

## Lingual-Neuro Testing

We had mentioned in a previous newsletter article ([The Coca Pulse Test: Empower Your Patients To Be Able To Check Themselves for Food Sensitivities](#)) that some of us at Biotics Research are currently involved in participating in the Nutritional Therapy Association's (NTA) course leading to achieving a designation as Nutritional Therapy Practitioners (NTP's).

We are of the opinion that the NTP program is the best quality Nutritional Therapy program available in North America and a key reason for this position is the fact that the program utilizes Functional Testing to assess for nutrient deficiencies, organ weakness etc.

In our previous article on The Coca Pulse Test (based on the work of Dr. Coca, MD: Dr. Coca was a highly respected Allergist and Immunologist who in the 1950's who developed a protocol to determine sensitivities to specific food and drink compounds based upon an observed elevation in resting pulse rate when a specific compound is insalivated in the mouth).

### **Here is an example of one of these Functional Tests:**

It is estimated that some 90 % of the general population deal with some degree of Hypochlorhydria - based on the clinical experience / research conducted by Dr. Jonathan Wright, MD and Dr. George Goodheart, DC (the developer of AK (Applied Kinesiology)).

Most Practitioners would agree it seems patients who do not have some problems with gut health / digestion are the exception rather than the rule.

### **Here are the details of the Functional Test for Hypochlorhydria:**

Palpate the tip of the Xyphoid Process (cartilaginous tip at the base of the sternum) and move one anatomical inch in an inferior direction. Draw a line laterally to the medial margin or edge of the left rib cage (not on top): this is the location of the anatomical position for the Hypochlorhydria Test Point.

Palpating this point, press with one finger or thumb in an M to L (Medial to Lateral) direction, and have the patient rate the degree of sensitivity on a scale of 0 to 10, with 0 being no discomfort and 10 being a severe pain sensation. Anything above a rating of zero indicates a degree of Hypochlorhydria.

(Further documentation on Functional Testing is provided in the References section at the end of this article)

Many professional supplement suppliers have formulations which address Hypochlorhydria: the question is which supplement would provide optimal results for your patient based upon biochemical individuality?

This is where Lingual-Neuro Testing can be such a powerful clinical tool!

**Following is some information on Lingual- Neural Testing:**

Lingual-Neuro Testing (LNT) is a valuable biofeedback tool that enables the Health Care Provider to determine the usefulness of a nutritional supplement before it is dispensed to the patient.

LNT accesses the body's innate ability to discriminate between what it needs, and what it does not need, in order to correct a specific problem--a weak organ or a nutritional deficiency, for example.

This simple and effective technique makes the difference between a *generic* nutritional therapy plan and a *personalized* one.

**The phenomenon that is observed with LNT represents:**

- The existence of physiologic indicators, like the heart rate, that reflect specific body functions and their relative health
- The powerful connection between the sensory function of the mouth and the brain, or central nervous system (CNS)
- The ability of the CNS to recognize the value of what is in the mouth (i.e. a nutritional supplement)
- The tendency of the CNS to immediately change a physiologic indicator in response and proportional to the recognized value of a particular nutrient

**There are three fundamental questions the practitioner needs to address with each patient to provide effective nutritional therapy:**

- Is there a functional deficiency
- What particular nutrient will work for that patient
- When is the patient sufficient

LNT enables the Practitioner, once an assessment is complete, to address these questions by measuring the patient's response to therapy options that other people with a similar condition have benefited from.

By personalizing an otherwise generic "cookie cutter" approach to healthcare, LNT can improve patient outcomes and reduce the possibility of uncomfortable side effects.

There are two types of physiologic indicators, those that respond to LNT, and those that change only gradually over time in response to improvement in health. The latter indicators are dependable milestones that mark a patient's position on their road to recovery.

Although the presence of uncomfortable symptoms is useful in determining how and to what degree a patient's health is compromised, and was the motivation for the patient to come in for care in the first place, a lack of symptoms does not mean good health.

In fact, the resolution of symptoms is an indication that the patient is only half way to complete health recovery. Beyond that, physiologic indicators are necessary to determine patient status, and should be checked regularly to confirm progress.

**Indicators responsive to LNT are assessed in the following manner:**

- The baseline status of the physiologic indicator is determined (i.e. the heart rate is taken) by the practitioner
- When the indicator is a painful reflex point, the patient is asked to touch themselves and to rate the level of pain on scale of 0 to 10
- A small sample of a considered nutrient is held in the mouth and fully tasted by the patient for about 20-30 seconds
- The status of the indicator is reassessed in the same manner as before.
- If improved, the indicator confirms the usefulness of the nutritional supplement in supporting the specific body function that is related to the physiologic indicator
- If the indicator is not improved, or is worse, you can bet that the nutrient being tested simply wasn't right. Using it, because it was helpful for someone else, would be a waste of resources or perhaps even cause an allergic reaction

As Functional Testing and LNT become more well-known and established in the Practitioner and general public communities, one could envision that Practitioners could be promoting their range of services offered as including these valuable modalities, and the public may start to seek them out to ensure that they are accessing a personalized plan for their health issues.

If you would be interested in any further information or details on Functional Testing and/or Lingual-Neuro Testing, please feel free to contact us.

**Biotics Research Canada offers a broad selection of products for the gut and digestion, including the following:**

[Gastrazyme](#) (features methionine, the active ingredient in cabbage juice)

**Indications:**

Methionine (derived from cabbage) an amino acid, has historically been referred to as 'vitamin U' in the European research literature, is known for its gut healing properties. Gamma Oryzanol contains ferulic acid from rice bran oil which has shown marked antioxidant properties and was found to be an organic radical scavenger preventing lipoperoxidation.

Chlorophyllins demonstrate the ability to bind divalent metal ions. Studies indicate that DNA damage by aflatoxin can decrease as much as 55% through chlorophyllin supplementation as well as protecting the DNA. Use for ulcers, hiatal hernia, heartburn, acid reflux, gastric inflammation, general gastric distress, healing gut wall lining, MORNING SICKNESS (can add B-6 Phosphate) and for promotion of GI tract healing.

Additional Information (source Wikipedia): Because chlorophyll does not dissolve in water, food sources of chlorophyll do not bind to mutagenic substances to a significant extent.

Chlorophyllin, being water-soluble, can significantly bind to environmental mutagens such as the polycyclic aromatic hydrocarbons benzo[a]pyrene[3] and dibenzo[a,i]pyrene.[1]

Chlorophyllin binds to mutagens twenty times better than resveratrol and thousands of times better than xanthines.[4]

**Ingredients:** Each tablet supplies:

Vitamin A (as natural mixed carotenoids and palmitate) -2.5/1ratio) 3,500 IU

Gamma Oryzanol (from rice bran) 100 mg

Chlorophyllins (from Mulberry leaves) 20 mg

Vitamin U complex (as dl-Methionine, methylsulfonium chloride) 10 mg

**[Bromelain Plus CLA](#)**

**Indications:**

For inflammation, infant digestive support, and for vegetarians as an alternative to Intenzyme Forte™ for inflammation and Hydro-Zyme™ for Hypochlorhydria

### [IPS Canada \(Intestinal Permeability Support\)](#)

**Description:** Leaky Gut Support

**Indications:**

For Irritable Bowel Syndrome, leaky gut, colitis, Crohn's disease, allergies, intestinal mucosa repair, and gut detoxification. Lays down a new mucosa layer on the inside of the gut wall, inhibits food leakage thus reduces allergic reactions

**Ingredients:**

Proprietary, broad-spectrum formula (650 mg) including Jerusalem artichoke, glutamine, porcine intestine concentrate, Tillandsia (Spanish Moss), glucosamine sulfate, gamma oryzanol, glutathione and catalase

### [Hydro-Zyme \(HCl & Enzymes\)](#)

**Indications:** For chronic indigestion, gastro-intestinal issues, Hypochlorhydria (bloating, gas, halitosis, body odor, anemia, etc.), bowel dysfunction (diarrhea or constipation), and general digestive support

**Ingredients:** Each tablet supplies:

Vitamin B6 (as pyridoxine HCl) 2 mg  
Beanie HCl 150 mg  
Glutamic Acid (as L-Glutamic acid HCl) 50 mg  
Ammonium Chloride 35 mg  
Pancreatin 4X (from porcine) 10 mg  
Pancreatin 4X is coated for protection from the acidic stomach environment.  
Pepsin (1:10,000) 10 mg

### [Betaine Plus HP](#)

**Ingredients:** Per capsule:

High potency hydrochloric acid 700 mg  
pepsin 10 mg

### [BioDoph-7 Plus](#)

**Ingredients:** Proprietary Blend 400 mg

Each capsule contains 20 Billion viable organisms at time of manufacture.

Inulin (from chicory root), Arabinogalactans (from larch), Marshmallow Root (extract), Bifidobacterium bifidum, Bifidobacterium lactis, Bifidobacterium breve, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus salivarius, Streptococcus thermophiles

### [BioDophilus Caps](#)

### [BioDophilus-FOS](#)

### [L-Glutamine Caps](#)

### [L-Glutamine Powder](#)

Regards,

Rob Lamberton

## **References**

Who developed the use of these points in functional testing?

## **Practitioners & Discovery of Reflexes**

### **Chapman—Neuro-lymphatic reflexes**

Discovered by Frank Chapman, D.O., Chapman's reflexes are painful points located all over the body that, when palpated, he felt could lead to the healing of disease.

In general, these reflexes are found in the soft tissue at various points along both sides of the sternum, the proximal head of the humerus, distal and proximal clavicle, occipital ridge, cervicals, ribs, scapula, thoracics, lumbar, sacrum, coccyx, pelvis pubic, fibula and medial head of the tibia.

Typically, when the condition involves an organ, the location where the autonomic nerve ganglion branches off the spinal column to the organ becomes one of the reflex points to be palpated.

A given reflex is consistently associated with the same viscus; Chapman's reflexes are manifested by palpatory findings of plaque-like changes of stringiness of the involved lymphatic tissues.

The lymphatic system bathes the muscle tissues with nourishment and cleans away toxic waste. When lymphatic flow is inhibited, normal muscle function is impaired often leading to pathology and disease. Stimulation of the Chapman's reflexes can produce a change in the lymphatic drainage of a particular organ promoting health of the organs.

### **Bennett—Neurovascular reflexes**

In the 1930s, Terence Bennett, D.C. established neurovascular reflex areas which related to each organ of the body: the reflex points are either over the location of the organ or are reflexes from the organs. The reflex point is felt as a tight muscle and is usually sensitive to palpation.

Bennett discovered that blood flow to the organs would be improved by gently touching certain points on the head and body, and interestingly, many of us use these classic points on the forehead when we cry or when we are stressed—we automatically touch these points, and by doing so, we bring the blood from the back of the brain (the logic centers) to the forebrain, (the emotional centers) which diffuses stress.

### **Riddler—Nutritional reflexes**

The Riddler Reflex technique is another system that utilizes nutritional reflex points on the body, but uses them to determine specific nutritional deficiencies. Robert Riddler, a chiropractor, tested various trigger points then tested the points after giving the patients various nutrients. For instance, he tested a trigger point in the corner of the left collar bone for tenderness and muscle weakness, introduced Vitamin C to the system, and the muscle strengthened and tenderness went away.

This was an indication of Vitamin C deficiency which is improved with Vitamin C supplement. Ultimately, Riddler categorized every point as a relationship to a nutrient. For example, the point one anatomical inch inferior and lateral to the xyphoid process on the left side of the body is known as the Hydrochloric Acid (HCl) point and responds to the introduction of hydrochloric acid. The Enzyme Point, one anatomical inch inferior and lateral to the xyphoid process on the right side of the body, responds to the introduction of digestive and pancreatic enzymes.

## Perspective

All the lower animals and all mammals except humans use their innate senses to determine what to eat and when.

Wild mountain goats have been observed eating arnica plants after they have injured themselves falling. Dogs eat green grass when they are sick. Humans still have the innate ability to choose.

Again, we've intellectualized ourselves out of the game, and our senses have been tainted by the imprint of chemicals and additives in our food. "I can't believe it's not butter." Well our autonomic nervous system can believe it. Just lingual-neuron test it against the liver reflex or the fatty acid reflex or the heart reflex. Lingual-Neuro testing will reveal that not only is it not butter, it's actually toxic.

Although Lingual-Neuro seems almost mystical to some people, the neurology behind it and the fact that the body has this ability to delineate among nutritional needs are totally logical and consistent with the sciences we know and understand.

The ability to use Lingual-Neuro testing provides the Nutritional Therapists with a tremendous tool to access nutritional needs with respect to the biochemical individuality of their clients.



## *Robert Lamberton Consulting*

**Functional Medicine Consultant - Biotics Canada Products**

**Author of the Biotics Newsletter Articles**

**Nutritional Therapy Practitioner (NTP) (c)**

**Certified Light/Darfield Microscopy Nutritionist**

**Formulator of Professional Nutraceutical Products**

Contributing Writer / Advisory Board Member:

[Nutricula: The Science of Longevity Journal](#)

[Healthy Organic Woman Magazine](#)

Twitter: [rob\\_lamberton](#) Skype: [larch60](#) Facebook: [rlamberton](#)

[LinkedIn ID](#)

Email: [rob@bioticscan.com](mailto:rob@bioticscan.com) .

Phone: [778-227-4952](tel:778-227-4952)

*Copyright © 2015 R. V. Lamberton & Associates, All rights reserved.*