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FUTURE ISSUES OF A.K. HEALTH BULLETIN

WILL FEATURE THE FOLLOWING TOPICS:

Fake Foods
Hypertension
Children's Health
A Unique Look At Stress
The Weather and Your Health

MAINTAINING THE BALANCE

In our last issue, we discussed the importance of balancing fats in the diet. Here are two recipes which will assist you in consuming some of the "good" fats!

Aerobic Salad Dressing

- 1 cup walnut oil
- 1 cup safflower oil
- 1/2 cup cider vinegar
- 2 tsp. sea salt
- 2 or more cloves fresh garlic, finely chopped
- 1 Tbsp. dried parsley

Options:

Add 2 Tbsp. sour cream or plain yogurt.
Substitute sesame oil for walnut or olive oil for safflower.

Better Butter

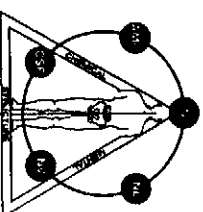
- 1 cup (1/2 lb.) sweet butter
- 1 cup mixture of sesame and safflower oil
- 1 teaspoon sea salt

Blend well all ingredients at room temperature.
Refrigerate. Use as butter.

A.K. Health Bulletin

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This edition of

A.K. Health Bulletin

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In this issue we feature
an in depth article on...

CALCIUM

CELEBRATING APPLIED KINESIOLOGY'S GOLD AND SILVER

A UNIQUE LOOK AT CALCIUM

This June marked the 25th anniversary of applied kinesiology and the 50th year in practice for its developer, Dr. George Goodheart. Both were celebrated in conjunction with a unique clinical conference held in Chicago.

From its beginnings in 1964 by Dr. Goodheart, AK has grown into an international, organized body of practitioners that include chiropractors, dentists, medical doctors, psychologists, and podiatrists. Today, the International College of Applied Kinesiology (ICAK), moves into the future as a practice and research-oriented, dominant force in the field of conservative, wholistic health care.

The convention held at the Fairmont Hotel in downtown Chicago, featured headline speakers from the healthcare field, seminars, and new research news from the ICAK's research chairman and honoree, Dr. George Goodheart.

STOMACH CANCER AND GARLIC

Used in folk medicine for over 3000 years, now modern medicine may be finding a benefit to garlic and onions that has nothing to do with its taste or odor. According to the New York Times and a report published by the Journal of the National Cancer Institute, garlic may be a factor in reducing the risk of stomach cancer.

The Chinese study was based on interviews with 654 stomach cancer patients and more than 1100 closely matched healthy men and women. The major contrasting factor between the groups seemed to be the high level consumption of allium vegetables—a group that includes garlic, onions, and scallions.

While effects on humans have not been thoroughly studied, animal studies have confirmed that the oils from these plants can inhibit the development of several kinds of tumors and decrease tumor growth and proliferation.

Unfortunately, our society has implicated these fine "health" foods as causes of bad breath and indigestion—an association which is unfounded. So, enjoy.

As everyone knows, calcium is a vitally important mineral for the body. But in addition to its commonly known roles in strong bones and teeth, calcium is also important for the clotting of blood, enzyme regulation (especially in the production of energy), the integrity of our cells, and muscle function.

The problem encountered most often with calcium is not that people need more of it in their diet, or that they need to take more calcium supplements; it's that most people do not properly utilize the calcium they already have. There are many common, everyday factors that either decrease or increase the body's ability to use calcium. Before discussing that aspect, let's briefly look at how calcium works in the body.

Calcium is carried throughout the body via the bloodstream, in two distinct forms: approximately half the calcium is in a usable ionized form, and the other half, attached to protein, phosphate, and citrate, is relatively unavailable as a nutrient. However, even the usable calcium is not utilized when the pH (the acid/alkaline balance) is too alkaline. This is especially true in the stomach, where a normal acid condition is important. Foods such as milk and milk products, and substances like antacids, produce an alkaline environment rendering dietary calcium highly ineffective. This is called the milk-alkali syndrome, and is not just a concern for the elderly, but any age group, as everyone requires efficient calcium metabolism.

**“Most people do not
properly utilize the calcium
they already have.”**

Calcium is carefully regulated in the body by the hormonal system, vitamin D, magnesium, phosphorus, and fats. As mentioned in the last issue of the A.K. Health Bulletin, prostaglandins (derived from certain dietary fats) are necessary for calcium to enter the bones and other areas of need.

(Cont'd on Page 3)

A.K. HEALTH BULLETIN ADVISORS: George J. Goodheart Jr., D.C., Diplomat; Henry Kamin, M.D.; Elliot Michael, D.P.M.; Elen Morson-Peuplie, Ph.D.; Robert H. Portitzky, D.D.S.

May/June, 1989

THE "CHAMPAGNE" OF OILS

Olive oil is an excellent dietary fat which can be used directly on foods, or for cooking. It contains important fatty acids and lipase, making it an ideal healthy addition to the diet.

Although heat will affect its flavor, olive oil holds up to high temperatures better than other oils. With all of the different types (grades) of live oil on the market, many people ask, "Which one is best?" Generally, you get what you pay for.

Imported Olive Oil:

Most imported olive oil is from Spain, Greece, and Italy. It is graded by international standards for flavor, aroma, and acidity. Highly acidic oils (above 3.3 percent acidity) have an offensive taste and are neutralized by added chemical agents. The following classifications are used for imported oils:

Extra Virgin: This is the highest quality, regarding taste and stability, and also the most expensive. Because extra virgin contains less than one percent natural acid, this grade has the greatest range of flavors. It is the most recommended of all olive oils.

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Information herein is not medical advice or direction on personal health matters, which should be obtained directly from a physician. The opinions and positions recorded, do not necessarily represent the offices, board, and members of the ICAK-U.S.A.

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QUESTIONS FROM OUR READERS

Q. My daughter is always chewing on ice cubes. Can this be dangerous?

A. People with iron deficient anemia are typically fond of chewing on ice. This may be something to rule out.

Q. After reading your last newsletter, I've been finding that so many food products contain hydrogenated fats. Is the use of these fats in restaurants just as common? J.V.

A. Not necessarily, however, restaurants often use unrefrigerated, cheaper oils which become rancid easily, and often fry or over-heat foods with oils. By law (in almost all states), any establishment where margarine is used in place of butter must state this fact on the menu, or post a notice "in a manner in which the customer is likely to read it."

Q. Can too little blood cholesterol cause problems? T.M.

A. Since cholesterol has specific functions, as discussed in the last *A.K. Health Bulletin*, too little may be a problem. Thomas Bassler, M.D., states that as the cholesterol level is decreased, mortality rates in general increase. A recent study done at the University of Minnesota bears this out: They found that men with blood cholesterol levels under 160 were three times more likely to suffer bleeding strokes than men with higher cholesterol levels.

APPLIED KINESIOLOGY (A.K.)...

A system which evaluates the structural, chemical, and mental aspects of a person, has attracted doctors from all fields of health care. It utilizes standard muscle testing as well as other accepted methods of diagnosis. Nutrition, diet, manipulation, acupuncture, exercise, and education are used therapeutically to help restore well-being.

Calcium (Cont'd from Page 1)

Improving Calcium's Efficiency

Some common factors that prevent calcium from being properly used in the body include:

1. Ingestion of high oxalate foods such as cocoa, spinach, parsley, and soybeans.
2. Consuming larger amounts of high phytate foods as found in most processed grains, especially oats and mung beans. This problem is remedied through the use of whole grains and fresh, raw vegetables. Both contain significant amounts of phytase, which break down phytates in the intestines.
3. Eating large amounts of high phosphate foods such as lunch meats, soft drinks, bran, and wheat germ. This includes vitamin and mineral products with high amounts of phosphorus, such as lecithin. It also includes non-foods such as dish soap that contains phosphates - which too often find their way into the diet as a result of not properly rinsing soap from dishes. Large amounts of phosphorus in the diet can actually cause a bone loss of calcium.
4. High protein diets.
5. The use of antacids and other substances, such as milk and milk products, which decreases stomach acidity.
6. Mental and emotional stress. It has been shown that this state can result in twice as much calcium lost as the amount consumed.

Some of the factors which improve calcium usage by the body include:

1. Sunshine (Vitamin D).
2. Acidifying foods such as apple cider vinegar, sauerkraut, cabbage, vine ripened tomatoes, tomato juice.
3. Small amounts of wine (4-6 oz.) with meals (if tolerated).
4. Foods high in essential fatty acids, such as egg yolks, butter, and especially cold pressed oils (uncooked). In infants who ingest fats other than from human milk, calcium is not absorbed.

Any problems with the normal functioning of the stomach or small intestine could adversely affect the digestion and absorp-

tion of calcium. One of the most common problems is not enough stomach hydrochloric acid.

Some factors which may lower stomach hydrochloric acid and/or decrease intestinal function (decreasing calcium availability) include:

1. Drinking liquids with meals (except a small amount of alcohol like wine), especially milk.
2. Eating meals late in the evening (the least efficient time).
3. Depression, anger, or other negative mental states before, during or after the meal.
4. Large meals with a wide variety of different foods (especially mixing starches or sweets with meats).
5. Age. Normally, the amount of hydrochloric acid decreases with age. At 75 years of age, a person may normally have only 15% of the stomach acid they had when they were 20 years old.

Factors which may improve stomach hydrochloric acid function, hence improving calcium metabolism, include:

1. Drinking little or no liquids with meals. A small amount of wine will aid digestion.
2. Eating larger meals earlier in the day, and light meals later in the day or evening.
3. Eating meals with fewer food combinations. Especially avoiding protein/sugar combinations. (Have dessert an hour or so after protein meals.)
4. Chewing food, and eating slowly.
5. Relaxing around meal time.

Excess Calcium

Calcium is one of many nutrients which, when in excess, can cause problems. Symptoms are actually like those of too little calcium, and include dry itchy skin, fatigue, high blood pressure, constipation, bone pain, fractures, kidney stones, and calcium deposits around the joints. Again, the excess calcium is often due to the body's inability to utilize it, with resultant storage of calcium.

Of utmost importance, in this instance, is that the origin of excess calcium be found. Common causes may include more subtle imbalances in the hormonal system, or excesses of vitamin A and D. As mentioned above, the milk-alkali syndrome and other alkaline states are also potential prob-

lems, as are more advanced hormonal imbalances such as hyperthyroidism and hyperparathyroidism. Decreased gravity stress (discussed below), a common problem, and a rare genetic factor are other possibilities. More life-threatening causes include kidney disease and malignancy. Certain drugs, such as lithium, can also adversely affect calcium regulation.

The body will protect itself from getting too much dietary calcium by absorbing lower amounts if too much is consumed at one time. Therefore, taking higher doses of calcium in tablet form will actually result in a smaller percentage of absorption. As a result, taking a lower dose of calcium supplementation can often result in more absorption. Moreover, most people can get all the calcium they need from a healthy, properly digested and efficiently absorbed diet. Because of stress and the nutritional habits found in our society, however, it's questionable whether most people can actually accomplish this.

Calcium levels in the blood will not reflect mild calcium imbalances because blood levels are kept within a specific "normal" range at almost any expense. However, a disturbed level of blood calcium is often an indication of more serious problems. More subtle imbalances may be diagnosed, in part, by measuring the calcium levels in the urine.

Gravity And Calcium

Perhaps the most important reason for improper calcium usage is the lack of gravitational stress. This same deficiency is why long term space travel is such a problem: The lack of gravitational stress results in an (often excessive) decrease in muscle and bone calcium. Here on Earth, there is an easy way to remedy this: exercise. Easy, low-level, aerobic exercise will do more for most people's calcium metabolism than all of the factors considered above.

Another aspect of gravity stress is immobilization. This is often the result of being confined to bed or wheelchair because of illness or other incapacitation. This too can result in serious disturbances in calcium usage.

We have significant control of many aspects of our calcium utilization. By implementing the suggestions outlined here, we can make the most of this important dietary mineral by making more available the calcium our body requires.