

## 124-ADHD, Vaginal, Crickets, Glands, Children, Beer, Worms, Trendelenburg,

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Hi Everyone.

I hope to post another Audio series of an historical AK Lecture. The first ICAK President, Dr. John Thie's Melbourne lecture regarding How to create an efficient multi doctor, multi service AK clinic was unique. I visited his clinic many times and was always amazed at the way he managed 40 people in a large service office with 3 buildings and see 50+ patients per day. He developed a system that received many awards from his colleagues including Chiropractor of the Year from the Parker organisation. The Melbourne seminar was one of the only times he gave a seminar devoted totally to office management from an AK perspective (the other was in Sydney). Don't miss it. It will save you making many mistakes in your practice. It was recorded in 1982. I don't know of any other AK chiropractor that supervised such a large office complex. Enjoy, Donald

1. [Cell phones and tumours-more evidence in 13 studies](#)
2. [Crickets are an efficient source of protein](#)
3. [Plastic bottles cause glands to malfunction](#) .
4. [Psychological obstacles for back pain](#)
5. [Chronic pain in children can be helped with behavioural, relaxation and biofeedback therapies](#)
6. [Placebo effects on pain are managed by the prefrontal cortex.](#)
7. [Lose weight fast-swallow a worm](#)
8. [Beer builds better bones](#)
9. [Osteopath Manipulation helps Trendelenburg gait](#)
10. [Emg muscle activity does not correlate with palpation](#) .
11. [Dr. Bob Blaich, AK Diplomate, discusses health and disease on you tube.](#)
12. [Darwin's "Origin of the species" first edition now digitised](#)
13. [Girls with ADHD continue to suffer as adults](#)
14. [38% of college students have back pain](#)
15. [Shoulder pain responds to manipulation with long term results](#)
16. [Sacral manipulation causes vaginal and perineal muscle contraction.](#)
17. [Stretching/mobilization only has short term effects on shoulder muscle strength.](#)
18. ["Popping" joints does not always mean pain relief.](#)
19. [Atlas and Axis bones are shaped differently and may feel different.](#)
20. [Accurate instruments can measure neck movement.](#)

21. [ileo-caecal case study.](#)
22. [Fish oil helps recovery of septic patients.](#)
23. [Quadriceps strength predicts painful knees](#)
24. [Believing in your treatment makes a difference.](#)
25. [How many vaccines should you have?](#)
26. [Dr. Vittoria's new newsletter is up .](#)
27. [A New study shows the relationship of money and happiness](#)
28. [Wheat/gluten foods can create Nerve problems.](#)
29. [Cholesterol medication can increase your risk of diabetes](#)
30. [A "load on your mind" / Head carrying can cause upper neck osteoarthritis.](#)

Comments:

1. [Cell phones and tumours-more evidence in 13 studies](#) . "Cell phones have become an integral part of everyday life, but concerns about their safety persist. A meta-analysis, published in the November 20 issue of the Journal of Clinical Oncology, which found evidence linking cell phone use to an increased risk for tumors has since attracted criticism."
2. [Crickets are an efficient source of protein](#) . "Could an African caterpillar be the new beefsteak? As the world diverts more of its grain harvests into producing meat, some scientists are pushing policymakers to take a closer look at insects as an environmentally friendlier source of protein. Whereas a cow needs to eat roughly 8 grams of food to gain a gram in weight, for instance, insects need less than two. The U.N. Food and Agriculture Organization is currently developing policy guidelines that will encourage countries to include insects in their food-security plans."
3. [Plastic bottles cause glands to malfunction.](#) "Bisphenol A (BPA) is a high-production-volume chemical commonly used in the manufacture of polycarbonate plastic. Low-level concentrations of BPA in animals and possibly in humans may cause endocrine disruption. Whether ingestion of food or beverages from polycarbonate containers increases BPA concentrations in humans has not been studied. One week of polycarbonate bottle use increased urinary BPA concentrations by two-thirds. Regular consumption of cold beverages from polycarbonate bottles is associated with a substantial increase in urinary BPA concentrations irrespective of exposure to BPA from other sources."
4. [Psychological obstacles for back pain.](#) "perceptions of personal control, acute/chronic timeline, illness identify and pain self-efficacy. When all independent factors were included, depression, catastrophising and fear avoidance were no longer significant. Thus, a small number of psychological factors are strongly predictive of outcome in primary care low back pain patients. There is clear redundancy in the measurement of psychological factors. These findings should help to focus targeted interventions for back pain in the future."
5. [Chronic pain in children can be helped with behavioural, relaxation and biofeedback therapies.](#) "cognitive-behavioral therapy, relaxation therapy, and biofeedback all produced significant and positive effects on pain reduction. Studies directly comparing the effects of self-administered versus therapist-administered interventions found similar effects on pain reduction. Psychological therapies result in improvement in pain relief across several different pain conditions in children"
6. [Placebo effects on pain are managed by the prefrontal cortex](#) . "The results demonstrated

that placebo significantly increased pain threshold and pain tolerance. While rTMS did not affect pain experience, it completely blocked placebo analgesia. These findings suggest that expectation-induced placebo analgesia is mediated by symmetric prefrontal cortex function."

7. [Lose weight fast-swallow a worm](#) . "The Hong Kong Department of Health said Chinese Web sites have been offering weight-loss products containing potentially fatal parasites as a way of shedding extra pounds. The products contain the eggs of Ascaris worms, giant intestinal roundworms, which can grow up to 15-inches inside a host's intestines and lay up to 200,000 eggs a day inside the body, according to the report. Officials are warning people that swallowing the parasites could cause abdominal pain and distension, vomiting, diarrhea and malnutrition."

8. [Beer builds better bones](#) . "The take-home message for the casual drinker: "Choose the beer you enjoy. Drink it in moderation," lead researcher Charles Bamforth of the University of California, Davis, told LiveScience. "It is contributing silicon (and more) to your good health." Bamforth and his colleague Troy Casey, both of the university's Department of Food Science and Technology, detail their findings in the February issue of the Journal of the Science of Food and Agriculture."

9. [Osteopath Manipulation helps Trendelenburg gait](#) . "Gait dysfunctions are commonly encountered in the primary care setting. Compensated Trendelenburg gait is a gait dysfunction that was originally described in patients with weakness of ipsilateral hip abduction. This condition is thought to result from neuronal injury or myopathy. No treatment modalities currently exist for compensated Trendelenburg gait. The authors present a case in which osteopathic manipulative treatment may have improved a Trendelenburg gait dysfunction in a man aged 65 years with multiple sclerosis. Evidence of this improvement was obtained with the GaitMat II system for measuring numerous gait parameters. Based on the results reported in the present case, the authors propose that compensated Trendelenburg gait may arise from somatic dysfunction and may be corrected by osteopathic manipulative treatment."

10. [Emg muscle activity does not correlate with palpation](#) . "The lack of statistically significant differences between EMG activity at the abnormal and normal paraspinal sites suggests that factors other than muscle activity are responsible for the apparent abnormality of these tissues to palpation. Investigation of these regions for increased tissue fluid and inflammatory mediators is recommended."

11. [Dr. Bob Blaich, AK Diplomate, discusses health and disease on you tube](#) .

12. [Darwin's "Origin of the species" first edition now digitised](#) . Free downloads. "On the origin of species by means of natural selection, or, the preservation of favoured races in the struggle for life [electronic resource] by Charles Darwin. M.A., Fellow of the Royal, Geological, Linn?an, etc., societies ; author of 'Journal of researches during H.M.S. Beagle's voyage round the world" 1859"

13. [Girls with ADHD continue to suffer as adults](#) . "By young adulthood, girls with ADHD were at high risk for antisocial, addictive, mood, anxiety, and eating disorders. These prospective findings, previously documented in boys with ADHD, provide further evidence for the high morbidity associated with ADHD across the life cycle. "

14. [38% of college students have back pain](#) . "Thirty-eight percent of college students surveyed

reported having back pain within the past school year. Investigators found that univariate associations included multiple domains, but only psychosocial factors remained statistically significant in a final regression model and were associated with back pain. Feeling chronically fatigued (odds ratio, 3.89; 95% confidence interval, 1.09-13.86) and being in an emotionally abusive relationship (odds ratio, 2.78; 95% confidence interval, 1.69-4.57) were the factors most strongly associated with back pain in the final model."

15. [Shoulder pain responds to manipulation with long term results](#). "The factor analysis resulted in 4 factors: "shoulder pain," "neck pain," "shoulder mobility," and "neck mobility." At 6 weeks, no significant differences between groups were found. At 12 weeks, the mean changes of all 4 factors favored the intervention group; the factors "shoulder pain" and "neck pain" reached statistical significance (95% confidence interval [CI], 0.1-2.1). At 26 weeks, differences in the factors "shoulder pain" (95% CI, 0.0-2.6), "shoulder mobility" (95% CI, 0.2-1.7), and "mobility neck" (95% CI, 0.2-1.3) statistically favored the intervention group."

16. [Sacral manipulation causes vaginal and perineal muscle contraction](#). "High-velocity and low-amplitude manipulation of the sacrum was associated with an increase of phasic perineal contraction (PPC) and of basal perineal tonus (BPT) in women who had no associated osteoarticular diseases. These preliminary discoveries could be helpful in the future study of the treatment of women with perineal hypotony."

17. [Stretching/mobilization only has short term effects on shoulder muscle strength](#). "The results of the study suggest that C5-6 joint mobilization increases muscle strength of the shoulder external rotators immediately and its effect carries over for 10 minutes but not after 20 minutes."

18. ["Popping" joints does not always mean pain relief](#). "The current study suggests hypoalgesia is associated with HVLA manipulation and occurs independently of a perceived audible pop (AP). Inhibition of lower extremity temporal summation may be larger in individuals in whom an AP is perceived, but further study is necessary to confirm this finding."

19. [Atlas and Axis bones are shaped differently and may feel different](#). "Because variable morphology of the axis is common, congenital deviation of the odontoid process, deviation of the spinous process, and asymmetrical bifid spinous processes should be taken into account during clinical palpation and diagnostic imaging."

20. [Accurate instruments can measure neck movement](#). "A considerable number of reliability and concurrent validity studies have been published for Cervical Range Of Movement. The CROM device has undergone most evaluation and has been shown to be clinimetrically sound. Further research with significantly improved methodology and reporting is warranted for all devices."

21. [ileo-caecal case study](#). "We present a 74-year-old Filipino lady diagnosed with a Merkel cell carcinoma of the skin with regional node involvement. Following excision and radiotherapy, she recurred with metastasis to the ileocaecal valve, and died at 28 months after initial diagnosis."

22. [Fish oil helps recovery of septic patients](#). "Inclusion of fish oil in parenteral nutrition provided to septic ICU patients increases plasma eicosapentaenoic acid, modifies inflammatory cytokine concentrations and improves gas exchange. These changes are associated with a tendency towards shorter length of hospital stay."

23. [Quadriceps strength predicts painful knees](#). "A very important paper for us on the relationship between quadriceps muscle strength, knee pain, Osteoarthritis, and disability!! The

strength and function of the quadriceps is the most important predictor and determinant of painful knees in elderly subjects. From the Abstract: "Quadriceps strength, knee pain, and age are more important determinants of functional impairment in elderly subjects than the severity of knee osteoarthritis as assessed radiographically. Strategies designed to optimise muscle strength may have the potential to reduce a vast burden of disability, dependency, and cost." Thanks to Dr. Cuthbert for this link.

24. [Believing in your treatment makes a difference.](#) ""It's not that placebos or inert substances help," said Linda Blair, a Bath-based psychologist and spokeswoman for the British Psychological Society. Blair was not linked to the research. "It's that people's belief in inert substances help." "In the Lancet review, researchers cite studies where patients with Parkinson's disease were given dummy pills. That led their brains to release dopamine, a feel-good chemical, and also resulted in other changes in brain activity."

25. [How many vaccines should you have?](#) Here is the list.

26. [Dr. Vittoria's new newsletter](#) is up. Hey Donald, Newsletter #31 is up on my wordpress acct

You may want to take a look:

- 2) Vitamin D May Influence Cognitive Dysfunction and Dementia
- 3) Dietary Soy Linked to Lower Risk for Breast Cancer Death, Recurrence
- 4) Gingko Biloba May Not Reduce Cardiovascular Mortality or Events
- 5) Electrical Stimulation of Ankle Plantar Flexors May Improve Gait After Stroke
- 6) Milk Thistle Treats Chemotherapy-Induced Hepatotoxicity
- 7) In Older Women, High Testosterone Linked With High Cardiovascular Risk
- 8) Celiac Disease Increases Risk of Neurological and Psychiatric Disorders
- 9) Vitamin D May Reduce Cardiac Work
- 10) Pomegranate Ellagitannin-Derived Compounds Exhibit Antiproliferative and Antiaromatase Activity in Breast Cancer Cells In vitro(in the test tube)
- 11) Atherosclerosis regression & HDL Raising With Niacin Superior to Ezetimibe
- 12) Contraindications to Vitamin D

27. [A New study shows the relationship of money and happiness](#) :

Does money buy happiness? Answers to this question differ, depending, in part, on whether one asks an economist or a psychologist. The former would point to correlations between higher incomes and greater self-reported well-being, whereas the latter would argue that happiness shows little correlation with absolute material goods and is instead dictated largely by an individual's so-called set-point. Another strand of research invokes a hedonic treadmill, whereby income matters until subsistence requirements are met, at which point comparisons with one's neighbors are what influence one's sense of life satisfaction. Oswald and Wu (p. 576, published online 17 December; see the Perspective by Layard) establish that the subjective responses from 1 million adults, collected within health surveys conducted by the U.S. Centers for Disease Control and Prevention, do indeed correlate with objective measures of quality of life.

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending." ~Maria Robinson



28. [Wheat/gluten foods can create Nerve problems](#) . "Gluten sensitivity is a systemic autoimmune disease with diverse manifestations. This disorder is characterised by abnormal immunological responsiveness to ingested gluten in genetically susceptible individuals. Coeliac disease, or gluten-sensitive enteropathy, is only one aspect of a range of possible manifestations of gluten sensitivity. Although neurological manifestations in patients with established coeliac disease have been reported since 1966, it was not until 30 years later that, in some individuals, gluten sensitivity was shown to manifest solely with neurological dysfunction. Furthermore, the concept of extraintestinal presentations without enteropathy has only recently become accepted. In this Personal View, we review the range of neurological manifestations of gluten sensitivity and discuss recent advances in the diagnosis and understanding of the pathophysiological mechanisms underlying neurological dysfunction related to gluten sensitivity."

29. [Cholesterol medication can increase your risk of diabetes](#) . "Statin therapy is associated with a slightly increased risk of development of diabetes, but the risk is low both in absolute terms and when compared with the reduction in coronary events. Clinical practice in patients with moderate or high cardiovascular risk or existing cardiovascular disease should not change."

30. [A "load on your mind" / Head carrying can cause upper neck osteoarthritis](#). "This condition has significant prevalence in porters, beginning at an early age. Diagnosis is based on the clinico-radiologic presentation. CT is the investigation of choice. Resultant functional limitations make early identification of this condition imperative. "

Comments:

Thanks for the article Don. Took him 44 visits!!!. Obviously on Insurance but I wonder why the Insurance Company didn't complain. Like you Don, I would be wondering why 3 or at most 5 visits did not show great results.

If such a simple case took so long I wonder what minor complicated treatments would take.

Thanks a bunch, have a great week

Charles

Sometimes it amazes me about how incompetent some practitioners are and how gullible some patients are. If only they knew. If only we could get through to them on both sides, much suffering could be saved, much time and money not wasted and more benefits could be shared. Keep up your good work

Greetings,

Mark

another awesome AKNAB !!

joe

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"Neglect starts out as an infection then becomes a disease." —Jim Rohn

Tags: