

# Relieving spinal stress with 'Emotional Recall Quick Fix' technique

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**Abstract:** In a number of ways, spinal problems are often compounded by the presence of stress. Among these ways are the effects of stress on the spine via the sympathetic nervous 'fight or flee' reaction. Contrary to popular belief, pain is not a sensation, but rather, an emotional response. Pain and suffering are perceived in the limbic system or 'the emotional brain.' The '*Emotional Recall Quick Fix technique*' is extremely valuable for decreasing the effects of stress on the body. This simple technique can be used in the office or by the patient at home and will help both patients and doctors improve the quality of their lives by reducing the uncomfortable impact that we all regularly encounter in the stress filled world we live in today.

**Indexing Terms:** chiropractic; AK; Applied Kinesiology; Emotional Stress Quick Fix Technique.

## Introduction

The '*Emotional Recall Quick Fix technique*' is one of the many innovative, powerful techniques pioneered by Dr. Wally Schmitt, building on the work of Dr. George Goodheart. It is covered in detail in the book *Stop Your Pain Now!* (1) authored by Schmitt and is one of many highly effective stress reducing techniques available to the practitioner. The technique is presented in the *Quintessential Applications: A(K) Clinical Protocol* reference manual co-authored by McCord and Schmitt, and in the *Quintessential Applications Course*, including a distance learning program. (2) It is easy to use, both in the office and for patient application at home, though there are many more in-depth techniques available when needed.

In a number of ways, spinal problems are often compounded by the presence of stress. Among these ways are the effects of stress on the spine via the sympathetic nervous '*fight or flee*' reaction. Every school child knows that when you scare a cat, the cat arches his or her back (i.e. flexes the spine) In his classic *CIBA Collection on the Nervous System*, Netter showed the sympathetic nervous system response in a rage reaction and included all of the major autonomic outflow pathways to visceral structures. (3) Although no mention of the associated neuromusculoskeletal effects are made in the text, it is obvious in the drawing that spinal flexion and increased tension in other muscles are present with sympathetic outflow.

... the stress response underlies many presentations' this simple, 'Quick Fix' brings value to your clinical procedures...



This spinal flexion pattern associated with mental and emotional stress (or any stress for that matter) can lead to a generalised paraspinal muscle generalised muscle tension pattern. This causes limited spinal motion as well as the possibility of adaptive subluxations.

The body's response to stress not only contributes to the development of spinal dysfunction, but often makes correction of spinal subluxations more difficult. Consider the difficulty attempting to adjust a spine held in a sympathetic state, even with the admonition expressed to the patient for the patient to relax. Correcting the stress reaction by the simple technique taught in this paper will allow for easier and longer lasting spinal corrections. Certainly, a significant increase in spinal motion, such as flexion, is usually seen following the application of '*Emotional Recall Quick Fix*.'

### Emotional stress and pain

Contrary to popular belief, pain is not a sensation, but rather, an emotional response. Pain and suffering are perceived in the limbic system or '*the emotional brain*.' This is true for both physical and emotional pain and suffering. There may be sensations associated with pain perception (interpreted in the somatosensory cortex), but the actual suffering that we call pain is registered in the limbic system.

Pain is amplified by emotional stress because the awareness of both pain and the emotions reside in the same place in the brain and affect the limbic neuron firing rates. Hence, physical pain is amplified by emotional stress.

Emotions are well known to aggravate pain. Thinking about the incident that caused the pain is often upsetting. For example, recalling an accident associated with the origination of the pain often disturbs the patient. When the patient is upset it makes the pain worse. Everyone knows stories, or has experienced personally, how pain of an injury is not felt immediately due to the person concentrating on another activity. There are numerous anecdotes of people in battle who have been injured and failed to realise it until after the battle, or athletes who have been injured and not realised it until after the game. All these stories are representative of the fact that when the brain is focused on a specific task, pain is often reduced or, for the moment, not perceived at all

However, when the person is concerned about, and experiences, pain, or it is disrupting their life, the perception of pain is often worse. The presence of other emotionally stressful factors in a person's life, even those completely unrelated to the pain, will aggravate the pain perception. So if there is an emotional stress factor present, either directly related to the pain or not, it will make the pain worse.

### 'Emotional Recall Quick Fix' Technique

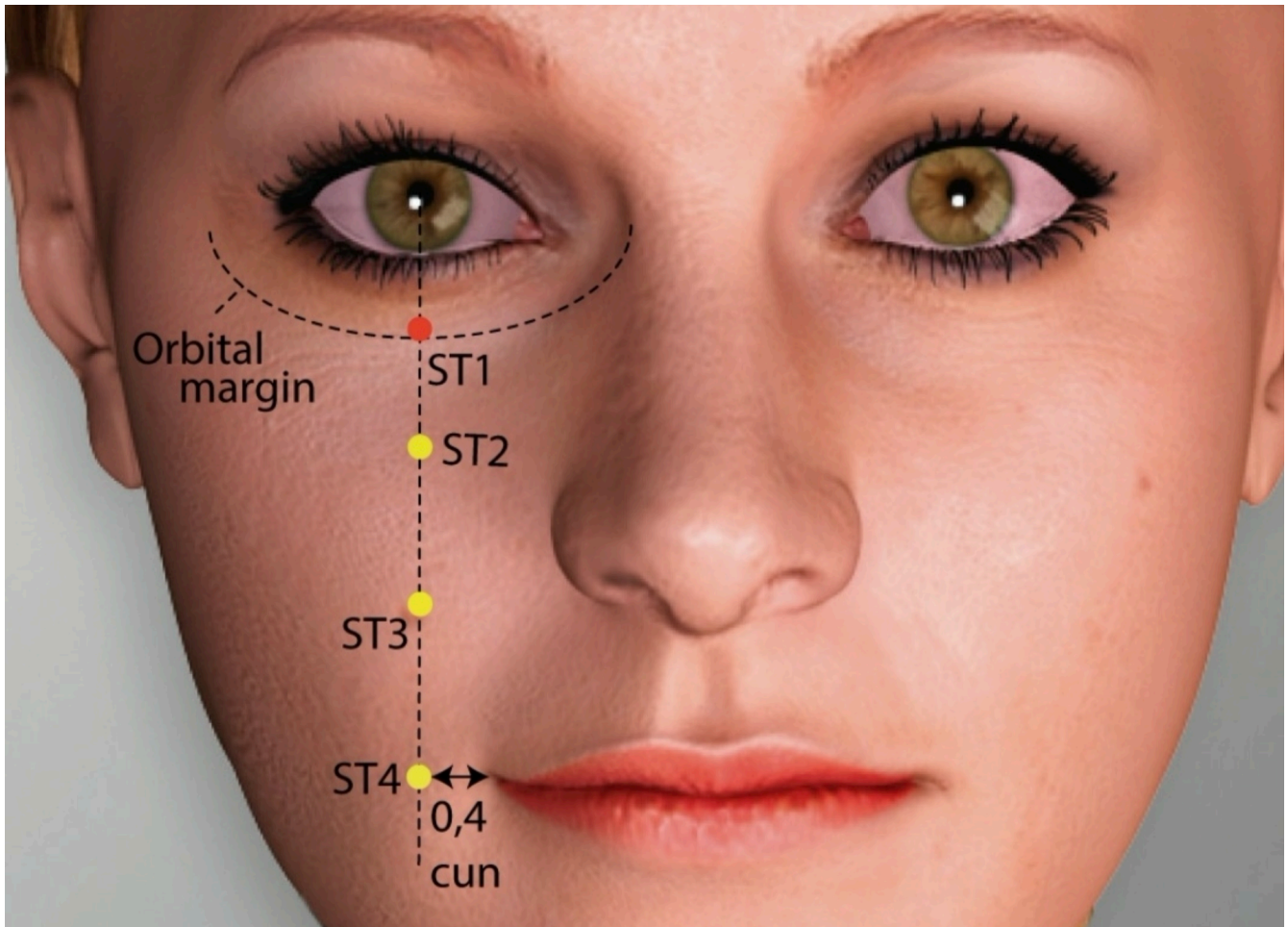
#### *Hands-on treatment*

You can help to control the emotional aspect of the pain by tapping bilaterally on points #2 (acupuncture points Stomach-1) located on the cheek bones as is shown on Figure 1. To neutralise emotionally related stresses, use these points regardless of where the pain is.

Have the patient think about the stressful incident, whether it is associated with an injury or whether it is something else in his or her life, past or present. It might be a fight with their boss, or a poor performance on a test in school. Whatever the problem is, have the patient think about it and tap the points #2 (St-1) on both cheeks (simultaneously) 100 times while thinking about the problem. It is as simple as that.

This will decrease or even eliminate the effects of the emotional stressors that are aggravating the pain. This tapping procedure usually has an immediate and noticeable impact on the patient's pain. It will also increase ranges of motion, especially spinal flexion, or any area limited by pain.

Fig 1: Stomach 1 point, aka point #2



It is valuable to measure a patient's range of motion and/or pain before and after performing '*Emotional Recall Quick Fix*.' It not only demonstrates to both the doctor and the patient the amount of impact that emotional stress is contributing in their case (it may be minimal or quite significant), but is also a good monitor of the patient's progress from treatment to treatment. This technique appears to make noticeable changes in about 80 percent of patients. However while a guest speaker at a women's conference, one of the authors had 140 women perform the technique during a lecture with 95 percent reporting a decrease in some pain or increase in a range of motion.

'*Emotional Recall quick fix*' is useful for neutralising the effects of any emotional stress present in the patient. This includes any time a patient reports feeling a knot in the pit of the stomach; or feeling '*butterflies*.' Any time a person gets angry or troubled and feels it in their stomach, or when their whole body tenses up, that is an indication to tap points #2 (St-1), while mentally focusing on the stressor.

After tapping points #2 (St-1), the patient often reports feeling more relaxed. Frequently, you will note a sigh or similar tension release by the patient when performing '*emotional stress quick fix*.' Many people describe the '*butterflies*' or tightness in the stomach improving immediately after tapping these points. Some describe sensing that the stress or anger or tension '*melts away*' as they tap the points on the cheek bones.

This emotional stress technique can be done effectively regardless of whether or not there is an emotional stress factor directly associated with the pain. Any stressful factor in a patient's life will aggravate any pain, increase muscle tension, make spinal adjusting more difficult and contribute to a recurrence of adaptive spinal patterns.

## Home care and self help

'*Emotional Recall quick fix technique*' is extremely valuable for decreasing the effects of stress on the body. You can teach your patients to think about an emotional stress and tap the points on their cheeks 100 times (up to 150 or 200 times in severe cases). Have them tap the points until they feel the tension in the stomach (or elsewhere) dissipate. When the use of this technique becomes second nature for the patient, it will make the chiropractic physician's job much easier, by relieving the emotional effects of spinal tension prior to the patient coming to the office, or while they are waiting in your office.

For example, you can teach your patient that if they are driving in traffic and someone cuts them off and they feel themselves tensing up, they can tap the points on the face and it will help that tension dissipate (naturally, they should wait to do this until they have come to a stop so they don't jeopardise their ability to drive). Any time a patient gets into an argument or hears bad news and feels a tightening up in the stomach or elsewhere, they can tap on the cheek points while thinking about the stress and feel it melt away. This useful tool can be used in many circumstances. It is strongly recommended that both doctors and patients become familiar with this technique so it can be done on a moment's notice when the need arises.

This simple technique can be used in the office or by the patient at home and will help both patients and doctors improve the quality of their lives by reducing the uncomfortable impact that we all regularly encounter in the stress filled world we live in today.

## Procedure summary

- ▶ Think about the incident that caused the pain (if known), a stressful incident or an emotionally stressful time in your life.
- ▶ Tap both right and left cheek points (AK #2; ST-1) 100 or more times, while you continue to think about the stressor.

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### *About Dr Schmitt*

Dr. Wally Schmitt passed away unexpectedly on the afternoon of Saturday November 20, 2021 while enjoying his usual jog in the neighbourhood in which he had lived for almost 40 years. Those who knew him, were mentored by him or attended his seminars, his colleagues and patients, family & friends all mourn his loss.

Dr. Schmitt was an incredible healer, helper, physician & physician educator whose graciousness and humility shone like a bright light on all he encountered & served.

The *Journal* celebrates Dr. Schmitt with this, and more articles in the years ahead.

### *Also by Schmitt & McCord*

Schmitt WH, McCord KM. Asia-Pac Chiropr J. 2022;2.5 URL [apcj.net/papers-issue-2-5/#SchmittMcCordIndicatorTesting](https://apcj.net/papers-issue-2-5/#SchmittMcCordIndicatorTesting)

McCord KM, Schmitt WH. Quintessential Applications: A(K) Clinical Protocol. The Evolution of a Neurological & Biochemical Hierarchy. Asia-Pac Chiropr J. 2021;1.4:Online only. URL [www.apcj.net/papers-issue-2-2/#McCord&Schmitt](https://www.apcj.net/papers-issue-2-2/#McCord&Schmitt)