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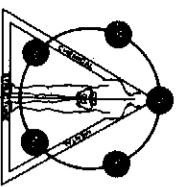
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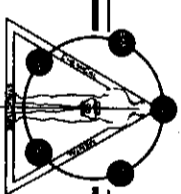
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This edition of

# A.K. Health Bulletin



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

Volume 1, Number 2, March/April, 1989

In this issue we focus on...

## FATS

### THE GOOD SIDE OF FATS

In this issue of the A.K. Health Bulletin, we will examine the good side of fats.

Dietary fats are necessary for good health. This may sound a bit far fetched, if not outright strange, but the statement is fact. As far back as 1929, fats were found to be "essential" in our diet.

Balance is the key in making fat work for you. There are two important considerations:

- a) Consume a variety of the "good fats" including quality oils, such as extra virgin olive and unprocessed safflower, linseed, and sesame. Fats from butter, meats, eggs, and dairy are "good" as well, as long as they are balanced in the diet with oils.
- b) Avoid hydrogenated (or partially hydrogenated) fats such as margarine and many of the fats used to make breads and other products (read labels). Hydrogenated fats can disturb the normal, healthy action of fats. Also, fried fats should be avoided for similar reasons.

**"Here are some of the reasons why fats are good for you."**

#### Ten Healthy Functions of Fat

##### 1. Fat as a Source of Energy

The body uses two main fuels for energy: carbohydrates and fats. The energy is obtained through the conversion of carbohydrates to sugar (called blood sugar or glucose) and fats to fatty acids. However, fats provide more than twice the potential energy of sugar, giving 9 kcal. (kilocalories) of energy, compared with only 4 kcal. from carbohydrates. Therefore, it makes more sense for the

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### Ritalin® Research Fraud

The use of the drug Ritalin®, commonly given to hyperactive children, is again under scrutiny. Dr. Stephen Breuning, the psychologist who first researched the medication, pleaded guilty in U.S. federal court this past September to falsifying his findings.

A National Institute of Mental Health (NIMH) investigation showed that Breuning, who was responsible for one-third of the literature on drug therapy for hyperactive children during his research years, "knowingly, willfully and repeatedly engaged in misleading and deceptive practices in reporting results of research," (Ginsburg, S. Baltimore (UPI), November 11, 1989). Accordingly, the research was never done as described in the grant application to the NIMH, and the results Breuning claimed were never attained. It was the first federal conviction of a researcher for falsifying results. Breuning was sentenced to 60 days in prison, ordered to pay \$11,352 in restitution to the University of Pittsburgh (where Breuning worked), and was placed on five years probation by U.S. District Judge Frank Kaufman, who said the former researcher "will pay dearly for the rest of his life."

The use of Ritalin® is still controversial and has resulted in numerous court battles between schools and parents. Some doctors say the benefits — increased attention span and performance — outweigh the side effects which may include twitching, depression, violence, and sometimes suicidal tendencies.

Other doctors, including those using Applied Kinesiology, feel that most hyperactive children can be treated using more conservative measures. While many of those using A.K. have obtained excellent results, further studies would give everyone involved a better understanding of this complex problem.

Future articles in the A.K. Health Bulletin will discuss conservative treatment of hyperactivity and other learning disabilities.

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

# HAVING YOUR CHOLESTEROL CHECKED?

Today, the business of quick testing of cholesterol levels at places such as hospital fairs and shopping malls is becoming common. Even your doctor may want to check your cholesterol while you're at the office for an unrelated appointment. How accurate these tests are depends, in part, on how it is taken and what is measured.

Here are some factors to consider when checking your cholesterol:

1. The finger test, where a small amount of blood is taken from the finger and analyzed by a portable machine, can only measure your total cholesterol (see below for accuracy to cholesterol testing). It has value in screening for high cholesterol levels of genetic origin, occasionally found in children, or very high levels, over 300, in the adult. However, for most individuals this test is of little value considering the total cholesterol is a number which should be compared with other levels of fats in the blood.
2. A more complete blood test for fats is best, and includes specific types of cholesterol — the HDL (high density lipoprotein), and the LDL (low density lipoprotein), as well as other fats called triglycerides. Always have this done after a 12-hour fast (no food or liquid for 12 hours, other than water). This test, which is best done in the morning before breakfast, will be most accurate, as eating usually raises the level of certain fats in the blood. Non-fasting tests are inaccurate.
3. The total cholesterol is not as significant as the ratio of total cholesterol to HDL. This number, inferring balance, is one of the

most important single numbers, and should be below 4.5 for women and 5.5 for men. For example, if your total cholesterol is 220 and your HDL is 55, your ratio is:

$$220 \div 55 = 3.8$$

4. It is not unusual for two competent labs to obtain different results from the same person. A 20% error is common, even within the same lab.

5. Other factors which may evoke errors should be considered.

- a) With the finger prick test, proper techniques in taking blood and using the equipment are vital. The finger should never be squeezed for blood, as this causes dilution and inaccurate results.
- b) With any method, the patient should rest for five minutes or more before blood is taken, and the test should never be done standing.
- c) Be sure the equipment used has been standardized as recommended by the Centers for Disease Control.
- d) Factors which influence the results include time of year, viral infections, certain medication, recent weight loss or gain, and recent surgery.

Most important, any test which raises questions should be repeated. One final word: don't panic if your level seems high. Too many people are frightened by the simplistic view of "above 200 is bad and below 200 is good." It doesn't mean that a cholesterol of 199 infers you're healthy and at 200 you're sick. There are many factors to consider. Even a cholesterol of 230 may be fine, depending on all other factors.

## FAT FACTS....

Some Interesting

Most of your cholesterol is made by your body, with only a small amount coming from food. Even your heart cells normally make cholesterol! When we eat less cholesterol, our bodies make more.

Whole milk, beef fat, and chocolate have been shown to lower blood cholesterol! These facts are reported in respected medical journals such as the *Lancet*, the *New England Journal of Medicine*, and *Nutrition Reviews*.

In the next issue of the *A.K. Health Bulletin*, we will have more on fats, as well as a unique look at calcium.

## "SHOTS" OR "NO SHOTS"

Many people, especially parents, are concerned about problems pertaining to childhood immunizations. Both opponents and those in favor of "shots" have good arguments. One acceptable alternative, which should satisfy all those involved, is to check the child for the natural immunity which may already exist. This is done by testing for the level of natural antibodies (called antibody titers) for certain viruses (such as polio, measles, mumps, etc.). If the child (or adult) already has immunity — ability to fight off such viruses — there may be no reason for artificial immunity from immunization. However, if little or no natural immunity exists, then artificial intervention, through immunization, may be necessary.

## THE GOOD SIDE OF FATS

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of gravity. This "visceroptosis," as it's called, could adversely affect the organs and glands within the abdomen, as well as create an unsightly abdominal protrusion.

In addition, fats protect the lining of the stomach and intestines from irritating substances in the diet, such as alcohol and certain spices.

### 5. Fat and Prostaglandins

Although their purpose is not completely known, hormone like substances called prostaglandins (PG's) are necessary for all cell function. They are produced in the body from fats in the diet and help regulate blood pressure, steroid production, immunity, water balance, pregnancy and lactation, and other life support systems. The PG's also control free radicals, which, when in excess, may contribute to certain disease states.

### 6. Fats as Regulators of Vitamins and Minerals

Fats help the body use certain vitamins and minerals. Cholesterol (along with sunlight) is important for the production of vitamin D in the skin. Absorption and utilization of vitamins A, D, E, and K are also highly dependent upon fats.

### "In summary, fat is important for good health."

Calcium is a "hot" item these days, but the importance of fat for calcium utilization is usually forgotten. PG's help get calcium into the cells of the muscles and bones. If the right fats (and PG's) are not present, calcium may not be utilized. Fat dependent vitamin D is also necessary for proper calcium use.

### 7. Fats for Pregnancy and Lactation

Fats are a vital part of a healthy pregnancy as well as lactation. During pregnancy, fat protects the fetus. This protection is similar to the bodily protection discussed above. The fetus also develops its hormonal system based on the mother's hormonal state, which is fat dependent.

During breastfeeding, the baby gets PG's and cholesterol through the mother's milk, protecting the baby against allergies, asthma, and intestinal problems. These vital fats are not available to the baby except through breastfeeding. This natural method promotes the mental and physical health of future generations.

### 8. Fats and X-Rays

Fats help protect the body against the harmful effects of x-rays. There seem to be two reasons for this: 1) through physical protection of the cells, and 2) by controlling free radicals that are generated when x-rays are taken.

### 9. Fats and Digestion

Fats are important for proper digestion. Lipase and bile, two vital fatty substances, help in the digestion and absorption of dietary fats and vitamins A, D, E, and K.

Lipase, a digestive enzyme produced by the pancreas, can also be found in certain foods such as avocado and olive oil. Eating these foods may be an aid to both digestion and overall fat metabolism.

Bile, produced in the liver and stored in the gall bladder, is highly dependent upon fat.

Bile helps the large intestine function properly, including the production of vitamin B-12 and the control of cholesterol in addition to waste removal.

### 10. Fats Taste Good

Anyone who has tried to make a

delicious meal knows the importance of fats for good taste. The palatability of good food as a result of fat may be the difference between a healthy appetite and a poor, unhealthy diet.

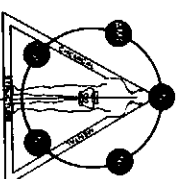
Taste is, in part, the mental health side of fats. It's also great to know that fats can be enjoyed in a healthy way, without the guilt.

In summary, fat is important for good health. Dietary fats, however, must be balanced, to include a variety of oils, butter, meats, eggs, and dairy in moderate amounts. Many people avoid fats because of misinformation and fear. As time goes on, the "low fat" trend will disappear, as much research has already shown the benefits of this necessary, healthy substance.

## THE WORD "DOCTOR" MEANS "TEACHER"

# The Right Shoe

# THE I.C.A.K. LOGO



Like weight, many people think their shoe size should be as small as possible—the smaller the better. In addition, people often think that the size their feet have attained by age 18, 20, or even 30 will remain the same. This is untrue. In many individuals, the foot will change in size later in life, regardless of age.

An increase in foot size can occur for several reasons. Adaptation to weight gain and loss, muscular imbalance, and pregnancy may permanently change foot size. This is probably due to changes in the ligaments, tendons, and muscles within the foot, followed by subtle changes in the joints and a spreading of the bones in the foot. The result is a normal enlargement of the foot which may be so gradual that sometimes it goes unnoticed.

Individuals who spend all day on their feet, or who are very active with exercise are especially susceptible. A high percentage of athletic people are found wearing shoes that are too small.

It is not uncommon to find that many structural problems, such as low back, knee, or hip pain, are related to the fact that the person is wearing shoes one half or even a whole size too small. Even though the feet feel fine, a shoe that is too small can affect other areas.

When buying shoes:

- Each time you buy shoes, have both feet measured standing. Walk on a hard surface to feel the fit.
- Even if the size feels good, try on the next half size larger to see whether that feels just as good, if not better.
- Continue trying on larger sizes until you find the one that is too big. Then go back a half size, and this may be the best shoe for your foot.
- If your feet are two different sizes, fit the larger foot. If the difference is a size or more, you may need to buy two pairs of shoes.
- Shoes with laces generally offer the best support.

The logo (shown above) of the International College of Applied Kinesiology (I.C.A.K.) is, in part, that of an equilateral triangle, with its three sides representing the structural, chemical, and mental aspects of health. This holistic view is taken by the Applied Kinesiologist when considering a patient's health care needs.

The structural side of the triangle includes the spine and pelvis, the feet, jaw, and all the joints and bones, as well as the muscles which move them. The chemical side represents the nutritional, dietary, hormonal, and other biochemical components of the body. The mental side may pertain to a person's psychological and emotional well being. One side of the triangle may influence any other side. Viewing the person in this "holistic" way helps the Applied Kinesiologist to balance all sides of the triangle, resulting in improved health.

Applied Kinesiologists use standard muscle testing as part of their patient evaluation. Many other professional as well as lay groups may use various forms of muscle testing, but this does not make them applied kinesiologists. The I.C.A.K. is the only professional organization which teaches and researches A.K.

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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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Editor ..... Dr. Philip Maffione  
Editorial Review ..... Marc S. Rosen, D.C.  
Publications Manager ..... Terry Kay Underwood  
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Albert Einstein

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## THE GOOD SIDE OF FATS

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body to use fats whenever possible. One important factor which must be present for this to happen is a moderate level of activity — as in easy, aerobic exercise.

If the body can not burn fat for energy (due to a lack of proper fats or exercise), two things may occur:

a) The body may be forced to use more sugar (glucose), potentially lowering blood sugar. In some people, this low blood sugar may produce mood swings, fatigue, dizziness, headaches, depression, allergies, or other symptoms.

However, if there is enough fat available for energy, blood sugar will be kept at a more steady level, allowing the body to have an almost unlimited supply of energy. This will leave enough blood sugar for the brain and nervous system, which relies solely upon sugar.

b) In order for the body to use rather than store fat, fats must be balanced by having a variety of "good" fats in the diet. The nutrients necessary for fat utilization must also be present. Vitamins such as thiamin, riboflavin, and niacin, and the minerals zinc and manganese are all important for fat metabolism.

make this possible.

These hormones help regulate body functions such as defense (immunity) against invading bacteria and viruses, replacement of worn out cells, temperature regulation, weight control, blood pressure control, nervous system balance, and many others. Without the presence of fats and the nutrients necessary for fat usage, hormonal imbalance may develop.

3. Fat as an Insulator  
The body's ability to store some fat makes most climates on earth suitable for life. Normal fat deposits in the skin help prevent too much heat from leaving the body in colder environments and provide some protection from the heat in warmer climates.

Cholesterol and other fats serve as a protective barrier, making the skin resistant to water and other substances that could cause harm. Without this protection, many harmful substances, such as chemical pollutants, would be able to enter the body through the skin.

In addition, fats in the skin help protect against dehydration by preventing too much bodily water from evaporating. One symptom of dehydration is dry, scaly skin. A certain amount of evaporation is normal, but these fats keep as much as 10-20 times more water from escaping the body.

4. Fat for Support and Protection  
When we exercise, walk down a flight of stairs, and especially if we fall, a great amount of support and protection is needed. Fats help provide this protection, acting much like the packaging material one might use when mailing a fragile gift.

Fats support and protect the vital parts inside the body including the kidneys, adrenals, stomach, intestines, pancreas, uterus, and ovaries. Stored fats help prevent these organs and glands from "sinking" lower and lower as a result of the daily downward stress

2. Fat for the Development and Maintenance of the Hormonal System  
The hormonal system, one of the body's main life support systems, is dependent upon fats for good function. This includes the production of hormones for the glands of the adrenals, thyroid, and thymus (immune system), as well as the sex glands. In the adrenals, for example, cholesterol is needed for the production of progesterone and cortisone. Niacin and phosphorus are two nutrients which help

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