



Total Integrated Wellness

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Total Integrated Technique – T.IN.T

T.IN.T. utilizes manual and instrument manipulation of the body, laser and light therapies, ion cleanse detoxification, physical therapy, designed clinical nutrition, detoxification programs, and rejuvenation and life extension protocols.

My first examination of you will probably be very different from any doctor's examination you have ever experienced. Total Integrated Technique is very precise and accurate. However, if I was to examine you before it was explained you might find it strange or simply not believable. Quite frankly, if you are to get healthy and remain healthy it is important that you understand what T.IN.T. is, and what my recommendations for you are based upon.

The results we obtain working together are often in the 90% range or better!

WHAT IS TOTAL INTEGRATED TECHNIQUE?

Total Integrated Technique is a chiropractic method that uses manual muscle resistance testing as a biofeedback system between the Doctor and the Patient. T.IN.T. allows the Doctor to determine and prioritize unhealthy stressors in your body, and determine the optimum manipulation procedure and or remedy to alleviate that stress. T.IN.T. also allows the Doctor to monitor the course and direction of your ongoing progress.

Let's get started: The T.IN.T. examination has five parts listed here & explained in detail below:

- #1 The Autonomic Nervous System (ANS) Examination**
- #2 Examination of Spine, Cranial Bones and Pelvic Structures**
- #3 Examination of Skeletal Muscles Strength**
- #4 Examination of the Reflex System**
- #5 Medicine Testing**

#1 Autonomic Nervous System (ANS) Examination

The ANS automatically controls, coordinates and regulates the functions of all cells, organs and systems. The ANS is the number one tissue type. This system not only coordinates all internal



functions, but also intimately governs how we relate to our external environment. Patients with a stressed ANS are in a state of adaptation, compensating for this major stress. This is called Dys-Autonomia (DA). Dys-Autonomia patients are virtually prisoners to their disease state. They are overwhelmed, held captive by it, and usually not responsive to any care. Dys-Autonomia is a serious epidemic. Stress on the ANS must be identified and corrected if any healing is to occur. Dys-Autonomia patients cannot be accurately examined with muscle resistance testing which is why it is the Number One Priority.

Only when Dys-Autonomia is corrected can the rest of the systems be accurately examined.

Autonomic Nervous System stressors are as follows:

- Cranial or Spinal Subluxations
- Scar tissue
- Organisms such as fungus, mold, yeast, bacteria, virus and or parasites
- Environmental toxins – metals and or chemicals
- Food and environmental allergies
- Electromagnetic fields
- Vaccine reaction (vaccinosis)

#2 Examination of Spine, Cranial Bones and Pelvic Structures

The analysis is done through testing the spinal column (vertebra), cranial bones and pelvic structure for misalignment (subluxations) and fixations. Any misalignments can cause neurological disorganization, structural imbalance, create a propensity for injury or recurrent injury, degeneration of joints, diminished strength, coordination, balance, slow conditioning, slow recovery, and pain. These misalignments can be blockages and may or may not be areas of pain, but since the nervous system expresses the very essence of life controlling, coordinating and regulating you at a cellular level, it is central to your health challenges. Correcting these blockages is paramount.

A fixation is a joint that has lost its normal range of motion. Joint movement is the natural pump for needed circulation to the joint structures. This circulation carries oxygen and nutrients, and disposes of waste from the joint structure. Loss of motion, i.e., loss of circulation, causes an increase in joint wear, arthritic changes and pre-mature aging.

#3 Examination of Skeletal Muscles Strength

Dr. George Goodheart, the developer of Applied Kinesiology, has categorized each skeletal muscle with its corresponding vertebral nerve root exiting a specific vertebral segment.



His research has also identified specific organ connections as well as four other factors and nutritional protocols: lymphatic, vascular, acupuncture meridians and dural.

During this exam I test 32 skeletal muscles for strength, Muscle Resistance Testing (MRT). Here is a detailed explanation of the how the muscle test is performed:

How The Muscle Test Is Performed

I contact your extended arm and attempt to push your arm down. You attempt to match my strength with resistance. A normal test is when you can lock your extended arm against my force. This is a negative test.

Muscle Resistance Testing is a neurological test not a physical assessment of your strength; therefore I stop pushing s soon as I sense that you are able to resist my force. Anything that interferes with the neurological signal (ANS) from your brain to the muscle will cause the strong extended arm to fail and go weak.

Manually contacting a spinal vertebra, cranial bone, pelvic structure, reflex or acupuncture point should normally not cause the extended arm to go weak. If a subluxation causing neurological dys-organization is present or a reflex/acupuncture point is active or imbalanced, manually contacting this area will immediately cause the previously strong-arm muscle response to completely fail. This is a positive test.

At this point in a T.IN.T. examination the failure of a muscle to lock is the best indication of neurological dysfunction and the presence of disease whether or not the patient has any symptoms. The failure of a muscle to lock can be caused by nerve impingement from subluxation of a specific spinal vertebra.

#4 Examination of Reflex System

This examination utilizes your own reflex points. Reflex points are derived from the ancient Chinese system of acupuncture. Acupuncture is the study of how specific points on the surface of the body relate to the state of health and the flow of energy in each and every part of the body. This energy is called “chi”.

Each reflex point or acupuncture point represents a specific function, organ or tissue. Testing these points can indicate the energy or lack of energy in the body and the effect it is having on the body. Your body’s energetic output or energy language speaks to the condition of your body. This is an extremely accurate, safe and non-invasive test.

At the conclusion of step #4, together we will have arrived at a place of knowing with certainty where and how severe your imbalances are.



#5 Medicine Testing

We have arrived at a place of knowing your body's stresses. The Doctor can test from the pharmacy of internationally recognized natural formulas to determine what is needed and wanted by your body in order to bring balance and restore your health.

I have studied and personally tested which natural formulas are better than others. I was able to test one company's formulas against another, and over the years have determined the efficacy of using the most potent and balanced natural nutritional formulas. I stock sample vials of hundred of natural formulas which I use in testing which formula is best for you.

How is this done? Responding to your liver reflex point that may determine weakness upon examination, I contact the liver point and your strong arm goes weak. Then I introduce a potential remedy. Upon re-testing the weak arm goes strong determines a positive result for that remedy. (If you remain weak we have a negative test and need to try another remedy.)

Knowing the function and purpose of all potential remedies,
I now have determined which is the **optimum remedy to help you.**

Total Integrated Technique, T.I.N.T., is comprehensive, non-invasive and accurate!

Please feel free to call for an appointment for a **free consultation, 775-825-3625.**