

127-Myofascial, Stretching, Vibration, Comics, Flowers, Breast, Sex, Erection, Witnesses.

Posted on Apr 04, Posted by [Donald McDowall](#) Category [MyBlog](#)

Hi Everyone,

You will have received a number of special editions of AK News and Views. Many ICAK Chapters will be having their meetings in the next few months. I will try and bring as much information about them as possible for you. There will be more special editions to come in the next few weeks. Enjoy, Donald

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1. [Dr Schmitt announces 25 new AK video clips on youtube.](#) 25 AK Related Video Clips have been published on YouTube. These video clips are taken from the QA Course taught by Dr. Walter Schmitt. They address a variety of topics from "Endocrine Imbalances Compromise Spinal Motion" to "Chapman's Reflexes and Rib Dysfunction". Use the link below to access the video's.

For further information about [Quintessential Applications](#) . [Return to top.](#)

2. [Review of David Simons Myofascial pain work](#) . He co authored with Janet Travell on of Dr. Goodheart's favourite [books](#) . " To be sure, David's life has been remarkable - ranging from his airforce days when he became one of the first men in space (see photo of him on cover of Life Magazine above, 1957) - to his decades of research and writing on the theme of myofascial pain. And all those associated with manual medicine owe him a profound debt of gratitude. Now is not the time for expanding on this theme, there will be time enough for tributes and memories later." [Return to top.](#)

3. [Pilates helps flexibility and muscle endurance.](#) "This study suggests that individuals can improve their muscular endurance and flexibility using relatively low-intensity Pilates exercises that do not require equipment or a high degree of skill and are easy to master and use within a personal fitness routine." [Return to top.](#)

4. [Static stretching does not help muscle performance.](#) "Compared with the control condition, SS of the knee flexors before maximal isokinetic testing does not lead to significantly diminished CON or ECC torque output at slow or fast contraction velocities. These data suggest that moderate SS does not impact the performance of all muscle groups." [Return to top.](#)

5. [Hand held dynamometer is reliable and valid for lower extremity muscle strength.](#) "HHD is a reliable and valid assessment tool for measuring strength at the hip and knee in older adults, and greater strength in these muscles is associated with longer step length and decreased reaction time, which are important components of balance recovery in older adults. HHD can be

used as an effective strength measurement tool for the older adult population."

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6. [Static stretching helps active middle age adults.](#) "No significant differences were found between the group means of the stretch and no-stretch conditions for the dependent measures of broad jump, single hop, triple hop, crossover hop, and 6-m timed hop performance. Ten minutes of acute static stretching enhances dynamic balance and does not affect jump/hop performance in active middle-aged adults. Static stretching should be included before competition and before exercise in fitness programs of active .

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7 . [Vibration exercise helps muscle power.](#) "The data also show that age is a moderator of the response to vibration exercise for power. On the basis of the overall analysis, it is apparent that vibration exercise can be effective at eliciting chronic power adaptations. Exercise professionals can include vibration exercise as a means of fostering power improvements."

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8. [Respiratory vaccines have less side effects.](#) "Delivery of the measles vaccine through the respiratory tract could help this effort. Respiratory delivery generates robust local and systemic immune responses^{3, 4} and this route is better for boosting responses in seropositive people than are injectable vaccines.⁵ Furthermore, mucosal administration is less likely to be blocked by maternal antibodies in infants than is a subcutaneous measles vaccine.⁶ Administration of aerosol vaccines needs fewer skills than does administration of injectable vaccines. Furthermore, use of non-injectable vaccines reduces the likelihood of unsafe disposal and reuse of syringes in immunisation programmes." Donald's comment: Who is to say that "Mall Walking" for an hour will not produce the same exposure to infections and create a natural immune effect?

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9. [Erection problems may mean heart trouble.](#) "This study lent further support to the notion that ED is predominantly a disease of vascular origin with endothelial cell dysfunction as the unifying link. Investigations in diabetics have also supported this concept and, in fact, suggest that ED is a predictor of future cardiovascular events in this group. Gazzaruso and colleagues (2008) recruited 291 men with type 2 diabetes with silent coronary artery disease (CAD) and found that those who developed major adverse cardiac events over the course of approximately 4 years were more likely to have ED (61.2%) than those who did not (36.4%). Through further multivariate analysis, ED remained an important predictor of adverse cardiac events, and although diabetics have a high risk of cardiovascular disease, the risk is even higher in those who develop ED."

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10. [Lead exposure man increase tooth loss.](#) " Long-term cumulative lead exposure is associated with increased odds of tooth loss."

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11. [Comics help teach medicine.](#) "Some healthcare professionals—especially those working in public health, with young people, or with non-native speakers—have begun to use graphic stories for patient care and education.^{1 2 3} One reason this practice is not more widespread is

probably because most doctors have not considered its merits. We believe that graphic stories have an important role in patient care, medical education, and the social critique of the medical profession. What follows is an introduction to graphic stories, with some examples of what they are, how and why they work, and how they can enhance teaching and patient care."

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12. [New additions to the Psychiatrists bible](#) . "Diagnoses of mental disorders in children and adolescents rose dramatically during the past 2 decades. Juvenile cases of bipolar disorder, once thought to strike only in adulthood, jumped 40-fold between 1993 and 2004 in the United States, according to one widely cited study. Autism estimates leapt from 1 in 1500 to as high as 1 in 90 over a similar time period. Such figures have fueled an intense debate about whether the surge is real or reflects a trend toward overzealous diagnoses and a tendency to pathologize normal youthful behavior. Against this backdrop, the clinicians and researchers working on revisions to the psychiatrists' bible, the Diagnostic and Statistical Manual of Mental Disorders (DSM), have been wrestling with how to improve the diagnosis of mental disorders in these age groups. It's not clear how their suggestions, released last month (Science, 12 February, p. 770), would affect the prevalence of mental disorders if adopted, but they are already altering the discussion."

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13. How AK Doctor Steven Moe treats shoulders. [Video clips](#) . [Return to top.](#)

14. [Knee ligament physical exam may be unreliable](#). "In sports medicine, unreliable or inaccurate clinical examination confounds the clinician's ability to make informed decisions regarding appropriate patient referral and treatment interventions. Our results indicate that levels of accuracy and reliability for clinical examination of the ACL within a multidisciplinary sports medicine setting may be much lower than previously reported within the literature. Further research is needed to clarify whether a standardized approach to ACL clinical examination could enhance levels of accuracy and reliability among clinicians working in a multidisciplinary setting."

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15. [Cholesterol drugs cause muscle pain](#) . "Lipid lowering drugs, such as statins, are commonly used to treat approximately 10 million Canadians affected by hypercholesterolemia. The most commonly experienced side-effect of statin medication is muscle pain. Statin induced myopathy consists of a spectrum of myopathic disorders ranging from mild myalgia to fatal rhabdomyolysis. The following is a presentation of 2 cases of statin induced myopathy in patients presenting in a chiropractic setting. In addition, discussion will surround the mechanism, predisposing risk factors and frequency of statin induced myopathy while highlighting the role that chiropractors and other manual therapists may play in its recognition and management."

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16. [How to tell the difference between Hiatus Hernia and oesophageal reflux disease.](#)

"Compared with GERD, features that independently predicted EoE included younger age; symptoms of dysphagia; documented food allergies; observations of esophageal rings, linear furrows, white plaques, or exudates by upper endoscopy; an absence of a hiatal hernia, observed by upper endoscopy; a higher maximum eosinophil count; and the presence of eosinophil degranulation observed in biopsy specimens. The area under the curve for this

model was 0.934. CONCLUSIONS: We identified a set of readily available and routinely measured variables that differentiate EoE from GERD. Use of this type of analysis with patients suspected to have EoE might lead to more accurate diagnoses."

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17. [Dr. Rosner's analysis of the US Health care system.](#) "Unlike the situation in Canada and European countries which assume a major role of government in financing and delivering healthcare services, the United States lacks the infrastructure to utilize or even implement CE. Such issues as comparative effectiveness and costs and return to work seem to have escaped most private insurers in their objective assessment of what is truly the evidence in evidence-based medicine. Until a serious effort is made to crank up our efforts at CER, the United States will remain very much third world in its attempts to deliver efficient and equitable healthcare. Historically, for instance, less than 0.1% of what is more than \$2 trillion in annual U.S. healthcare expenditures had been allocated to work on CER. One sign of encouragement has been the American Recovery and Reinvestment Act [ARRA], which has infused an additional \$1.1 billion for new CER to be overseen by the HHS, NIH, and AHRQ. Hopefully, that trend will continue and expand in the months and years to come, spearheaded by the very astute and timely paper from the Urban Institute."

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18. Informational medicine may be the future of health care. Here is a [free download](#) of the journal. Thanks to Eric for this link. IF you are interested in the published medical research associated with this perspective search <http://www.medical-hypotheses.com/search/results> using the author's name B L Reid.

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19. [Breast milk transfers immunity.](#) "Our findings provide new insight into how breast milk can modulate the development of the infant's immune system. This study suggests the transfer of genetic material as miRNA from human to human occurs by means other than through sexual reproduction." Free Download. [Return to top.](#)

20. [Medical learning disabilities website reluctantly gives a positive critique to AK DDS paper.](#) Here is Dr. Rosner's comment: "Actually, it's not a scathing review and acknowledges that Dr. Cuthbert and Barras cited the limitations of the study. Obviously, there are the sampling and control questions which are intrinsic to any case series--which can't be helped. The only arrows that stick to the skin (possibly) are. 1. Whether or not there is any objective measure for hyperactivity itself in addition to the multiple scales that you provided. 2. The need to provide references for the validation of EVERY test run, something that should be an easy fix in this case. In the end, he suggests that "weak" evidence still is left standing. Those who stick by the traditional RCT pyramid of evidence are bound to say this for any case series, regardless of how well constructed or written it is."

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21. How to stand out from the crowd. Winston give some great practice management tips in this [newsletter](#). [Return to top](#).

22. Facebook may be a risk for your business. Here are the [3 things](#) to watch out for to protect yourself. "In December, Facebook made a series of bold and controversial changes regarding the nature of its users' privacy on the social networking site. The company once known for protecting privacy to the point of exclusivity (it began its days as a network for college kids only - no one else even had access), now seemingly wants to compete with more open social networks like the microblogging media darling Twitter.
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23. [8th and 10th graders are heavy drinkers](#). "Heavy episodic drinking continues to be a prevalent behavior among the nation's youth, with consistent risk factors over time, highlighting the continued necessity of effective screening and prevention efforts."
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24. [Men who have more sex have better health in later life](#) . "Sexual activity, good quality sexual life, and interest in sex were higher for men than for women and this gender gap widened with age. Sexual activity, quality of sexual life, and interest in sex were positively associated with health in middle age and later life. Sexually active life expectancy was longer for men, but men lost more years of sexually active life as a result of poor health than women."
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25. [Patients respond better to doctors who connect with them](#) . "Engaging patients in managing their own care is vital to get better value in health care, achieve better health outcomes, and control costs, experts said at a recent briefing in Washington, DC. They regretted that this topic had been largely absent from the public debate over health reform. Typical of these patients was one who, in the year before enrolment in the pilot study, saw "eight physicians, six social workers, five physical therapists, four OTs [occupational therapists], and 37 nurses," he added. Medicare paid \$42 000 for that care, besides the cost of drugs."
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26. [Folic acid and B12 may cause cancer](#). "Treatment with folic acid plus vitamin B(12) was associated with increased cancer outcomes and all-cause mortality in patients with ischemic heart disease in Norway, where there is no folic acid fortification of foods."
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27. Studying how children learn. A [video](#) from Glen Doman: [Return to top](#).

28. [Benefits from electronic health records?](#) Saving money does not always produce better health outcomes. "Strikingly different accounts of the importance of electronic health records in improving health outcomes for patients emerged at a national summit on primary health care held in Toronto, Ontario, in January. According to an executive with the American health care giant Kaiser Permanente, electronic health records can dramatically improve quality of care and patient outcomes. But the principal investigator of a series of major Canadian studies says there's little or no evidence that health outcomes are improved by the use of electronic health

records.

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29. [Helmets for skiers don't increase risk of neck injuries](#) . "Our findings show that helmets reduce the risk of head injury among skiers and snowboarders with no evidence of an increased risk of neck injury."

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30. [It is impossible for doctors to be impartial expert witnesses](#) . "When everyone else in the court save the expert witness, and presumably the judge and jury, is by definition on one side or the other, it is asking a lot of the doctor/witness to be impartial and objective, a great rock above and apart from the turbulent torrents of adversariality. If the doctor is a witness for the court, then the doctor should be summoned by and for the court, not by one of the contending parties."

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"One half of life is luck; the other half is discipline - and that's the important half, for without discipline you wouldn't know what to do with luck."

Carl Zuckmeyer
1896-1977, Writer and Playwright

"Selfishness is not living as one wishes to live; it is asking others to live as one wishes to live." ~Oscar Wilde

Comment.

Thanks again Don for passing that on.
Antonia

Thank you for this - may I circulate it to my first and second year students?

Phillip

Dear Donald,

I was very touched by your lovely piece on mentors and also greatly enjoyed the article on the same topic you kindly shared with us by Denis Waitley.

It reminded me of something I wrote, on coaches and mentors, about ten years ago for the UK Osteopathic profession as we were struggling with the first birth pangs as a state recognised

and regulated profession. You might enjoy it; you can still see it at;

http://www.helixhouse.co.uk/publications/healing_the_profession.pdf

Thanks again for all your thoughtful and diligent sharing on AK and all matters pertaining.
Clive

Hello Donald,

I don't think we have met personally at ICAK annual meetings here, but possibly we have.

Anyway, I just wanted to say hi and thanks for all the effort you put into your newsletters.

I have, over the last 10 years, developed a simple but highly effective new way to remove unhealthy beliefs from the unconscious mind. The protocol uses two techniques: standard AK and a modified leg length check I call holographic scanning.

The whole process is a great adjunct to NET (if you know and use that) and often accomplishes a different and historically deeper level of clearing.

I visited Australia in 2006 to prepare some wonderful remedies from WA and found individuals who might distribute my products there. <http://www.floralive.com/training/index.php> ,
<http://www.floralive.com/pdf/Holographic-Scanning-Protocol.pdf>

If you think there would be an interest in FlorAlive® among Australian colleagues, please let me know.

Best regards,

Brent

Donald McDowall

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This e-mail address is being protected from spambots. You need JavaScript enabled to view it

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Past issues of AK News and Views are found at www.appliedkinesiology.com.au . just register on the site and click "dashboard to go to each page published over the past year.

Dr. Goodheart's audio lectures can be found at:

http://web.me.com/donaldmcdowall/Site_2/GJGMelbourne/GJGMelbourne.html

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

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