

"*Staying Clean and Sober* is based on the latest science regarding the brain's role in addiction. If you or someone you love is struggling with addiction, give yourself the best chance of recovery and read this book!"

– LARRY DOSSEY, M.D., author of *The Extraordinary Healing Power of Ordinary Things*, *Reinventing Medicine*, and *Healing Words*

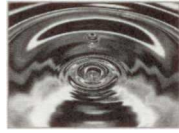
Staying Clean & Sober



Complementary and Natural Strategies
for Healing the Addicted Brain

Merlene Miller, M.A., & David Miller, Ph.D.

CHAPTER 7



Chiropractic: Torque Release Technique

DR. JAY HOLDER, Medical Director of Exodus Treatment Center in Miami and Miami Beach, utilizes and teaches the use of subluxation-based chiropractic for the treatment of addiction and, through interview, has furnished much of the information in this chapter. He considers the Torque Release Technique to be the most valuable tool in his treatment "toolbox," along with auriculotherapy. Torque Release Technique is the adjustment of the nervous system to heal abnormalities that interfere with the communication of all systems of the body. To understand how Torque Release Technique works, we need to discuss the functioning of the nervous system as a tonal model.

Speaking generally, there are nine systems in the body – - nervous, circulatory, digestive, respiratory, reproductive, musculoskeletal, immune, endocrine, and genito-urinary – but one

system controls and coordinates the other eight. It's the nervous system. The primary purpose of the nervous system is to provide communication between every cell, tissue and organ in the body. The nervous system is tonal, meaning the nerves vibrate at a specific frequency. Hertz (Hz) is defined as cycles per second or how many times something occurs within a second-its frequency. These tissues are vibrating at a frequency, pretty much like the strings on a guitar or other musical instrument.

A stringed instrument is an accurate representation of the spinal cord within the vertebral column. Each string is attached to a peg that, if rotated, will tighten the string. The other end of the string is attached to something that's fixed, that doesn't move. We can tune the string to a specific frequency by turning the knob to precisely the frequency that is, say, middle C. However many times the string vibrates back and forth when it's plucked is the frequency. Let's look at middle C. Its frequency is 256 Hz, or cycles, per second. If I tighten the knob, now maybe it's gone up to 300 cycles per second, and it's a higher pitch. This is what we mean by a tonal dynamic. Like the string on a guitar, one end of the spinal cord is fixed and the other is adjustable. And there's a specific tension that regulates the tonal dynamic for the entire nervous system.

Each specialized tissue of the nervous system has its frequency to communicate with the rest of the body. When the nerve tissue is not distorted or under tension in any way, all the different levels of the nervous system are going to operate at their correct frequencies. If there is no interference in the expression of the tonal dynamic within the nervous system, then the different nerve tissues do exactly what they're supposed to.

Each type of nerve tissue is responsible for producing, releasing and/or receiving certain neurotransmitters. When all is functioning well, the frequency is the combination that

unlocks the tissue to endogenous release and reception of these neurotransmitters, and the individual is at his or her optimal function and state of well-being. This is all based on the structures of the body functioning without interference. Structure governs function. A subluxation is a disruption within the nervous system that interrupts the flow of communication from the nervous system to other systems of the body.

Let's use another example to explain a subluxation. Let's say you have your car radio tuned to 99.1 on your FM radio dial (the frequency), and you're listening to the news. All of a sudden you hit a bump, and the tuning knob rotates to the right or to the left just a fraction of a millimeter; instead of being at 99.1, you're now at 99.100002, about a hair of a rotation in the knob. Despite it being a very slight adjustment in the frequency, you suddenly can't hear the news very well, or you may not be able to hear it at all.

In simple terms, a subluxation is a disturbance to the frequency of the nervous system, most likely caused by the inability of the vertebrae to move properly. Subluxations can result from conditions or events that "insult" the nervous system, causing the vertebrae to "shift" improperly. These conditions/events include physical trauma, such as from a fall or an accident, mental stress, contaminants in the air you breathe, excessive dieting, anorexia, bulimia, poor eating habits, genetic or prenatal conditions, food allergies, and food sensitivities.

Of course, the causes of subluxation most relevant to individuals recovering from addiction include alcohol, cocaine, heroin, nicotine, and legal over-the-counter and prescription drugs. Chemicals cause subluxations, no matter how they get into your body, whether you're breathing them, using them illegally or recreationally, or following your doctor's advice and using an OTC drug or prescription drug. The nervous

system doesn't play favorites here. Any of these chemicals can create neurological insult, or subluxation, which ultimately interferes with the release of and reception of (at receptor sites) proper neurotransmitters.

Torque Release Technique is a chiropractic technique that allows for locating and diagnosing the subluxation in the vertebrae, and then making proper adjustments that allow for the proper functioning of the nervous system. There are many techniques in chiropractic, but Torque Release Technique is the only one that has been proven in randomized clinical trials to be effective in the treatment of addiction. In the studies, Torque Release Technique demonstrated a 100-percent retention rate in a 30-day residential addiction treatment model. It has also shown statistically significant improvement in outcomes of depression and anxiety.¹

Torque Release Technique does not treat addiction directly. Instead, it removes interference in the communication system of the body by directing itself to meeting the needs of the tonal model of the nervous system, whatever those needs may be. In essence, by correcting the subluxation state, Torque Release Technique can allow the nervous system to be free from interference so that it can use other healing interventions to their greatest advantage.

And if this happens, then the individual will be able to utilize amino acid therapy, acupuncture, biofeedback, group therapy/counseling, or essential oil therapy more effectively. Lowering anxiety and depression will allow the addict to embrace the treatment strategies that support long-term recovery.

Consequently, Torque Release Technique is not a substitute for nutritional and amino acid therapy, counseling, or group therapy. If you have an automobile with a great electrical system, but the gas tank is empty, it won't take you anywhere. Conversely, if there is a disruption in the car's electrical sys-

tem, despite having the highest quality fuel, the car will also be useless. The same is true of the body. You need a wiring system that works well, and you need the right fuel. One is not secondary to the other. They are each important, and they're only as good as their relationship to each other.²

Torque Release Technique is performed with a hand-held instrument, called "The Integrator"-invented and developed for that purpose by Dr. Holder. Dr. Holder recommends using the Integrator³ the first device found to be safe and effective by the FDA, for the correction of the vertebral subluxation (see sidebars). The speed of the Integrator is one ten-thousandth of a second, providing greater force with a lighter touch, which makes it safer.

Some people ask why they hear no popping sounds-which they associate with chiropractic manipulation-when receiving Torque Release Technique. It is because this technique does not involve physical movement of the bones or joints. It is a neurological intervention, not an orthopedic procedure or adjustment. Those who provide Torque Release Technique claim that within seconds, all the various parts of the nervous system can be set on the right channel, thus allowing the body's cells to receive the messages they're supposed to receive.

To find a chiropractor trained in Torque Release Technique in your area, contact the Holder Research Institute at 800-490-7714 or 305-535-8803, or visit www.torquerelease.com.