represents a crossroad of nerves. The sphenopalatine ganglion (SPG) is located near the cheekbone and is a web of branches from several of the cranial nerves. An injection of local anesthetic into this ganglion can cause a reset of the sympathetic/parasympathetic balance in the entire body. It can be used to break the cycle of severe pain with conditions such as migraines but also affect chronic pain in areas remote from the SPG.

Early on I had a patient who returned about every two weeks for an SPG local anesthetic injection which helped control chronic migraines. She told me that after a series of the SPG blocks her PTSD went away. Later, following stem cell treatment her migraines became rare.

Another patient had chronic low back pain and no response to local injections and he did not like to take narcotics for pain. Surprisingly, pushing the reset button by doing a SPG block can play a part in pain located some distance from the head. It worked here.

Remember, the vagus nerve sends branches everywhere.

So that leads to the possibility of using this for traumatic brain injury or stroke. With my background and experience in conventional as well as natural medicine, I try to apply things in an overall picture of health. I have seen stem cells injected into the SPG area with good long-standing results providing actual repair and healing as well as relief of pain.

As far as the SPG procedure, it is a straightforward injection above the cheekbone. It can be done as an office procedure. And yes, I've had this done myself. It is one of my sacrifices for patients. I was dealing with chronic neck pain from an old football injury. The injection was done with lidocaine which lasts about 20 minutes. After the injection, I felt this feeling of calm similar to drinking a glass of wine. The neck pain was better for two or three days after that. Eventually acupuncture and adjustments provided long-term improvement of the neck.

All of this led to using the SPG injection with stem cells for various types of head and facial pain, Ménière's disease (which affects the ear), strokes, and traumatic brain injury.

I get excited about all these things because many are so simple yet can have a very significant effect on overall health. I like to step outside the box. At the age of 67, I finally feel I am pretty good at this stuff. Observation and listening is an important aspect in my approach with patients.

I would caution you about the analogy of an SPG injection to a reset button. What really happens in humans? I don't think that this is an instant process but allows parts of your body to reset and work from a new starting point again. In the computer this takes microseconds—but with humans other modalities may be necessary for optimum effect. Here comes good nutrition, supplements, measures to lower chronic inflammation, psychotherapy, medication,...the "human machine" concept or any analogy to a computer system is obviously limited, but it sure gets us into the ballpark. Look at -foto #1 and compare the human machine to the infrastructure of NYC.

VEGAS

Every day I try to scan some of the lay literature for items of interest. This article about the [Vagus nerve](#), really caught my attention.

Vegas is a name everyone knows. I wanted to spark your interest, but I am really talking about Vagus. The Vagus nerve starts out as one of the cranial nerves meaning it comes out of the skull. When I was in medical school I had to learn:

On Old Olympus' Tiny Top A Finn And German Viewed Some Hops

This helped me to remember the names of the cranial nerves:

1. Olfactory (smell)
2. Optic or ophthalmic (sight)
3. Oculomotor (moves eyeball)
4. Trochlear (same)
5. Trigeminal (sensation to most of the face)
6. Abducens (moves eyeball)
7. Facial (injury during plastic surgery causes sagging of the face)
8. Auditory (hearing and balance)
9. Glossopharyngeal (swallowing)
10. Vagus (the one we are discussing)
11. Accessory (muscles of the neck and shoulder)
12. Hypoglossal (wags the tongue—well developed in some humans)

So the Vagus comes out of the skull and just keeps going and going and going...

It passes through the neck to the chest and finally disburses branches in the abdomen. It goes to every internal organ between the skull and the hips. How important is that?!

The Vagus has some sensory properties, motor (means it moves muscle) function, and a lot of what belongs to the autonomic nervous system. This is a portion of our anatomy that works below our conscious level. There are two parts of the autonomic nervous system—sympathetic (which is related to fight or flight) and parasympathetic (a calming system for the heart and lungs and the ability to keep underlying functions intact, such as digestion and kidney function).

I want to introduce the concept of structure. This begins with the feet on the floor to provide the foundation. The structure then continues with ankles, knees, and hips,

which function as two flexible pillars. These should be even in length and move symmetrically so that the pelvis on top is level. Above this are back vertebrae stacked like blocks. They tend to be a little more rigid in the chest portion because of the ribs. Once you get to the cervical vertebrae (neck bones) there is not as much rigidity and so there is increased potential for injury because it supports the weight of the skull and brain. The craniocervical junction is where the neck bones meet the skull. This is a potential weak spot during high velocity trauma.

Now why am I mentioning this? Physiotherapy, deep massage, and chiropractic adjustments can adjust misalignments in the vertebral column. This, in return, can affect function of the vagus nerve. Peripheral stimulation can track back to the main vagus with a resultant reflex on another organ—such as slowing of the heart rate. Many stretching and yoga maneuvers can stimulate the vagus nerve.

A very good exercise is to rapidly breathe in through your nose as deep as you can, then hold this to a count of 10. Let your breath out through your mouth slowly to that same count of 10. This maneuver stimulates the vagus nerve. It can improve anxiety, stomach upset, racing heart, bowel and bladder disorders and can even put you to sleep at night. I suggest doing this with three cycles of breathing 2 to 3 times during the day. One time can certainly be at night when your head hits the pillow.

The article talks about neuronutrients. Start with a Paleo diet and work with your doctor to refine this for your own personal needs.

I hope you all are having a wonderful and safe summer. I enjoy passing on information to you. You can always contact me or Janice (620.343.7043) and we can set up a phone call if you have questions. The picture below is from my apartment showing this year's Manhattanhenge.

Look it up.

