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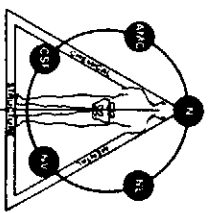
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July/August, 1989

This edition of

A.K. Health Bulletin

Published by the International College of Applied Kinesiology - U.S.A.

Volume 1, Number 4, July/August, 1989

APPLIED KINESIOLOGY: A NEW DRIVE FOR TOTAL HEALTH

By Matthew E. Mantell

FREE RADICALS and YOUR HEALTH

"Many people respond to their health problems as if their cars were giving them trouble," says Dr. Jonathan Newman, * an Applied Kinesiologist. As the radar detector attached to the sun visor beeps, Newman stops talking, scans both sides of the road and gently applies the brakes. "Just as these people accept driving with misaligned wheels and engine ping, they are resigned to living with throbbing headaches and nagging back pain," continues Newman bringing the vehicle back up to speed. "Usually, neither the people nor their cars are in serious difficulty. Rather, they're experiencing minor dysfunction that prevents them from performing at peak efficiency."

After pulling into his office parking lot, Newman gets out of the car and rubs his lower back. Even a doctor manifests stress when he sees patients ten hours a day, five days a week.

Newman's face becomes masked in a grimace while bending down to pick up the morning newspaper. "Not many folks have to accept anything less than optimal well being," he says. "Most everyone has the potential for recovery which, according to Applied Kinesiology, is part of man's natural heritage."

Certainly this is an optimistic prognosis, but is there any evidence to support it? Exhibit A is Newman himself. In 1974, while attending college he was hospitalized with undiagnosed ailments. Among the symptoms were weight loss, anemia, and exhaustion. The attending

physicians could not determine the source of the illness, and began prescribing medication which merely masked the symptoms. "When the doctors saw that the pills were merely a palliative, they suggested I have surgery," recalls Newman. "At this point I contacted Dr. Goodheart."

**"Not many folks have to
accept anything less than
optimal well being."**

Dr. George Goodheart is the founder of Applied Kinesiology (AK). By accident, Newman had attended one of his lectures. Desperate and apparently running out of options, he traveled to Detroit to see Goodheart. The Applied Kinesiologist administered tests similar to those performed in the hospital, but came up with a definitive diagnosis and an effective treatment. "During the three days I spent with Goodheart, he listened carefully to what I had to say and then carefully forgot it," said Newman, laughing at the paradox. "I saw him periodically for the next three years, and eventually my health was completely restored." This experience prompted Newman to also study AK and, in 1977, after receiving his degree to practice, utilized the discipline.

The first patient on Newman's Friday morning calendar is Linda, a 46-year old secretary, who is also experiencing back problems. Linda's pain, however, is so severe that it is dramatically interfering with her job and home life. Prior to seeing Newman, she sought relief from an orthopedist, a chiropractor, and, finally, a neurologist. "When none of these doctors

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Chemical free radicals are part of the body's complex defense system, and serve a vital role in your overall health. When uncontrolled, however, they can have devastating effects on your well being.

Normally, free radicals, sometimes called oxygen radicals, respond to combat bacteria, viruses, chemical pollutants, and other invaders in the body. In our chemically-saturated world, sometimes too many free radicals are produced and adversely alter normal health. The body uses its natural anti-oxidants, when present, to help prevent free radical damage. These substances include vitamins C, E, B-6, folic acid, niacin, and the minerals selenium, and magnesium.

When the body is unable to control its own free radical activity, due to a lack of enough nutrient anti-oxidants, difficulties arise. Many conditions are associated with this problem; these include allergies, athletic injuries, inflammatory problems, heart disease, and even cancer. Some researchers have also related uncontrolled free radicals to rapid degeneration and aging.

One problem associated with free radical "pathologies" is diagnosis: many people undergo extensive medical testing and are told that "nothing is wrong." Dr. Walter Schmitt of Chapel Hill, North Carolina, has developed a unique diagnostic procedure that has become a valuable tool for some physicians. The procedure involves the use of manual muscle testing and the body's response to chlorox bleach. Chlorox contains the "hypo-chlorite" molecule, identical to the most common of all free radicals in the body.

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WORLD SHOE RELIEF

Where can those used (but still lively) athletic shoes go when they're not quite up to running, but too good for the trash? World Shoe Relief, founded by Don Hamer, is a non-profit organization that collects and rehabilitates used athletic shoes and distributes them to the homeless in Los Angeles and New York. Hamer cites the large supply, especially among runners, and the tremendous need among the less fortunate for quality footwear as reasons for founding the organization in December of 1988.



The all volunteer organization generally receives shoe donations through the mail, but plans for collection bins in major cities are underway. They replace shoelaces, clean, and repair the shoes as needed before they are sent to qualified agencies for the homeless. Hamer and his staff insist that World Shoe Relief is here to stay. They even distributed thousands of leaflets at the Los Angeles Marathon, and donors receive a receipt for income tax purposes. So send your tired, (slightly) battered old athletic shoes, along with the size clearly indicated, to:

World Shoe Relief
P.O. Box 423
Trabuco Canyon, CA. 92678

FAKE FOODS

Can you really fool mother nature and eat all the ice cream, potato chips, and french fries you want without any harm?

According to the Wall Street Journal, Procter & Gamble Co. is currently seeking FDA approval of an artificial fat substitute called Olestra. The potential earning of such a fake food in our weight oriented culture is astounding. This product tastes like regular shortening or oils in foods, but is not processed by the body as fat because it is not real food. The attraction: fewer calories and grams of fat.

While the company says there are four decades of research indicating the product's safety, P & G's own testing indicates a possible link between Olestra and liver damage, stillbirths, pituitary tumors, and leukemia (that's some trade off for a few calories!). While they claim this is "statistically insignificant," the FDA is doing their own tests. This makes Olestra 2-3 years away from the grocery shelves. However, it's competition, Simplex, looks to be heading for stores within the year.

SUNSHINE

In our last issue, we took an in-depth look at calcium. Let's discuss the role summer sunshine can play in our body's use of calcium.

Vitamin D, the "sunshine vitamin," is easily absorbed while we are sitting in the summer sun. Unfortunately, this can leave you calcium deficient. Here's how it works: This increase of vitamin D then causes an increase in blood calcium. Your body takes that calcium from other areas: the bones, muscles, and skin, leaving them lower in calcium.

Fortunately, the body will normally reverse this trend, and return the calcium to where it originated, or where it is needed. This is accomplished by certain fat derivatives (called prostaglandins), which will actually carry calcium back into the bones, muscles, and skin. The best source of these fatty acids are in your diet: unrefined vegetable oil, butter, freshly shelled nuts and seeds, and egg yolks. When calcium is not returned, symptoms of fatigue, achiness, and dry itchy skin are common.

So enjoy the summer sun in moderation, as long as your body is prepared for it.

The A.K. Health Bulletin is published six times a year by the International College of Applied Kinesiology-U.S.A. Annual subscription price is \$10.

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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FREE RADICALS

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How can you control excess free radicals in your body? One way is to keep your home environment as free of pollutants as possible. Here are some tips:

1. If you have a new home, or if you have tightly sealed your home to save on heating costs (thereby sealing the pollutants inside), keep one or two southern windows open just a bit to let in some fresh air and vent the living area.
2. Clean out your attic, basement, closets or wherever there are old cans of paint and aerosols that will not be used. There is constant leakage of vapors from these products. Store all needed chemical products outside — in a garage or shed.
3. If you are very chemical sensitive, you can buy an air filtering device. However, these can be costly and their efficiency is often questionable unless their installation is done properly.
4. The best way to filter the air is nature's approach: plants! Besides being very effective, they are visually attractive. Enough plants are more effective than any mechanical device. Through photosynthesis, plants absorb carbon dioxide along with other gases, including the chemicals given off from furniture, insulation, cleaners, etc. The plant's leaves do the filtering of the air and the roots break down the toxic chemicals into harmless ones because of their natural bacteria and fungi.

The best plants for the job include elephant ear and lacy tree philodendrons, golden pothos, and the spider plant. Any green plant will work well. Approximately ten plants per 1,000 square feet of living space would be adequate. Typically, one to three plants per room.

Dietary pollution is another consideration. Avoid the use of chemical products in foods, whenever possible, as well as overcooked and burned fats. These substances can generate excess free radicals. Certain natural foods, in

large amounts, may also increase free radical production. These include saffras (used in root beer), black pepper, mushrooms, brussel sprouts, celery, parsnips, and other frequently consumed items.

The best approach to controlling the free radical problem is to be sure your diet is as complete and healthy as possible. This will provide you with all the nutrients your body needs to properly control the balance of these necessary but sometimes deadly natural substances.

Two sources of reference for this topic include an article in Science (Sept. 1983, vol 221), and the book "Antioxidant Adaptation" by Stephen A. Levine, Ph.D., Biocurrents Division, San Leandro, CA 94577.

Questions from our readers...

Q. My doctor questioned the sources of your article on calcium. Are there any references available? J.W.

A. We would be happy to provide references to anyone. Have your doctor send us a self addressed, stamped envelope specifying the article and issue.

Q. My doctor told me I was calcium deficient. He suggested taking calcium, and said all calcium tablets were the same. Is this true? C.L.

A. Different people who require calcium supplementation may need different types of calcium tablets. In general, a more acid calcium, such as calcium lactate, is ideal. However, it's best to find out what works most effectively for your particular problem.

APPLIED KINESIOLOGY

Continued from Page 4

AK are chiropractors, you would be surprised how many dentists, podiatrists, M.D.s, and psychiatrists apply the principles of this discipline when treating their patients.

As with all new patients, Newman begins the session by taking Pat's blood pressure. He does this three times. First, when she is lying down, then sitting up and, finally, after she is on her feet. Pat asks why so much time is devoted to this cursory procedure, and Newman explains that this is only one example of Applied Kinesiology's thoroughness. To make sure there are no subtle chemical imbalances, she receives a urinalysis. After Pat returns the cup, Newman does a blood work-up. Then, she is asked to walk around the room, enabling Newman to observe her gait and posture.

The preliminary observation is brought to a conclusion with AK's most important tool: muscle testing. "Muscles are a very important part of the body's language," Newman tells Pat. "They tend to signal difficulties about which you are frequently unaware." Pat's tests reveal a weakness in the left arm, which is sometimes associated with a thyroid problem.

"This could be contributing to your chronic fatigue," says Newman. "Before making a definitive assessment, I want you to monitor your dietary habits for a week." "Does this include snacks?" asks Pat. Newman answers yes. "Also, your overall health will benefit if you begin a thirty minute daily walking program."

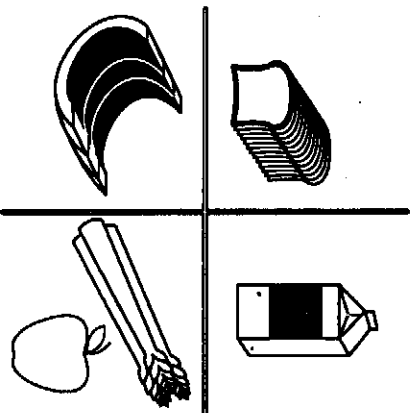
"When should I see you again?" "In a month," replied Newman. Having seen this week's last patient, Newman grabs an overnight bag and leaves the office. In the parking lot he again walks backwards, hoping to undo the painful spasm. Once the exercise is finished, Newman enters his car and begins a three and one half hour drive into the country. Besides providing some much needed rest and relaxation, the trip has a more specific purpose. On the following morning, Newman has an appointment to have his back treated by an Applied Kinesiologist. *•Not his real name.*

SNACKS FOR KIDS

As the school year approaches, it's time to consider nutrition as an important factor in development. The make-up of your child's diet certainly effects the brain and learning process.

One of the most vital nutrients is water, which should be the liquid most commonly consumed by your child. Many children who visit doctors' offices are mildly dehydrated. Juices and other beverages that contain mostly water may not completely replace water in the diet.

Other nutrients in the diet, which are of major importance, include fats. The proper balance of these nutrients help the nervous and hormonal systems develop and operate more efficiently. As long as the diet is basically good, and the child is active, good quality fats, such as unrefined oils, butter, egg yolks, and avocados, will enhance this function.



Foods that should be eliminated are ones containing hydrogenated and overcooked fats, excessive sugar, food coloring, and other artificial chemical food additives which may have a negative effect on the physical and mental processes.

Below are samples of snacks which could round out an otherwise healthy diet. Try these foods with imaginative presentation (like cutting the bread into shapes) and let your child help prepare them whenever possible. A little extra effort can make good food a fun treat!

- Raw carrot sticks, celery, cucumber or zucchini with

cheese.

- Fresh ripe fruit like apples, pears, peaches, or bananas with nut butter (almond, sesame) for spreading and dipping.
- Plain yogurt sweetened with fresh fruit (it will be sweet enough).
- Whole grain crackers with cheese, nut butter, butter, or plain.
- Whole grain bread with butter.
- Half a sandwich: Nut butter(almond butter, sunflower butter, etc.).
- Unprocessed cheese.
- Cream cheese with unsweetened jelly.
- Rice Cake.

Use the "real thing" whenever possible. For instance, try real cheese instead of a spread, and turkey breast instead of bologna. Mildly carbonated water with fruit juice added is a great replacement for soda.

Read labels to insure that hydrogenated fats and sugar are not making their way into the diet through mayonnaise or ketchup. Healthier versions are readily available in some stores. Good eating habits can build and maintain health, and last a lifetime.

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, acupressure, exercise, and education are used therapeutically to help restore well-being.

*Christmas is coming.
Give a gift
subscription
to a friend for
Christmas!*

APPLIED KINESIOLOGY

Continued from Page 1

could find the cause of my back spasms, a friend of mine suggested I see an Applied Kinesiologist," she says.

"Having tried almost everything else, I felt there was almost nothing to lose." A forty-five minute examination reveals that the tightness in Linda's jaw muscles is indirectly forcing her spine out of line. The remainder of the session is spent balancing the muscles in her face, and when Linda leaves the office she is free of back pain.

"Please make an appointment to see me in two weeks," Newman tells the woman, "just to make sure your body is healing properly."

Before seeing another patient, Newman retreats to his office and quickly pours himself a cup of coffee. He stands looking over some notes and gently massages the right side of his back. "John's here," says the receptionist peeking through the door. Newman sighs, drains the cup, and strides off to the treatment room.

"How are you doing today?" Newman asks.

"Not bad, all things considered," replies John, staring at the floor.

After three bed-ridden months with an undetermined illness, John, 73, agreed to exploratory surgery. The diagnosis was abdominal and lung cancer. Given only a short time to live, John decided to be at home with his family, rather than stay in the hospital. In order to make John's remaining days more comfortable, his son urged him to visit an Applied Kinesiologist. "For the last four and a half months I have been living a relatively normal existence, but recently I've had to take some mild pain killers," says John.

Because John is experiencing difficulty digesting food, Newman concentrates on stimulating his intestinal reflexes. These reflex points are similar to those which are the targets for the needles of an acupuncturist. The therapy, in conjunction with appropriate enzymes and a change in diet, will enable the patient to receive proper nourishment. "John knows there is nothing that can be done to prevent his death," asserts Newman. "Still, up until the end, we can insure that he is treated with dignity and

respect."

Upon ushering John to the door, Newman returns to his office sanctuary. The few moments spent gazing out the window is interrupted by the insistent ringing of his telephone.

"Hi Mark," says Newman. "How's your training going?"

For the past four years, Mark Allen has been ranked as one of the world's top triathletes. He is just one of the many sports luminaries who hires Newman as a training consultant. Among the others Newman has worked with are eight time New York City marathon winner, Grete Waitz, New York Mets pitcher Tom Seaver, Team Porsche race car driver Chip Robinson, and running guru Dr. George Sheehan.

The ten minute conversation between Allen and Newman is punctuated with the fitness "buzz words" aerobic and anaerobic. Glancing at his watch, Newman says, "Mark, I've got to go. There's another patient waiting for me. Give me a call next week and let me know if you feel we should modify your cycling program."

With the patient's folder in hand, Newman races down the hall and greets David in the treatment room. For three years prior to seeing Newman, the 38-year old executive had gone to a general practitioner for annual physical check-ups. Despite complaining of allergies, heartburn and fatigue, the doctor told David he was in "excellent condition." Frustrated by the discrepancy between what he was told and how he felt, David decided to see an Applied Kinesiologist.

"AK recognizes that David, like most people, lives between the boundaries of good health and serious illness," states Newman. "While traditional medicine sometimes ignores 'gray area sickness,' this zone can dramatically affect an individual's day to day existence. Unfortunately, too many people are concerned with the quantity of their life — how long they will live — rather than the quality — how healthy and happy they feel at a given moment."

As of late, David feels neither healthy nor happy as a consequence of the stress generated by his executive responsibilities. To reduce the tensions between nine and five, doctor and patient devise a strategy to make the hours nourishing rather than depleting. Moreover, Newman suggests David cut back on coffee, eat a "real break-

fast," as well as eliminate the aggressive attitude toward his daily exercise regime.

While David, John and Linda may appear to have been treated differently, their therapies actually have striking similarities. Instead of focusing on a specific symptom — low back pain, stomach disorder, and stress — Newman attempts to treat an individual from a wholistic perspective. In each instance, he utilized AK's triadic precepts of balancing and harmonizing the structure, chemistry, and psychology of the patient.

Newman applies these precepts to himself during an hour that begins with a "brown bag" lunch. Sitting at his desk, he eats a cold pasta salad and several slices of whole wheat bread. Once the meal is finished, he goes out to the parking lot and begins walking backward in a slow, deliberate pace. This seemingly odd procedure, which lasts for ten minutes, is a way of untangling a back gripped by tension. Upon returning to a normal gait, Newman heads back into the office. The next quarter hour is spent editing an article for the International College of Applied Kinesiology, the healthcare system's governing body. When the intercom buzzes rings, Newman doesn't answer it. Placing the papers on the desk, he treats a familiar path leading to the treatment room door on the right.

Seated in a chair is Pat, 28, a housewife. It is her first visit to an Applied Kinesiologist. For the next 20 minute she recites a litany of complaints among which are chronic fatigue, craving for sweets, and being overweight. As with many other patients who see Newman, Pat has been to other doctors who cannot find anything wrong with her. "One benefit from your trips to these practitioners is they have demonstrated that you don't have any life threatening diseases," he says. "In all probability, you possess the ingredients for good health, and by working together we can get them to function properly."

"I'm so tired of being fat and not having any energy, I'm ready to do almost anything you tell me," says Pat. "But before we begin, I have a question for you."

"What is that?"

"Someone told me that all Applied Kinesiologists are chiropractors. Is that true?"

"Actually, that is not the case," says Newman. "While many doctors practicing (Continued on Page 5)