

Immune Expressions



BodyTalk Study Group – Week 6

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Graves Disease -

- (hyperthyroid) overproduces thyroid hormone, speeds up metabolism
- Symptoms: muscle weakness and deterioration, weight loss , “jitters”, anxiety, fatigue, insomnia, tremors, and increased or erratic heart rate.
- Possible links: thyroid, TSH (thyroid stimulating hormone, hypothalamus, thyrotropin releasing hormone (TRH), throat chakra, expression vs. suffocation, Hypothalamus-pituitary-thyroid axis

Crohn's Disease

- Affects small intestine's ability to absorb nutrients, vitamin and mineral deficiencies, hydration, usually affects ileum (lower part SI)
- Symptoms: bloating, stomach pain, loose stool, and explosive diarrhea
- Diagnosis is common in the late teens to early 30s (targeting 20-somethings) striking suddenly with little reason and interrupting life, and then going back into remission before flaring up again throughout a lifetime.
- Possible links: stomach, small intestine, epithelial lining, microbiome, solar plexus chakra, digestive system, able to stomach _____, “over thinker/analyzer”, issues digesting life, attempt to logically explain life vs trusting the process and synchronicity of life, earth element, concepts of nurturing or lacking, hydration, relationship with the environment (Orientation Box)

Type 1 Diabetes

- Once a childhood diagnosis or condition, now Type 1 Diabetes is now more likely to develop in the mid-20s.
- Symptoms: issues metabolizing glucose, resulting in a need for insulin injections for the remainder of life.
- Possible Links: pancreas, liver, stomach, spleen, earth element, emotions: anxiety, neediness, subconscious worry

Rheumatoid Arthritis

- Chronic pain and inflammation, affects, the synovial lining of the joints, erodes the bone and creates deformity of fingers, hands, wrists, also can affect the tissue of the skin, eyes, heart, lungs, kidneys, and salivary glands.
- Symptoms: red, warm joints, more painful and stiff in the morning, fever, weight loss, can also affect shoulders, hips, knees and feet, becomes active between the ages of 25 to 40
- Possible links: cartilage, tendon muscles, fascia, skin, reciprocals, immune system, cytokines, organs, synovium, synovial fluid, hydration, other factors: obesity, smoking, genetics

Multiple Sclerosis

- Targets the central nervous system, demyelination of nerves (myelin is the insulation surrounding nerve tissue that allows for speed and efficiency of nerve impulse, and is often first diagnosed in the 20s.
- Symptoms: weakness, tingling and numbness; tremors, vision issues, and depression.
- Possible links: nerve supply to-from-with in, myelin, neural sheath (tube or sleeve of the nerve), cellular repair, genetics, possible trigger from virus (Body Chemistry/Body Ecology) often there is a stressful environmental factor that is a trigger, researchers have no idea what causes MS, often one of the most misdiagnosed conditions.

Lupus

- Autoimmune disease that is difficult to diagnose because it mimics symptoms of other conditions, triggered by blood pressure medication, antibiotics (remember the gut brain and microbiome), often a combination of relationships with the environment and genetics...like everything else 😊
- Symptoms: recurrent joint pain and weakness, sun hypersensitivity, and even kidney failure, butterfly shape rash on face, fingers or toes turn white when exposed to cold (Reynaud's like reactions), dry eyes, chest pain, poor memory.

Addison's Disease -

- Immune systems attacks the adrenal glands, can be caused by an adrenal shock such as surgery, injury, trauma, or infection. Also, low red blood cell counts (anemia), high white blood cell counts (eosinophils)
- Symptoms: extreme tiredness (fatigue), nausea, decreased appetite, weight loss, low blood pressure dizziness when standing up quickly; muscle cramps, craving for salty foods, abnormally dark areas of skin such as (armpits, elbows, knuckles, and palm creases). The lips and the inside lining of the mouth can also be unusually dark.
- Possible links: adrenal glands, Innate immune system (eosinophils), coping with _____, surviving _____, will power vs. surrender, kidney meridian - pericardium, Active Memory Events (surgery, life trauma, injury), Water Element, Base Chakra, hemoglobin (red blood cell function for O2 saturation, physiology of iron uptake, femur and pelvis bones (bone marrow production of RBCs), erythropoietin (molecule released by kidneys to help form RBCs in bone marrow)

Remember:

- Immune Expression involves many factors: physiology, genetics, belief systems, environmental triggers, boundaries, Wei Qi, trauma, personality types, gut brain, microbiome, immune tissue, immune cells, fetal and childhood trauma, family history of addictive patterns, abusive relationships past or present
- Quality of Relationship between the Inner Village to the Outer Village
- Permissions can be profound for the client: removing the “Veil of Resistance” within the Subconscious mind. Permissions of Body, Mind, Spirit or General Permissions.

Group Session

Thank you!

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