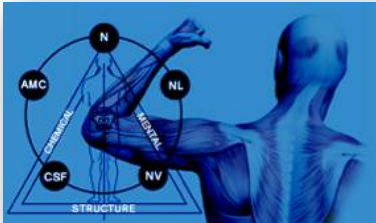


Pathways To Health



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.

Common digestive problems are often best solved with applied kinesiology methods

Digestive Dysfunction: Answers with AK

Many ads in magazines, newspapers, and on television claim it is normal to have stomach burning and gas after overeating or eating the "wrong" foods along with advice to take antacids to "neutralize the excess acid." Is this right? If eating a particular food bothers you, but not those around you, chances are it's the fault of your digestion and not the fault of the food you're eating. When digestion is poor, your body fails to break food down into its component parts for absorption. Intestinal gas and burning is caused by food fermenting rather than being digested.

It is important to address digestive troubles, because they can frequently lead to much more serious health problems. Digestive problems often cause referred back pain. Knee pain, shoulder pain, headaches or migraines, bad breath, coated tongue, skin rashes and other conditions may also have their roots in gut disorders. Many serious consequences of digestive disturbance exist; for example, evidence exists for colon stasis to be linked to colon cancer, arthritis, and ulcerative colitis.

Following the exam, laboratory testing for allergies, bacterial and yeast infections, parasitic infections, autoimmune reactions and more might be required. Applied Kinesiology provides a remarkably effective tool for the doctor to use to locate the source(s) of digestive problems. Through AK testing, your health care practitioner can check the essential functions of the digestive tract to detect the area(s) of dysfunction. Beyond Applied Kinesiology testing, AK also provides treatment tools the doctor can use to

correct the problem(s) found. AK is a tool used to gather information on the reflexes related to organs and biochemical processes. Let's look at a few common digestive problems:

Stomach Burning or "Heartburn"

Production of stomach hydrochloric acid is regulated by the nervous system and an imbalance in the autonomic nervous system can result in too much or too little acid. Underproduction of hydrochloric acid may be due to an insufficiency of the nutrition required for production; inflammation of the stomach may occur when nutritional insufficiency impairs production of mucin, a protective factor that normally lines the stomach wall.

Hiatal Hernia

A burning sensation in the upper portion of the digestive system can result from a hiatal hernia. Here the diaphragm muscle beneath the lungs doesn't function properly thus allowing the stomach to protrude upward into the chest cavity. Stomach acid is then allowed to pass into the esophagus causing severe burning pain and may even mimic a heart condition!

AK treatment is a reliable approach for improving diaphragm muscle function and helping to resolve hiatal hernia syndrome.

Small Intestine and Bloating/Gas

Many complex chemical actions occur in the small intestine. Digestive enzymes from the pancreas and gall bladder are delivered to the small intestine via the common bile duct.

Pancreatic enzymes break down carbohydrates, fats, and protein while bile breaks down fats for absorption through the wall of the small intestine. Dysfunction in this area can create bloating, a rumbling feeling, and a variety of gases. These are symptoms that indicate small intestine trouble and the possible lack of nutrition to the body.

AK testing can help identify enzyme activity and whether a person needs support to the enzyme production through normalizing the nervous system and/or body chemistry through clinical nutrition.

Ileocecal Valve Syndrome

The ileocecal valve is the valve between the small and large intestine that controls the passage of "the trash out of the kitchen" into the large intestine for disposal. This valve can dysfunction in 2 ways:

first and most commonly, the valve is stuck open, and second, the valve is stuck closed. Think of the ileocecal valve as the door between the kitchen area, the small intestine, and the waste area, the large intestine. With the valve stuck open, the small intestine is irritated from toxic waste leaking in, and any weak area (a hip joint or sinuses, for example) can develop symptoms. With the valve stuck closed, the valve becomes spastic; not allowing waste in to the colon, and again toxic material is absorbed into the body.

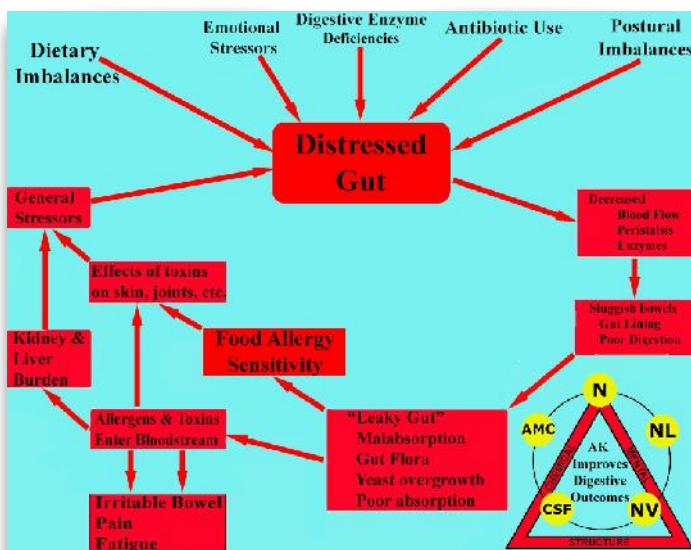
AK can help identify this ileocecal valve dysfunction so that it can be re-set, restoring function and coordination to both the small and large intestines. This condition causes a wide range of symptoms and can be the key to solving many chronic illnesses.

Constipation

Ultimately constipation means the transit of food completely through the intestinal tract is slower than normal (~12-24 hours). Symptoms of colon trouble include a tendency toward constipation or colon stasis, infrequent bowel movements, small amounts of stool, and foul smelling stool. A normal stool has no foul odor; dysfunction should be expected whenever a strong odor is frequently present. This condition may lead to waste material eventually injuring the bowel muscle and lining of the colon.

Serious problems such as colitis, diverticulosis and diverticulitis stem from

chronic slow bowels. Proper tone of the nervous system is essential for normal peristaltic action needed to trigger bowel movement. Activity from the brain, spinal cord and autonomic (automatic)



reflexes are all required for normal peristaltic action. Applied kinesiology (AK) methods are very effective for optimizing nerve tone to the digestive system.

Many chronic and complex illnesses have their origin in digestive dysfunction. Your doctor trained in applied kinesiology is able to use exam and laboratory findings along with AK testing to better understand the origins of these conditions and treat them using the wide range of treatment methods within AK practice.

References

Nancy Doreo DC PAK CABNN, practices in Ventura County, California. She is board certified in nutrition and neurochemistry and devotes her practice entirely to applied kinesiology.

AK and Digestion

The sympathetic and parasympathetic nerve supply to the gastrointestinal tract originates from the spine; a third division of the ANS lies in the wall of the GI-tract, pancreas, and gallbladder – called the enteric nervous system.

Approximately 100 million neurons exist in the ENS, nearly the same number of neurons as found in the entire spinal cord. This neural infrastructure is closely integrated into the motor nervous system, giving the testing of these muscles using AK procedures a unique advantage for the patient and the doctor.

Many cases of digestive illness have been corrected by applied kinesiology.¹ Achlorhydria, bloating, biofilm infection, candida albicans, constipation, Crohn's disease, diarrhea, dysphagia, food allergies, gall bladder disorders, gastric and duodenal dysfunction, hiatal hernia, indigestion, infantile colic, leaky gut syndrome, mucous colitis among many many other conditions have been described in detail in the AK clinical outcomes literature. (Table 1) Gut dysbiosis may result in a "leaky gut."

AK physicians have described effective treatment methods for these disturbances, and have written many textbooks on these subjects.²⁻⁹ The AK, chiropractic, naturopathic, medical, and osteopathic literature on the relationships between digestive disorders, somatic dysfunction, and natural treatment methods is promising.

References

Scott Cuthbert DC practices in Pueblo, CO. He has published two brand new textbooks on AK in 2014, and is developing more textbooks covering the upper body, cervical spine, cranium and TMJ.



- *One in five people have IBS symptoms*
- *Abdominal pain is extremely common*
- *Impaired digestion can result in malabsorption*
- *Over 100 disorders have been linked to IBS*



Irritable Bowel Syndrome (IBS): A Surprisingly Common Intestinal Disorder

Irritable Bowel Syndrome (IBS) is an inflammatory intestinal condition and the most common digestive disorder seen by physicians. It is estimated that one in five adult Americans have symptoms of IBS, although fewer than half of them seek help for it. Twice as many women suffer from the condition than men. This disorder is also sometimes called intestinal neurosis, mucous colitis, spastic colitis, or spastic colon.

Normally rhythmic muscular contractions of the digestive tract become irregular and uncoordinated with IBS. Impaired muscular action of the digestive tract leads to trapped gas and stool in the intestines, malabsorption of nutrients in food, and accumulation of mucous and toxins in the intestine.

Symptoms of IBS may include constipation and/or diarrhea (often alternating), abdominal pain, abdominal distention, mucous in the stools, heartburn, nausea, flatulence, bloating, anorexia, and intolerances to certain foods which irritate the delicate lining of the intestinal tract. Pain is often triggered by eating, and may be relieved by a bowel movement. Often bowel movements will feel incomplete. Because of the pain, diarrhea, nausea, and sometimes severe headaches and even vomiting, a person with IBS may dread eating or have reduced appetite. Whether or not an individual with IBS eats normally, malnutrition

and malabsorption may result. Because of this, people with IBS require as much as 30 percent more protein than normal, as well as an increased intake of minerals and trace elements and fluids, which can quickly be depleted by diarrhea.

Various other symptoms may also occur, such as heartburn, back pain, weakness, faintness, agitation, tendency to tire easily, and heart palpitations. There are no physical

including candidiasis, colon cancer, diabetes mellitus, gallbladder disease, malabsorption disorders, pancreatic insufficiency, ulcers, and the parasitic infections amebiasis and giardiasis.

Over 100 different disorders may be linked to the systemic effects of IBS. One disorder that is linked in 25 percent of adults with IBS is arthritis, usually peripheral arthritis, which affects the ankles, knees, and wrists. Less frequently, the spine is affected. IBS can also be related to skin disorders. Some people with IBS have abnormalities in the levels of liver enzymes in their blood.

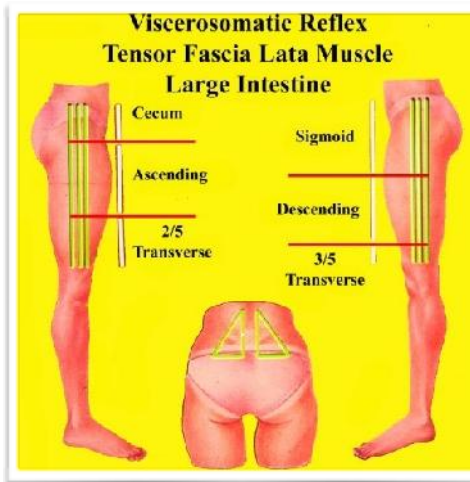
A combination of applied kinesiology and lab work can provide better understanding of the factors causing an individual to suffer from IBS and get to the bottom of this condition.

Lifestyle changes, diet, adjusting, soft tissue manipulation, especially to adhesions within the abdomen, nutritional supplements, herbs and dietary changes can go a long way to settling the irritable bowel situation.

Your doctor using applied kinesiology is uniquely trained to address and solve this condition.

References

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signs of the disease in bowel tissue with this disorder, and its cause is not well understood. We might see water retention, dark puffy bags under the eyes and bad breath. Some scientists find virus or bacteria may play a role. Lifestyle factors such as stress and diet are likely common causes. The overuse of antibiotics, antacids, or laxatives, which disturb the vital balance of bacterial microflora of the bowel, may also be a factor. Many other diseases can be related to IBS,

Q&A

Why would all of my labs and imaging be normal when my digestion is still abnormal?

Although frustrating, negative tests are good news since they are designed to find pathologies such as Crohn's Disease, Ulcerative Colitis, and Cancer to name a few. "Irritable Bowel Syndrome" is the diagnosis when doctors cannot find a recognizable pathology. We need to ask "What is irritating the bowels?" and "Why are they so sensitive?"

One possibility is gut bacteria imbalance. Other considerations are inefficient peristalsis (contractions that move food along the intestines) which requires good tone of the nervous system. Emotional stress, and irritating foods in the diet (frequent culprits include wheat, dairy, corn, soy or sugar when eaten in excess). For more discussion on IBS see the article on page 3.

Gluten-free diets seem to be getting more popular. Is this just another fad diet?

Many people report improved health when wheat is eliminated from their diet. This area deserves increased study. Some research indicates hybridization of wheat and possibly pesticides used in modern agriculture may be causes of gluten sensitivity/allergy. It has been observed that as the amounts of pesticides used increases, so does the number of cases of gluten sensitivity and Celiac Disease. [Reference](#)

If a person has irritable or inflammatory bowel disease gluten-free diets are worth a trial of about one month. Often people sensitive to gluten can tolerate wheat if it is imported from Europe since wheat from this region of the world is less hybridized and is grown with less pesticides.

My AK Doctor says I don't produce enough stomach acid. What causes this to happen and will I be able to resolve this issue?

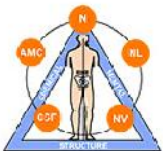
Structurally, there may be a hiatal hernia (if the stomach gets displaced), nerve supply impingements, or even the need for a foot adjustment due to an acupuncture relationships. Nutritionally, zinc is often considered as well as balanced mineral salts. Emotional stress is an important consideration and stress management strategies may be needed to improve digestion.

As you can see the variety of things to address is quite broad. You are lucky to have an AK Doctor who can use these tools to discover the most important therapy for you. In most cases this issue is fairly easy to resolve. In some aged individuals oral acid supplementation is needed indefinitely due to a general decrease in enzyme production that is common with aging.

What steps can I take to improve my digestion overall?

First, slow down. Many people eat on the run, neglecting to relax and hardly chewing their food. Ensure that you chew your food thoroughly as this mixes the saliva with the food for better digestion. When possible be diligent about relaxing for a moment after eating so that your body can focus on the effort required for digestion. Eat in a peaceful environment and try to dine only with people whose company you enjoy.

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