

138-Face pain, Mental defeat, ADHD, Short babies, Quadriceps, New AK Website

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

Hi Everyone,

Dr. Laurent Picard has announced the hosting of the ICAK meeting for 2011 in Bordeaux, France. What a great opportunity to study, learn and enjoy visiting this famous wine growing area. [Here is the link](#) to the latest ICAK Australasia Newsletter. It is 52 pages. Thank you to the www.ICAKUSA.com for sharing its member material with the ICAKAustralasia. Please contact me if you are having difficulty accessing the member area of the new www.icaka.org.au website please let me know. I encourage all chapters to share their material with each other. Don't miss out on a [fantastic weekend](#)

with AK Diplomat, Professor Joe Schafer in Koh Samui, THAILAND, July 30 - August 2, 2010.

Enjoy, Donald

1. Face pain confuses teeth pain.
2. Mental defeat causes pain, catastrophizing predicts less sleep and more anxiety
3. New AK website with good information on Google news.
4. Manipulation and stroke, the latest info summarised.
5. Broccoli stops breast cancer cells.
6. Sleeping less makes you eat more.
7. Binge eating makes general pain worse.
8. Zinc decreases inflammation
9. Better diet in 1st trimester builds better babies.
10. Caffeine makes shorter babies.
11. Tomato paste helps prostate genes.
12. Refined carbohydrates cause heart problems.
13. Pesticides associated with ADHD.
14. Processed meat is the problem, not red meat
15. Computer games stop pain for dental patients.
16. There are close to 3000 virtual reality articles listed in PubMed.
17. Nuts help cholesterol.
18. Soft drinks prevent kidney stones.
19. Low folate is linked with Asthma.
20. Doctors discussing spirituality may help patient's mental health.
21. Long term exercise is limited in helping low back pain.
22. Better function instead of complete pain relief for chronic low back pain.
23. Better quadriceps equals better executive functions.
24. How to solve problems.

25. Reducing HelicoBacter Pylori increases Iron levels
26. More evidence for manipulation helping headaches.
27. Dirty alfalfa sprouts cause Salmonella outbreak.
28. Cinnamon extract helps cervical cancer
29. Chocolate milk helps muscles recover quicker after soccer.
30. Problems with statistical analysis in Medical papers.

1. [Face pain confuses teeth pain.](#) "These findings demonstrate that trigeminal pain markedly activates the lateral and medial pain projection systems and the majority of the affected brain regions showed no difference regarding the input from lower or upper tooth. This lack of discrimination may explain why sometimes it is difficult for patients to locate the exact source of the intraoral clinical pain conditions." "

2. [Mental defeat causes pain, catastrophizing predicts less sleep and more anxiety](#)

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Relative to chronic pain patients with lower levels of mental defeat, those with higher levels of mental defeat reported greater degree of pain interference, distress and disability. In a series of regression analyses, mental defeat emerged as the strongest predictor of pain interference, depression and psychosocial disability, whereas catastrophizing was the best predictor of sleep interference, anxiety and functional disability. These findings suggest that mental defeat may be an important mediator of distress and disability in chronic pain. Theoretical and clinical implications are discussed." "

3. [New AK website with good information on Google news](#)

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" Congratulations to Dr. Lebowitz. "

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4. [Manipulation and stroke, the latest info summarised.](#)

"There are reported cases of stroke associated with visits to medical doctors and chiropractors. Research and scientific evidence does not establish a cause and effect relationship between chiropractic treatment and the occurrence of stroke; rather, recent studies indicate that patients may be consulting medical doctors and chiropractors when they are in the early stages of a stroke. In essence, there is a stroke already in process. However, you are being informed of this reported association because a stroke may cause serious neurological impairment or even death. The possibility of such injuries occurring in association with upper cervical adjustment is extremely remote." "

5. [Broccoli stops breast cancer cells.](#)

"

Sulforaphane inhibits breast CSCs and downregulates the Wnt/ β -catenin self-renewal pathway. These findings support the use of sulforaphane for the chemoprevention of breast cancer stem cells and warrant further clinical evaluation." "

6. [Sleeping less makes you eat more](#)

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□ "

One night of reduced sleep subsequently increased food intake and, to a lesser extent, estimated physical activity–related energy expenditure in healthy men. These experimental results, if confirmed by long-term energy balance measurements, suggest that sleep restriction could be a factor that promotes obesity." □

7.

[Binge eating makes general pain worse.](#)

□ "

Binge-eating disorder may confer a risk of components of the metabolic syndrome over and above the risk attributable to obesity alone." □

8.

[Zinc decreases inflammation](#)

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These findings suggest that zinc may have a protective effect in atherosclerosis because of its antiinflammatory and antioxidant functions." □

9.

[Better diet in 1st trimester builds better babies.](#)

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A high-quality diet in the first trimester of pregnancy is associated with birth size and the risk of fetal growth restriction." □

10.

[Caffeine makes shorter babies](#)

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□ □

11.

[Tomato paste helps prostate genes](#)

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□ "□

Dietary lycopene can affect gene expression whether or not it is included in its food matrix."

12.

[Refined carbohydrates cause heart problems.](#)

□ "

This study suggests that replacing SFAs with carbohydrates with low-GI values is associated with a lower risk of MI, whereas replacing SFAs with carbohydrates with high-GI values is associated with a higher risk of MI." □

13.

[Pesticides associated with ADHD.](#)

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In a representative sample of US children, those with higher levels of organophosphate

pesticide metabolites in their urine were more likely to have attention-deficit/hyperactivity disorder (ADHD) than children with lower levels, indicating less exposure to these compounds, researchers report in the June issue of *Pediatrics*

, published online May 17." □

14. [Processed meat is the problem, not red meat](#) . □ "The first study to systematically separate out the effects of red unprocessed meat from processed-meat products has shown that eating the former is not associated with an increased risk of coronary heart disease or diabetes [1]. □ But

eating 50 g of processed meat per day--the equivalent of one typical hot dog in the US, or two slices of deli meat--was associated with a 42% higher risk of CHD and a 19% increased risk of diabetes, say□

Dr Renata Micha

(Harvard School of Public Health, Boston, MA) and colleagues in their paper published online May 17, 2010 in□

Circulation" □

15. Computer games stop pain for dental patients.□□ "The neurobiological mechanisms are not fully understood, session moderator Jeffrey Gold, PhD, from the University of Southern California in Los Angeles, told□

Medscape Neurology

. "Virtual reality produces a modulating effect that is endogenous, so the analgesic effect is not simply the result of distraction but may also affect how the brain responds to pain.

16. [There are close to 3000 virtual reality articles listed in PubMed](#) .□ Many dental offices are already applying the new technology." □

17.

[Nuts help cholesterol.](#)

□ "

Our findings confirm the results of epidemiological studies showing that nut consumption lowers coronary heart disease risk and support the inclusion of nuts in therapeutic dietary interventions for improving blood lipid levels and lipoproteins and for lowering coronary heart disease risk," write lead investigator□

Dr

Joan

Sabaté

(Loma Linda University, CA) and colleagues in the May□ 11, 2010 issue of the□

Archives

of

Internal

Medicine

." □

18. [Soft drinks prevent kidney stones.](#) □ "In the study, researchers found that the diet versions of several popular citrus-flavored sodas -- like 7Up, Sunkist and Sprite

-- contained relatively high amounts of citrate. Citrate, in turn, is known to inhibit the formation of calcium oxalate stones." □

19. [Low folate is linked with Asthma](#). □ "In a paper published online April 26th in Allergy, Dr. Thuesen and colleagues report on 6784 adults (ages 30 to 60) in whom they analyzed whether various markers of folate and vitamin B12 status could be associated with atopic disease and asthma, as well as with changes in atopic status and lung function. In cross-sectional analyses, the TT genotype of the MTHFR-C677T polymorphism - a genetic marker of impaired folate metabolism -- was significantly associated with self-reported doctor-diagnosed asthma and shortness of breath at rest. The genotype was not associated with lung function or atopy." □ □

20. [Doctors discussing spirituality may help patient's mental health](#). □ □ "There's no way to know how many respondents were struggling with their mental health, but I assume that many of them turned to their spiritual practices for comfort, particularly if they were working hard to manage severe and ongoing problems such as addiction, unusual stress or mental illness. Moreover, as a way to enhance psychotherapy, understanding a person's spirituality may provide helpful insights into his or her value system or relationships." □

21. [Long term exercise is limited in helping low back pain](#). □ "At the end of the functional multidisciplinary rehabilitation, both groups improved significantly in all physical parameters except flexion and extension range-of-motion. At the 3 month and 1 year follow-up, both groups maintained improvements in all parameters except for cardiovascular endurance. Only the exercise program group improved in disability score and trunk muscle endurance. No differences between groups were found."

22. [Better function instead of complete pain relief for chronic low back pain](#). □ □ "Patients with chronic low back pain are at risk for receiving ineffective and potentially harmful treatment. A focus on restoring function instead of complete pain relief may lead to better outcomes in these patients." □

23. [Better quadriceps equals better executive functions](#). □ "These data suggest that in older women, quadriceps strength is associated with the executive function, attention/working memory, and that this effect is independent of aerobic fitness, which seems to be associated more strongly with inhibition, another executive function."

24. [How to solve problems](#). □ □

25. [Reducing HelicoBacter Pylori increases Iron levels](#) : "*H pylori* eradication therapy combined with iron administration is more effective than iron administration alone for the treatment of IDA. Eradication therapy has different effects on adults and children. Bismuth based triple therapy has a better response in terms of increased Hb and SF concentrations than proton pump inhibitor (PPI) based triple therapy." □

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IMO Mastic gum has a great reputation for doing the same with no complications.

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These results suggest that mastic has definite antibacterial activity against

H. pylori.

This activity may at least partly explain the anti-peptic-ulcer properties of mastic.

[1](#)

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[2](#)

Examination of the anti–

H. pylori

effect of the various

constituents of mastic, which have been recently identified,

[4](#)

may pinpoint the active ingredient. Mastic is cheap and widely available in Third World countries; therefore, our data should have important implications for the management of peptic ulcers in developing countries." □

26. [More evidence for manipulation helping headaches](#) .□ "For headache pain, clinically important improvement (30% or 50%) was more likely for spinal manipulation: adjusted RD = 17% to 27% and NNT = 3.8 to 5.8 (p = .005 to .028). Some statistically significant results favoring manipulation were found for headache disability and number." □

□ Free download

27. [Dirty alfalfa sprouts cause Salmonella outbreak.](#) □□ "FDA reminds sprout producers that the likelihood of Salmonella and other pathogens in sprouts can be reduced by employing preventive controls contained in□

[FDA's Sprout Guidance.](#)

" □

28. [Cinnamon extract helps cervical cancer](#) . "Cinnamon could be used as a potent chemopreventive drug in cervical cancer." □

□□ Free download□

29. [Chocolate milk helps muscles recover quicker after soccer](#) .□ "Post-exercise CM provided similar muscle recovery responses to an isocaloric CHO beverage during four-days of ITD. Future studies should investigate if the attenuated CK levels observed with CM have functional significance during more demanding periods of training."□

□ Free download

30. [Problems with statistical analysis in Medical papers](#) .□ "Among 1,043 original papers, 874 were selected for detailed review. The exclusive use of P-values was less frequent in English language publications as well as in Public Health journals; overall such use decreased from 41 % in 1995-1996 to 21% in 2005-2006. While the use of CI increased over time, the "significance fallacy" (to equate statistical and substantive significance) appeared very often, mainly in journals devoted to clinical specialties (81%). In papers originally written in English and Spanish, 15% and 10%, respectively, mentioned statistical significance in their conclusions." □

□ Free download

"The majority of people are ready to throw their aims and purposes overboard, and give up at the first sign of opposition or misfortune. A few carry on despite all opposition, until they attain their goal. There may be no heroic connotation to the word "persistence," but the quality is to the character of man what carbon is to steel."

~ Napoleon Hill from [Think and Grow Rich](#)

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Tags: