

Torque Release Technique

New potential for childhood anxiety

By Tye Moe, DC



Torque Release Technique (TRT)—a drug-free, noninvasive neurological chiropractic approach—may offer hope for children suffering from anxiety, nervousness, depression, or attention deficit hyperactivity disorder (ADHD).

The role of brain chemistry

When children feel anxious, nervous, or can't sit still, many parents take an “outside-in” approach. It is only natural to tell your child that everything is going to be all right, that they should sit still and behave, or that they can discuss their problems whenever they like. But there is often another piece to the puzzle.

While many assume that our brain controls our emotions, it is now known that our body also plays a pivotal role. Four natural body chemicals—dopamine, serotonin, oxytocin, and endorphins—elicit feelings of well-being when they are released in the brain, and can affect both feelings and behavior.

By working with the body's own natural release of “feel-good” brain chemicals such as dopamine, TRT may help some patients to achieve a state of calm and focus, allowing for optimal growth and learning. Some of our young patients who were challenged with anxiety, nervousness, depression, and ADHD felt more relaxed and had a sense of calm and peace after chiropractic adjustments.

For example, one mother reported a significant change in her seven-year-old son's ability to follow his teacher's instructions as well as progress with his ADHD. In class, her son is supposed to fill out a chart every day of all the things he is supposed to do. Before our care, he would have a few boxes filled in, but the majority would be blank. After treatment, his teacher noticed he was consistently filling in the majority of his chart; she reported that he was calmer and able to focus better. In his earlier school assessment he was diagnosed with “extreme ADHD.” He was later retested and found to “barely qualify” as needing help.

The stress factor

How does TRT make such an impact? Its developer, Jay Holder, DC, and pharmacologist Candace Pert, PhD, both write that when the spine is not working properly, the body is unable to create the dopamine and other brain chemicals that the brain desires. They write that many of these brain chemicals are actually made along

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the spinal cord. When the natural flow of these chemicals is hindered by spinal stress or trauma, Holder says, it results in “feelings of anxiety, anger, fear, or the craving of substances.”

This is partly because the brain, in addition to being deprived of “feel-good” chemicals, is shifted into a state of “fight or flight” (also known as sympathetic dominance). Fight or flight is our body’s natural response to stress. If we were walking through the jungle and a tiger jumped out at us, our natural response would be to get our adrenaline flowing, our heart racing, our muscles active, and our mind scared. All this is a normal response to protect us and let our body fight...or decide to turn around and run (flight).

Many kids experience everyday stress—doing homework, studying for exams, trying to make friends, dealing with relationships, playing sports, or completing projects—that can trigger the fight or flight response. Parents sometimes sense these stress factors, but often just believe that everything is going fine until they find that their child seems to stress out much more easily than other children do.

These are the children who may benefit most from TRT. Just as outside stress can cause the brain to feel overwhelmed and nervous, so can internal stress. Tension along the spine, while decreasing the operation of dopamine and other chemicals, can also shift our brain and nervous system into the fight/flight response. This means the brain may be on edge even though everything “should be” fine.

How TRT works

We first identify where tension along the spinal cord is interfering with the production of brain chemicals and is causing stress in the brain. By taking stress off the spinal cord, the body begins to utilize more of its natural chemicals. This natural, drug-free approach allows the body to do what it is innately designed to do.

By optimizing brain and nervous system function, body function is also optimized for many patients. Children often experience better sleep, improved digestion, and a stronger immune system. One mother said that after her son’s first adjustment, “I had to check on my child three times last night to make sure that he was still breathing because he was sleeping so soundly!” Other parents reported that their children would get colds that would last for weeks; after care, they reported fewer colds of shorter duration.

TRT does not involve the twisting, turning, popping, or cracking often associated with chiropractic. Instead we use a gentle, yet very specific input into the nervous system with an FDA-approved instrument called the Integrator, a handheld device that automatically reproduces the standard toggle recoil chiropractic adjustment at a speed of 1/10,000th of a second. The child gets to lie or sit (or play with toys), and feels only a mild tap.

To assess whether a child would benefit, we perform noninvasive diagnostic scans using The Insight Millennium system. Originally developed to measure spinal conditions of astronauts in flight, this



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surface electromyography and thermal technology measures whether stress is present in a child’s spine, and, if it is, where it’s at and how much is there. Our “before” and “after” scans results from the young boy with ADHD showed nerve disturbance prior to treatment; after treatment, the follow-up scans showed that this stress had been alleviated.

Conclusion

TRT complements many behavioral approaches such as counseling, therapy, coaching, or medication. However, if there is a stress pattern in the body that keeps recreating stress in the

brain, a plateau is hit. This treatment helps the body feed calm into the brain on a regular basis, so the brain begins to feel more at ease and a new baseline is developed. Many parents appreciate knowing that not only are their children feeling better, but they actually are better as a result. ■

Tye Moe, DC, is owner of Whole Family Chiropractic, a clinic specializing in pediatric health and development.

Dr. Tye Moe, D.C. is the owner of Whole Family Chiropractic, offering very gentle, very effective neurological torque-release care. Dr. Moe and associate Dr. Chelsey Henney, D.C., in addition to doctorates from Northwestern Health University, have special training in pediatric care and have had outstanding success helping the many children who come to Whole Family as well as adults.

Whole Family is located in Highland Park on the border of St. Paul and Minneapolis at 2221 Ford Parkway, Suite 200, St. Paul, Minnesota 55116. For more information and examples of who and how we can help, please call us at 651-789-0033 and see our website, including the Blog, at www.healthyfamilymn.com, and our Facebook page at www.facebook.com/ChiropractorStPaul.

Whole Family offers neurological care that focuses on keeping the brain and neurological system working to maximize brain and body function because we have found this type of gentle, specific adjustment to be so effective.

Whole Family has had excellent results with concerns ranging from autism, ADD/ADHD, sensory processing disorder, anxiety, asthma, colic, nursing/latching on, urinary frequency/bedwetting, and autoimmune disorders to more common concerns such as weak immune systems, headaches, migraines, back and neck pain, shoulder and knee problems, allergies, sinus issues, frequent colds and flu, ear aches, eye coordination, sleep issues, energy or thyroid problems, numbness, skin conditions, and issues stemming from sports or accidents/injuries.

Many families and individuals come to us to see the non-invasive thermal computer scans of how brain/central nervous system are functioning and whether they show subluxation that can lead to symptoms/illness down the road. Many come because they have heard, correctly, that keeping subluxation away means keeping disease and illness away, and they want to maintain good health and function for themselves and their children. We also see many adults and kids who already have issues, and have outstanding results in regaining or maximizing normal function and reducing sick days and doctor visits.