

136-Skeptics, Podcasts, Thyroid, Supraspinatous, Homeopathics, Experience, Ginger, Paris

Posted on Jan 02, Posted by [Donald McDowall](#) Category [MyBlog](#)

Hi Everyone,

Is Applied Kinesiology a topic of interest for skeptics, scientists and health researchers?

Here is Dr. Rosner and Cuthbert's summary of AK methods to help enlighten the skeptics (someone who habitually doubts accepted beliefs) in the world. You may find it helpful to link your website to this page. <http://www.chiroaccess.com/Articles/Technique-Summary-Applied-Kinesiology.aspx?id=0000144>

. However, not all scientists research the professional use of Applied Kinesiology before they comment and begin media exposure. Some commercial salesmen/women entangle it with party tricks and illusions including word associations, on body testing, purposeful deception and other tricks that all lead to confusion for well meaning patients so they can sell their products.

Here is a recent skeptic's understanding of AK published on you tube. <http://www.youtube.com/watch?v=Piu75P8sxTo>

. Interesting, isn't it? Fortunately Dr. Cuthbert and Dr. Schmitt have already exposed this "trick" among many others in their indexed peer reviewed paper <http://www.chiroandosteo.com/content/16/1/16>

. The only problem is that the "Skeptics" haven't done their homework or researched the professional use of AK. These self proclaimed "police" of the health community fail again by not doing up to date literature reviews that would assist in removing bias from their "experiments" before they present their peer review of so called AK to the public. What they have presented has NOTHING to do with AK. They could have called it what it was, "junk testing".

My understanding of a "skeptic" is someone who uses a methodology that starts from a neutral standpoint and aims to acquire certainty though scientific or logical observation. Given the lack of "neutrality" and poor methodology in the comments of some recent skeptics I would probably prefer to call them "Junk Skeptics". This is my opinion. Donald

1. AK papers by Dr. Gangemi available.
2. Free Podcasts that build your business by Winston Marsh
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4. Underactive thyroid can cause muscle weakness and fatigue
5. Vegetables reduce risk of lung cancer in smokers.
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7. Individual exercises help low back pain
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- Influence/Association

1. [AK papers by Dr. Gangemi available](#) .
2. [Free Podcasts that build your business by Winston Marsh](#) . You will love these great ideas from the Guru of marketing. I don't have time to read all the stuff he does but I do have time to get the nuggets of gold he digs up. Give yourself a free seminar and fossic through all the links on his massive, magic, media, mountain of missives.
3. [Over active thyroid linked to stroke](#) . "While that previous studies have reported an association between hyperthyroidism and cerebrovascular disease, hyperthyroidism has never been considered as a potential risk factor for stroke in people in their 40s. Jau-Jiuan Sheu, from Taipei Medical University (Taiwan), and colleagues examined data on 3,176 patients with hyperthyroidism, comparing it to 25,408 patients without the disease. Tracking the subjects for five years, specifically monitoring for incidence of stroke, the team found that having an overactive thyroid was associated with a 44% increased risk for ischemic stroke (a stroke cause by blocked arteries), after adjusting for confounding factors."
4. [Underactive thyroid can cause muscle weakness and fatigue](#) : "Neuromuscular complaints and altered MMT were significantly more frequent in sHT than in controls, and IS was lower in patients with these abnormalities. Results suggest that altered muscle strength by MMT and the coexistence of neuromuscular complaints in patients with sHT may indicate neuromuscular dysfunction."
5. [Vegetables reduce risk of lung cancer in smokers](#) . "Our findings are consistent with the smoking-related carcinogen-modulating effect of isothiocyanates, a group of phytochemicals uniquely present in cruciferous vegetables. Our data support consumption of a diet rich in cruciferous vegetables may reduce the risk of lung cancer among smokers."

6. [Less exercise predicts low back pain in radiology students.](#) ☐ "Our study showed prevalence rates of musculoskeletal complaints among X-ray technology students to be somewhat high, representing about half of those found in Italian technologists. The most common musculoskeletal problem was low back pain, which had also been found in research conducted among nursing students. Our research also showed a significant association between poor physical activity and the presence of musculoskeletal disorders in young university students."

7. [Individual exercises help low back pain](#) . "The results of this controlled case series study, based on prior and post intervention, showed that movement control, patient specific functional complaints and disability improved significantly following specific individual exercise programs, performed with physiotherapeutic intervention. The results obtained warrant performance of a randomized controlled trial (RCT) to substantiate our findings"

8. [Supraspinatous muscle subregions have separate functions.](#) ☐☐ "The supraspinatus, having distinct anterior and posterior subregions, is most commonly considered an abductor of the humerus, but it has also been shown to induce humeral rotation. The objective of this study was to quantify the magnitude and direction of humeral rotation that results from loading the distinct anterior and posterior subregions of the supraspinatus. Fourteen cadaver specimens were tested under four loading conditions based on physiological cross section area of the supraspinatus: (1) anterior only; (2) posterior only; (3) physiologic (each subregion loaded simultaneously); and (4) nonphysiologic (the tendon loaded as a whole). Each specimen was tested at 0, 15, 30, 45, and 60° of glenohumeral abduction in the scapular plane and from 60° of internal to 45° of external rotation in 15° increments. The humeral rotation that occurred with loading from the initial starting rotation position was measured using a rotary variable inductance transducer. In the scapular plane, the anterior subregion of the supraspinatus acts as both an internal and external rotator depending on the initial position of the humerus. The posterior subregion either acted as an external rotator or did not induce rotation. This study demonstrated a distinct functional difference between the anatomic subregions of the supraspinatus. This understanding will help to improve testing methods and the development of repair strategies of the supraspinatus."

9. [Behavioural therapy and manual therapy for neck pain have similar results.](#) ☐☐ "Based on this trial it can be concluded that there are only marginal, but not clinically relevant, differences between a BGA program and MT." ☐

10. [Fatigue of breathing muscles causes low back pain](#) . "After IMF, control subjects use a rigid proprioceptive postural control strategy, rather than the normal "multisegmental" control, which is similar to people with LBP. This results in decreased postural stability. These results suggest that IMF might be a factor in the high recurrence rate of LBP." ☐

11. [Homeopathic treatment for migraines is helpful](#) . "In this observational study, patients seeking homeopathic treatment for migraine showed relevant improvements that persisted for the observed 24 month period. Due to the design of this study, however, it does not answer the question as to whether the effects are treatment specific or not."

12. [Manual muscle testing correlates well with hereditary neuropathies](#) . "MRI shows

areas where muscle has been replaced by fat, a process which occurs in neuropathies. The purpose of this study was to investigate the usefulness of MRI in assessing disease severity in Charcot-Marie-Tooth (CMT) and hereditary motor neuropathy (HMN) compared to manual muscle testing (MMT). MRI and MMT correlated well (Spearman's rank correlation coefficient 0.910, 0.789–1.0). MRI was useful to document the extent and pattern of muscle atrophy and fat replacement and to determine the level of denervation. In addition, nerve length dependent denervation was confirmed in both CMT and HMN. MRI will be useful to confirm MMT findings and may be helpful for diagnosis of early or subclinical disease, as well as to further investigate the mechanisms of hereditary neuropathies." □

13. [Medical Physicians fail social skills](#) . □ □ "Our findings suggest that physicians are inadequately trained to function in the complex organizational and social systems that characterize modern practice. Successful health care reform in the U.S. will require physicians who are trained not only in bio-medicine, but also in the social sciences. Other developed countries, which have both greater government control of health care and a culture less oriented to individualism, may have less need for specific efforts to train physicians in the social sciences but could still benefit from considering an expanded curriculum. Effective educational reform must address the medical admissions process, academic and intellectual preparation, and professional and clinical training." □

14. [What does a doctor's "experience" really mean and can it be measured?](#) □ "We found that what physicians actually gain over time is complex social, behavioral and intuitive wisdom as well as the ability to compare the present day patient against similar past patients. These active cognitive reasoning processes are essential components of a forward-looking research agenda in the area of physician experience and decision making. Guideline-based outcome measures, accompanied by underdeveloped age- and years-based definitions of experience, may prematurely conclude that more experienced physicians are providing deficient care while overlooking the ways in which they are providing more and better care than their less experienced counterparts."

15. [Static stretching fails weight lifters](#) . "However, when velocity was expressed in absolute terms, static stretching reduced significantly (

$p < 0.05$) the average lifting velocity during the second set compared to the first one. Therefore, if maintenance of a high absolute velocity over consecutive sets is important for training-related adaptations, static stretching should be avoided or replaced by ballistic stretching." □

16. [Ginger helps muscle pain caused by exercise](#) . □ "Ginger has been shown to exert anti-inflammatory effects in rodents, but its effect on human muscle pain is uncertain. Heat treatment of ginger has been suggested to enhance its hypoalgesic effects. The purpose of this study was to examine the effects of 11 days of raw (study 1) and heat-treated (study 2) ginger supplementation on muscle pain. Study 1 and 2 were identical double-blind, placebo controlled, randomized experiments with 34 and 40 volunteers, respectively. Participants consumed 2 grams of either raw (study 1) or heated (study 2) ginger or placebo for 11 consecutive days. Participants performed 18 eccentric actions of the elbow flexors to induce pain and inflammation. Pain intensity, perceived effort, plasma prostaglandin E

, arm volume, range-of-motion and isometric strength were assessed prior to and for 3 days after exercise. Results Raw (25%, $-.78$ SD, \square

P

= .041) and heat-treated (23%, $-.57$ SD, \square

P

= .049) ginger resulted in similar pain reductions 24 hours after eccentric exercise compared to placebo. Smaller effects were noted between both types of ginger and placebo on other measures. Daily supplementation with ginger reduced muscle pain caused by eccentric exercise, and this effect was not enhanced by heat treating the ginger." \square

17. [More debt equals more back pain](#) . \square A new German Study. \square "The point prevalence of back pain was 80% in the over-indebted collective, compared to 20% in the general population. The influence of socioeconomic factors on the prevalence of back pain differed partially between the general population and the over-indebted collective. Being over-indebted was identified as an independent effect modifier and was associated with an eleven times increased probability to suffer from back pain (aOR: 10.92, 95%CI: 8.96 - 13.46). \square Until now, only little is known about the effects of intense financial strain like over-indebtedness on health. Our study suggests that over-indebted persons represent a risk group for back pain and that it might be sensible to take financial strain into account when taking a medical history on back pain. Over-indebtedness and private bankruptcy is of increasing importance in industrialized countries, therefore more research on the subject seems to be necessary." \square

18. [Calculate your risk of heart disease now](#). \square "Your heart numbers are two of the most important numbers you need to know because they give an insight into how healthy your heart is and also reflect the effect that your lifestyle is having on your body. The two numbers are your blood pressure (BP) and your cholesterol ratio (TC/HDL). If you know your numbers, we can predict your risk of heart disease using the Heart Forecast tool on this site."

19. [Online chiropractic products catalogue](#) . \square

20. [Older and richer people use more alternative medicine](#) . "In a University of Michigan Health System study, 1 out of 3 patients with chronic pain reported using complementary and alternative medicine therapies such as acupuncture and chiropractic visits for pain relief Accor
ding to the lead author, Carmen R. Green, M.D., U-M professor of anesthesiology and obstetrics and gynecology and associate professor of health management and policy, this pattern may be due to alternative medicine therapies usually attracting individuals with higher education levels and income, or the pattern could be a result of differences in insurance coverage." \square

21. [6 ways doctors can make extra income](#). \square "We looked at 6 avenues that physicians have taken to earn extra revenue. None of these activities require a tremendous amount of time. Participating in just 1 or 2 activities can put enough money in your pocket to allow you to breathe a little easier when the bills come in. Here are several popular ones for consideration." \square

22. [Interruptions with patients cause errors](#) . $\&\text{nbsp}\&$ "A recent observational study published in the April 26 issue of the *Archives of Internal Medicine*

shows nurses who are interrupted while administering medication to patients were more likely to make errors. How often do you find yourself interrupted when seeing a patient?"

□

23. [Young, white adults are getting more stomach cancer.](#) □ "Dr. Jaffer Ajani, a digestive cancer specialist at the University of Texas M.D. Anderson Cancer Center in Houston, said the increase in young white adults is surprising but not alarming. Ajani, who was not involved in the research, said it could be a statistical blip but that it needs to be investigated.

The study appears in Wednesday's Journal of the American Medical Association. It focused on lower stomach cancer, not cancer of the upper stomach, which has been linked with gastric reflux. Together, these cancers are the fourth most common type of cancer worldwide." □

24. [Breast feeding makes you smarter.](#) □ "A shorter duration of breastfeeding may be a predictor of adverse mental health outcomes throughout the developmental trajectory of childhood and early adolescence." □

25. [Morning sickness associated with parents genes, not the babies.](#) □ "Hyperemesis gravidarum is more strongly influenced by the maternal genotype than the fetal genotype, though environmental influences along the maternal line cannot be excluded as contributing factors." □

26. [Magnesium helps stop brain bleeding.](#) □ "These data indicate that high-dose intravenous magnesium can reduce cerebral ischemic events after aneurysmal subarachnoid hemorrhage by attenuating vasospasm and increasing the ischemic tolerance during critical hypoperfusion." □

27. [Automated chest compression for first aid increases blood pressure](#) . "In patients with out-of-hospital CA, the use of AutoPulse™ is associated with an increased diastolic BP compared to manual chest compressions. While its benefit to survival has yet to be demonstrated, the increase in diastolic and mean BP is a promising outcome for AutoPulse™ use." □

28. [Doctors collaborating improves patients results.](#) □ "Consistent and clinically important effects suggest a potential role of interactive communication for improving the effectiveness of primary care-specialist collaboration." □

29. [Illegal drugs in Paris water.](#) □ "Cocaine consumption was estimated from cocaine or BZE concentrations measured in raw water and the results showed significant difference in drug taking during week or weekend. The estimated doses observed in this study are lower than those reported for others countries, especially Spain and Italy. MDMA consumption was estimated at lower levels than cocaine." □

30.

[Nuts lower cholesterol.](#)

"

Nut consumption improves blood lipid levels in a dose-related manner, particularly among subjects with higher LDL-C or with lower BMI."

[Influence/Association](#)

There are two parts to influence: First, influence is powerful; and second, influence is subtle. You wouldn't let someone push you off course, but you might let someone nudge you off course and not even realize it.

We need a variety of input and influence and voices. You cannot get all the answers to life and business from one person or from one source.

Attitude is greatly shaped by influence and association.

Don't spend most of your time on the voices that don't count. Tune out the shallow voices so that you will have more time to tune in the valuable ones.

"No" puts distance between you and the wrong influence.

You must constantly ask yourself these questions: "Who am I around?" "What are they doing to me?" "What have they got me reading?" "What have they got me saying?" "Where do they have me going?" "What do they have me thinking?" And, most important, "What do they have me becoming?" Then ask yourself the big question: "Is that OK?"

Don't join an easy crowd; you won't grow. Go where the expectations and the demands to perform are high.

Some people you can afford to spend a few minutes with, but not a few hours.

Get around people who have something of value to share with you. Their impact will continue to have a significant effect on your life long after they have departed. □

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Tags: