

128-Eggs, Seasons, Excema, Taste, Physio, PSA, Skeptic, Cypriot, Janda, Golf, Exercise

Posted on Apr 05, Posted by [Donald McDowall](#) Category [MyBlog](#)

Hi Everyone,

I just finished reading Dr. Rosner and Dr. Cuthbert's excellent [overview](#) of applied kinesiology . This overview is a great introduction to AK for many of the newcomers to its methods. If you thought you were using everything that Dr. Goodheart developed you might be surprised by this discussion. Most doctors find they use only a few methods from this list in their practice and are happy with the outcomes they produce. But AK is so much more and Dr. Rosner and Dr. Cuthbert have provided a complete review here. Have a happy Easter Holiday. Enjoy, Donald

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1. [A great discussion](#) comparing Physiotherapy and Chiropractic muscle balancing.

Dr. Cuthbert discusses the advantages and disadvantages of the two models. □ "

The focus of treatment for muscular imbalance is where the Goodheart and Janda models divide. Goodheart and Janda agreed that the muscles are in fact "the most exposed part of the nervous system." Muscle imbalance therefore brings us back to the nervous system, which is at the core of all human activity - this is where D.D. Palmer started from in the first place.

George J. Goodheart Jr., DC (1918-2008) and Vladimir Janda, MD (1923-2002) influenced generations of practitioners spanning many disciplines. One difference between

Goodheart's approach (a chiropractor) and Janda's (a physical therapist) is that muscle inhibitions are identified and treated first with chiropractic manipulative therapy (CMT). In agreement with the literature cited in previous articles, muscle inhibition is seen as an etiological factor and/or common co-factor in neck, low back, and extremity pain and dysfunction"

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2. [Eggs are now ok to eat.](#) "Eggs are an excellent source of many essential and non-essential nutrients that are vital to our health. Eggs have gotten a bad wrap for their relatively high fat and cholesterol contents. The average large egg has 212 milligrams of cholesterol. As foods go, that's quite a bit. However, only a small amount of the cholesterol in food passes into the blood. Saturated and trans fats have much bigger effects on blood cholesterol levels. Recent research showed no evidence of an overall significant association between eating one egg a day and the risk of coronary heart disease or stroke." [Back to top.](#)

3. Lessons of the seasons by Jim Rohn. Here is a great [video](#) . [Back to top.](#)

4. [Fish oil may prevent psychotic problems](#) . "Long-chain omega-3 PUFAs reduce the risk of progression to psychotic disorder and may offer a safe and efficacious strategy for indicated prevention in young people with subthreshold psychotic states." [Back to top.](#)

5. [More people suffer with low back pain each year](#) . "Chronic low-back pain is becoming increasingly common. Freburger and colleagues

[1](#) showed an increase in the prevalence of debilitating chronic low-back pain over 14 years. In 1992, the prevalence was 3.9%, and in 2006, it was 10.2%. The overall prevalence increase was 161%, with an increase of 11.4% per year. Low-back pain is a major concern to all when the rapid increase in health-care expenditures worldwide is taken into consideration." [Back to top.](#)

6. [Eczema and peanut allergy may be linked.](#) " Infants with eczema are at high risk of having peanut and other food allergies, British researchers report. We were shocked to find out that even in the first year of life, over 20% of infants with eczema already were sensitized [showed susceptibility] to peanut allergy," says Graham Roberts, MD, a pediatric allergist at King's College London." [Back to top.](#)

7. [Having a purpose in life may reduce Alzheimer's disease.](#) "Elderly people with a strong sense of purpose in life are almost 2½ times less likely to develop Alzheimer's disease (AD), report researchers.

The new finding adds to emerging data suggesting that psychological and experiential factors are associated with cognitive impairment. Our results suggest that positive factors, such as having a sense of goal-directedness that guides behavior, may provide a buffer against negative health outcomes, particularly in old age," coauthor Lisa Barnes, PhD, from the Rush University Medical Center, Chicago, Illinois, told *Medscape Psychiatry*".

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8. [Too much folic acid in pregnancy increases asthma](#) . "Children of mothers with high plasma folate levels during pregnancy appear to have an increased risk of developing asthma by the age of 3 years, according to a sampling from the Norwegian Mother and Child Cohort (NMCC) study presented in a poster session here at the American Academy of Allergy, Asthma and Immunology 2010 Annual Meeting." □

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9. [Anxiety and neck pain don't always go together.](#) "Our results indicate that chronic, intense pain and anxiety do not always appear to be related. Explanations for these findings may include that anxiety is not triggered in socially functional individuals, that individual coping strategies have come into play or in some instances that a psychological disorder like alexithymia could be a confounder. More studies are needed to clarify the specific role of anxiety in chronic non-specific musculoskeletal pain before general evidence-driven clinical extrapolations can be made." □

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10. [Taste buds improve muscle performance](#) . "The results demonstrate that carbohydrate mouth rinse has a positive effect on 1-h time trial performance. The mechanism responsible for the improvement in high-intensity exercise performance with exogenous carbohydrate appears to involve an increase in central drive or motivation rather than having any metabolic cause. The nature and role of putative CHO receptors in the mouth warrants further investigation."

[Free .pdf download](#)

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11. [The future of AK, A new download by Dr. Maffetone](#) . □ Here is [Dr. Phil's AK Workbook/Manual Biofeedback and DVD set](#)

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Manual biofeedback addresses neuromuscular imbalance due to a wide range of problems. It can be used in children and adults of all ages who have local muscle injuries, and more serious brain and spinal cord injuries. This therapy helps restore muscle balance by strengthening weak muscles and relaxing tight ones. A unique combination of manual muscle testing and traditional biofeedback, manual biofeedback blends the best of both into an easy-to-use system without any equipment.

” □

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12. [Why staff steal your money](#) . "The former receptionist stole \$10,000 from her chiropractor boss and spent half of it on “personal improvements,” a court heard Thursday. More specifically — a boob job." □

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13. [Professional stress can be lethal](#) . □ "A researcher published an article Thursday that attempts to explain why veterinarians in Britain appear to be four times as likely as the general public to commit suicide. "There's no doubt that the suicide rate among veterinarians is elevated relative to the general

population," said Dr. David Bartram, a Ph.D. student in mental health at the School of Medicine, University of Southampton." □

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14. [An interactive Neurolymphatic points chart is available.](#) "eTouch for Health includes both

Static and Interactive Neurolymphatic Points Charts

. In this

eTip

, we will use the

Interactive Chart

to see which muscles are related to specific Neurolymphatic Points. This is a good way to learn the Neurolymphatic Points in Touch for Health and to see the multiple muscles that are associated with some of the points." □

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15. [Osteopathy helps jaw problems](#) . "The two therapeutic modalities had similar clinical results in patients with TMD, even if the use of medication was greater in CCT group. Our findings suggest that OMT is a valid option for the treatment of TMD." □

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16. [PSA test is as good as "a coin toss" says inventor](#) . "Dr. Ablin writes: "As I've been trying to make clear for years now, PSA testing can't detect prostate cancer." He points out that infections, over-the-counter drugs like ibuprofen, and benign swelling of the prostate can all elevate PSA levels. More important, the test cannot differentiate between prostate cancer that is rapidly growing and potentially fatal from one that is growing slowly and will not kill, he adds." □

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17. [Exercise cuts breast cancer risk](#) . "A year-long aerobic exercise program for sedentary postmenopausal women produced hormone changes that may reduce the risk of breast cancer, researchers say." □

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18. [Exercise cuts depression](#) . "Higher levels of physical activity objectively measured by an accelerometer are strongly associated with lower levels of depressive symptoms and a lower prevalence of depressive disorders, according to an analysis of the 2005 to 2006 National Health and Nutrition Examination cohort and presented here at the American Association for Geriatric Psychiatry 2010 Annual Meeting." □

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19. Dr. Goodheart discusses nutrition. □ Click the [6 minute video](#) at the bottom of the page. □

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20. [Skeptic falls on the sword](#) . "Simon Singh, a distinguished British science journalist who has been working in science media since 1990, was forced to

[pen his last column today](#)

, thanks to a libel lawsuit filed by the

[British Chiropractic Association](#)

after a column of his questioning the practices of chiropractors appeared in

The Guardian

in 2008."

Comment by Donald

: □ Since when was "National Enquirer" a peer review journal????? Physicists live in another world, not one of a "peer" status to chiropractic. □

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21. [Manual muscle testing shows excellent reliability between examiners](#) . □ "MMT has excellent inter-rater reliability in trained examiners and is a reliable method of comprehensively assessing muscle strength." □

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22. [Taste but not ingestion of sports drinks improves performance](#). "Although power output and lactate concentration during exercise were significantly higher when subjects rinsed their mouth with CES compared with placebo, the rating of perceived exertion values did not differ. Blood glucose concentration increased after ingestion of but not after mouth rinse with CES. The interesting finding of the present study is that rinsing the mouth with but not ingestion of CES resulted in improved performance." □

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23. [The spine coordinates muscle change around swollen joints](#) . □ "In conclusion, the arthrogenic muscle response seen in the soleus musculature following joint effusion is regulated by both pre- and post-synaptic control mechanisms. Our data are the first step in understanding the neural networks involved in the patterned muscle response that occurs following joint effusion." □

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24. [Upper and lower trapezius muscles may cause shoulder pain](#). "A difference may exist in EMG activity within some muscles, in particular upper and lower trapezius, between people with Subacromial Impingement Syndrome and healthy controls. These muscles may be targets for clinical interventions aiding rehabilitation for people with SIS. These differences should be investigated in a larger, high quality survey and the effects of therapeutically targeting these muscles in a randomised controlled trial." □

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25. [Are you as stressed as these Cypriot Physios?](#) "Almost half (46%) of the 172 participants believed that their job is stressful. Approximately 57% of the physiotherapists who worked in the public sector and 40% of those who worked in the private sector ($p=0.038$) reported that their job is stressful. In total, 21.1% of participants met Maslach's criteria for burnout. The point prevalence of burnout was as follows: (1) 13.8% of those who worked in the public sector and 25.5% of those in the private sector (2) 22.2% of males and 20% of females (3) 21.6% who were married, 18% who were single and 33.3% who were separated. Gender was found to be associated with the level of personal accomplishment (chi-squared test; $p=0.049$), as 17.8% of men compared with 24.3% of women reported high personal accomplishment. The number of years of working as a physiotherapist correlated negatively ($r=-0.229$, $p=0.004$) with the total depersonalization score. Regression analysis showed that the perception that the job is stressful ($p<0.001$) and the low salary ($p=0.016$) were significant predictors of high emotional exhaustion scores, while age group ($p=0.027$) predicted high scores of depersonalization and the employment sector ($p=0.050$) as well as the low salary predicted high personal accomplishment scores." □

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26. [Newly Published-Dr. Maffetone reviews Janda's work with muscles](#). "Because Janda felt that manual therapy was not sufficient by itself to successfully treat the

neuromuscular system, the authors discuss his *sensorimotor training*

as an important aspect of patient care. Rather than traditional strength training, Janda used sensorimotor training to promote whole-body neuromuscular activity with emphasis on incorporating certain areas of the brain. These include gently increasing proprioception from the sole of the foot, deep cervical musculature and the sacroiliac joint, as well as vestibular balance training. These physical activities help activate/retrain the motor system, improve postural control and optimize gait." □

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27. [Clinical experience and patient values are missing from most research.](#) "To date, most journals have based recommendations purely on the quality of the evidence or study design and have not integrated clinical experience or patient values.

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Furthermore, they have neglected the principle of matching the research question to study design in their rating or evaluation of study quality" □

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28. [Good evidence for using manipulation etc for neck and back pain](#) . "Our data synthesis suggests that recommendations can be made with some confidence regarding the use of SMT and/or MOB as a viable option for the treatment of both low back pain and NP. There have been few high-quality trials distinguishing between acute and chronic patients, and most are limited to shorter-term follow-up. Future trials should examine well-defined subgroups of patients, further address the value of SMT and MOB for acute patients, establish optimal number of treatment visits and consider the cost-effectiveness of care." □

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29. [Abdominal and multifidi muscles affect golf swing](#) . "Prospective, randomized studies have shown that focus on the transversus abdominus (TA) and multifidi (MF) muscles is a necessary part of physical therapy for LBP. Some studies also suggest that the coaching of a "classic" golf swing and increasing trunk flexibility may provide additional benefit." □

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30. [Patient education for neck pain lacks evidence](#) . "This review has not shown effectiveness for educational interventions for neck pain of various acuity stages and disorder types and at various follow-up periods, including advice to activate, advice on stress coping skills, and neck school. In future research, further attention to methodological quality is necessary. Studies of multimodal interventions should consider study designs, such as factorial designs, that permit discrimination of specific educational components." □

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Comments:

Hi Don, wondered if you get the Weekend Australian, it has an interesting column there (at the back of ther 'Professional' supplement.□ Thought there might be something here

of interest for you. Kind regards,

Peter BREAST CANCER GOOD week for . . . women over 50, in whom breast cancer is becoming less common with reductions in the use of menopausal hormone replacement therapy being the most plausible explanation, Australian researchers say.

Online in the journal *Breast Cancer Research* they report US data that seems to back this up. It shows a 26 per cent reduction in invasive breast cancer among women from 2000-02 to 2003-05. This accompanied a 64 per cent drop in hormone therapy use between 2000-01 and 2005-06. The decline in cancer was concentrated in women who had ceased hormone therapy use.

Breast Cancer Res

2010;doi:10.1186/bcr2463

(Banks E, et al)

CONTACT LENS

Bad week for . . .

PEOPLE who wear contact lenses, especially if bought online, after Sydney research showing many don't care for them properly. Of 111 lens wearers at a clinic, half had forgotten when they were supposed to return for after-care. Internet buyers were 3.8 times likelier to forget their after-care schedule, the study online in the journal *Cont Lens and Anterior Eye* found. Overall, 11 per cent of wearers didn't wash their hands properly, and 13 per cent and 61 per cent respectively failed to clean their lenses and cases adequately.

Start of sidebar.

[Skip to end of sidebar.](#)

Cont Lens Anterior Eye

2010;doi:10.1016/

j.clae.2010.02.002

(Wu Y, et al)

STD (NON-TELSTRA !)

Most obvious . . .

YOUNG backpackers bring more than a free spirit, they also come with sexually transmitted infections. Figures from the Sydney Sexual Health Centre between 1998 and 2006 show backpackers had more STIs than average. Echoing findings reported last year in the journal *Sexually Transmitted Infections*, when compared with other patients backpackers had more sexual partners in the past three months and were likelier to drink alcohol at hazardous levels.

Sex Transm Infect

2010;doi:10.1136/

sti.2009.038737

(McNulty A, et al)

LUNG CANCER & URINE

For the future . . .

DIAGNOSING lung cancer by smelling people's urine may become reality after research showing it's possible in mice. The study online in *PLoS ONE* found mice with lung cancer had particular smelly chemicals in their urine and other mice could detect the odour. Mice were trained to recognise the scent of urine from animals with lung cancer, then they were able to use the odour to distinguish between ill and healthy animals.

PLoS ONE

2010;doi:10.1371/

journal.pone.0008819

(Matsumura K, et al)

GOAT'S MILK

Strange but true . . .

FEEDING infants fresh goat's milk is highly dangerous but common, say doctors online in the journal *Pediatrics*. The practice is driven by cultural beliefs and false information online, the US doctors say. They reported multiple brain lesions in one child and severe blood abnormalities, anaemia, allergic reactions, including life-threatening anaphylactic shock, and infections in others.

Pediatrics

2010;doi:10.1542/peds.

2009-1906

(Basnet S, et al)

WEEKEND AUSTRALIAN PROFESSIONAL Health p 11.

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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**

Tags: