

## **132- Berlin, Motion sickness, Herbalists, Breast, ADD, Balance, Diaphragm, Green tea, Spirulina, Jaw**

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Hi Everyone,

Berlin is sure to be the best ICAK Venue yet. Now is the time to make accommodation, registration and travel arrangements for the best financial deals. Delay is always more expensive. Enjoy this weeks collection of articles. Donald

Dear Colleagues, since March 2010 the detailed program for the Berlin conference can be found on the web: <http://www.daegak2010.de>  
We invite you to have a closer look into it and find out about the very interesting presentations from inside the AK community and from professionals of adjacent medical areas. The environmental medicine pre-congress seminar on Friday morning is a true highlight!  
Especially aspects of environmental medicine should be of importance for all of our AK practices.  
We designed the program to provide interesting features that may motivate you to take the trip and make the International ICAK-conference a truly international one.  
We would like to welcome you here to fill the common grounds of this AK organization with life, the organization which is to both safeguard tradition and open new gates towards the future.  
We made sure this great program does not take you by surprise and you are able to make your travel arrangements well ahead of time.  
We wish to welcome you all in Berlin! Give this notice also to your students, please!

Kind regards  
Ulli Angermeier, Hans Garten  
organizing committee ICAK International conference 2010

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1. [AK Dr Brian Blower helps jaw problems.](#) "Sixty-five percent of our body is muscle and muscles do the "work." Therefore it makes sense to me to manually challenge the working ability, the strength, of the muscular parts, one group at a time, comparing left side to right, front to back and see if they are indeed functioning against resistance. A muscle test of Nathen's neck and upper back showed several individual muscles not responding in a healthy capacity. Upon testing he was not able to make some of them work well on one side while the same muscle was perfectly strong to his command on the other side. Some of the muscles were weakened on both sides. To be healthy all of them must work to command." Top of Page

2. Bill Maher [discusses](#) how people make themselves sick:

3. Motion sickness disorder case series, the AK approach. "Following methods founded in applied kinesiology and using spinal and cranial manipulative treatment, the patients were able to travel long distances without nausea, sickness, or dizziness. The evaluation of these patients' responses to treatment was determined by the doctor's observation, the patients' subjective description of symptoms while riding in a motor vehicle, a visual analog scale for neck and associated pain, and applied kinesiology chiropractic physical assessment tools." "

[Free Download](#)

4. [Why some men have breast milk](#) . "A 26-year-old man presented with a one-year history of decreased libido and erectile dysfunction. He had no breast tenderness,

but he had noticed a white discharge from his nipples after gentle manipulation (

[Figure 1](#)

). He had no history of visual abnormalities or headache and was not taking any medications or illicit drugs."

5. Submit a paper to the SOTO conference in [New Orleans](#) ?

6. [British Herbalists seek registration](#) . "The health secretary for England, Andy Burnham, said that ensuring registration of herbal practitioners would help prevent unscrupulous practices in the sale of herbal remedies to the public in high street shops and private clinics.

The move follows a consultation with the scientific community and the public in all four countries of the UK last year. It will become law as soon as parliamentary time allows, said a health department spokeswoman."

7. [Here is a list of exercise advice for 22 different medical conditions](#) . "The exercise prescriptions listed below are provided by the American College of Sports Medicine as part of its [Exercise is Medicine](#) program.

[These articles](#)

focus on exercise in specific conditions and are intended to be printed out for your patients in order to help improve their health and quality of life."

8. [Another view of ADD/ADHD and Psychiatric disorders](#) . (3 min)

9. [Here is an update on the Touch for Health Electronic teaching aids](#). "Touch for Health teaches 42 muscles in three groups of 14 muscles. Touch for Health I teaches the 14 primary (indicator) muscle and meridians. For TFH Levels II and III, they are neither the primary 14 muscles or the full 42-TFH muscle set. Being able to create a TFH session using this groups assists both instructors and students as just the new muscles are shown. Students can practice while using just the new muscles that they are learning for each level. The eTouch for Health session wizard creates 14 and 42-muscle sets plus other special sets, however, until Version 2.3, these TFH training groups were not an option. Now, you can easily create sessions for each level of TFH classes"

10. [Chiropractic and the mind of the child](#) .

11. [Where to have your baby, hospital or home?](#) "OBJECTIVE: We sought to evaluate perinatal morbidity by delivery location (hospital, freestanding birth center, and home). STUDY DESIGN: Selected 2006 US birth certificate data were accessed online from the Centers for Disease Control and Prevention. Low-risk maternal and newborn outcomes were tabulated and compared by birth facility. RESULTS: A total of 745,690 deliveries were included, of which 733,143 (97.0%) occurred in hospital, 4661 (0.6%) at birth centers, and 7427 (0.9%) at home. Compared with hospital deliveries, home and birthing center deliveries were associated with more frequent prolonged and precipitous labors. Home births experienced more frequent 5-minute Apgar scores <7. In contrast, home and birthing center deliveries were associated with less frequent chorioamnionitis, fetal intolerance of labor, meconium staining, assisted ventilation, neonatal intensive care

unit admission, and birthweight <2500 g. **CONCLUSION:** Home births are associated with a number of less frequent adverse perinatal outcomes at the expense of more frequent abnormal labors and low 5-minute Apgar scores."

12. [A microscope that views in 4 dimensions](#) . "We conclude with current explorations in imaging of nanomaterials and biostructures and an outlook on possible future directions in space-time, 4D electron microscopy."

13. [Hijab causes neck injury and death](#). Isabella Duncan was famous for dying this way. "Now this mother dies in a similar death." A young Sydney mother has died after her hijab became tangled in a go-kart in an accident on the NSW central coast.

The woman suffered severe neck and throat injuries after the hijab - a Muslim scarf that covers a woman's head and neck - became entangled with the go-kart while she was driving at Port Stephens Go-Karts yesterday."

14. [Dr. Goodheart Interviews by Dr. Leaf](#). "How did AK start. Highlights of being the first chiropractor at the Olympics. Diet for an 80 year old."

15. [Chronic painful shoulders are helped better with Hyaluronate injections than corticosteroids](#). "For treatment of chronic painful shoulder, hyaluronate injections are a safe and effective alternative to other conservative methods, according to a meta-analysis by Japanese physicians. Injection of hyaluronate is one of the most common treatments for chronic painful shoulder - but according to the research team, there have been no systematic reviews of viscosupplementation, as the procedure is known. Dr. Seijo Saito and associates at Tokyo Women's Medical University conducted a literature search that turned up 19 randomized trials comparing intra-articular and subacromial hyaluronate injections with placebo or other conservative measures. Altogether, the trials involved 2120 patients, with diagnoses of periarthritis scapulohumeralis, frozen shoulder, adhesive capsulitis, rotator cuff tear, persistent shoulder pain, supraspinatus tendinosis, and shoulder impingement syndrome.

16. [Walking for 2 hours per week prevent strokes in women](#) . "Women who walk 2 or more hours a week, especially at a brisk pace, are significantly less likely to experience any type of stroke than women who do not walk, according to long-term follow-up findings from the Women's Health Study (WHS). Findings were published online April 6 and will appear in the June issue of *Stroke*.

*Jacob Sattelmair, MSc, Harvard School of Public Health, Boston, Massachusetts, found that during an average follow-up of 11.9 years, walking time and walking pace were inversely related, either significantly or with borderline significance, to total, ischemic, and hemorrhagic stroke risk among 39,315 healthy US women 45 years and older who participated in the WHS."*

17. [Balance problems can be caused by lung conditions](#) . "People with chronic obstructive pulmonary disease had increased mediolateral centre of pressure displacement and increased angular motion of the hip compared to healthy controls. Mediolateral centre of pressure displacement was further increased in people with chronic obstructive pulmonary disease following exercise, but unchanged in controls. Anteroposterior centre of pressure displacement did not differ between groups."

18. [One ankle sprain affects the balance of both](#) . "These findings provide strong

evidence that balance is bilaterally impaired after an acute lateral ankle sprain. However, these findings suggest that bilateral balance deficits are not present in patients with chronic ankle instability. Based on these findings, the uninvolved limb should not be used as a reference for "normal balance" following an acute lateral ankle sprain. Further, patients with acute lateral ankle sprains should undergo balance training on both limbs."

19. [Green tea helps metabolic syndromes.](#) "The health benefits of green tea for a wide variety of ailments, including different types of cancer, heart disease, and liver disease, were reported. Many of these beneficial effects of green tea are related to its catechin, particularly (-)-epigallocatechin-3-gallate, content. There is evidence from in vitro and animal studies on the underlying mechanisms of green tea catechins and their biological actions. There are also human studies on using green tea catechins to treat metabolic syndrome, such as obesity, type II diabetes, and cardiovascular risk factors. Long-term consumption of tea catechins could be beneficial against high-fat diet-induced obesity and type II diabetes and could reduce the risk of coronary disease. Further research that conforms to international standards should be performed to monitor the pharmacological and clinical effects of green tea and to elucidate its mechanisms of action."

20. [Abdominal muscles fatigue before the diaphragm in people with breathing diseases](#)

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In patients with COPD, abdominal muscle but not diaphragm fatigue develops following symptom limited incremental cycle ergometry. Further work is needed to establish whether abdominal muscle fatigue is relevant to exercise limitation in COPD, perhaps indirectly through an effect on quadriceps fatigability."

21. [Strain damages tendons before muscles](#) . This is an excellent discussion of muscle damage and injury. " The muscle tendon unit is a stable system, designed to operate eccentrically with efficiency and resiliency. Fiber strains, although minimized by tendon compliance during exercise, are essential components to decoding the mechanical and chemical signals during exercise. Subsequent cellular adaptations minimize the subsequent "dose" of stress and strain and serve to limit the exacerbation of damage into injury."

22. [Patients respond better to nurses than doctors with pain issues.](#) "This paper reports chronic pain patients' perceptions of the communication with NCMs in a pain self-management trial and patients' perceptions of the communication they experienced in primary care. Eighteen patients suffering from chronic musculoskeletal pain and depression participated in four focus groups designed to ascertain their perceptions of the intervention. A key emergent theme from these focus groups was the contrast in patients' perceptions of the communication with their primary care physicians versus with the NCMs. Patients reported feeling supported, encouraged, and listened to by their NCMs, whereas they tended to be dissatisfied with their primary care physicians, citing issues such as lack of continuity of care, poor listening skills, and under- or overprescribing of medication. The results of this study underscore the importance of the NCM, particularly for patients with chronic conditions such as pain."

23. [Waiting time continues to outstrip cost savings in a health care clinic.](#) "Time and cost savings offered by retail clinics are attractive to patients, and they are likely to seek

care there given sufficient cost savings. Appointment wait time is the most important factor in care-seeking decisions and should be considered carefully in setting appointment policies in primary care practices."

24. [Most doctors now retire later due to cost of living.](#) "Doctors' retirement ages have been either creeping or leaping upward (depending on the specialty) since 2001. The most striking increases have been in

Cardiology,

where the average retirement age rose from 61 in 2001 to 70.6 in 2009

;

Otolaryngology

, where the average retirement age rose from 62 in 2001 to 69 in 2009

; and

Internal Medicine,

which went from

66.4 in 2001 to 70.6 in 2009.

In a recent data review of 45,000 physician clients, The Doctors Company (TDC)--a leading medical malpractice insurer--found that the average overall retirement age of all specialties covered by TDC was

64 in 2001

; and

66.5 in 2009

. "Specialists are increasingly less satisfied with their ability to generate retirement savings," says Richard E. Anderson, MD, FACP, chairman and CEO of The Doctors Company. "They are likely to continue working longer than previously anticipated, retirement savings are increasingly being recognized as inadequate to meet their needs, and employers are reducing their support for employer-provided savings programs."

25. [A belly button period caused by endometriosis](#) . "A 35-year-old Caucasian woman presented with umbilical bleeding during periods of menstruation. Her umbilicus had a small nodule with bloody discharge. An ultrasound was performed and a diagnosis of possible umbilical endometriosis was thus made. The nodule shrunk in response to gonadotropin-releasing hormone analogues but continued to persist. The patient underwent a wide local excision of the nodule with a corresponding umbilical reconstruction. Histopathology confirmed the diagnosis of umbilical endometriosis. The patient was asymptomatic at follow-up, but nevertheless warned of the risk of recurrence."

26. [Difficulty singing and muscle weakness helped with neck treatment.](#) "The voice disorder and neck pain appeared after the traumatic incident. Examination of the cervical spine revealed moderate pain, muscle spasm and restricted joint motion at C-1 and C-5 on the left side. Cervical range of motion was reduced on left rotation. Bilateral manual muscle testing of the trapezius and sternocleidomastoid muscles, which share innervation with the laryngeal muscles by way of the spinal accessory nerve, were weak on the left side. Pre and post accident voice range profiles (phonetograms) that measure



singing voice quality were examined. The pre- and post-accident phonetograms revealed significant reduction in voice intensity and fundamental frequency as measured in decibels and hertz."

27. [Autism and Vaccination safety, the first interview with Dr. Wakefield.](#) "In this interview, Dr. Andrew Wakefield shares his personal and professional insights into a number of topics, from the gut-brain connection so often seen in autistic children, to the safety of a number of childhood vaccines. □ In addition to his hotly contested MMR study, published in the journal

*Lancet*

in 1998, he has published about 130-140 peer-reviewed papers looking at the mechanism and cause of inflammatory bowel disease, and has extensively investigated the brain-bowel connection in the context of children with developmental disorders such as autism. □ But most importantly, he sets the record straight on the harsh criticism he's endured as the author of one of the most controversial vaccine-causing-autism studies ever done."

28. [Spirulina helps fatty liver.](#) "Treatment had therapeutic effects as evidenced by ultrasonography and the aminotransferase data. Hypolipidemic effects were also shown. We conclude that *Spirulina maxima* may be considered an alternative treatment for patients with non-alcoholic fatty liver diseases and dyslipidemic disorder."

29. [Compartment syndrome of the Upper trapezius muscle after whiplash.](#) "Entrapment of the spinal accessory nerve and/or chronic compartment syndrome of the trapezius muscle may cause chronic debilitating pain after whiplash trauma, without radiological or electrodiagnostic evidence of injury. In such cases, surgical treatment may provide lasting relief."

30. [Concentration](#)

The best advice I ever came across on the subject of concentration is: Wherever you are, be there.

When you work, work. When you play, play. Don't mix the two.

Give whatever you are doing and whoever you are the gift of attention.

On the way to work, concentrate on the way—not the work.

Pay attention. Don't just stagger through the day.



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

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