

The Sunshine Chiropractic Clinic  
380 High Street  
Maryville, TN 37804  
(865)984-6850

The Sunshine Chiropractic Clinic  
404 Northshore Drive  
Knoxville, TN 37919  
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## TOTAL BODY MODIFICATION (T.B.M.)

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### What Is TBM?


T.B.M. is a technique that is used to find the organ or area of the body that is stressed, determine why it is stressed and correct the problem by restoring balance to the nervous system.

In other words, while basic chiropractic is used to correct the structure and influence the function, T.B.M. corrects the functional physiology, (how the body works), which may, in turn, influence structure. Both are essential for optimum health.

The power that made the body could correct the body. T.B.M. has taken that philosophy and explored the possibilities inherent in the human body of self-regeneration. T.B.M. has demonstrated that if the right thing is done to the body at the right time and the right way, wonders can happen. By taking the techniques of the old chiropractic masters and combining them with modern technology, T.B.M. has been able to duplicate the corrections and restoration to health that the old masters were able to do.

### T.B.M. & Allergies

TBM can be used to de-sensitize hypersensitivities, incorrectly termed allergies, and can give a 90% improvement in symptoms. Hypersensitive reactions are the result of unresolved flight or fight responses when we inhale or ingest disharmonious allergens (ones that clash with our own electromagnetic field). There are six basic causes of allergies in 80% of patients including dehydration, sugar metabolism problems, heavy metal poisoning, reaction to bees and intestinal dysfunction. If these are corrected, allergic reactions are eliminated in 80% of people.



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## Total Body Modification

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### How Does TBM work?

The nervous system is composed of the central nervous system, which runs the voluntary function or movements and the autonomic nervous system which runs the involuntary functions of the body, such as heart beat, digestion, etc. Each of these systems are further divided into sensory and motor fibers.

The brain is the primary control for both branches of the nervous system. Sensory fibers carry messages to the brain where they are processed like a computer. The brain in turn tells the body what to do through motor nerves.

Research has proven that under sufficient stress, the neurons in the brain centers, which are controlling the stressed organ or body part, essentially depolarize. This is like blowing a fuse on an electric circuit. The message gets to the brain but fails to return. The result is that the brain (computer) loses effective control over the afflicted organ or body part. This leaves the organ or body part running out of control.

Using tried and tested reflex points and muscle testing, the TBM practitioner can find the problem. The practitioner will then stimulate a specific area or areas of the spine in a specific manner in an attempt to stimulate the neurons in the brain to repolarize (fix the fuse) and allow the brain to regain control of the body and guide it back to health. Since a correctly functioning nervous system is a major requirement for health, it follows that TBM can have a part to play in almost any problem and uncover and correct the roadblocks to recovery.

At this point in time, TBM is able to test and correct many of the known body functions. Through the efforts and thinking of many innovators within the chiropractic profession, a body of knowledge and repeatable technical procedures, TBM has emerged to correct what is termed functional physiological malfunctions.

Over the years, scientific data has validated much of what began as a theory. But the results that have been attained have given the confidence and the desire to find out more about how the body really works. Research has an ongoing activity in TBM and each year brings new discoveries.

*Ask Dr. Barry & Dr. Brian what TBM can do for you!*