

**“Calling Dr. Thymus, Dr. Thymus.
Dr. Thymus, please report to the ER”
By Mike Macy**

The thymus gland is a small gland located in the upper thorax, just behind your manubrium (uppermost sternum) and in front of the heart and aorta. Doctors recognize thymus' importance in children, but because thymus' size decreases after adolescence they assume that thymus becomes less important in adults. In this I believe they are mistaken, fortunately, because we all need robust immune systems.

The following is based on the pioneering research of Dr. John Upledger and his colleagues in the late 1990s. Thymus is the headquarters, or brain trust, of the immune system. If you work with your thymus, you can avoid getting sick when everyone around you seems to be dropping like flies.

Here is what every person needs to know about their thymus: Regardless of whether this gland is young and robust or old and nearly invisible, the thymus has access to the 100-200 billion immune cells in your body, including your stem cells. Therefore, in addition to stopping deadly infections, thymus can repair any tissue or structure in your body, making it like new.

Second, thymus has some basic needs. Like all other structures in the body, thymus needs adequate space (room), blood supply, and energy. If you take care of thymus' needs first, thymus will be that much more effective. Because the body is hierarchical, you may not be able to address thymus' crowding or blood supply until you've taken care of heart's and lungs', but usually thymus will still be able to help. However, any crowding resulting from “content” --emotions, issues, beliefs, attitudes, should be released and thymus' energy needs should be addressed before asking thymus to assist with other projects.

Third, thymus lives in a rough neighborhood, in the sense that both physical and emotional trauma tend to land in the heart, lungs, vasculature and bones of the upper thorax and neck. Furthermore, on-going exposure to stress and danger can lock us in a continuous state of fight-or-flight. Being stuck in fight-or-flight has implications for all of our body systems and impairs our cognition, digestion, energy, and immune functions. If you grew up or worked in high stress situations, you may need to reset your Reticular Activating System (RAS) before working with thymus. This is described in another reading entitled “Finally a Magic Bullet for Chronic Life and Health Challenges.” Assuming you are now safe, resetting RAS can usually be done in an hour or less.

Rough neighborhood or not, the central upper thorax is prime real estate. Anything you can do to clean up the 'hood can pay huge dividends, health-wise. In some ways, this situation is analogous to that of many of America's most prestigious universities, like Columbia, Yale, Georgetown, Berkeley, and USC

which are located in crime-ridden Inner Cities yet, produce great scholars and citizens that go on to make the world a better place.

Fourth, Dr. Upledger has observed that thymus functions much like a modern university. Let's call it Immune University, or IU. IU has a huge research library, lots of classrooms, and laboratories. The research library has records of every pathogen and allergen that you've ever been exposed to. In the lab, samples of DNA from your lungs, skin, GI tract, and all other tissues are continually examined to determine if they are self (you) or other, and if other if they pose a threat to you. In the classrooms, immune cells are trained to handle specific jobs (tracking down and eliminating invading bacteria, virus, and fungi, for example, and demobilized and retrained once those threats have been eliminated.

Fifth, thymus really is a first-rate institution. The IU faculty and student body are smart. You don't need to tell them how to get the job done—even if you think you know which immune cells would be most helpful. You just have to take care of thymus and help it identify the pathogen or allergen and it will do the rest.

Sixth, thymus is fast. Really fast. Once its needs are addressed, and once it gets a little practice collaborating, it often works at the speed of thought. Sometimes thymus even reads your mind and starts tackling a task before you can articulate it. I've felt this on many occasions in my patients' tissues.

The reading "Beating Colds and Flu" provides a complete how-to, which can be used to address almost any infection and many other problems, from emotional trauma to toxins and fractures.

Before finishing a session with thymus, be sure to thank it for its assistance. And finally, ask thymus what is the single most important thing you or its owner can do in the next few days to improve thymus' situation and function. The most common answers, typically, are prescriptions like "drink more water", "get more rest", or "get more exercise". Less common are things like "meditate", "pray", "be kinder to yourself", or "eat more _____". But whatever Dr. Thymus prescribes, please, fill your prescription and take **all** your medicine.

Finally, get in the habit of working with thymus all the time, not just when you are at death's door. That will help keep you healthy and associated with one of the world's greatest academic/therapeutic institutions, with all the prestige, privileges, and responsibilities thereof.

Reference: [Cell Talk: Transmitting Mind into DNA](#) by John E. Upledger (July 13, 2010)