

## 129-Goodheart Library, New AK Paper, Rosner in Europe, Nosodes go Public, Apples, Tumeric, Airports

Posted on Apr 11, Posted by [Donald McDowall](#) Category [MyBlog](#)

Hi Everyone,

**The Dr. Goodheart Library reception at Palmer College is now [announced](#)** . Library, Room 103. A cocktail and hors d'oeuvres reception will be held to commemorate the addition of the Dr. George Goodheart Collection to the David D. Palmer Health Sciences Library.

**A new muscle testing study by Dr. Conable has been published.**

The purpose of this study is to investigate the difference in results (strong/facilitated vs weak/functionally inhibited) between short (1 second) and long (3 seconds) manual muscle tests (MMTs) on the same subject and to pilot the use of thin-film force transducers for characterizing the parameters of MMT and for measuring maximum voluntary isometric contraction (MVIC).

[This study](#)

demonstrated that a study of this nature is feasible. Longer test durations demonstrate some muscle weaknesses that are not evident on 1-second MMTs. Thin-film transducers show promise for recording MMT parameters for research purposes."

Congratulations to Dr. Conable for this great effort.

Enjoy, Donald

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1. Dr. Rosner, ICAK USA research director will be speaking case presentations at the [ECU 2010 convention](#)

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In the middle of March, the Academic Director of the European Chiropractic Union [ECU] notified me that my planned duties at the upcoming Congress in London were to be greatly expanded. In addition to presenting two case studies [One in Ehlers-Danlos syndrome and chiropractic management, the other as an AK report in the differential diagnosis of treatment for a child with headaches, neck pain, asthma, and reading disabilities], I am now to present a 3-hour workshop in case studies and the broader contextual view of evidence-based medicine. In addition, I am to vet and judge 12 submitted research manuscripts competing for 3 prizes and will be heading a session of research paper presentations. I also expect to be meeting with several individuals interested in AK in Europe and with chiropractors who are under fire from the Singh report in the United Kingdom.  
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If you are in Europe this will be a

[great opportunity](#)

to meet with Dr. Rosner. ☐

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2. [How manipulation works](#) . "A theoretical framework exists from which hypotheses about the neurophysiological effects of spinal manipulation can be developed. An experimental body of evidence exists indicating that spinal manipulation impacts primary afferent neurons from paraspinal tissues, the motor control system and pain processing. Experimental work in this area is warranted and should be encouraged to help better understand mechanisms underlying the therapeutic scope of spinal manipulation."☐  
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3. [Manipulation helps headaches.](#) "Clinically important differences between SMT and a control intervention were observed favoring SMT. Dose effects tended to be small."☐

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4. [How to classify your low back pain.](#) "For those reporting "no pain" posttreatment, odds ratios for those treated according to a Pattern classification ranged from 2 to 10 times the odds of the comparison group ( $p<.05$ ). For "no medication use" posttreatment, odds ratios for the classification group ranged from 2 to 4 times the odds of the comparison group ( $p<.01$ ). Odds ratios of a statistical and minimal clinically important difference (30% increase in functional score) for the classification group ranged from approximately 2 to 4 times the odds of the comparison group ( $p<.01$ ). For VAS Pain Rating (0–10 scale), the odds ratios of a statistically and clinically significant pain reduction (2 points) for the classification group ranged from 30% to 60% higher than odds for the Comparison Group ( $p<.05$ ). The comparison group had the highest number of treatment days, statistically significantly greater than for each pattern within the classification group ( $p<.001$ )."  
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5. [A system to stay organized.](#) "Getting Things Done (GTD) is a system promoting the

radically common sense notion that with a complete and current inventory of all your commitments, organized and reviewed in a systematic way, you can focus clearly, view your world from optimal angles and make trusted choices about what to do at any moment."□ [Top of Page.](#)

6. [Insurance companies get provider assessments wrong.](#) "When it comes to sizing up physicians as low-cost or high-cost providers, health insurers are frequently not on the money, according to a study appearing in the March 18 issue of the *New England Journal of Medicine*

By applying current 2-tiered methods of cost-profiling to claims data from 4 Massachusetts insurers, the RAND Corporation, producers of the study, estimated that 22% of physicians would be misclassified. The RAND data showed that the misclassification rate for vascular surgeons in their sample, for example, was 36%. Only 41% of physician cost-profile scores were at least 70% reliable — a common statistical threshold of reliability — and only 9% of profile scores were at least 90% reliable."□ [Top of Page.](#)

7. [Smoking increases risk for intracranial aneurysm.](#) "A new analysis of data from the Familial Intracranial Aneurysm (FIA) study confirms the relationship between certain genetic variants on chromosomes 8q and 9p and increased risk for intracranial aneurysms (IAs) but underlines the fact that this risk is greatly increased by smoking. While people who carry these variants — and they are common variants — have a somewhat increased risk, if they're not smokers, it's probably still just mild to moderate risk," said lead author Joseph P. Broderick, MD, professor and chair of neurology at the University of Cincinnati Neuroscience Institute, Ohio. "But if they're smokers, they're magnifying the effect of the smoking and magnifying the effect of the genes."□ [Top of Page.](#)

8. [Slow breathing reduces pain.](#) "These experimental findings provide support for prior reports on the benefits of yogic breathing and mindful Zen meditation for pain and depressed affect. However, chronic pain patients may require more guidance to obtain therapeutic benefit from reduced breathing rates."□ [Top of Page.](#)

9. [Vitamin A extract works better than cortison for eczema.](#) "an endogenously occurring physiological retinoid, significantly reduces the symptoms of severe chronic hand eczema (CHE), according to results from 3 phase□ 3 studies presented during a poster session here at the American Academy of Dermatology 68th Annual Meeting. "Daily oral dosing with alitretinoin is highly effective in treating severe CHE in patients unresponsive to potent topical corticosteroids, providing "almost clear" or "clear" hands in nearly half," said lead author of the studies, Charles Lynde, MD, assistant professor of dermatology at Toronto Western Hospital in Ontario."□ [Top of Page.](#)

10. [Tumeric cream decreases skin ageing.](#) "A new moisturizing cream containing turmeric extract, an ingredient found in curry, significantly improves the appearance of facial spots, fine lines, and wrinkles, according to results from 2 split-face studies (1 with an all-white and 1 with an all-Asian patient population) presented here at the American Academy of Dermatology 68th Annual Meeting.

"We've shown, for the first time, clinically relevant antiaging benefits from a turmeric

extract," lead author of both studies, Cheri Swanson, PhD, senior scientist at the Proctor and Gamble Company in Cincinnati, Ohio, told

*Medscape Dermatology.*"

In fact, the turmeric cream was 15% better at reducing lines and wrinkles than the control product, and reduced hyperpigmentation by almost 15%."□

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11. [Flat shoes better for arthritic knees.](#) "The findings suggest that flatter shoes with more flexible soles are easier on the knees than clogs or walking shoes. "It may not be the supportive, stable shoes that we just thought would be shock-absorbing" that patients should be wearing, Dr. Najia Shakoor of Rush Medical College in Chicago, one of the study's authors, told Reuters Health. Th

e "loading" of a person's weight onto the knee joint is a key factor in the development of arthritis, Dr. Shakoor and her colleagues note. Painkillers, often given for knee osteoarthritis, can actually worsen the problem because when a person feels less pain they tend to walk in a way that loads the knee more heavily. "Pain can be protective," Dr. Shakoor noted."□

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12. [Vit A extract and peroxide helps Acne.](#) "A new fixed-dose gel that combines the topical retinoid adapalene□ 0.1% and the antimicrobial benzoyl peroxide□ 2.5% (adapalene-BPO) is more effective at decreasing symptoms of inflammatory acne than adapalene and BPO monotherapies, according to a large randomized study presented here at the American Academy of Dermatology 68th Annual Meeting. □

"Adapalene-BPO gel is superior to the individual components in efficacy and has a rapid onset of improvement, providing the prescribing physician with a unique antibiotic-free treatment for acne vulgaris," principle investigator Linda Stein Gold, MD, director of clinical research in the Department of Dermatology at Henry Ford Hospital in Detroit, Michigan, told

*Medscape Dermatology*"

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13. [Pine bark extract and arginine maintains erection.](#) "The supplement, Prelox, contains pine bark extract and the amino acid L-arginine aspartate. Studies lasting up to six weeks have shown it improves erectile function in men with mild to moderate erectile problems. The researchers conducted the current study to determine if it would continue to help men who took it for up to six months. There had been concerns that patients might become less responsive to the supplement over time, Dr. Schonlau said.

In an online paper in BJU International on February 22, he and his colleagues describe a trial in which they assigned 124 men 30 to 50 years old to take two tablets of Prelox twice daily, or a placebo, for six months. Most of the erectile problems were likely related to mild untreated hypertension, Dr. Schonlau said."□

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14. [Ankle blood pressure test predicts heart problems.](#) "An abnormal ankle-brachial index (ABI) can predict an increased risk for future cardiovascular events in elderly people with low to intermediate Framingham Risk Scores (FRS), according to results from a new study presented here at the Society of Interventional Radiology 35th Annual Scientific Meeting. "This

simple inexpensive test provides another way to identify those who may be at risk for future heart attacks," said principal investigator Tim Murphy, MD, professor of diagnostic imaging at the Brown University Alpert School of Medicine and director of the Vascular Disease Research Center at Rhode Island Hospital in Providence, during his presentation."□

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15. [Normal blood Vit D levels reduce heart and death risk.](#) "Adding heft to the hypothesis that vitamin-D deficiency is linked to cardiovascular disease, a new study has found that people with low vitamin-D levels who managed to normalize their levels were significantly less likely to develop cardiovascular events over up to six years of follow-up.

According to

coauthor

Dr

Joseph B Muhlestein

(Intermountain Medical Center Heart Institute), the study looked at baseline and subsequent vitamin-D levels in 9491 subjects with known vitamin-D deficiency, rechecked their vitamin D, then compared subsequent rates of death, coronary artery disease, MI, heart failure, stroke, and renal failure among those who managed to bring up their vitamin-D levels with those who remained vitamin-D deficient. A cut point of

<

30 ng/mL was used to define vitamin-D deficiency."□

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16. [New prostate cancer guidelines](#) . □ "The [updated clinical practice guideline for prostate cancer](#)

from the National

Comprehensive Cancer Network (NCCN) is "ahead of its time" and the "best recommendation" among the currently available organizational guidelines, said James Mohler, MD, the chair of the NCCN panel responsible for the document. □ It's also the "first cancer-treatment panel to recommend not treating cancer," said Dr. Mohler here at the NCCN 15th Annual Conference, referring to the guideline's directive to initially treat many prostate cancers with active surveillance only."□

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17. [Probiotic predict severe acute pancreatitis.](#) "In December, 2009, the attention of *The Lancet*

was drawn to the publication of a report

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by three Dutch regulatory authorities (Inspectie voor de Gezondheidszorg [IGZ; Health Care Inspectorate], Centrale Commissie Mensgebonden Onderzoek [CCMO; Central Committee on Research Involving Human Subjects], and Voedsel en Waren Autoriteit [VWA; Food and Consumer Product Safety Authority]) into the design, approval, and conduct of this study. The investigation was prompted by the finding of higher mortality in the trial participants who received the intervention, a mixture of probiotics produced especially for this trial, than in the control group.

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18. □ [Back pain gets worse by 11-14% 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."□

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19. [Changing awareness and behaviour helps back pain in the long term](#) . "Over 1 year, the cognitive behavioural intervention had a sustained effect on troublesome subacute and chronic low-back pain at a low cost to the health-care provider."□

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20. [Homeopathic nosodes now available to the public.](#) "Homeopathic Nosodes in a Clinical Muscle Testing Practice with Dr. Steven Silverman". □

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21. [Airports are ideal localities for disease distribution.](#) "During summer 2009, the UK experienced one of the highest incidences of H1N1 infection outside of the Americas and Australia. Building on existing research into biosecurity and the spread of infectious disease via the global airline network, this paper explores the biopolitics of public health in the UK through an in-depth empirical analysis of the representation of H1N1 in UK national and regional newspapers. We uncover new discourses relating to the significance of the airport as a site for control and the ethics of the treatment of the traveller as a potential transmitter of disease. We conclude by highlighting how the global spread of infectious diseases is grounded in particular localities associated with distinctive notions of biosecurity and the traveller."□

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22. [Fresh water contains lead.](#) "Unlike most water contaminants, lead gets into water after it leaves a water treatment plant. Often this contamination is the result of water treatment changes meant to improve water quality that end up altering the water chemistry, destabilizing lead-bearing mineral scales that coat service lines and corroding lead solder, pipes, faucets, and fixtures. "Lead is a 'close-to-home' contaminant," says Marc Edwards, an environmental engineer at Virginia Polytechnic Institute and State University. "That makes it very difficult to regulate and monitor."□

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23. [New baseball shoulder exercise.](#) "A stretching exercise can reduce shoulder posterior capsular contracture and lessen arm pain in children and adolescents who play baseball, according to findings presented Wednesday at the American Academy of Orthopaedic Surgeons annual meeting in New Orleans.

The "sleeper" stretching exercise, which is best performed after a game or practice, involves the player lying on their side and then rotating the arm at the shoulder joint and holding this position for 30 seconds. This exercise, which is repeated 10 times, can be performed alone or, preferably, with an assistant."□

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24. [Self care for Sciatica](#) . "Dr. Savage benefitted greatly from using the Sciatica Relief Wedges - so why not offer the same benefits to his sciatica patients? He began suggesting to his sciatica patients that they bring in a "Helper" - typically a spouse or other family member or friend - and he would teach the "Helper" how to precisely position the wedges. Over the next twenty five years, Dr. Savage taught hundreds of "Helpers" how to precisely position the Sciatica Relief Wedges under the hips of their spouse, other family member or friend to relieve sciatica pain at home. It was a win-win situation. The patients enjoyed the previously unavailable" at-home" relief of their sciatica. Dr. Savage felt rewarded by the many thanks and referrals he received from hundreds of sciatica patients when they were pain free and able to get back to work and enjoy their lives again."□ [Top of Page.](#)

25. [Transcranial Magnetic Stimulation helps migraines.](#) "Early treatment of migraine with aura by sTMS resulted in increased freedom from pain at 2 h compared with sham stimulation, and absence of pain was sustained 24 h and 48 h after treatment. sTMS could be a promising acute treatment for some patients with migraine with aura."□ [Top of Page.](#)

26. [Not enough sleep can make you fat.](#) "Routinely getting too little sleep may increase a person's visceral fat, fat that accumulates around the body's internal organs.□ Kristen G. Hairston, from Wake Forest University School of Medicine (North Carolina, USA), and colleagues studied the five-year change in visceral adipose tissue and subcutaneous adipose tissue associated with sleep duration in a group of African Americans and a group of Hispanic Americans, ages 18-81 years, enrolled in the IRAS Family Study.□ In participants under age 40, the team found a clear association between averaging five hours or less of sleep each night and large increases in visceral fat.□ Of the study participants under age 40, Hispanic men and black women were the largest groups to report getting such little sleep.□ Additionally, the researchers found that getting more than eight hours of sleep on average per night has a similar – though less pronounced – result, and most prevalently affected Hispanic women of all ages."□

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27. [Sincere smiling helps you live longer.](#) "Facial expressions are a barometer of the emotions , and like emotions, they vary in form and intensity. "Duchenne smilers", who engage muscles both near the corners of the mouth and around the eyes, are known as genuine smilers.□ Ernest L. Abel , from Wayne State University (Michigan, USA), and colleagues, link smile intensity to longevity.□ The researchers asked scientists trained to analyze smiles, to review vintage photographs of 230 major league baseball players of the 1952 season. The team classified each player's smiles, as non-smilers, Duchenne smilers, and non-Duchenne smilers. Then the team retrieved data relating to how long-lived the 184 players who had already died were. Of the deceased players, Duchenne smilers tended to live the longest, followed by non-Duchenne smilers.□□ Further, 70% of Duchenne smilers lived to age 80, as compared to 50% of non-smilers who survived to that age."□ [Top of Page.](#)

28. [Apples help your immune system.](#) "These data show that a diet rich in soluble fiber protects against endotoxin-induced sickness behavior by polarizing mice Th2 and promoting alternative activation of macrophages."□

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29. [Having a purpose in life reduces the risk of Alzheimer's](#) . Greater purpose in life is



associated with a reduced risk of AD and MCI in community-dwelling older persons.□

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30. [One cup of coffee a day reduces the risk of stroke by 30%](#) . "Previous studies have suggested a variety of health benefits to coffee consumption, with positive effects associated for conditions ranging from type-2 diabetes to cognitive function.□ Yangmei Li, from University of Cambridge (United Kingdom), and colleagues studied data collected on 9,978 men and 12,254 women, ages 39 to 79 years, enrolled in the European Prospective Investigation into Cancer (EPIC)-Norfolk study.□ The team found that those who drank a single cup of coffee, either regular or decaffeinated, a day, slashed their risk of stroke by 30%.□ Greater consumption did not provide further protective effect. "□

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## **Vitamins for the Mind**

by Jim Rohn

Activity/Labor

Make rest a necessity, not an objective. Only rest long enough to gather strength.

Without constant activity, the threats of life will soon overwhelm the values.

You must learn to translate wisdom and strong feelings into labor.

The miracle of the seed and the soil is not available by affirmation; it is only available by labor.

The few who do are the envy of the many who only watch.

For every promise, there is a price to pay.

*"Vitamins for the Mind" is a weekly sampling of original quotes on a specific topic taken from The Treasury of Quotes by Jim Rohn. The burgundy hardbound book with gold-foil lettering is a collection of more than 365 quotes on 60 topics gathered from Jim's*

*personal journals, seminars and books and spanning more than 40 years.*

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The [four emotions](#) that lead to life changes:

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Dr. Goodheart's [audio lectures](#) .

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

—Jim Rohn

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