

## **NEURAL THERAPY**

People experience chronic pain for a variety of reasons. Pain can be entirely of nerve origin or nerve pain can be a component of the pain presentation.

Neural Therapy is a gentle healing technique developed in Germany that involves the injection of local anesthetics into autonomic ganglia, peripheral nerves, scars, glands, acupuncture points, trigger points and other tissues. What are the autonomic ganglia? The body contains two nervous systems: the somatic and the autonomic. The somatic nervous system is under a person's voluntary control. The autonomic nervous system (ANS) functions automatically. The autonomic ganglia are the place where the center of the autonomic nerves is located.

The nerves in the somatic nervous system control skin sensation and muscle movement. These are the same fibers that are pinched in a herniated disc. The autonomic nervous system is automatically activated. Life-sustaining functions like breathing, blood flow, pupil dilation and perspiration are activated by the autonomic nervous system. The functioning of this system is crucial. Illness often begins when the blood flow to an extremity or an organ is decreased (controlled by the autonomic nervous system).

A limb with decreased blood flow feels cold and may experience dull, burning pain. Even atrophy (breakdown) of the skin and muscles may occur. Decreased blood flow to an organ hinders its ability to function. Decreased blood flow to the thyroid gland may result in hypothyroidism. In this instance, the amount of thyroid hormone the body produces is decreased, resulting in sluggishness, weight gain, and lower body temperature.

Disturbed autonomic nervous system function has been implicated in the following diseases: headaches, migraines, dizziness, confusion, optic neuritis, chronic ear infections, tinnitus, vertigo, hay fever, sinusitis, tonsillitis, asthma, liver disease, gallbladder disease, menstrual pain, eczema and others. Neural Therapy, because it increases blood flow, may have profoundly positive effects on such conditions.

The founder of Neural Therapy, Ferdinand Huneke, M.D., felt one of its beneficial effects was the elimination of interference fields. An interference field is any pathologically damaged tissue, which on account of an excessively strong or long-standing stimulus or of a summation of stimuli that cannot be abated, is in a state of unphysiological permanent excitation. In layman's terms, any time a tissue

is injured it can continually excite the ANS. These centers of irritation through the autonomic nervous system may cause disease in other parts of the body.

Most interference fields are found in the head region. According to Dr. Huneke, teeth and tonsils are the two most common, probably because they are close to the brain and nerves. An infected tooth can set up an interference field causing a person to have chronic low back pain or a heart arrhythmia. A patient may have chronic low back pain that is unresponsive to surgical and conservative treatments because an interference field is present.

Scars are the next most common interference fields. Any scar, no matter how small or old, even if it dates back to early childhood, can be the interference field causing therapy-resistant rheumatoid arthritis, hearing loss, sciatica, or other disorders. Immediate pain relief is often observed after the first injection because nerve irritation has been resolved. Although some interference fields respond to one injection, up to four may be required to “reset” the autonomic nervous system.

Neural therapy is used more frequently as a healing modality in European countries than in North America. Most traditional physicians are not aware of the role of the autonomic nervous system or do not diagnose problems involving it because an autonomic nervous system cannot be tested in traditional ways. To diagnose an autonomic nervous system problem, the clinician must understand interference fields as well as Neural Therapy.

The use of Applied Kinesiology as originally described in 1961 by Dr. Goodheart has been modified incorporating this knowledge into Autonomic Response Testing. This testing allows more specific and accurate treatment of the autonomic nervous system. An autonomic nervous system disorder should be suspected if any of the following conditions are evident: burning pain, excessively cool or hot extremities, pale or red hands or feet, skin sensitivity to touch, scars, root canals, chronic problems occurring after an infection or accident, chronic pain not responsive to other forms of therapy, shooting burning nerve pain, pinched nerve or a chronic medical condition that has not responded to other treatments.