

THE AUSTRALASIAN SACRO OCCIPITAL TECHNIQUE BULLETIN

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Published by
February 1977

P.O. Box 238,
Grafton N.S.W. 2460

BODY PATTERNS THE BODY FUNCTIONS BY PATTERNS, AND IT GETS SICK BY PATTERNS. THEY ARE NAMED AS SYMPTOMS AS RELATED TO PARTS. IN S.O.T., WE TERM THEM CATEGORIES. S.O.T.'ER WOULD MASTER HIS CATEGORIES AND STAY PRECISELY WITHIN THAT CATEGORY FIELD, HE WOULD ALWAYS PRODUCE MIRACLES, THE PROBLEM IS ADDITION. CHIROPRACTORS HAVE STICKY FINGERS. THEY PICK UP THIS TECHNIQUE AND THAT TECHNIQUE AND SELDOM MASTER ANY OF THE TECHNIQUES. IF MEDICINE MEN DID THE SAME, THEY WOULD PRESCRIBE UNGODLY MIXTURES. I SAW AN S.O.T.'ER GIVE A CATEGORY TWO ADJUSTMENT. PART OF IT HE DID CORRECTLY, BUT MOSTLY HE ADDED SO MANY THINGS HE ACCOMPLISHED NOTHING BUT A HECK OF A LOT OF CONFUSION. THE CATEGORY TWO JUST NEEDS THE SIMPLIST APPROACH YOU CAN MAKE...THE BLOCK POSITION AND THEN THE ARM-POSSA TO KNOW WHEN THE JOINT IS SET...THE BLOCK REMOVAL AND THEN THE PSCAS...THEN THE ILLIO-FEMORAL AND FINALLY THE SHORT AND LONG LEG TECHNIQUE. THEY DO NOT NEED RIB THUMPING...ANTERIOR DORSAL ADJUSTING...CERVICAL TWISTING...GALL BLADDER PUMPING. THE AVERAGE CATEGORY TWO REQUIRES TWO MINUTES AND THAT IS ALL. ANY MORE IS ALL BAD AND YOU KNOW IT. WE DO NOT LIKE TO KEEP HARPING ON THE CATEGORY TWO, BUT IT IS A DELICATE PROBLEM AND DEMANDS DELICATE CARE. S.O.T. IS THE ONLY CATEGORY SYSTEM IN ORIGINALITY. IF CATEGORY TECHNIQUE IS TO BE IMPROVED, WE WILL DO IT. NOTHING WORKS BETTER THAN DOING SOMETHING CORRECTLY AND THEN STOPPING INSTANTLY. WASH YOUR HANDS IF YOU MUST DO SOMETHING.

THE IMPORTANCE OF THE INORGANIC ELEMENTS. MR. ALFRED W. MCCANN, AUTHOR OF "STARVING AMERICA", "SCIENCE OF EATING", ETC., WAS CLOSELY ASSOCIATED WITH DR. WILEY IN HIS GREAT FOOD REFORM MOVEMENT. HE SAYS:-

" OF THE SOLID MATTER IN THE HUMAN BODY, ONE FIFTH IS MADE UP OF MINERALS - IRON, CALCIUM, PHOSPHOROUS, POTASSIUM, MAGNESIUM, SODIUM, SULPHUR, ETC. THESE CONSTITUENTS ARE FOUND IN BLOOD. THEY ARE CONTAINED IN A GRAIN OF WHEAT, ALSO IN HONEY; BUT NOT IN CANE SUGAR."

" REFINED SUGAR FROM WHICH LIME AND OTHER MINERALS IS DRIVEN, TAKES ON AN APETITE FOR IRON AND LIME. WE CAN THUS UNDERSTAND HOW DEMINERALISED SUGAR ATTACKS THE LIME AND IRON OF THE TISSUES, THUS PREDISPOSING THE BODY TO DISEASE."

" SUGAR, AS MANUFACTURED YIELDS ONLY HEAT TO THE BODY. WE ARE LENGTHENING LIFE BY MODERN SANITATION, BY SAVING INFANTS, ETC., WHILE KILLING OFF MEN AND WOMEN IN THEIR EARLY PORTIES WITH DIABETES AND OESITY."

HONEY DROP CAKES HEAT $\frac{3}{4}$ CUP OF HONEY AND $\frac{1}{2}$ CUP OF BUTTER, UNTIL THE BUTTER MELTS. WHILE WARM, ADD $\frac{1}{2}$ TEASPOONFUL CINNAMON, $\frac{1}{2}$ TEASPOONFUL OF CLOVES. WHEN COLD, ADD $1\frac{1}{2}$ CUPS OF FLOUR, 1 EGG WELL BEATEN, $\frac{1}{2}$ TEASPOONFUL OF SODA DISSOLVED IN 2 TABLE SPOONS OF WATER, AND 1 CUP OF RAISINS CUT SMALL. ADD ENOUGH MORE FLOUR TO MAKE A DOUGH THAT WILL HOLD IT'S SHAPE. DROP SPOONFULS IN BUTTERED TIN; BAKE IN A MODERATE OVEN.

THE CHIROPRACTOR THAT DOESN'T USE X-RAY- IS HE LETTING THE PROFESSION DOWN?

THE VERTEBRAL SUBLUXATION LOOKS HIGH IN EVERY CHIROPRACTORS MIND AND WILL PROBABLY BE ALOT MORE IN MIND WHEN IN AUSTRALIA SOON THE WEBB REPORT ON CHIROPRACTIC IS RELEASED. IT IS UNFORUNATE THAT IN THE PAST MUCH OF OUR CHIROPRACTIC LITERATURE AND SUBJECT MATTER HAS BEEN BASED UPON THE VERTEBRAL SUBLUXATION AS SEEN ON X-RAY EXAMINATION I.E. EITHER FOR UPPER CERVICAL OR FULL SPINE SPINOGRAPHS. IT IS A CHALLENGE TO EVERY CHIROPRACTOR EVERYWHERE TO REALLY ADVANCE CHIROPRACTIC INTO THE REALM OF A TRUE SCIENCE, BUT DOING IT BY X-RAY IS NOT THE WAY AS HAS BEEN POINTED OUT A NUMBER OF TIMES PREVIOUSLY IN THESE PAGES. WE DO NOT QUARREL WITH THE FACT THAT THE DEDICATED PRACTITIONER IN ANY OF THE SPECIFIC CHIROPRACTIC DISCIPLINES WHICH CALIBRATE AND MEASURE AND SELECT THEIR SUBLUXATIONS BY X-RAY DO AN IMMENSURABLE SERVICE TO HUMANITY. THE UPPER CERVICAL APPROACH MEASURES MISALIGNMENT IN A SPECIFIC AREA AND YET THERE IS NO CHECK MADE TO DETERMINE IF SUCH A MISALIGNMENT IS NOT A COMPENSATION - THE ADJUSTMENT BEING GIVEN ON THE ASSUMPTION THE MISALIGNMENT IS A PRIMARY. THE FULL SPINE FILM LOOKS EXACTLY ALIKE WHETHER TAKEN OF THE PATIENT EITHER ALIVE OR DECEASED. THE FULL SPINE IS NEVER INVOLVED AS A TOTAL UNIT; SO WHY STUDY IT IN ORDER TO FIND THE 'ONE OR MORE' VERTEBRA IN NEED OF CORRECTION?

DR. DEWINTERE SAYS THAT ' THE GREATEST CONTRIBUTION THAT X-RAYS CAN MAKE TO THE CHIRO-

practor, is to make him aware of the pathological condition of the patient at the time of entry into chiropractic care. Apart from the sheer professional responsibility of taking an X-Ray before the adjustment, the patient feels to a large degree that every effort is being made to determine his condition and take due care (i.e. Providing the chiropractor takes good X-Rays and can read the pathological picture.) and as well the chiropractor can proceed with far greater confidence.

Any chiropractor who has X-Ray equipment and neglects to use it on all cases which demand such examination is involving not only himself but the Profession of Chiropractic in a most indefensible approach indeed. Who knows, he could well be the subject of not only public ridicule, but to official investigation should anything go wrong. Perhaps he or she may be seen by others to have been party to a case of malpractice even if nothing went wrong, but on subsequent investigation it could be shown that a qualified chiropractor failed to take the necessary basic precautions before adjustments were delivered. At any cost we must offer the finest service we are capable of and with no short cuts.

We each took the 'Chiropractic Oath' pledging to do just that at our graduation from College, and there is no excuse whatever for the many reports which reach Keith and myself with monotonous regularity of, sloppy technique, lack of X-Ray or lack of X-Ray examination of a particular when such is indicated, even some take a particular area only and neglect the rest of the spine yet go right ahead and adjust the un-pictured areas anyway. There is a general lack of attention to detail, such as in patient records and patient management on the part of some practitioners which does little to foster confidence to refer patients to them in the future.

THERE IS ONLY ONE WAY ...The right way. If this is too much trouble then leave the profession to others who are dedicated to upholding high standards of practice. To those who don't have an X-Ray unit...DON'T GUESS, but make arrangements with someone else to do your X-Rays for you and thus protect not only yourself but your profession as well.

Last week we received a summons to present our records in Court in Sydney re. a case of workers compensation as a claim had been made. We have complete records on the case and it is just as well for we will be able to forward these when required. Now if we had not had records a personal appearance would be required and what fools we would look...no records. The lawyers and the newspapers would have a ball and our friendly A.M.A. would have been pretty quick to point out the obvious deficiencies in training of Chiropractors and the potential dangers to the public of such people being allowed to practice. They probably would be calling on the Government to stop impending registration of chiropractors.

WE MUST MAKE EVERY EFFORT AND AT ALL TIMES REMAIN VIGILANT AND DO EVERYTHING PROPERLY THAT IS REQUIRED OF US. SURELY THE SICK OF THE WORLD DESERVE THE BEST WE CAN GIVE.

DIET FOR HYPERACTIVE CHILDREN CONT'D.

3. ANIMAL PROTEIN FOODS.

MEAT Do not use:-

- | | |
|----------------|-----------------------|
| Frankfurts | Meat pies |
| Sausages | Sausage Rolls |
| Luncheon Meats | Take away Hamburgers. |
| Sausage meat. | |

You may use :-

- | | |
|-------------|----------|
| Beef | Pork |
| Corned Beef | Chicker. |

Proteins you may use con'd.

Plain Mince	Bacon
Veal	Ham
Lamb	Home-made Hamburgers (no herbs or tomato sauce)

FISH

Do not use:-

Ready Cooked Fish	Crumbed Fish
Fish Fingers	Smoked Haddock

You may use:-

Fresh Fish	Tuna
Salmon	Oysters
Prawns	Lotster

DAIRY FOODS

Do not use:-

Commercial Ice Cream, Peters natural Cheese or any cheese which is not specified, e.g. Bega etc.

You may use:-

Butter, Whole Milk, Skim milk, Cream, Creamed Cottage Cheese, Home Made Ice Cream, Skim Yogurt - pineapple - Surnybrite.

Kraft Foods Ltd has supplied the following list of it's products which are free from artificial flavouring and colouring:-

Cream Cheese spread, Processed Cheddar Cheese (sliced and unsliced), Fully matured Old English Cheese (processed), Danish Blue Cheese Spread, Processed Gruyere Slices.

The Nestle Co. (Aust) Ltd. has supplied the following list of its products which are free from artificial colouring and flavouring:-

Full Cream Powdered Milk, Sweetened Condensed Milk, Evaporated Milk, Reduced Milk, Malted Milk, Maltogen, Lactogen (liquid and powder) Nan (liquid and powder)

N.B. Custard Powder is artificially coloured so don't use it.

EGGS You may use eggs.

FATS (5)

Do not use:- Margarine.

You may use:-

Butter	Lard
Dripping	Peanut Oil
Safflower Oil	Olive Oil
Copha - Coconut	

FRUIT AND VEGETABLES (5)

FRUIT:

Do not use:-

Apples
Apricots
Blackberries
Boysenberries

VEGETABLES:

Do not use:-

Tomatoes
Cucumbers
Zucchini
Green peppers

N.B. It is safer to use fresh vegetables. Check carefully any processed vegetables, e.g. mint or colouring in peas.

FRUIT

You may use:-
 Bananas
 Dates
 Figs
 Mangoes
 Paw Paws
 Pears
 Pineapple
 (Golden Circle Brand)
 Canned Pineapple Slices
 " " Pieces
 " " Crush
 " " Juice

VEGETABLES

You may use:-
 Artichokes
 Asparagus
 Beans
 Beetroot
 Broccoli
 Brussel Sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Chives
 Eggplant
 Lettuce
 Mushrooms
 Onions
 Parsley
 Potatoes
 Pumpkin
 Radish
 Spinach
 Squash
 Turnips
 Bought Hot Potato
 Chips

Maple Syrup (pure)

TO BE CONT'D

SEMINARS Our first Seminar for the year was held in the Glen View Motel Sydney and we had a full house. In all 26 attended and we discussed in depth Category 2. This was of course preceded by a brief history of the achievements of Dr. DeJarnette the Founder and Developer of S.O.T. A brief Physiology of the C.S.F. system, the Cranial vault, the dura and the S.I. mechanism. The class was most attentive and extremely positive. This Seminar is the first of three Introductory Seminars to the Basics of S.O.T. and at the end of the third Seminar all of those who have attended all three will be presented with a very fine attendance certificate indicating the number of hours of advanced study undertaken under the instruction of S.O.T.O. (A/Sia).

Mention must be made of the magnificent effort of Dr. DeJarnette and his wonderful staff who went all out to get us the manuals on time. This they did and the Seminar was a greater success for their efforts.

Included with this newsletter is a form to fill in for S.O.T. Seminar 2. and the much looked forward to Cranial Review to be held in Melbourne. The S.O.T. 2. will be held at the Glen View Motel and the subject will be and in depth study of Category 1, as well as a brief review of the Category 2, covered in the first Seminar. For the S.O.T. 2 we now have a much larger room and we can accommodate more S.O.T.ers. No new applications will be received however any Chiropractor who has attended any of our Seminars in the past will be eligible provided they have the 1977 S.O.T. Notes. As these new manuals must be procured from the U.S. you are requested to fill out the form immediately and return it to us.

The Cranial Review will be held in Melbourne on March 19th. and 20th. and will also have an assistants course. New applicants will be accepted for the Assistants course provided they are assisting those Doctors who are eligible to attend. Only those Doctors who attended the last Review will be permitted to attend, and anybody else who considers themselves eligible must contact us directly. All who attend the Doctors Course must own the 1977 S.O.T. Notes and the Assistants who were in attendance last time are requested to bring their manuals.

SACRO OCCIPITAL TECHNIC MANUAL 1977.

If this is the last one to be written, it will always be remembered and referred to as the best. It is the best. It contains 276 pages and every page, except for a few is illustrated. You go step by step through the total book. If you are a beginner in S.O.T., help is at hand and you understand what you read. If you are advanced, help is there and awaits your need.

TWO CHAPTERS PERTAIN TO SUBLUXATION AND DISTORTION PATTERNS. (Oops)

There are two chapters on the new R+C techniques...pain control at it's best. There is a chapter on articulative adjustments. You will like them.... the adjustments most needed and mostly given wrongly.

Anatomy, physiology and neurology awaits you in earnest and it is interesting. The new binding allows the book to be opened up and lie flat... not stapled. (that's right folk).

When a better book is written, S.O.T. will write it, and you can bet odds on that fact. The best investment you ever made will be the S.O.T.O. membership for 1977 and that includes the S.O.T. Manual 1977.

THE ARM FOSSA TEST. The arm fossa test is a DeJarnette development and is not a muscle test or kinesiology. This is the only test we have in the healing arts that puts the total neural system under stress. The arm-fossa test will respond to any abnormal process that upset's one or more of the body's systems. For instance, you have a category 2. patient and you do the block correction. Within thirty seconds the arm-fossae are normal. (Do not remove the blocks and till the arm fossa test is normal). All that remains is for you to check the psoas muscle, the iliofemoral ligament and the leg length. They check okay. The patient complains that he has a sore neck or a headache or a painful scapula. You adjust the cervicals or the dorsals and probably some other thing because you feel that the correction you made for the category 2. didn't take long enough to charge for it in the proper amount. Following all of your other adjustments or reflexes or muscle testing, turn the patient again to the supine and recheck the arm-fossae, and you find them as weak as a sick cat. Now you wonder why the category 2. doesn't hold. The category 2. holds just fine, but the body cannot withstand the other things you do as they unbalance the neural defense systems, even if you use the belt. Try just once in your life doing something exactly as it has been described to you and exactly as it is in the manual and you will fall over in suprise at how much you did with so little effort. Why not suprise yourself all day tomorrow and follow exact instructions?

THE OCCIPITAL FIBRES. In the excitement of a category produre we oftentimes forgot that our health service does not terminate with the control of a sciatic pain or a sacro-lumbar disability or a shoulder-arm-hand syndrome problem. oftentimes we forget to analyze the occipital fibres when dealing with a headach. A good S.O.T.er brought his daughter to this office for a health problem. He had done his category technique to perfection, but he had overlooked an occipital five and a lumbar three problem which presented us with a surgical ovarian cyst. There is no way of ever knowing the visceral state of a human being until you analyze the occipital fibres to the Nth degree. Your maker put those fibres there for you to use. He should have attached tiny neon bulbs to each so a tiny red light would glow until the problem was resolved. You can palpate and analyze the occipital fibres anytime you choose and you can almost choose the position most comfortable or convenient for such use. No physical examination is complete without this occipital fibre analysis, and it is the best money maker you ever used, and it is honest and reliable. Get busy and begin to dig in those there hills. They are loaded with vital information. The C.M.R.T. manual gives that vital insight into handling the visceral problems you will uncover.

NOTES Laurence M. Power D.C. and Linda B. Power D.C. are available for S.O.T. locums in Australia from February through June. They can be called on 050. 234-889 or write to them care of 1-330 Deakin Ave Mildura Vic. On a number of occasions we have been asked for a source of genuine Royal Jelly (not custard powder). "GOLDVITA" Royal Jelly is obtainable from:- The Mudjee Honey Co. Ltd., 28 Robertson St., Mudjee N.S.W. Ph. 72-1375.