

Peanuts & Diaphragm

April 2013



Autonomic Nervous System

Is the diaphragm the rocking peanut shell that creates the **wind** that moves the **water**? We don't hear much about the diaphragm; however, in my work I am beginning to realize that this muscle controls the pedal that moves the wheels sustaining life. Its shape is molded with perfect precision much like a Rolex watch....a chain reaction in perfect harmony. No fuss...just smooth and timely. The heart lies above the diaphragm perfectly positioned at the apex of the shell. The bottom lobes of the lungs lie behind the diaphragm carved out to fit the rounded ceiling of the shell. This articulating machine with its snug fit creates the breath and the waves that move other systems. Rock the peanut shell forward and down and the roof of the shell will move upward and press on the lungs. The lungs in the back will then widen and fill with oxygen (inspiration). In exhale... return the peanut shell upward and back. Space is now available for the lungs to stretch, release and relax.

This entire system is based on a self-sustaining electrochemical wave created by the "spank" after delivery. The human body is 80% water and electricity is drawn to water. The spank upon the buttocks stimulated the Vagus nerve, which innervates the diaphragm, initiating the action potential that fired the diaphragm and initiated the lungs to breathe. Now **Wind moves Water. Wow!**

In my work I have noticed a common symptom when the body presents with autonomic nervous system diseases or dysfunctions (colitis, Crohn's disease, IBS, constipation, etc...**a restricted diaphragm**. Breathing is weak, squeaky, shallow and flat. The response when I pull down the diaphragm is "feels good". Could the core of these diseases involve a diaphragm that is restricted in the downward movement, inhale, and the cells are not getting enough oxygen? Could the central tendon of the diaphragm be restricted at the ribs or spine? What about the **wave** and its influence on the lymphatic system? Is the water not moving?

The lymphatic system is a water based system shuffling unwanted cancer cells, bacteria, fungus, heavy metals, inert substances, etc. through locomotion based on advance and recede ...or a wave. Waves created by the breath cause a spring effect from one lymphatic to the next. This moves the lymph upward towards lymph nodes to be destroyed. What might happen if the breath is too shallow? The fact is that the abdominal area has more disease, cancer and systemic dysfunctions than any other area in the body. Wow! Is there a connection? Even a dirty pond with no inflow of clean water providing oxygen and no outflow for stagnant water is sick and turns green. Should we look at the breath when the body presents with systemic dysfunctions? Why would the body place 400 lymph nodes in this area when the body has a total of 700? Is the lymphatic system the **outflow**?

We as healthcare providers must understand the connection of the Vagus nerve to the homeostasis of the body and the role it plays in breath.

The fact that the Vagus nerve is located above the lower torso is not by chance. Most problems with the body are below the torso. The Vagus nerve has its axons throughout this entire area sending messages to the brain of the "state of affairs" of the system. Activating this nerve will initiate the firing of acetylcholine by the immune system into inflammatory areas. Deep breathing activates this process! Deep breathing responds by calmness, lower blood pressure, relaxation and sleep. In massage should we focus on the **wave?**

Tory Hawkes
BS, NCMT