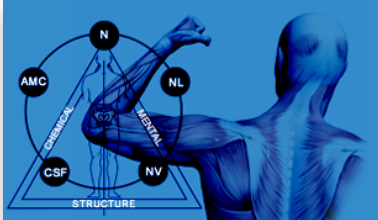


Pathways To Health



A Healthcare and Selfcare Newsletter From The International College of Applied Kinesiology - USA Chapter

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Your doctor of applied kinesiology is uniquely trained and qualified to provide care for the health issues covered in this newsletter.

Please share this newsletter with friends and family!

*The information in this newsletter is not intended to diagnose or treat the individual.

Health Care Costs Dramatically Reduced Along With Improved Results!

Applied Kinesiology is the Answer

Over 75% of the trillions health care dollars spent in the US are not spent on infectious or traumatic diseases, but on diseases that people develop when their bodies no longer function properly.

There is a form of health care that is devoted to restoring and maintaining the normal function of the body throughout life, and Applied Kinesiology is the state-of-the-art.

When you are treated by an Applied Kinesiologist, you directly experience your body function being evaluated and restored. When you experience improved strength, range of motion, and other measures during treatment you are observing AK corrections restoring normal function to your body systems.

Your Applied Kinesiologist re-aligns bones in your body and re-sets muscles to function properly, because muscles move bones. The structural, mechanical correction of misaligned bones is greatly enhanced by the normal function of the muscles that support whatever joint is involved. And when your joints function properly, they last longer; they simply don't wear out as fast. But even more significant than the reduced wear-and-tear is that properly functioning joints signal good information to your nervous system. This good information actually stimulates and activates parts of your brain, so it improves balance, coordination, and cognitive function.

You have probably heard or may intuitively know that walking thirty minutes a day reduces the development of dementia. And the physical benefits of walking are improved when your

spine, hips, knees, and the "shock absorbers" in your ankles are aligned and working properly. The basic idea is to make exercise your ally, and you can do that by exercising properly and through routine body maintenance so that exercise doesn't create extra stress on your body.

Healthy aging is based on keeping your parts working as well as possible for as long as possible. You may not know that some of the world's greatest endurance athletes use Applied Kinesiologists to keep their parts working and to avoid major breakdowns that would cost them an important race, a season, or even end a career. Using the same approach, you can realize that healthy aging is an endurance event of optimal function.

The ideal approach to health care is to restore normal function to the body after injuries, traumas, and stresses, and to maintain the normal function of the body without trade-offs. This ideal approach is exactly what Applied Kinesiologists do! Contrary to most pharmaceutical approaches which inherently bring costly side-effects, Applied Kinesiology treatment usually brings added "off-label" benefits.

AK and the whole person

Here is a recent example from my own practice, the true story of a woman who came to me for her wrist and hand pain and weakness. She had been advised to have wrist surgery and came to me for a second opinion.

Through AK treatment, her problems fully resolved without surgery. And treating the person with the wrist/hand



problem, rather than just trying to fix the localized problem, brought additional benefits to her overall health and quality of life.

Correcting her hand problem required vitamin B6 (well documented for treatment of carpal tunnel syndromes) and structural/mechanical corrections to her wrist, upper and lower neck, pelvis, ankle, and cranial bones.

The B6 helped her wrist, and even helped with a mild depression by facilitating serotonin production. It also reduced her blood homocysteine level, which then reduced the bad effects of cholesterol.

The structural corrections to her lower neck helped identify and eliminate a lower cervical disc problem, which otherwise would have led to a disabling shoulder/arm condition and eventually would have required expensive and very invasive disc surgery.

The structural corrections to her pelvis and cranial bones, to reduce the imbalance of muscles in the lower neck, had a stimulating effect on her parasympathetic nervous system, the de-stressing part of the autonomic nervous system, which enhanced her mental clarity and improved digestive function, reduced the bloating and heartburn she previously experienced after eating.

The corrections to her ankle (the malfunctioning ankle was not absorbing shock properly and was causing instability in her knee and pelvis) reduced her knee pain and strengthened her knee and pelvis, thus reducing her low back pain.

In review, AK treatment to the patient with the wrist/hand problem resulted in elimination of the wrist/hand problem and the following "off-label" benefits:

- Reduction of depression.
- Decreased cardiovascular risk.
- Prevention of cervical spine surgery.
- Resolution of painful shoulder/arm condition.
- Improved mental clarity.
- Stress reduction.
- Reduction of bloating and heartburn after meals.
- Reduction of knee pain.
- Improved ankle & knee stability.
- Improved shock absorption of ankle, thus reducing "wear-and-tear" (development of osteoarthritis) of the knee and hip.

All this was done for a fraction of what the wrist surgery would have cost, and without the risk of side-effects or a long period of rehabilitation.

I hope you can appreciate the value of restoring normal function to the body and how Applied Kinesiologists treat the whole person and "connect the many dots".

As we begin a New Year, 2014, which celebrates the Fiftieth Anniversary of Applied Kinesiology, we hope you will recommend AK to your friends and loved ones.

[References](#)

Dr. Bob Blaich is a diplomate and certified teacher for the International College of Applied Kinesiology (ICAK) and past chairman for the ICAK-USA. Dr. Blaich has worked extensively with athletes, including Olympic gold medalists and he practices in Denver, Colorado.

Does AK Have A Place In Mainstream Healthcare?

Over the last twenty years the popularity of alternative medicine has grown steadily: about 25% of the public have used them at some time. The chronic and complex illnesses which conventional medicine tends to find problematic are the AK doctor's daily bread. (Cuthbert, 2013)

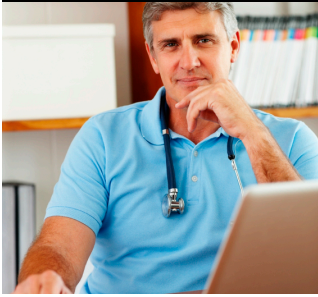
Applied kinesiology patient surveys show high levels of satisfaction and useful outcomes from using AK therapies. The growing importance of applied kinesiology coincides with an increased interest in life-style change, health promotion and effective, low-technology, safe, and relatively inexpensive treatments that either stand alone or augment conventional care.

This integrated model of healthcare is holistic, emphasizing prevention and based on modern clinical evidence in practice; it is healthcare based on best providing for patient needs.

Many patients have developed a personal team of doctors and allied health professionals with whom they work. These patients have begun to develop a keen ability to discern which member of the health care team to summon at which time.

Also emerging from the health care team concept is the notion that the patient responds more favorably when he or she shares a common philosophy with the doctor. (ICAKUSA.com, 2014)

[References](#)



Functional Healthcare

Measures health status through measuring body functions

Promotes health by restoring body functions

Teaches selfcare so you can control their health

Does Your Healthcare Prevent Disease and Optimize Your Health?

Sick Care Or Health Care?

US healthcare is the most expensive in the world and rated 72nd in overall level of health when compared to 191 member nations included in a 1997 study by The World Health Organization (WHO).

In 2007, 45% of Americans were living with one or more chronic diseases and that 45% accounted for 75% of the almost \$2.4 trillion spent on health care that year. If we compare ourselves to Japan, the industrialized nation with the longest life expectancy (82.07 years), we spend more than twice as much per capita on health care.

About \$3 out of every \$4 spent on healthcare is used to treat chronic and degenerative illnesses with many of these resulting from or being compounded by lifestyle habits. Examples of these illnesses are heart disease, stroke, lung disease, obesity, diabetes, osteoporosis, arthritis, and many digestive, inflammatory, and hormonal illnesses.

What is Health?

It is essential to help sick people get well. But, how did they get sick in the first place and what could be done to keep them from getting sick? When we get healthcare are our symptoms being helped or are we actually becoming healthy? What is health?

“Health is a state of complete physical, mental, and social well being, and not merely the absence of disease or infirmity.”*

*World Health Organization (1998)

Health has no inherent value. The benefit associated with health comes from the usefulness of possessing good health; an essential resource required for living life well.

What is Effective Healthcare?

It can be argued that the essential components of effective healthcare are that it (1) optimizes function and minimizes disability and (2) maintains function and independence until end of life.

Conventional medicine is a critical part of the healthcare system, but there is another type of care that is most effective for optimizing health, preventing disease, and managing, even reversing in many cases, chronic degenerative diseases. It is called functional medicine or functional healthcare.

Because functional healthcare is a drug and surgery free approach to healthcare any of the essential healthcare providers (allopathic, chiropractic, naturopathic, osteopathic) can provide it. The focus of functional healthcare is to measure and optimize body functions. It reframes healthcare from being reactive (symptom-focused) to proactive (function-focused).

Functional Healthcare

Measures health status
through measuring body functions
Promotes health
by restoring body functions
Teaches selfcare
so you can control their health

Body function is the focus of care in functional healthcare because body functions are the level at which your body's ability to heal and self-regulate (homeostasis) is controlled. The study, focus, and clinical skills used in function-oriented healthcare are for restoring optimal body functions to your nervous system, body chemistry, and other body systems and preventing or reversing development of chronic degenerative diseases.

The initial phase of functional healthcare looks familiar in that the traditional tools of history, physical exams, laboratory testing, and imaging are used (some exams and instrumentation are unique to functional healthcare). Ultimately, diagnosis, though, will include both the illness and the cause or causes **and** both the illness and the causes will be addressed during care.

Treatment is likely to include methods that organize your nervous system through osteopathic, chiropractic, and acupuncture methods, balancing your body chemistry with clinical nutrition, including vitamins, minerals, herbs, and other supplements, and addressing the effects of physical and emotional stress. Teaching and coaching you to practice selfcare is also key to healing.

Since its' beginning in 1963, applied kinesiology has developed and used this functional model. Because of this, your applied kinesiologist is a leader in functional healthcare.

[References](#)

Q&A

Is applied kinesiology testing reliable?

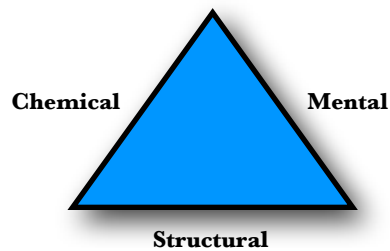
Muscle testing in applied kinesiology is a diagnostic tool much like listening to the heart, lungs, and abdominal organs with a stethoscope or observing the automatic response of your muscles when tapping your knee with a reflex hammer.



There has been criticism of applied kinesiology as being too subjective for use as a diagnostic method. The reality is that essentially all of the tools used by all doctors, including stethoscopes, reflex hammers, and muscle testing are subjective because the meaning of the results observed from testing depend on interpretation by the doctor.

One measure of reliability is how much agreement there is between doctors when examining a given patient using a particular diagnostic method. In AK, the inter-examiner reliability (agreement) has recently been found to range from 71% to 91% depending on the muscle tested whereas agreement listening for the heart sound with a stethoscope associated with congestive heart failure has been found to range from 48% to 73%. [References](#)

What is the Triad of Health?



The Triad of Health is a model based on the concept that the various aspects of your being are completely integrated and interdependent. The three sides of the triangle represent the primary body systems and functions that comprise health and well-being. These are your body structure, body chemistry, and your mind.

The applied kinesiology approach recognizes that reducing body processes and functions to their smallest parts can be useful for study, but also recognizes that, ultimately, a patient's health and well-being depends on all parts of them working together and as a whole.

How are applied kinesiologists trained?

Primary physicians of all backgrounds (conventional/allopathic, chiropractic, naturopathic, or osteopathic) can take post-graduate studies to become trained and skilled to practice AK. The curriculum is standardized and doctors must meet a level of competence to be certified practitioners of applied kinesiology.

AK training reframes and deepens a doctor's existing knowledge base to include the diagnostic and treatment methods unique to AK, teaches the thought process to effectively ask why a patient has a given illness, and how to use AK methods in conjunction with other tools from a doctor's training to restore function and balance to the Triad of Health.