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)

Greek Temperaments

Sanguine(air)	Choleric(fire)	Phlegmatic(water)	Melancholic(earth)

Bioenergetics and Structure

Swollen	Collapsed	Rigid	Dense

Spitler and Kretchmer

- Asthenic-Pyknic-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

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.

Pituitary, Adrenal, Thyroid all have innervation to both branches of the ANS

- Individuals will go out of balance typically in the direction of their dominant biotype.

Systemic Considerations

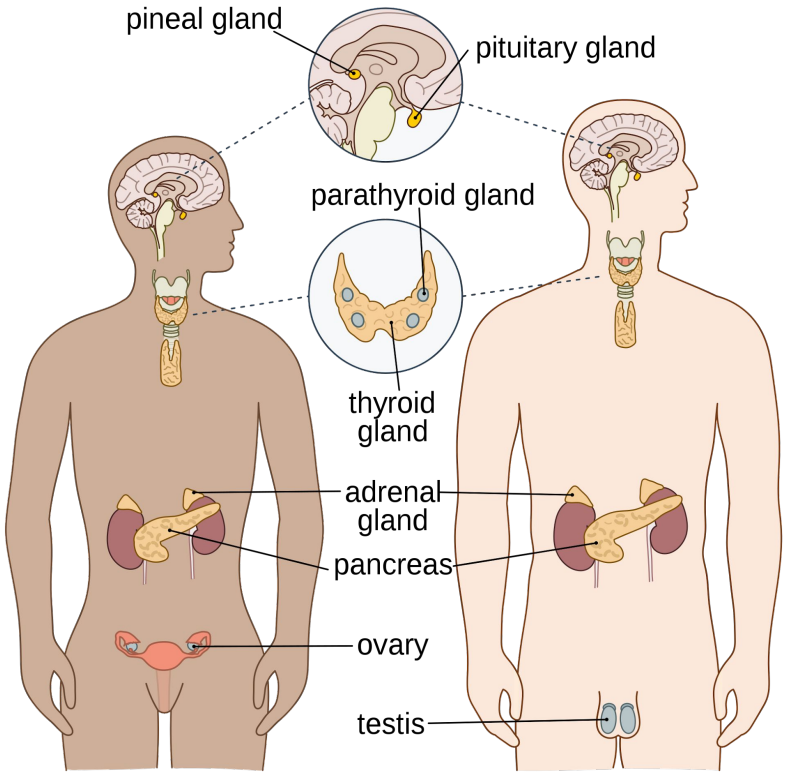
Syntonic phototherapy is based on balancing the autonomic nervous system.The neurochemical messengers are the endocrine glands , and therefore are involved with the imbalances and in the reestablishment of balance in the ANS

Certain ocular disorders are seen in the endocrine system

There are specific Syntonic filters that affect the endocrine glands and therefore can play a role in filter selection and treatment

Sympathetic Activations

- Thyroid
- Adrenal Medulla
- Pituitary
- Gonads
- Muscles



Pituitary

- The Master gland: receives nervous and chemical input
- It stimulates only, no direct inhibition on other glands
- Anterior: affects gonads, and thyroid : decreases striped and smooth muscle contraction
- Posterior: vasoconstriction, decreases oxytocin which increases pain muscle contraction
- Stimulate with Mu-Delta or Mu-Theta
- Suppress with Mu or Omega-D

Diseases: Anterior(sympathetic) include acromegaly, Cushings, diabetes insipidus hypopituitary, tumors

Hypopituitary affects hormones production from adrenals, , thyroid, testes and ovaries

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Thyroid

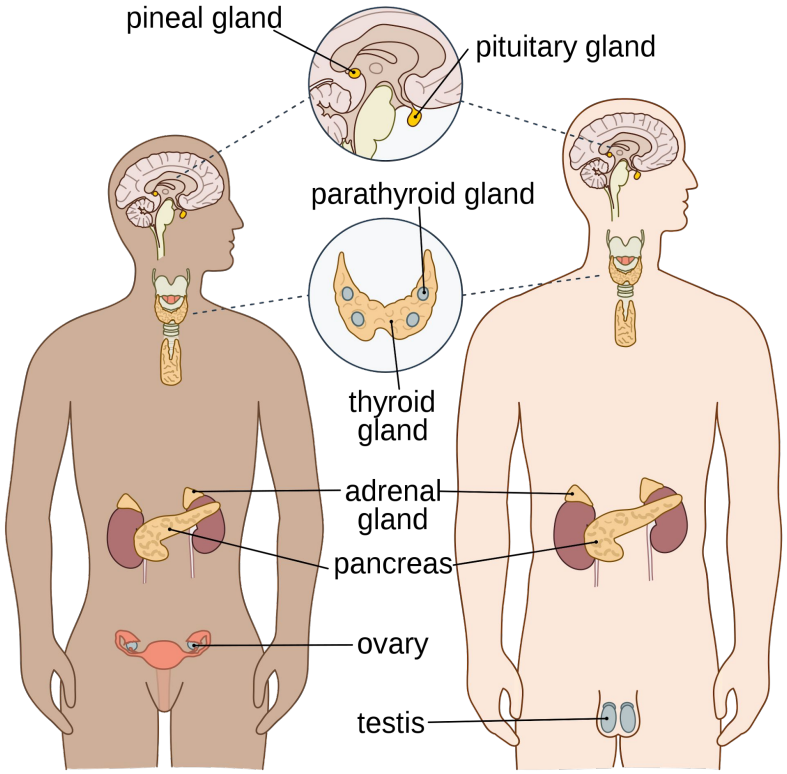
- Increases tonus of smooth and striped muscles affecting convergence, accommodation and binocularity
- Increases tonic tension of the sympathetic
- Stimulate with alpha-delta(male) or alpha lambda(female) for hypo
- Suppress mu-upsilon, upsilon omega-D for hyer
- Diseases include: hypothyroid with Hashimoto's autoimmune disease, thyroiditis,tumors and cancer

Adrenals

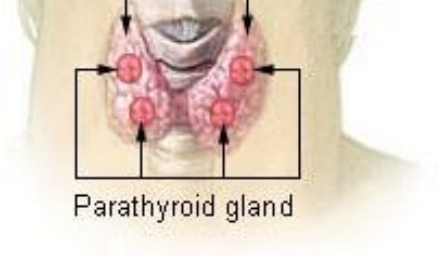
- Energy to contract skeletal and ocular muscles
- Synergistic with adrenals is the thyroid
- Stimulate with Alpha-Omega, Alpha-Upsilon, and less so with Alpha-Lambda
- Suppress with Mu
- Diseases(hypo) include: Addison's, Cushing's Syndrome, Reduced cortisol, adrenal fatigue,also related to reduces ACTH from pituitary

Parasympathetic Activations

- Parathyroids
- Adrenal Cortex
- Digestive Tract
- Liver
- Pancreas
- Spleen

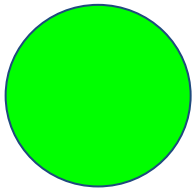


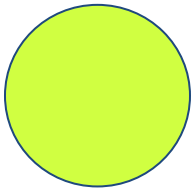
Parathyroid



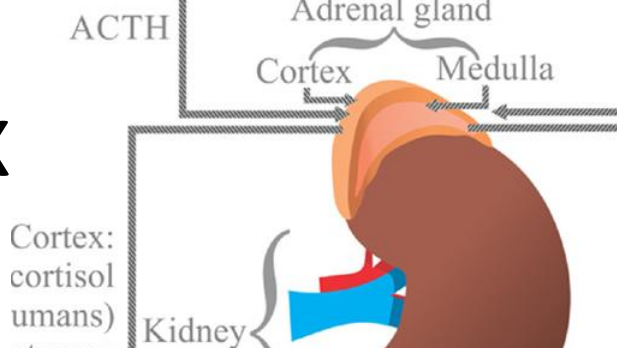
- Increases insulin and calcium metabolism
- Underactive causes senile cataracts
- Disorders include: excessive PTH lowering calcium; too much PTH increases calcium and produces high phosphorus, cataracts
- Increase with Mu-Upsilon for cataracts

- Decrease with Mu-Delta or Mu-Theta

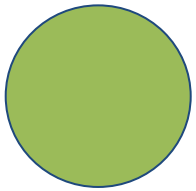




Adrenal Cortex



- Activates parasympathetic
- Increases oxidation
- Increase with Mu-Upsilon



Gonads-Ovaries

- Increases metabolism
- Modulates sexual development
- Increase : Alpha-Delta or Alpha-Omega (males) and Alpha-Upsilon/Alpha-Lambda (females)
- Suppress: Upsilon-Omega

  Delta-Omega, Mu to stimulate
- Disorders include: ovarian cysts, PMS, uterine fibroids,erectile dysfunction reduced testosterone

Optic Nerve

- Simple atrophy = pituitary in 50% of cases.
- Choked disc = pituitary in 10% of cases.
- Optic neuritis = pituitary in 20% of cases.
- **Metabolic effects on EYES due to**
- **Endocrine Dysfunction**
- Eye Grounds: the retinal picture, ie vessels, optic nerve
- Enlarged blind spot.
- Bi-temporal hemianopsia - often pituitary tumor.
- Unilateral hemianopia - unusual.
- Nerve:
- Pregnancy and menstruation

Autonomic Signs

	Sympathetic	Parasympathetic
Upper Lids	lag	ptosis
Cornea	abrasion	dystrophy
Lacrimation	increased	decreased
Eye :Position	exophthalmos	enophthalmos
Tension	Hyper	Hypo

Pressure Affecting the ANS

Where	Nerve	Pressure	Symp	Para.
Intracranial .	oculomotor	slight	relaxed	stimulated
		great	unopposed	destroyed
Cervical	Sympathetic	slight	stimulated	relaxed
		Great	destroyed	unopposed

Metabolic Effects from Endocrine Dysfunction

Thyroid: lid lag, staring, lack of fixation and convergence,keratitis, dry eye, cortical cataracts, glaucoma(hyper thyroid)

Pituitary : EOM motor paresis ,ptosis, nystagmus, keratoconus , optic neuritis, fields loss and hemianopsia, optic neuritis

Parathyroid nuclear cataracts dues to excess calcium from under active secretions

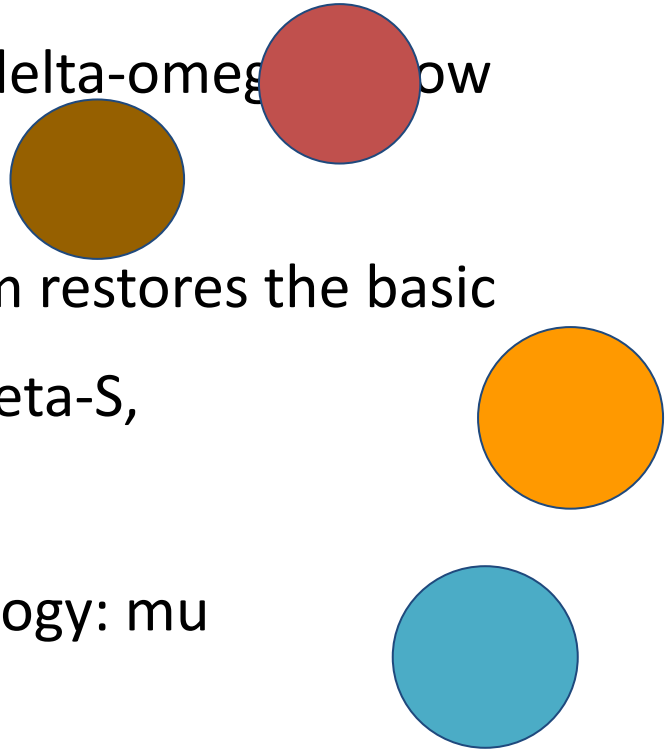
Overview of Filter Combinations

- STIMULATE/SUPPRESS
- THYROID
  - ALPHA-DELTA (male)
  - MU-UPSILON (male)
  - ALPHA-LAMBDA (female)
  - UPSILON-OMEGA-D (female)
- PITUITARY
  - MU-DELTA
  - MU
  - MU-THETA
  - OMEGA-D
- ADRENALS
  - ALPHA-OMEGA
  - MU
- PINEAL
  - ALPHA-OMEGA
  - ALPHA-DELTA
  - ALPHA-UPSILON

- THYMUS
  - MU
  - ALPHA-OMEGA
  - ALPHA-UPSILON
- GONADS
  - ALPHA-DELTA (male)
  - UPSILON-OMEGA-D
  - ALPHA-OMEGA (male)
  - DELTA-OMEGA
  - ALPHA-UPSILON (female)
  - MU (to stimulate thymus)
  - ALPHA-LAMBDA (female)
  - ALPHA-OMEGA (male)

“Disorder of the tone and irregularity in the rhythm are the principal causes of every illness”

- Filters that combine both ends of the spectrum tone the ocular muscles: alpha-omega-upsilon, delta-omeg ow recoveries)
- Filters on the same side of the spectrum restores the basic sensory-motor rhythms: alpha-delta-theta-S, upsilon-pi-omega -D
- Middle spectrum filters balance physiology: mu



Morphological Analysis

- Asthenic-Syntonic- Pyknic-Combinations
- Facial and Bodily Signs and Characteristics
- Functional Tendencies
- Personality Characteristics: Emotions
- Elements and Filters

- SEE The Syntonic Principle by Dr. Spitler

Wallaces'Law

- Structure affecting function
- There are cranial positions affecting ocular patterns
- Look for patterns in the body, head, personality, functional and health afflictions
- The patterns will generally follow the biotype indicating imbalances in the ANS

Facial and Body Signs

Asthenic(Symp)	Pyknic(Parasymp)
Angular face	Round face
Narrow bridge	Wide bridge
Hollow high cheeks	Full round lower cheeks
Crowded teeth	Even teeth
Bony	Fleshy
Long neck	Short neck
Pale skin	Reddish skin
Tall	Stodgy
Eyes and PD large	Eyes and PD wide
Rapid pulse	Sow pulse
Narrow head	Wide head

Functional Tendencies

Asthenic	Pyknic
High Metabolic rate	Low metabolic rate
Hyperopia	Myopia
esophoria	Exophoria
GI weakness	Asthma
Hyperthyroid , hypo BP	Hypothyroid. hyper BP
Heart failure	Diabetes
Wasting diseases	Rheumatism
Gastric ulcers	Gallbladder
Dizziness	Swollen glands
Physical debility	Inflammation like gout
Acidosis	Alkalosis

Structures

- Structural coupling with environmental stimuli changes connectivity by cybernetic feedback loops driven by autopoieis to create new pathways in nonlinear patterns
- The environmental inputs trigger change but does not direct it.
- Connectivity can change with every perception such as emerging vision each moment.Failure of connectivity creates loss of autoregulation.

Bones as Endocrine Glands

Whole body physiology: cholinergic recast via hypothalamus-pituitary-thyroid axis following sympathetic cycles of bone mass reduction

Involves metabolic demands for regeneration and follows circadian rhythms to teardown and buildup mass: largest tissues of the body

Includes inner ear bones affecting vestibular function

Bones produce the B cells in the immune system

Postural Function and Vision

- The work of Darrell 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 extraocular muscles

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

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 network connections and change many systems in the timing and the signals absorbed enabling Syntony

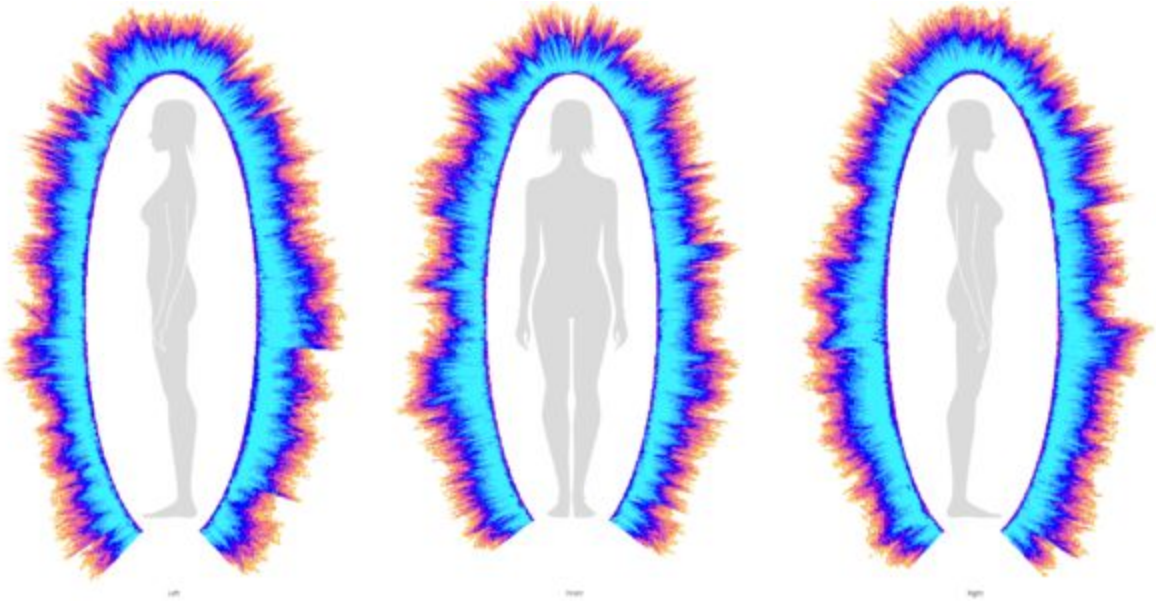
Assess the Body's Energy

Biowell: Biophotons from fingers: energy in joules in all systems, organs, and bio fields

Veda Pulse: Heart Rate Variability and Pulse to Ayurvedic biotypes , energy fields

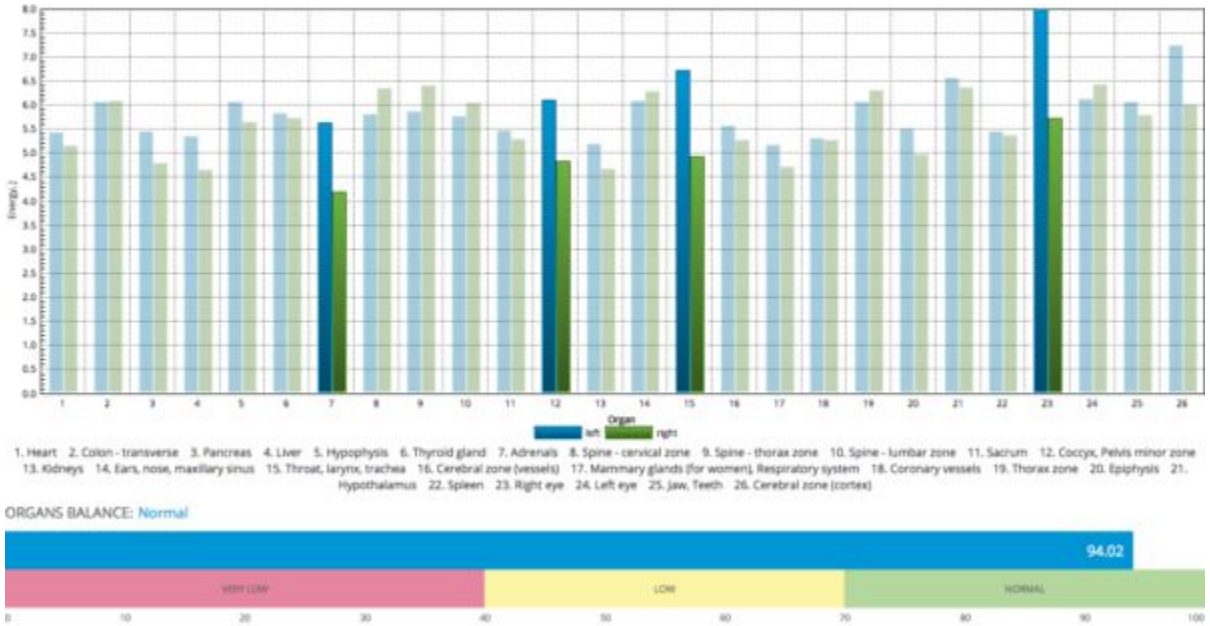
Meta Hunter Device: Bioresonance with the Brain by reading the magnetic vortex through biofeedback from organs, tissues, molecules, DNA

Biowell Energy Fields, in Joules



Organs with energy readings and ANS imbalances

Assess glands and ANS imbalances



Expand your Treatment Efficacy

Syntonics Phototherapy utilizes frequencies to alter cellular and physiological systems.All disorders are connected to many systems

Originally 11 frequencies are available to increase therapeutic outcomes and restoration

Why limit the treatment to only basic filters?

Each filter combination offers deeper and more specific application of Syntonics for long lasting results.

"Disorder of the tone and irregularity in the rhythm are the principal causes of every illness"

Filters that combine both ends of the spectrum tone the ocular muscles: alpha-omega-upsilon,delta-omega-N(low recoveries)

Filters on the same side of the spectrum restores the basic sensory-motor rhythms: alpha-delta-theta-S , upsilon-pi-omega -D

Middle spectrum filters balance physiology : mu

Delta- Omega: Motor Balance

- Nervous and muscular asthenopia, pain in glaucoma high frontal headaches, delta-N for asthenics(N being stronger motor depressant)
- High blood pressure, ON disk edema, eases circulation
- High exophoria, chronic esophoria
- Pterygiums , retinitis , chronic sinus , ocular migraines, chronic sinus, corneal abrasions
- Essential filter for brain injury can stimulate or relax as needed and restore tone
- Transition filter to restore energy in TBI

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Syntonic Syndromes

Pi-Omega (πω) 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 (ωN) 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: Sensory Balancer

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

Omega: Anti-spasm

- 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 Omega
- Headaches (with migraine, small fields, sinus & nervous system)
- Riding (motion) headaches with nausea
- Omega-N *(ωN) when pain is in back and top of the head.*
- Asthenopia with pain in nervous exhaustion in asthenics

Mu

- ANS balancer, prevents infection, lessens cerebral irritation from ocular reflexes:for Synonic Bio-types
- 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

Delta for Asthenics, Theta for Pyknics

Increases motor tone/increase sensory reactions
TX EOM paralysis, hyperphoria under 4D, low adduction
Scotoma Tx and prevention after retinal detachments or hemorrhages
Headaches in center of forehead
Stimulate elimination and detox for liver, gallbladder

Take Home

Analyse case : history, Endocrines, symptoms, chronic or acute, or for transition to energize

Know your filter actions, Expand your therapy

Decide if need for stimulation, depression, or just balance to restore tone and rhythm

Look for endocrine imbalances in your ROS

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