

131- Bowel, Brains, Grinders, Eversaul, Gait, Aspergers, Garlic, Kindness, Pelvic floor, Stretching

Posted on Apr 24, Posted by [Donald McDowall](#) Category [MyBlog](#)

Hi Everyone, A new study in "Spine" shows that printed educational media (like AK News and Views) makes a significant difference to improving practice for chiropractors, osteopaths and physical therapists. It is nice to know that the info we read doesn't go in one eye and out the other all the time. A reasonable amount does sink in. Enjoy, Donald

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1. [Printed educational material improves clinical practice](#) . "Printed educational material can shift LBP-related beliefs and reported behaviors of musculoskeletal practitioners, toward practice that is more in line with guideline recommendations"

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2. [BCA drops Singh case](#) . "While it still considers that the article was defamatory of the BCA, the [recent appeal] decision provides Dr Singh with a defence such that the BCA has taken the view that it should withdraw to avoid further legal costs being incurred by either side," its statement read. "As those who have followed the publicity surrounding this case will know, Simon Singh has said publicly that he had never intended to suggest that the BCA had been dishonest. The BCA accepts this statement, which goes some way to vindicating its position." [Top](#)

3. [Bowel problems cause copper deficiency nerve diseases](#) : "Celiac disease should be considered in patients found to have copper deficiency, even in patients without gastrointestinal symptoms. Furthermore, the authors suggest that some cases of ataxia associated with celiac disease are likely due to copper deficiency myeloneuropathy." // [Top](#)

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4. [Infant sleep time may relate to later brain function](#). "To provide a foundation for a more in-depth understanding of this literature, we preface this with an overview of brain maturation, sleep development, and various assessment tools of both sleep and development during this unique period. At present, we do not have sufficient data to conclude that a causal relationship exists between infant sleep and cognitive, psychomotor, and temperament development." [Top](#)

5. [Teeth Grinders are stressed](#) . "Within the limitations of this study it could be shown that subjects with high SB-activity tend to feel more stressed at work and in their daily life, which in turn might influence their physical state. These subjects also seem to deal with stress in a negative way." [Top](#)

6. [Here is the Dental AK system DOFOS case study](#) from the work designed by George Eversaul. [Top](#)

7. [Barefoot running helps reflexes/proprioception](#) . "Barefoot running has gained increased media attention in recent years. Proponents of barefoot running tout benefits, such as reduced impact on the joints of the legs, fewer acute and chronic lower-extremity injuries, and improved proprioception. They also point to the lower incidence of foot-related injuries with barefoot sports. To date, there have been a lack of evidence-based studies in regard to the long-term sequelae, such as osteoarthritis, with running using athletic footwear or bare feet." [Top](#)

8. [Dropping blood pressure when rising predicts shorter life and heart problems](#) . "Orthostatic hypotension can be detected in ~6% of middle-aged individuals and is often associated with such comorbidities as hypertension or diabetes. Presence of OH increases mortality and CE risk, independently of traditional risk factors. Although both impaired systolic and diastolic responses predict adverse events, the diastolic impairment shows stronger association with coronary disease." [Top](#)

9. [Narrow Discs at 2 or more levels predicts low back pain](#). "We are the first to report different possible lumbar disc degeneration definitions and their associations with LBP."

Disc space narrowing at 2 or more levels appeared more strongly associated with LBP than other radiographic features, especially after excluding level L5–S1." □

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10. [Cycling helps the "freezing gait" of Parkinson's Disease](#) . "A 58-year-old man with a 10-year history of idiopathic Parkinson's disease presented with an incapacitating freezing of gait (Panel A,

[Video 1](#)

). The patient had severe difficulties initiating gait and was able to take only a few shuffling steps when provided with a visual cue (the examiner's foot placed in front of the patient). Attempts to walk evolved rapidly into forward festination and ultimately a fall to the ground. Axial turning was impossible. However, the patient's ability to ride a bicycle was remarkably preserved (Panel B,

[Video 2](#)

). Gait freezing recurred instantaneously after he dismounted the bicycle. This striking kinesia paradoxa may be explained by the bicycle's rotating pedals, which may act as an external pacing cue. Alternatively, the motor-control mechanisms involved in gait as compared with other activities engaging the legs, such as cycling, could be affected differentially in Parkinson's disease. Cycling may offer a useful approach for exercise training in patients with Parkinson's who are "grounded" by severe freezing of gait." □

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11. [Oxytocin improves social behaviour in Asperger's victims](#). "Social adaptation requires specific cognitive and emotional competences. Individuals with high-functioning autism or with Asperger syndrome cannot understand or engage in social situations despite preserved intellectual abilities. Recently, it has been suggested that oxytocin, a hormone known to promote mother-infant bonds, may be implicated in the social deficit of autism. We investigated the behavioral effects of oxytocin in 13 subjects with autism. In a simulated ball game where participants interacted with fictitious partners, we found that after oxytocin inhalation, patients exhibited stronger interactions with the most socially cooperative partner and reported enhanced feelings of trust and preference. Also, during free viewing of pictures of faces, oxytocin selectively increased patients' gazing time on the socially informative region of the face, namely the eyes. Thus, under oxytocin, patients respond more strongly to others and exhibit more appropriate social behavior and affect, suggesting a therapeutic potential of oxytocin through its action on a core dimension of autism." □

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12. [Obesity predicts more back pain](#). "This large population-based study indicates that obesity is associated with a high prevalence of low back pain. Further studies are needed to determine if the association is causal." □

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13. [Back pain sufferers sway less when sitting](#). "In contrast with previous findings, postural sway amplitudes in unstable sitting were not different between LBP and healthy subjects, while subjects with a recent history of LBP showed smaller amplitudes. Higher DS values in subjects without LBP indicated more stochastic sway. These findings may be explained by the disturbing effect of current pain on postural control causing low sway frequencies and by lower effort in balancing in healthy subjects causing high sway

amplitudes and diffusion coefficients." □

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14. [Garlic may lower cancer risk.](#) "The results suggest that 3 to 5 g of garlic supplements inhibited NPRO synthesis to an extent similar to a 0.5-g dose of ascorbic acid or a commercial supplement of aged garlic extract. Urinary NPRO concentration was inversely associated with the *N*-acetyl-S-allylcysteine concentration. It is possible that allyl sulfur compounds found in garlic may inhibit nitrosation in humans." □

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15. [Magnesium lowers cancer risk in men.](#) "There were similar inverse associations for invasive colon cancer and distal colon cancer. There were no significant associations between magnesium intake and cancer risk in women. Higher dietary intake of magnesium may decrease the risk of CRC in Japanese men." □

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16. [Papaya leaf lowers cancer risk](#) . "Since *Carica papaya* leaf extract can mediate a Th1 type shift in human immune system, our results suggest that the CP leaf extract may potentially provide the means for the treatment and prevention of selected human diseases such as cancer, various allergic disorders, and may also serve as immunoadjuvant for vaccine therapy." □

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17. [Social behaviour spreads kindness.](#) "Theoretical models suggest that social networks influence the evolution of cooperation, but to date there have been few experimental studies. Observational data suggest that a wide variety of behaviors may spread in human social networks, but subjects in such studies can choose to befriend people with similar behaviors, posing difficulty for causal inference. Here, we exploit a seminal set of laboratory experiments that originally showed that voluntary costly punishment can help sustain cooperation. In these experiments, subjects were randomly assigned to a sequence of different groups to play a series of single-shot public goods games with strangers; this feature allowed us to draw networks of interactions to explore how cooperative and uncooperative behaviors spread from person to person to person. We show that, in both an ordinary public goods game and in a public goods game with punishment, focal individuals are influenced by fellow group members' contribution behavior in future interactions with other individuals who were not a party to the initial interaction. Furthermore, this influence persists for multiple periods and spreads up to three degrees of separation (from person to person to person to person). The results suggest that each additional contribution a subject makes to the public good in the first period is tripled over the course of the experiment by other subjects who are directly or indirectly influenced to contribute more as a consequence. These results show experimentally that cooperative behavior cascades in human social networks." □

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18. [Green tea reduces tooth loss.](#) "The present findings indicate an association of green tea consumption with decreased odds for tooth loss." □

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19. [Manual muscle testing shows good validity in 8 muscle groups for myopathies](#) . "The standardized response mean for Total MMT was 0.56 in juveniles and 0.75 in adults."

Consensus was reached to use a subset of 8 muscles (neck flexors, deltoids, biceps, wrist extensors, gluteus maximus and medius, quadriceps, and ankle dorsiflexors) that performed as well as the Total and Proximal MMT, and had good face validity and ease of assessment." □

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20. [How the public use and value little bits and pieces of AK.](#) "After a diagnosis of Type II diabetes a few years ago, David (last name withheld by request) made the decision to seek out alternative therapies for dealing with the disease.

After five sessions, David has begun to notice a difference in the way he feels, and has experienced a renewed sense of youthful energy and well-being." □

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21. [What to do about your brain injured child](#) . □ [Top](#)

22. [Internet awareness/cognitive screening tool is superior to clinical tests.](#) "An interactive, Internet-based cognitive screening tool is superior to standard tests used to detect cognitive impairment and may provide clinicians with a simple, accurate, early screening tool that can be used in the primary care setting, new research suggests. Developed by investigators at the University of Tennessee Medical Center, Knoxville, the computer self test (CST) was substantially more accurate than the Mini Mental Status Examination (MMSE) and the Mini-Cog in classifying cognitively impaired individuals vs control participants, with an accuracy rate of 96% vs 71% and 69%, respectively.□ Not only [was the CST] able to distinguish people who did and did not have cognitive impairment, but it was able to distinguish between the various stages of [Alzheimer's disease (AD)] with superior accuracy," study investigator Rex L. Cannon, PhD, CPA, BCN, told

Medscape Psychiatry" □

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23. [Light drinking is better for the heart than drinking no alcohol.](#) "Light and moderate alcohol consumption was associated with lower rates of cardiovascular mortality than complete abstention, in a new study of more than 245 000 US adults [1]. Heavy drinking was not clearly associated with higher or lower risk. □

The study, led by

Dr Kenneth Mukamal

(Beth Israel Deaconess Medical Center, Boston, MA), is published in the March 30, 2010 issue of the

Journal of the American College of Cardiology". □

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24. [New German study shows Drinking coffee helps subclinical inflammation](#) . "A small study published this week points again to the beneficial effects of coffee consumption.

Researchers showed that drinking coffee led to improved markers of subclinical inflammation and oxidative stress, as well as increases in HDL-cholesterol levels. □

"We found some evidence of beneficial effects on the lipid profile, but no effects on glucose metabolism," report lead investigator

Dr Kerstin Kempf

(University Düsseldorf, Germany) and colleagues. "Because subclinical inflammation is a risk factor for type 2 diabetes, our results suggest one mechanism that could mediate the reduced risk of type 2 diabetes among individuals who habitually consume coffee for

years." □

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25. [More Vit K foods, less cancer.](#) "Higher dietary intake of vitamin K may reduce the incidence of cancer and cancer-related mortality, particularly lung or prostate cancers, a new study suggests. □ The study, reported online March 24th in the American Journal of Clinical Nutrition, appears to be the first to look at the association between vitamin K intake and general cancer risks. A previous report had linked it to lower prostate cancer risk. □ Vitamin K exists in two natural forms: vitamin K1, or phylloquinone, found largely in green leafy vegetables, as well as some vegetable oils, such as canola and soybean oils; and vitamin K2, or menaquinone, for which meat and cheese are the primary dietary sources." □

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26. [Eat chocolate and have less strokes](#) . "The largest observational study so far to examine the association between chocolate consumption and risk of cardiovascular disease has found that those who ate the most chocolate--around 7.5 g per day--had a 39% lower risk of MI and stroke than individuals who ate almost no chocolate (1.7 g per day). □

Lead author Dr Brian Buijsse (German Institute of Human Nutrition, Nuthetal, Germany) told heart

wire

: "This shows that habitual consumption of chocolate is related to a lower risk of heart disease and stroke that is partly explained by blood-pressure reduction. The risk reduction is stronger for stroke than for MI, which is logical because it appears that chocolate and cocoa have a pronounced effect on BP, and BP is a higher risk factor for stroke than for MI." Buijsse and colleagues report their findings online March 31, 2010 in the

European Heart Journal"

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27. [Moderate alcohol drinking shows less risk of Rheumatoid arthritis](#) . "Some studies have suggested that moderate drinkers have a lower risk of developing rheumatoid arthritis, and now new findings link the habit to a slower progression of the joint disease. □ In a study that followed 2,900 adults with rheumatoid arthritis (RA), Swiss researchers found that light-to-moderate drinkers showed slower progression of joint damage compared with non-drinkers. Heavy drinkers, on the other hand, showed the greatest progression. Th

e findings, reported online March 8th in Arthritis & Rheumatism, are based on x-ray evidence of joint damage and disease progression at a mean follow-up of four years." □

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28. [Vit D helps pelvic floor prolapse.](#) "Higher vitamin D levels are linked to a lower risk for female pelvic floor disorders, according to the results from the National Health and Nutrition Examination Survey (NHANES) reported in the April issue of *Obstetrics & Gynecology*

.Because vitamin D receptors are present in human muscle tissue, a direct effect of vitamin D on muscle physiology is biologically plausible," write Samuel S. Badalian, MD, PhD, and Paula F. Rosenbaum, PhD, from SUNY Upstate Medical University and St. Joseph's Hospital Health Center in Syracuse, New York. "Thus, it is not surprising that

vitamin D deficiency has long been clinically associated with impaired muscle strength and loss of muscle mass. Given that vitamin D insufficiency or deficiency is epidemic among adults, it is plausible that low vitamin D status contributes to the development of poor muscle strength and can lead to different pelvic floor disorders such as urinary/fecal incontinence and POP [pelvic organ prolapse].""Higher vitamin D levels are linked to a lower risk for female pelvic floor disorders, according to the results from the National Health and Nutrition Examination Survey (NHANES) reported in the April issue of

Obstetrics & Gynecology

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29. [Stretching Quadriceps and Hamstrings reduces performance.](#) " It is concluded that Proprioceptive Neuromuscular Facilitation stretching of the hamstrings and quadriceps may acutely diminish sensitivity to knee movement. For coaches and trainers, these findings are consistent with previous reports of loss in muscle force and power immediately after stretching, suggesting that stretching just before competition may diminish performance." □

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30. [Amino Acid supplements increase performance and decrease risk of injury](#) . "These findings suggest that short-term amino acid supplementation, which is high in BCAA, may produce a net anabolic hormonal profile while attenuating training-induced increases in muscle tissue damage. Athletes' nutrient intake, which periodically increases amino acid intake to reflect the increased need for recovery during periods of overreaching, may increase subsequent competitive performance while decreasing the risk of injury or illness." □

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Problem-Solving

To solve any problem, there are three questions to ask yourself: First, □ What could I do? Second, □

What could I read?

And third,

[Whom could I ask?](#)

The real problem is usually two or three questions deep. If you want to go after someone's problem, be aware that most people aren't going to reveal what the real problem is after the first question.

Neil Armstrong once said, "You only have to solve two problems when going to the moon: first, how to get there, and second, how to get back. The key is don't leave until

you have solved both problems.”

Never attack a problem without also presenting a solution.

The best place to solve a problem is on paper. □ [Top](#)

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

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