

Financial Relationships Disclosure

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Dr. Robert Fox hereby states he has no financial relationships related to the content of this lecture.

All relevant relationships have been mitigated.

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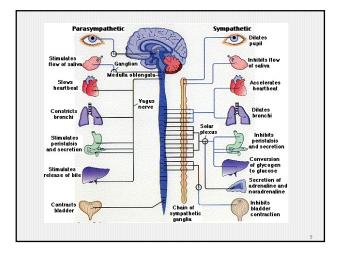
Basic Syntonic Syndromes

- Will cover 90-95% of cases
- What caused the stress?
- Treat the problem, not the symptom

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The Autonomic Nervous System

Sympathetic and Parasympathetic



Sympathetic Actions

- Dilates the pupil
- Increases tearing
- Increases intraocular pressure
- Decreases accommodation
- Turns eye outward

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Sympathetic Actions

- Decreases mucus, saliva and digestion
- Decreases arterial dilation
- Increases pulse rate
- Increases blood pressure
- Increases blood sugar

Sympathetic Activation

- Thyroid
- Adrenal Medulla
- Pituitary
- Gonads
- Muscles

Post-Traumatic Vision Syndrome

- Exophoria/exotropia
- Reduced accommodation
- Reduced convergence
- Poor blink rate / poor tearing
- Photophobia

Parasympathetic Actions

- Pupil constriction
- · Decreases tearing
- Decreases intraocular pressure
- Increases accommodation
- Turns eye inward

Parasympathetic Actions

- Increases mucus, saliva and digestion
- Decreases pulse rate
- Increases arterial dilation
- Decreases blood pressure
- Decreases blood sugar

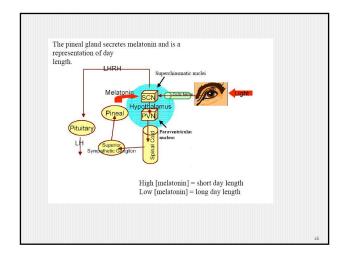
Parasympathetic Activation

- Parathyroids
- Adrenal cortex
- Digestive tract
- Liver
- Pancreas
- Spleen

Light Action on the Visual System

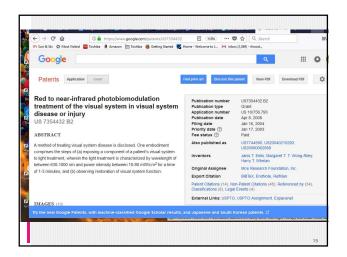
- · Light Pathways
- Effect on Autonomic Nervous System
- Frequencies of light and how they affect the visual system

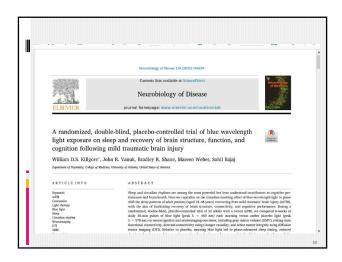
■ Intrinsically photosensitive Retinal Ganglion Cells (ipRGCs), also called photosensitive Retinal Ganglion Cells (pRGC), or melanopsin-containing retinal ganglion cells, are a type of neuron (nerve cell) in the retina of the mammalian eye. While responses to light in mice lacking rods and cone cells were first noted in 1923, ^[2] they were forgotten, then rediscovered in the early 1990s. ^[2] The source of these responses was shown to be a special type of retinal ganglion cell, which, unlike other retinal ganglion cells, is intrinsically photosensitive. This means that they are a third class of retinal photoreceptors, excited by light even when all influences from classical photoreceptors (rods and cones) are blocked (either by applying pharmacological agents or by dissociating the ganglion cell from the retina). Photosensitive ganglion cells contain the photopigment melanopsin. The giant retinal ganglion cells of the primate retina are examples of photosensitive ganglion cells.

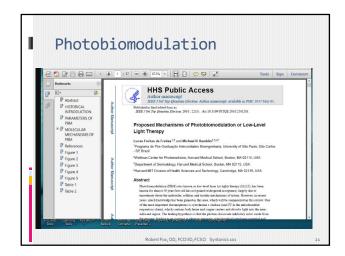


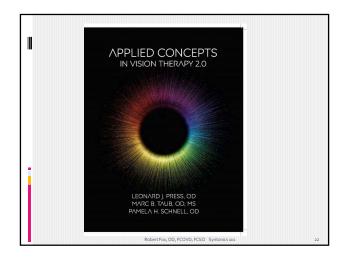












Balance Board — general considerations

NEUTRALIZATION KEY

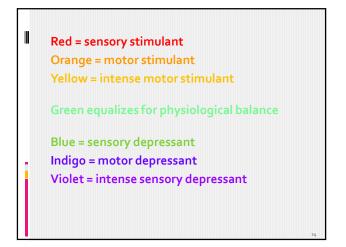
Stimulate Sympathetic Syntony Stimulate Parasympathetic

αδ αθ α δ θ μθ μδ μ μυ μπ π ω ν πω υω

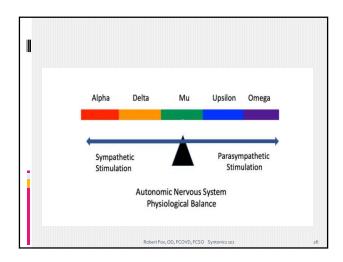
Add "S" to augment this side Flash

Red end of spectrum= sympathetic stimulation

Blue end of spectrum= parasympathetic stimulation



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α alpha = red
δ delta = amber
μ mu = green
υ upsilon = blue
ω omega = indigo
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The "Miracle Workers"

- Chronic Syndrome
- Acute Syndrome

- Amblyopia/Esotropia Syndrome
- Emotional / Adrenal Exhaustion Syndrome





Mu Delta – "Chronic Syndrome" physiologic stabilizer

Dx: convergence excess, esophoria/esotropia alpha omega pupil and poor oculomotor constricted visual field for form or color low recovery on ductions (especially BI)

Sx: toxic or neuroendocrine imbalance chronic health problems or past trauma

Tx: stimulate sympathetic, create exo response

Ruby

Alpha Omega – "Emotional Fatigue"

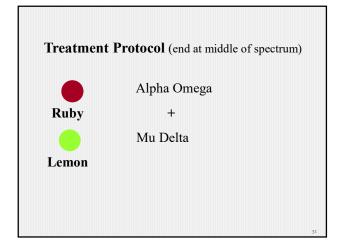
Syndrome

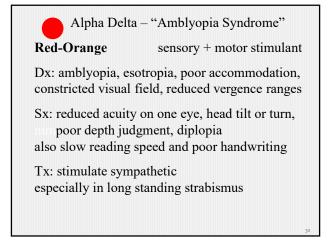
Dx: alpha omega pupil, fatigue exo, low breaks and recoveries (especially BO), adrenal fatigue

Sx: photophobia, transient blurred vision, fatigue, headache

Tx: balance parasympathetic and sympathetic

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Alpha Delta – "Amblyopia Syndrome"

Red-Orange amblyopia, eso,
poor accommodation

Mu Delta – "Chronic Syndrome"
Lemon physiological, toxic,
neuroendocrine

Why Red-Orange or Lemon?
Sympathetic Activation
Sensory and Motor Stimulant
For amblyopia, esotropia
Stimulates Exo Response

Treatment Protocol (end at middle of spectrum)

Alpha Delta
Red-Orange +

Mu Delta
Lemon

Nascentization

Usually used for amblyopia
Local vs Non-Local
Red lens over non-dominant eye
Syntonizer just has diffusing filter
Do for 3 minutes prior to syntonic treatment



Alpha Omega – "Emotional Fatigue"

Ruby

pupil, adrenal fatigue, emotional trauma, exhaustion, mood swings

Color Combinations

- Alpha Delta + Mu Delta (esotropia)
- Alpha Omega + Mu Delta (80% of cases)
- Alpha Omega (alone)

Always end at the middle of the balance board

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Mu Upsilon – "Acute Syndrome"

Blue-Green recent head trauma, anoxia, stroke

Dx: exophoria, exotropia, convergence insufficiency (PTVS), alpha omega pupil, enlarged blind spot, poor ocm / accommodation

Sx: headache, motion sickness, vertigo, transient blurred vision, diplopia (monocular)

Tx: stimulate parasympathetic

Why Indigo or Blue-Green ?

- Parasympathetic Activation
- Sensory and Motor Depressant
- For Pain and Spasm
- Stimulates Eso Response

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Indigo

Upsilon Omega – "Pain Reliever"

not a syndrome

headaches, asthenopia

Mu Upsilon - "Acute Syndrome"

Blue-Green

recent head trauma, high fevers, inflammation, swelling, pain, HA, monocular diplopia

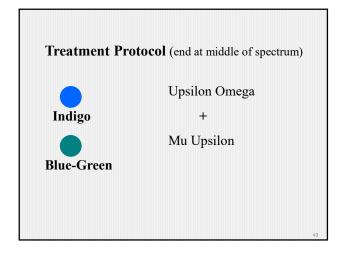


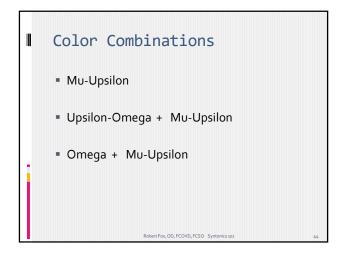
Upsilon Omega – "Pain Reliever"

headaches, asthenopia

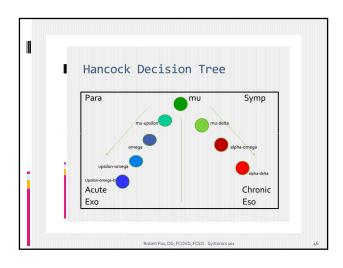
(Violet)

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Treatment Protocol
 Frequency of light into the eye
 20 minutes per session
 Minimum of 4x per week
 Progress Evaluation every 8 sessions repeat history, vision analysis, VF
 Low Risk and Few Side Effects



■ Questions?

■ See you tomorrow!!

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