

## Good News!

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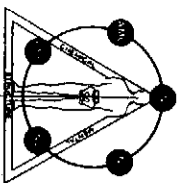
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The March, 1989 A.K. Health Bulletin will feature an in depth article on **FATS**.



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This edition of

# A.K. Health Bulletin

is presented with our compliments...  
Published by the International College of Applied Kinesiology - U.S.A.

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In this issue we focus on...

## Aging and Diet & Exercise

### A message from the Chairman:

Welcome to the world of the International College of Applied Kinesiology.

The ICAK was founded in 1974, ten years after Dr. George Goodheart's original discoveries created Applied Kinesiology, or A.K. This system of manual muscle testing, combined with other standard forms of diagnosis, gives an examining physician extremely valuable information about the functioning of a patient's body.

Often referred to as functional neurology, A.K. is a rapidly growing field at the forefront of holistic health care. Our organization has attracted chiropractors, dentists, M.D.'s, podiatrists, psychiatrists, and other professionals whose common goals include effective patient care.

The ICAK recognizes that accurate muscle testing is an art as well as a science. We promote research as well as

## Aging

A discussion of aging should emphasize quality of life, rather than the quantity of years lived. Many of our elderly are unable to function on any level and are forced to endure a life without quality. Many of these elderly, however, have the body and mind of a person years, or even decades younger. This is the quality we should seek and teach from early life.

When the question of aging comes up, it also brings to mind many unanswerable questions. Rather than dwelling upon the unanswerable, we will discuss matters over which we have some control. One important subject that must be considered is that there are two aspects of aging: the chronological aspect and the physiological aspect. Basically you have two ages. (At least we'll restrict it to that here.)

1. **Chronological** age is easy for most people, even though some don't want to admit that time passes. This is time (years) by the calendar: If you were born in 1960, you are 29.

the education of doctors in the use of specific manual muscle tests as a part of the physical diagnostic process. It is important to realize, however, that not all muscle testing is Applied Kinesiology.

We hope you are as excited about A.K. as we are, and that you will enjoy learning more about this emerging field through our educational newsletter, A.K. Health Bulletin.

Sincerely,

Robert Blaich, D.C.  
Chairman, ICAK - U.S.A.

2. **Physiological** age, however, is based on how the body's structural, chemical, and mental aspects function. It compares you with the ideals. For example: If you are 40, do you function more like a healthy 40 year-old, like a 28 year-old, or more like a 55 year-old? We should not age physiologically as fast as we do chronologically. What is your physiological age?

Several other factors exist regarding aging:

1. One aspect of aging is **THE ELIMINATION OF THE DISEASES THAT KILL**. The U.S. ranks seventh in longevity (an average of 75 years) behind Switzerland, Japan, Iceland, Sweden, the Netherlands, and Norway. The main diseases that keep us from reaching 100 are: heart disease, vascular disease, cancer and respiratory diseases.

2., 3. If we talk of those not afflicted by disease, there seem to be two main factors that relate to aging: the **GENETIC FACTOR**, and the **ENVIRONMENTAL FACTOR**. Genetically, we have little control, but negative genetic traits can be amplified by environmental stress. For example, if your ancestors died from natural

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causes (genetic) at an early age, and you work in a factory with toxic chemicals (environmental stress), chances are good that you will also die young. However, if you take good care of yourself (better than the average person because you're already in a deficit genetically), you will probably live beyond the age of your parents and grandparents. **THE CONTROL WE HAVE OVER AGING IS THE CONTROL WE HAVE OVER ENVIRONMENTAL STRESSES.** This means any environmental stress including but not limited to: the air, diet, nutrition, exercise, and mental state.

4. Then why do we age? One answer is **ORGAN RESERVE.** All of our organs - the liver, kidneys, adrenals, intestines, thyroid, etc. - have certain reserves. Jeffrey Bland, Ph.D. describes organ reserve as "the functional capacity of our organ systems above minimum function, which can be mobilized against a stresser such as a disease process to return us to a state of health." In any organ, we start with 4-7 times more reserve than we need for normal function. We have some extra for mistakes and ice cream, but our normal reserve declines with age. The more mistakes we make, the more stress we have, and the more we use up some reserve. One key to slowing the aging process is to maintain or rebuild reserve. That means avoiding **excess stress** (minor stress actually helps build reserves), whether it is stress from work, from certain people, from food, etc.

5. It has been suggested by many researchers that **THE STRESS OF FREE RADICALS** plays a big part in organ reserve and aging. Free radicals are molecules normally produced in small quantities by the body to counter such stresses as bacteria, viruses, toxins, and other unwanted substances. It has also been shown that heavy exercise produces larger amounts of free radicals. Too many free radicals will definitely produce ill health.

6, 7. Two factors over which we have control are very positively related to aging. One is **TOTAL FOOD INTAKE** and the other is **THE INTEGRITY OF THE MITOCHONDRIA.**

## Nausea and Pregnancy

Many remedies have claimed success in treating the nausea often associated with pregnancy. The most promising approach, however, seems to be the use of vitamin K. Nausea during pregnancy may be created when the placenta "leaks" toxic substances through the capillaries (the tiny blood vessels) into the blood stream. Not too much is known about this "leaking" phenomenon other than the fact that it seems to exist in many pregnant women. Vitamin K is a clotting factor which helps to correct any "leakage" in the placenta, thus having a dramatic

The quality of the food we eat certainly has an influence on health, but it is actually the quantity or **total food intake** that can extend the life span. This means minimizing the total intake of food, **without** minimizing quality. It also means eating foods that are more dense, like brown instead of white rice and other whole foods, as well as fresh vegetables and fruits, rather than canned or frozen ones. Generally, foods should be consumed as close to their natural state as possible. The people of Okinawa, who have the lowest caloric intake in the Eastern world, outlive the Japanese (2nd in longevity) and claim more centenarians than any country in the world. However, modifying calories does **not** mean low-calorie. If caloric intake is too low (below 1000 for many people), metabolism can be dangerously lowered and many potential health problems may be created.

The other factor over which we have control has to do with the **mitochondria**, which are the parts of the cell that produce and control energy. It is as if, when you run out of energy, you die - like the car running out of gas that just stops wherever it is, and whatever it is doing at the time. It just so happens that the mitochondria make up the part that is benefited the most by good quality aerobic exercise. The fuel for the mitochondria is fat, which is used for energy production.

We all know someone who is 70 or 80 years of age who seems to be in great health. Then we find out that they eat junk and just watch TV all day. This is actually not too common because, in reality, these people are usually full of symptoms which they will not admit. However, some people like this do exist. They have such a strong genetic constitution that they are able to withstand the stress of all that junk better than most people. As Dr. Jeffrey Bland says, "Any society will always contain individuals who adopt self-destructive lifestyles, but hopefully as time passes they will become an ever-dwindling minority."

effect in relieving nausea in almost all who have the symptoms.

A good source of vitamin K is **fat soluble chlorophyll**, which can be better utilized because vitamin K is also fat soluble and thus absorbed more easily. 1-2 milligrams of fat soluble chlorophyll, 3 times per day is all that may be needed to relieve the nausea associated with pregnancy.

Occasionally there may be a need for other nutrients, such as B-6. There may also be a need to correct an existing mechanical problem such as a hiatal hernia, which can cause nausea in any individual.

## Decaffeinated Coffee

In decaffeinating coffee, the most common method of removing the caffeine is to use chemicals. The hydrocarbon methylene chloride, the most popularly used chemical, has been linked to the development of cancer. Some processes use ethyl acetate, a chemical that many say is not harmful. You'll never know which process is used. However, most of the time it is methylene chloride.

Fortunately, if you wish to drink decaffeinated coffee, there is a water extraction process. This is a method whereby moistened beans are heated with carbon dioxide gas. This draws off the caffeine, and the beans are then roasted. So far, there does not seem to be any health hazards associated with this method.

While we are on the subject of coffee, a few other things should be noted:

### Fatigue

Fatigue makes people unnecessarily uncomfortable, unhappy, and unproductive. It is one of the most common complaints we hear, yet it should **not** be accepted as normal, at any age.

Fatigue takes many forms - mental, physical, and chemical. People who can't seem to get their brains (this is usually NOT psychological) and/or their bodies in gear usually have both physical and chemical imbalances. Fortunately, most of these are correctable.

#### Common causes of fatigue:

1. **Dehydration** is one of the most common causes of fatigue. Drinking more water is the simple solution to this problem. Most people need to drink a minimum of five or six 8 oz. glasses of water between meals, not with meals. Other liquids such as juice, coffee, or tea may NOT be substituted for water, as all other liquids are processed differently.

2. **Oxygen/carbon dioxide regulation** is another common reason for fatigue. Although this takes place in the lungs, there are many areas of the body which have a greater influence on oxygen and carbon dioxide and thus upon the energy level of the body.

a. The **diaphragm** or breathing muscle is one of the more important areas of oxygen/carbon dioxide regulation, as it is the reason air is brought in and pushed out of the lungs.

Most people seem to ignore the diaphragm muscle which, when properly used, pushes the lower abdomen out when you breathe in and then pulls it in when you breathe out. This is just the opposite of what you might think or have been taught in school gym class where coaches often yell erroneously, "Stomach in, chest out!"

1. Decaffeinated coffee still has some caffeine. Some estimates are that decaf has one third the caffeine of regular coffee.

2. Coffee contains large amounts of oil, which will easily become rancid unless the coffee is refrigerated (or put in the freezer). Rancid oil will not only change the taste, but also could adversely affect fat metabolism in the body.

3. Many people are able to tolerate, with no adverse affects, small amounts (1-2 cups a day) of coffee. However, many people cannot tolerate any amount of coffee without harm. No one can tolerate large amounts of coffee (above about 3 cups a day) without some harmful affects.

4. More on the topic of coffee and the body will be discussed in a future newsletter.

b. The **Respiratory Quotient (RQ)** is the ratio of oxygen to carbon dioxide, also relates to the body's energy. If you obtain more energy from fats, your RQ is closer to 0.7. If you obtain more energy for carbohydrates, your RQ is closer to 1.0. Proper exercise and eating the right dietary fats will help to improve this ratio.

c. **Low hemoglobin** (anemia) or a **low red blood cell count** may be another reason for improper oxygen usage. This is only sometimes caused by low iron. Others include: poor digestion, lack of vitamin B-1, and liver problems.

3. **Adrenal insufficiency** is another common reason for fatigue. The adrenal glands are our reserve energy supply and have a major influence upon blood sugar. Other hormonal influences include the thyroid and other glands, and metabolism in general, all of which are responsible for energy.

4. **Poor circulation** of blood and lymph (the waste removal system) is sometimes related to fatigue. When the circulatory system isn't working properly, oxygen and nutrients can not reach all the cells of the body resulting in malnutrition, and waste products can not be removed resulting in congestion. One of the best ways to improve circulation is to exercise.

5. **Nutritional imbalance** can also cause fatigue. This can be something as simple as a vitamin B-12 deficiency or too much protein, or it can be something more complex, such as an accumulation of various vitamin or mineral deficiencies over a period of time.

In conclusion, fatigue may be the result of any one or a combination of these causes. The key is to find any problems and correct them.

## How We Eat

A 1986 Gallup Poll shows that American food consumers fall into four groups:

1. Traditional eaters - 37%. These individuals consume almost anything - french fries, TV dinners, soda, etc.
2. Weight conscious - 28%. These individuals are on low calorie diets and consume artificial sweeteners and raw vegetables.
3. Health conscious - 19%. These are the individuals that eat whole foods and are concerned with nutrition.
4. Uncommitted - 16%. These are the people who don't even think about what they eat.

A possible fifth group is a combination of all four. These people in this group may be any of the above, depending upon the time of day, day of the week, where they eat (home or out), or other factors.

A hundred or so years ago, group four may have been the healthiest group. Back then, most of the food available was healthy, so it wasn't as necessary to think carefully about eating. Today, however, we are forced to think about what we eat, how we eat it, as well as when and why - at least if we want to be healthier.

## Pavlov's Four Food Groups

Pavlov is well known for his experiments with dogs. He conditioned the dogs to salivate at the ringing of a bell and thus showed the interrelationship between the nervous system and digestion. However, it is not generally known that the more important research of this famous Russian physiologist centered around digestive stress and the ability of the intestines to properly process the foods we eat.

Although Pavlov did his experiments in the early part of this century, as the decades went by other research showed why his conclusions were accurate. He demonstrated the importance of the relationships between the enzymes in the stomach, small intestine, and pancreas as well as the various carriers required for the absorption of nutrients. (Any modern human physiology text will discuss this in more depth.)

Pavlov found that, in terms of digestibility, there are four basic food groups, each of which is digested and absorbed in a highly specific way. If foods from different groups are improperly combined with each other, there is inefficient digestion (indigestion) as well as a lack of proper absorption (poor nutrition) of the nutrients in the foods.

Pavlov's four food groups are quite different from the ones presently taught in schools. Today's food groups - protein, dairy, fruits and vegetables, and grains - are based on what exists in them for your total nutrition but does not relate to how well they work together at the

## The Sad State of "Dieting"

The tragedy of the social diet scene is well described in *Complementary Medicine*: Jan. 1987. The following items are mentioned:

- Surveys indicate that 70% of 4th grade girls are concerned about their weight. At eighteen years of age, 80% of women have been on a diet.
- 1/3 of female college athletes regularly practice such diet abuses such as self-induced vomiting and bingeing, or taking diet pills and diuretics.
- Over 3/4 of medically "normal weight" American women believe they are "too fat."

- In spite of consistent dieting, 95% of those who lose weight gain it back within 1-5 years. (Editor's note: Most of them actually gain back more than their original weight.)

The reality is, everyone knows that: 1.) Diets don't work, and 2.) They can actually be very unhealthy mentally, physically, and chemically.

same meal. In other words, digestibility and absorption are not considered. These original four food groups were deficient in folic acid, vitamin B-6, magnesium, and zinc. More recent modifications included these nutrients but resulted in a significant increase in calories.

**Pavlov's four food groups include the following: concentrated protein** (meats, fish, cheese, etc.), **concentrated carbohydrates** (grains, potatoes, fruits, sweets, etc.) **Milk** (NOT cheese, yogurt, or butter), and **fats** (butter, egg yolks, oils, etc.). He found that all other foods can be combined with the foods in any of the groups (except milk, which he found did not combine well with anything, as explained below) with no problems in either digestion or absorption. The four main groups, however, digest at such different rates that combining them creates a high level of digestive stress as well as lowered absorption of nutrients.

**The worst combination is that of concentrated protein and concentrated carbohydrate**, which put a major stress on the digestive system. This means that, ideally, we should avoid the "meat and potatoes" combination that so many of us were fed while growing up. We should also wait an hour or two before eating dessert after a protein meal.

Pavlov found that milk did not combine well with anything - not even chocolate chip cookies. It is also one of the most common of all the food allergies. Generally, the healthier you are, the more food combining stress you can tolerate. If you are not very healthy, or if you are under a lot of stress, you should be more strict with food group combinations.

# The Aerobic Deficiency Syndrome

The Aerobic Deficiency Syndrome is a condition in which there is interference with the body's normal means of obtaining energy. Much of the energy we use in our daily lives is obtained from within our red, or aerobic muscles as a result of burning fat. (The other source of energy is from carbohydrates, and a balance of the two - carbohydrates and fats - is necessary). In addition to this energy is the production of other important chemicals, such as prostaglandins, for example, which are also important regulators of metabolism. This process is not only necessary for the life, but the more efficiently it works, the more quality there will be in your life, in the form of good health. In order for this process to work properly, there are certain requirements. Some of the important ones include:

1. **Using the red, aerobic muscles** (as in easy aerobic exercise). The easiest way to get the red muscles to work properly is to use them.
2. **Intake and use of enough good dietary fats.** You need fuel to obtain energy: from both carbohydrates and fat. People have been afraid of fats because of misinformation in what they have heard and read. A balance of butter, egg yolks, and especially unprocessed and uncooked vegetable oils will all add to the fuel you need.
3. **Cofactors (vitamins) and minerals in the diet to help convert fats.** Once you have the right fats in the diet, there is no guarantee that you will process them properly. Certain vitamins and minerals are required to convert

these fats to their end products, (hormones, prostaglandins, etc.), which give you the health benefits. Some of these cofactors include vitamins B-1, B-6, niacin, manganese, zinc, iron, and molybdenum.

4. **Avoidance of substances that inhibit the process of fat breakdown.** There are some substances that will prevent the conversion of fats in the body, thereby causing the body to store fats rather than obtaining their benefits. The most common one is hydrogenated fat. This chemically changed fat is found in many foods, especially breads, and is also the predominant ingredient of margarine (all types). Fortunately, when hydrogenated fat is contained in a product, it is listed in the ingredients. Other substances that could inhibit the fat burning process may include too much copper (from water or vitamin and mineral supplements), too much alcohol, higher doses of vitamin E (above 50 I.U. when not specifically required), food additives, aspirin, and excess stress.

5. **Avoidance of other factors that inhibit the process of fat breakdown.** This is predominantly the opposite of not enough exercise: **too much**, particularly too much anaerobic exercise (lifting weights and running with a high heart rate. Too much anaerobic exercise will prevent the aerobic muscles from working efficiently, even if everything else is present and working properly.

If the mechanism of fat breakdown in the aerobic muscle is unable to work to its fullest, a deficiency results. This is called The Aerobic Deficiency Syndrome.

## On the Importance of Varied Exercise

Young children and teens need a variety of different activities throughout the year for proper neurological balance. It is unfortunate to see so many children who are either not active at all, or are pushed into only one sport. "Specializing" can be dangerous, especially for youngsters. A variety of different sports throughout the year is best.

*"People rarely succeed at anything unless they have fun doing it."*

La Rochefoucauld