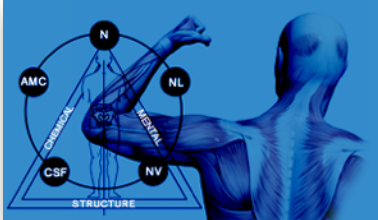


Pathways To Health



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

Editor

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Your doctor of applied kinesiology can answer questions regarding health concerns relating to the current health topics. The applied kinesiology practice goes above and beyond other health care approaches to bring about a superior experience in attaining a greater level of awareness and health. Please share this newsletter with friends and family. *The information in this newsletter is not intended to diagnose or treat the individual.

Could Liver Dysfunction Be the Cause of Poor Health?

Your Liver: A Vital and Essential Organ

The liver, being the largest organ in the body, has over 500 known functions. The liver also has excellent rebuilding capabilities and most authorities agree that the liver is approximately six times larger than necessary; in other words, you could function adequately with only 1/6 of your liver. This is very fortunate indeed, because the liver is greatly overworked for most people in today's civilized environment.

A liver that is overloaded and incapable of taking care of body needs can cause a wide variety of symptoms because the liver has so many separate and distinct functions affecting health in many ways. The liver plays a very important role in digestive functions, fat metabolism, eliminating poisons, removing excess hormones, regulating sugar handling and converting fat-soluble vitamin utilization (A, D, E, and K) and blood coagulation factors are developed in the liver. These are just a few of the liver's many, many functions.

Symptoms of liver involvement may be severe fatigue, digestive disturbances, swelling, a constant chilled feeling, and poor appetite. There may be an inability to tolerate medications due to improper breakdown and elimination of the drugs, with an increased number of side effects.

The Liver as a Detoxifier

Removing poisons from your body is an extremely important function of the liver. This is one of the main reasons the liver becomes overloaded in our modern civilization. Poisons may enter your body in many ways. You may inhale the poisons that you spray on your lawn,

insecticides used in the house, or chemicals that you contact at work or use in a hobby such as building models. These are all known poisons, and we should try to avoid them as much as we can.

There are, however, many chemicals that people do not realize might be a problem to the body. Medications - even the non-prescription items purchased at the grocery or drug store and used so freely in our culture - cause a significant extra load on the liver and can eventually be harmful, even in small amounts for symptomatic relief of daily symptoms.

Chemicals used as preservatives stabilizers, artificial flavorings, artificial colorings, and to aid in the processing of food are all potential problems regarding liver function. A small intake of these chemicals would not be a problem because of the liver's tremendous ability to maintain normal functions; however, there is a cumulative effect from the numerous potentially harmful chemicals taken into our bodies with our food supply. Add to all this smog, aerosol sprays (perfumes, hair sprays, deodorants, room fresheners, insect repellants, dusting aids, etc.) alcohol, and many other and varied poisons in our environment, seen or unseen. It is apparent the over-burdened liver may become overworked and eventually damaged.

Among the most significant poisons in today's society are the heavy-metal poisons such as lead, cadmium, arsenic, etc. These deposit in the body



and accumulate because they are very difficult to remove - even when your doctor prescribes a specific detoxification program. The federal government is working toward eliminating, or at least reducing, these heavy-metal poisons from our environment. An example is the new low-lead gasoline for automobiles, together with new pollution standards for automobiles now being manufactured. We must, however, work on an intensive basis to keep our bodies from becoming toxic with these items by avoiding them as much as possible.

Fat in the Liver

The liver is a major storage area for carbohydrates and proteins. Ordinarily the liver stores very little fat; it should normally contain 3% to 5%. There are several reasons that too much fat or fat-like substance accumulate in the liver. People with poor protein intake have more fat in the liver because certain substances in protein are essential in breaking down fat. Without these substances, fat is deposited or stored rather than used. Conversely, too much protein in the diet causes a liver overload because the liver must eliminate the waste products from the protein breakdown. Consumption of too many refined carbohydrates and/or too much alcohol can cause an elevation of triglycerides which are fats that can accumulate in the liver, thus interfering with normal function.

Testing for Liver Overload

Most laboratory tests for liver function are for frank liver diseases. Testing for diseases is important, however, it is better to be able to evaluate for liver dysfunction in the early stages. The venous blood of a congested liver will not pass through the liver easily.

Because of this back pressure in the system, it will cause some of the veins to become distended. You can easily observe this by pressing solidly with your finger between your shoulder blades. When you remove your finger, the normal skin color will return rapidly. A blanched, white area remaining after the finger pressure indicates poor blood flow and may possibly correlate with liver congestion. Visible or distended veins on the chest and abdomen are other possible indications. Yellowing of the whites of the eyes, pot belly, or tenderness under the ribs on the right side.

The applied kinesiology doctor uses testing methods to evaluate physiology, neurological health and possible detrimental environmental interference. The examination includes evaluation for normal lymphatic drainage, blood circulation and nervous system function. A close look at dietary exposure to harmful chemicals is also taken into consideration.

Following your applied kinesiologist's recommendations for dietary/lifestyle changes, nutritional supplementation and other treatments will help keep this vitally important organ functioning optimally for a happier, healthier and longer life.

David Walther, DC, DIBAK (deceased) played an indispensable role in organizing, standardizing, and teaching applied kinesiology methods. His extensively researched books, especially *Applied Kinesiology Synopsis*, are considered the standard references for the essential methods of applied kinesiology. Dr. Walther practiced in Pueblo, Colorado.

AK and the Liver: Published Scientific Outcomes

ICAK physicians over the past 50 years have published an impressive amount of literature on the diagnostic exam and functional treatment of liver dysfunctions:

- Menopause (Cuthbert & Rosner, 2013)
- Vertical diplopia and hemorrhoidal pain (Duffy, 2005)
- Menstrual & migraine headaches (Calhoon, 2004; Zodikoy, 2003; Hambrick, 2003)
- Andropause (Kharrazian, 2003)
- Conjunctivitis (Ramsak, 1997)
- Hypothyroidism (Power, 1995)

In the journal *Nutrition* (2005), Alvares-da-Silva et al showed that the muscle test was a better predictor of clinical outcomes than any other test employed for 50 patients with liver cirrhosis.

A pending ICAKUSA research proposal will observe changes in manual muscle testing and electromyography of the pectoralis major (sternal division) muscle before and after dissolving a liver supporting nutritional formula on the tongue.

Scott Cuthbert, DC practices in Pueblo, CO, has recently authored two textbooks on AK and has been published extensively in peer-reviewed journals.



- *Liver dysfunction can cause a wide range of symptoms and illness*
- *Industrial chemicals in our diet & environment stress liver function*
- *Avoiding these chemicals improves health*



A Possible Hidden Cause For Illness..

Diet, Environment, & Your Liver

Have you ever wondered why some people are sensitive to perfumes, lotions or have allergies, while others do not? Why are some people prone to headaches, migraines, eczema, psoriasis, splotches or rashes...and why do some of these conditions show up with age?

Most conditions in the body are influenced by liver action at least at one level. The liver itself must be viewed as one of the most delicate organs in our body and yet with modern culture it seems to be one of the most abused. People are consuming 'altered' foods from the type of original 'clean' diets humans lived on. The industrial revolution brought movement away from agricultural lifestyles, creating foods increasingly designed to be more marketable, making them less nutritious and undoubtedly more toxic. In recent decades, the development and distribution of pharmaceuticals has altered our biological terrain. Both processed foods and drugs pose the biggest obstacles to optimal liver function.

Chemical processes to remove toxins via the liver and other organs is referred to as biotransformation. Biotransformation pathways rely upon available nutrients in the body, dietary or environmental exposures and the genetic slate of the individual. When biotransformation goes wrong, your applied kinesiology practitioner will assess anything from standard blood tests, genetic assays, allergy panels, toxic chemical and toxic element screens and lifestyle.

Think about this: drugs introduced to a mother during pregnancy must be metabolized by the liver. Besides the obvious modern day chemicals like anti-inflammatories, anti-depressants, caffeine and alcohol that run through the liver and to some degree degrade the liver's nutrient supply, it has been projected in the allopathic/drug industry that certain chemicals are important to make pregnancy, childbirth and infancy "safer." Neonatal liver development is primary for the development of other organs like the brain. If the liver has even minor damage in an infant the production of key building blocks for the brain is disrupted. Accumulation of heavy metals even in trace amounts can also be implicated.

While some in the modern western medical culture have continuously justified increasingly invasive technology in the name of "safe" pregnancy and child development, we are seeing at the same time a skyrocketing incidence of autism and food allergies. Do you think there might be a connection?

Being aware of options for a healthier life and healthier family is of the utmost importance. Educating yourself and researching your options can spare your family unnecessary side-effects of harsh chemicals. The applied kinesiologist is an important part of everyone's life. He or she will have tools to evaluate your condition and competently recommend strategies unique to your needs.

For now, if you or someone you know is in the process of starting a family it is best to avoid the following:

- **Chemical fumes:** gasoline, solvent, nail polish, tobacco smoke, and perfume or strong fragrances including room air freshener.
- **Medications:** Acetomeniphen, ibuprofen, antidepressants, vaccines preserved with thimerisol, recreational drugs. (please consult your prescribing physician)
- **Foods:** Processed meat and fats, hydrogenated or partially hydrogenated vegetable oil, strong alcohol or caffeine products, artificially colored or flavored foods, MSG (now called "Natural Flavorings"), and food stored or cooked in aluminum foil, containers, or cookware, plastic additives and phthalates.

What to eat: A-B-C (apples, beets, and carrots), leafy greens, Omega 3 fats, clean pure water, and sustainable protein sources such as fish, eggs, and free range meats.

References

Dr. Hank Tollhurst is a certified teaching diplomate in the International College of Applied Kinesiology, Chairman of the International Education Committee (IEC), and Vice Chairman of the International College of Applied Kinesiology (ICAK-USA). Dr. Tollhurst practices in Los Gatos, California.

Q&A

You asked... We answer

What foods can I eat to support regular detox?

It is important to eat as clean as possible all of the time. The main nutrients you want to include are dark greens, B vitamins and antioxidants. Good sources are cruciferous vegetables, beets, eggs (especially the yolk) and nutritional yeast. Because each person is different ask your doctor to muscle test the most important foods for you.

Since the liver does so many different things how do I know what is overwhelming it?

Although there are labs to determine this information to some extent, your AK Doctor has great tools. He/she can challenge your system with different items the liver must process. These include proteins, hormones, and chemicals to name a few. By seeing which item weakens a liver related muscle they will know what biochemical pathway to support. Then they find the nutrients you need for better liver function.

Aside from food and supplements how else can I help my body to detox?

Since the liver is a giant filter for the blood, the more times the blood passes through it the more opportunity there is to clean the blood. Since exercise increases blood flow it also enhances overall liver function. Additionally, when you exercise you sweat which also helps eliminate toxins.

I hear about lots of detox programs. Are these a good idea for me?

It is very important to be sure you are strong enough and healthy enough to do any detox plans. It can take months or even years of changing your lifestyle and working with your doctor to prepare for this. Neglecting to do this first can result in overwhelming your body with circulating toxins. Trust your doctor to build a plan that is right for you.

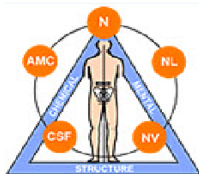
How can I best avoid putting extra demands on my liver?

Unfortunately today's environment makes it difficult to fully avoid toxic exposure. Although this list is not complete there are a few steps you can take to decrease your exposure at home. Use cleaning products that are free of fragrances and dyes. There are many ways to make your own products out of safe and simple ingredients. Avoid buying brand new furniture and textiles as these off-gas for several months. If you steam clean or purchase new carpet open your windows for several days to air out the chemicals that are being released into your home. Never use air-fresheners or perfumes and avoid over the counter medications whenever possible.

My primary care doctor runs tests for my liver every year and says that I am fine. Is all of this still a concern for me?

Yes! Two of the standard tests for liver disease are AST and ALT. These are enzymes that are normally inside of liver cells. They only elevate when liver cells have died and secreted these enzymes into the blood stream. This means that by the time these levels rise on a blood test there has already been significant damage. It is best to prevent this damage as best you can by supporting normal liver function with good nutrition and minimal chemical stress.

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Angela Darragh, ND founded the SCNM AK Club. She trains students and teaches an elective in applied kinesiology at Southwest College of Naturopathic Medicine in Tempe, AZ.