

ASTHMA

the GESRET Method

Since the death of his son Frank in 1974, caused by an asthma crisis, Jacques Gesret spent all his time in studying the causes of this disease. In France only, every year 2.500 patients are dying from asthma. During ten years he occupied himself in studying anatomy, auriculotherapy and traditional Chinese acupuncture. In 1984, he uses his findings on the fundamental mechanisms that organise the deregulations of the immune system, and he starts his praxis in Bayonne. In the next years he succeeds in improving his techniques and therefore he understands how different nervous systems react on his therapy.

Thanks to his extended autodidactic studies, supported by many authors, he gains the knowledge about the peripheral nervous systems. In 1996 his knowledge led to the publication of a book: *Asthme, recherche fondamentale, et nouvelles thérapeutiques des pathologies du système immunitaire*, and in 1997: *Acupuncture et ostéopathie, vérité neurophysiologique*.

His studies were regularly deposited since 1985 and can be consulted at the medical libraries in Paris and Bordeaux.

Asthma according to Jacques R GESRET In no ways, the cause of asthma can be considered as being a permanent inflammatory status of the lung tissues, as it would be considered in traditional medicine. Indeed, an inflammation is not the cause but a defensive answer. Asthma is a normal reaction from the body on abnormal information supposed coming from the pulmonary plexus (= nerve fibres of the lungs). This is also called «phantom information» or false information. This false information is better known in cases of amputation, where pain is still felt at the place of the amputated limb. This «confusing» information occurs because abnormal nerve signals are sent from a nerve ganglion.

This ganglion receives also information from different organs, tendons, muscles, joints and skin tissues. Now, if we disturb a nerve on its way,

then stimuli will be sent to the nerve endings at the place of the organs or structures they are connected with. In the case of asthma, the false information comes from the subluxations of specific rib joints (first three ribs). In 90% of the cases these ribs are impressed at the right side.

This phenomenon can be easily controlled: it suffices to place the patient supine and as a control to put your hands flat and high on the chest. Immediately you will see that one hand is positioned lower than the other and that the amplitude of inspiration is decreased at that side. Via the index fingers you can find possible subluxations at the impressed side (step phenomenon) and let it be confirmed by the patient who feels if this spot is painful. It is absolutely forbidden to press hard and during a long time on these subluxations because this can immediately provoke a crisis! Another important point can be found between the ribs under the armpit at the opposite side. This is painful under pressure, and when you detect, you will see immediately a painful grimace on the patient's face. A slow and soft massage of this point during slow and deep inspiration of the asthma patient will almost immediately stop the crisis. Asthma patients show all systematic the same rib problems, in combination with an instable pelvis caused by a true or false short leg.

But, what we usually know as asthma, is it a true asthma ?

Jacques GESRET discovered that there exist two kinds of breathing difficulties: one which contains an expiration problem (classical asthma) and a second which contains an inspiration problem (spasm of the pharynx, in 50% of the cases falsely diagnosed as a true asthma).

This inspiration problem contains those patients who are complaining of irritations in the throat (sensory disturbances in the throat) causing a small, dry cough reflex especially during the night (from midnight till two o' clock in the morning)

and which continues in a strong spasm of the pharynx which holds the inspired air firmly.

This problem is caused by an irritation of a nerve (Glossopharyngeal nerve) evoked by a false position of the first cervical vertebra (atlas). It is possible to provoke this cough simply by placing a cotton tube in the ear opening on one side, while it won't work at the other side.

The expiration problem is the real form of asthma. These symptoms are well known: the chest stays blocked and expanded, the patient inspires fast with the help of the diaphragm (= abdominal breathing), expires long with lots of difficulties through the mouth, with the lips pressed on each other, with wheezing sounds because of the blocked bronchi.

Possible interventions Jacques GESRET has set up a diagnostic protocol with soft manual techniques, which allows making disappear all the symptoms (in more than 90% of the cases) in about 3 to 4 sessions of about one hour per consultation. In children the results are almost immediately visible (vital capacity is gained back starting from the first treatment), whereby, in adults, the results will be determined by the age of the patient (arthrosis) and the length of the disease.

Despite everything, even in the worse cases, a better life comfort is offered to the patient.

Allergies Jacques Gesret showed in his book in 1996 the relation between mechanical disturbances of the first thoracic segments, their influence on the nerve ganglia (stellar ganglion) and the disruption of the answers of the immune system. Normalisation of these mechanical disturbances stops the false information coming from these ganglia, whereby the answers from the immune system normalise within a few weeks (verified since 1985).

Skin diseases Here also, the basic principle is the same: blocked joints send false information via nerve fibres to the corresponding skin zones. The defence mechanism of the body will react in those skin areas that are overexcited.

What will make the difference whether eczema or psoriasis occurs, besides the corresponding blockades of pelvis, 1st and 9th thoracic level, is the first rib left or right and the phenomenon of

the short leg. Indeed, if the short leg (true or false) is at the right side, the pelvis will be lowered at the same side, the 9th dorsal will disturb the nerve fibres from the liver and the first rib on the right side will be posteriorized.

If the short leg is located on the left side, then the nerve fibres on the level of the ninth thoracic will disturb the pancreas.

These considerations are systematic!

There is even more: there exists a strong accordance between eczema and psoriasis since eczema can be psoriasiform and psoriasis can be eczematiform. In such a case both nerve vessels from pancreas and liver will be disturbed via the 9th dorsal vertebra. The treatment strategies are equal to those for asthma. Eczema can disappear in a period of about 3 weeks. Psoriasis needs a cycle of three treatments, once a week and another one or two treatments if necessary one or two months later. The treatment protocol, made by Jacques GESRET can be done by any practitioner in osteopathic, chiropractic or manual medicine. The individual formation is done in the cabinet of the therapist with his/her own patients. He/she will learn very specific techniques to equilibrate pelvis, thorax, and perfect positioning of first cervical together with all tests necessary for examination and control. These techniques are soft and can be done on a three weeks old child who suffers from eczema. The study of these techniques is absolutely necessary in order to achieve effective and durable results on mentioned pathologies. (follow-up since 12 years).

To consult the complete addresses of the practitioners from all countries, please visit our web site "Asthma reality" at <http://asthme-reality.com>

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