

# Bio-typing and Advanced Filters

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# Importance of Biotypes

- Dr. Harry Riley Spitler said no study is more important than proper typing for makeup and temperament for prescribing color
- From the Greeks to 7000 yr. old Ayurvedic
- Function determined by structure and action of the ANS, endocrines, and thalamus in Syntonics
- Structure is an expression of inner nervous equilibrium

# The Law of Threes

- Many systems use 3 basic body types
- It is said that even the cells and organs have different biotypes as they expend or conserve energy
- Imbalance results from over activity or under activity of the dominant trait of each system

# Three systems

- Spilter                      Asthenic(red)                      Pyknic(blue)                      Syntonic(green)
- 
- Loeb                      Catabolic(yellow)                      Anabolic(red)                      Metabolic(green)
- 
- Sheldon                      Mesomorphy                      Endomorphy                      Ectomorphy
- Somatotonia                      Viscerotonia                      Cerebratonia
- 
- Hahnemann                      Psoric                      Sycotic                      Syphilitic
- 
- Ayurveda                      Vatta(green)                      Pitta(red)                      kapha(violet)
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- Greek Temperaments
- 
- Sanguine(air)                      Choleric(fire)                      Phlegmatic(water)                      Melancholic(earth)
- 
- Bioenergetics and Structure
- 
- Swollen                      Collapsed                      Rigid                      Dense
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# Spitler and Kretchmer

- Asthenic-Pyknice-Syntonic as ANS dominance
- Personality-Facial & Body Signs-Functional Tendencies-Elements-Dominant Frequencies
- Mental and physical dominance
- Balance by activation or inhibition of sympathetic or parasympathetic
- Facial characteristics for action and eyes for the mind
- Facial changes over time: mouth, jaw
- Narrow or wide head and body

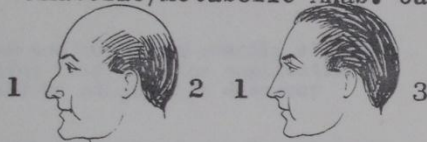
# Loeb and the Nose

...of application are scientific, is admitted. That they are more effective than most methods used today, however, must be conceded, and to the practitioner, effectiveness is most important. To cull the wheat from the chaff takes time. Should we in the meantime discard what we know is effective in facial diagnosis until it has been distilled into pure science?

Since all reactions and responses are either intensified or retarded by the sensitivity of a particular receiving mechanism, and structure and behavior are outward signs of sensitivity; we classify our patient into various types and we give some of the outstanding characteristics of these types in a general way to enable beginners by simple studies to gradually develop an eye for details and sub-classifications.

## MIXED TYPES

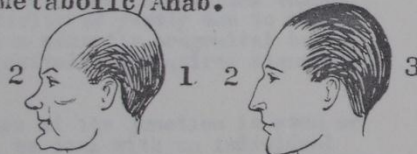
### Anabolic/Metabolic Anab. Cat.



RED AND GREEN

RED AND YELLOW

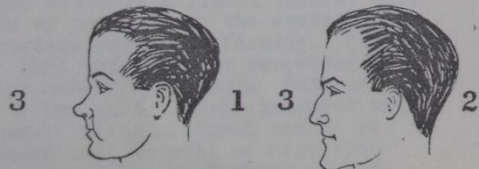
### Metabolic/Anab.



GREEN AND RED

GREEN AND YELLOW

### Met/Cat.



YELLOW AND RED

YELLOW AND GREEN

## THE LINE OF JUDGMENT

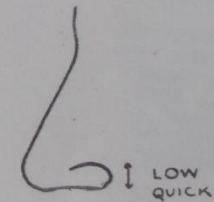
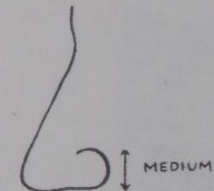
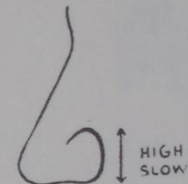


PLATE 20

# The Nose Knows

- Loeb: nose expresses mental life, the more developed the more fluent the language
- This and high bridge= fast mind, low bridge-slow mind
- High break=high judgment
- Judgment tempers decision making and emotional results and reasoning
- Balance mental and physically

# Dominant Frequencies

- Asthenic: brain; yellow/orange, body blue-green or indigo, will need opposites(brain blues , body yellow-green), stop energy leaks
- Pyknic: brain; indigo/blue, body red, red-orange, treat brain with yellow, body blue-indigo, low frequency, needs stimulation to store charge
- Pyknic with eso may need blue-green or yellow green for exo to reduce an overactive system or support the natural inherent frequency



# Biotypes Reveal ANS Constitution

- „ANS“and the relationship of the endocrine system and the interrelationship of the glands themselves

The general make-up and the biotype of the individual has been shown to be a function of the central gray in the brain acting through the autonomic.

- Such action must include the association of the autonomic and the endocrine glands and their effect in producing the original structure, even including the modifications of the structure which may take place in later life.
- H.R. Spitler

# Morphological Analysis

- Asthenic-Syntonic- Pyknic-Combinations
- Facial and Bodily Signs and Characteristics
- Functional Tendencies
- Personality Characteristics
- Elements and Filters
  
- SEE HANDOUTS

# Wallaces' Law

- Structure affecting function
- See handouts

# Systems and Dysfunctions

	Asthenic	Pyknic
Visual	Esophoria	Exophoria
GI	Hi metabolism	Low Metab.
Respiratory	Dizziness	Asthma
Heart	Hypotension	Hypertension
PH	Acidosis	Alkalosis
Endocrine	Hyperthyroid	Hypothyroid

# Structures

- Structural coupling with environmental stimuli changes connectivity by cybernetic feedback loops driven by auto poieis to create new pathways.
- The environmental inputs trigger change but does not direct it.
- Connectivity can change with every perception such as emerging vision each moment.

# Postural Function and Vision

- The work of Darell Boyd Harmon and the role of posture in vision
- High order of vision connected to lower order of gravitational mechanisms.
- Torso-head with vestibular system-visual system with the fovea as its center
- Neck as transducer of actions for the trunk –head-vision

# Cranial lesions as the subsection to each biotype

- 7 main types: flexion, extension, torsion, sidebending rotation, strain/displacement(superimposed upon any of the above: vertical and lateral), compression, intraosseous lesions.

Maxilla position can be indirectly related to sphenoid-occiput and effect insertion points of the extra-ocular muscles

Therefore there is a need to collaborate with a physical therapist, cranial dentist, chiropractor, or cranial osteopath

# Therapeutic Philosophy

- Systems theories of Dr Fritz Capra(Web of Life): self organizing systems that are all networked: cannot tell the whole from any parts. Based on feedback loops.
- Systems theory: self regulation is non-linear
- Principles: regeneration of dissipative structures : Auto Poiesis, Non Equilibrium, directed by cognition or “Mind”



# Cognition

- Mind is a process of cognition and intelligence
- Cognition allows a process where by perception brings forth the world.
- That is the idea of consciousness as the ground for all life
- It allows us to realize there is no such thing as absolute observation, only approximations  
Light stimulation, lenses, prisms and vision therapy can alter networks and change many systems in the timing and the signals absorbed enabling Syntony

# Delta- Omega: Motor Balance

- Nervous and muscular asthenopia, pain in glaucoma high frontal headaches
- High blood pressure, ON disk edema, eases circulation
- High exophoria
- Ptergiums , retinitis , chronic sinus , ocular migraines, chronic sinus, corneal abrasions
- Essential filter for brain injury can stimulate or relax as needed
- Transition filter to restore energy in TBI

# Syntonic Syndromes



## Pi-Omega ( $\pi\omega$ ) Syndrome – Hyper-Hypo Syndrome

- Description: for an individual tending toward emotional post traumatic with head-tilt component and social exhaustion, mood swings, over stress, negative emotional affect, visual stress, frequently seen in children, males after trauma or high stress circumstances and females with hormonal complaints and irregular menstruation's. This individual may also exhibit extreme fatigue or hyper-irritability. There is always a vertical phoria component involved, it can be for far or/and near.
- Symptoms include: photophobia, transient blurred vision, asthenopia, abnormal fatigue, headache, dizziness, vertigo, motion sickness, frustration, allergies, hormonal disorders, auditory exclusion, tunnel vision, shaking.
- Diagnostic factors include: Hyper- or Hypo phoria for far and or near, often only for near, Alpha-Omega pupil response, low breaks and recoveries in ductions, can be both or specifically low in abduction or adduction, fatigue exophoria, fight esophoria, reduced oculo-motor skills, subnormal accommodation, constriction of visual functional fields. Enlarged, (would you also have displaced and tilted?) blind spots, mostly different on each side. If this is the case, consider a problem or adaptation of the cervical spine. Very high or very low NPC, poor eye-movements; pursuits, saccades (over- or undershoots). A vertical and horizontal mid-line shift on the visual spacial projection star. Often a full vision screening is not possible, due to pain and or headache.



# Syntonic Syndromes



## OMEGA-NEURASTHENIA ( $\omega$ N) SYNDROME - FIGHT-OR-FLIGHT REACTION SYNDROME

- Description: for an individual tending toward emotional and social exhaustion, mood swings, over stress, negative emotional affect, visual stress, frequently seen in children. This individual may also exhibit extreme fatigue or hyper-irritability. Mostly children with Learning Problems, Social Problems, ADHD, Concentration Problems, Gross & Fine motor problems often caused by stress or in a stress environment.
- Symptoms include: photophobia, transient blurred vision, asthenopia, abnormal fatigue, headache, dizziness, frustration, allergies, asthma, fluid retention, voice change, aggressive behaviors characteristic of externalizing disorders, such as conduct disorder and delinquency, argumentative behavior (fight), or withdrawal behaviors, tend?? and befriend behavior, substance abuse, television/computer viewing (flight). Polyvagal reaction, Auditory exclusion, tunnel vision, acceleration of instantaneous reflexes, shaking.
- Diagnostic factors include: Alpha-Omega pupil response, low breaks and recoveries in ductions, can be both or specifically low in abduction or adduction, fatigue exophoria, fight esophoria, pelvic or sexual tension, reduced ocular motor skills, subnormal accommodation in myopia, constriction of visual fields, constriction of all the functional fields less than 10° or extremely large fields 25° due to Parvo incompetence and Magno problem. Enlarged blind spot or even not measurable. Very high or very low NPC, poor eye-movements; pursuits, saccades (over- or undershoots), poor scanning. No structure, grasping (left open) and organisation on the visual spacial projection star. Often a full vision screening is not possible. Very dark reflex with cognitive nearpoint retinoscopy.



# Alpha- Upsilon

- Balance hormonal system in females, especially for low reserves: blur ,break and recoveries
- Arterial stimulant as response to vasoconstriction
- Renal energizer, builds hemoglobin for anemia
- Increase tone to muscles and blood vessels
- Headaches associated with PMS
- For Pyknic biotypes

# Omega

- Lessens all motor functions about the eye.
- Tends to relax intra- and extra-ocular muscles
- To relieve pain, Slows irritable heart due to ocular reflexes
- Eases local circulation by making blood vessels passive
- Try for tic or lid twitch due to ocular reflexes
- Try for nystagmus, esophoria and esotropia
- Try for spasm of accommodation -tonic or clonic

# NEURASTHENIA (N)

- Motor depressant similar to Delta-Omega
- Headaches (with migraine, small fields, sinus & nervous system)
- Riding (motion) headaches with nausea
- Omega-N ( $\omega N$ ) *when pain is in back and top of the head.*
- Asthenopia with pain in nervous women, or nervous exhaustion

# Mu

- ANS balancer, prevents infection, lessens cerebral irritation from ocular reflexes
- Builds ocular reserves and accommodation
- Builds bone structure in children's orbit
- Use for myopia control and progression
- Builds general vital resistance of all ocular tissue, removes calcium from ocular media
- For pituitary swelling; poor circulation between pituitary outward and thalamus.
- Slightly antiseptic and bacteriostatic



# Delta/Theta

Increases motor tone/increase sensory reactions

TX EOM paralysis, hyperphoria under 4D, low adduction

Scotoma Tx and prevention

Headaches in center of forehead

Stimulate elimination, liver, gallbladder

# Take Home

Analyse case : history, biotype, symptoms,  
chronic or acute

Know your filter actions

Decide if need to stimulate, depress or just  
balance

Expose patient to initial filter choices and  
prescribe what patient feels or responds to best  
as a starting point.