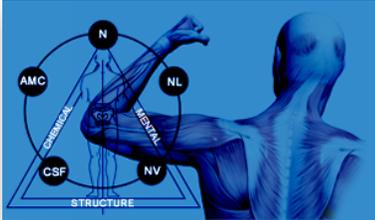


# Pathways To Health



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.

Confusion in your nervous system can cause a wide range of health problems!

## Is Your Nervous System Disorganized?

**When** you are healthy, your nervous system will function in a predictable manner. Nervous system function can be observed by testing muscle strength using applied kinesiology. During movement it is correct for some muscles to be strong (facilitated) and others to be weak (inhibited). For instance, when you flex your elbow, your biceps muscle should be strong/facilitated and the muscle that would normally extend your elbow, your triceps muscle, should be inhibited. This phenomenon is called reciprocal inhibition and it is essential for your nervous system to be organized and your posture and movement to be efficient and pain free.

If your nervous system is functioning in a predictable and organized manner and in a fashion appropriate to the environment, it is regulating your posture, movement, and internal processes optimally. This is the state of neurological organization and it is the goal of applied kinesiology healthcare.

### Neurological Disorganization

Neurological disorganization is present when your body does not operate in a predictable and organized manner. Organs, systems, and structures of the body are under the nervous system's control. If the system develops in a disorganized manner, or illness or injury impairs neurological organization, control is not at an optimal level. Disease, poor resistance, and health problems of many kinds may result.

Neurologic disorganization appears to result from nerve receptors (afferent nerves) sending conflicting information

for interpretation by the central nervous system. Improper afferent stimulation can be caused by joint subluxations in the spine and any other joint in the body. Injuries to ligaments, muscles, fascia, skin, and many other structures of the body that do not completely heal can also result in disorganized information being sent in to the central nervous system (brain).

Inappropriate stimulation to the chemical (body chemistry) and mental/emotional sides of the triad of health can also be responsible for neurological disorganization. All of these potential causes of neurological disorganization can be found and successfully treated by your doctor using applied kinesiology.

### Solving Neurological Disorganization

Applied kinesiology muscle testing is used to observe for normal patterns of neurological organization, to find abnormal patterns of nerve/neurological function, and to determine the causative factor (structural, chemical, or mental from the triad of health model), and re-examine for improved neurological organization once the indicated therapy has been applied.

Therapies could include any of the methods integrated into applied kinesiology including spinal or extremity joint adjusting, craniosacral therapy, acupuncture therapy, muscle and soft tissue reflex therapies, clinical nutrition including dietary recommendations or supplements, herbal or homeopathic remedies, and/or emotional reflex or stress management techniques.



A very common cause of neurological disorganization is the craniosacral mechanism/system which includes the skull, jaw, upper neck, and pelvis. This problem can often be found by checking to see if muscles will test strong (facilitated) during various eye movements and directions. This has been documented in many children with dyslexia (reading disorders). Eye motion and position are intricately involved with your posture and sense of balance through the equilibrium proprioceptors, which include the eyes (visual righting reflexes), inner ear (labyrinthine reflexes), and upper neck (head-on-neck reflexes).

Foot dysfunction can cause neurologic disorganization often as a result of old, incompletely healed foot and/or ankle injuries. These hidden residual injuries send abnormal signals to the central nervous system (brain) and impair normal posture and movement patterns

Biochemical causes of neurologic disorganization usually relate to impaired function of very basic and essential body chemistries that influence energy production, protein metabolism, control of immune function and/or inflammation, or which in one way or another influence neurotransmitter systems. The stress of exposure to toxic chemicals and/or environmental or food allergens can be a cause of neurological disorganization.

Mental causes of neurologic disorganization may be due to imbalances of body chemistry, especially those that influence neurotransmitters, and/or emotional conditioning that influences how you respond to your environment and interaction with people. Applied

kinesiology has methods to address these potential issues, both directly and through specific physical and emotional selfcare.

Sometimes the cause of neurological disorganization is not initially found because you haven't been tested under the right conditions. It is important to determine the conditions under which a troubling, chronic, and recurring health problem develops - does it occur in the morning or in the evening, when sitting, standing, or walking, or before or after eating, at work or at home? These and many other potential questions help isolate the possible stressor that may be causing neurological disorganization.

When evaluating for hidden causes of neurologic disorganization we must consider your life-style, physical activity, mental processes, and chemical environment in you live.

#### **Your AK Doctor Is The Expert**

Correction of neurologic disorganization is important in obtaining optimal health. It also improves one's human performance and is a key factor in your overall health. Your doctor using applied kinesiology is an expert in finding and resolving the cause of neurological disorganization and optimizing your health, well-being, and performance.

#### [References](#)

Adapted from the writing of David Walther, DC. Dr. Walther organized, standardized, and taught applied kinesiology methods. His extensively researched books, especially Applied Kinesiology Synopsis, are considered standard references in applied kinesiology. Dr. Walther practiced in Pueblo, Colorado.

## Research & Neurological Disorganization

Drs. Goodheart, Walther, Crisera, Meerseman, Barras, Leaf and many others suggest that cranial faults perturb the neurological flow to or from the brain. Dural torque refers to tension between the spinal and meningeal tissues. In this way dural torque transmits itself to the dural sleeve of the optic nerve and eyeball, which is why ocular lock and ND are often found together. Meerseman (1992) described this as either a primary ascending and/or a descending problem. Functionally, this provides the conceptual basis of dural torque leading to ocular lock and ND. Cranial faults and dural torque are suggested to be a systemic alteration in the entire neuromuscular system, analogous to switching. The coupling of ND, dural torque, and ocular lock has been most elegantly described by Crisera. (1997)

Even though the behaviors of switching had been observed by physicians, athletes, novelists and psychologists for centuries, no coherent explanation for these confused behaviors nor an adequate treatment for them were available. Finding the basic underlying cause of ND within the triad of health (structural, chemical, or mental-emotional) is one of the extraordinary advantages the AK physician has over all others.

#### [References](#)

Scott Cuthbert DC practices in Pueblo, CO. He has published two brand new textbooks on AK in 2014 and 2013, and is developing more covering the upper body, cervical spine, cranium and TMJ.



*Normal walking gait is therapeutic.  
Nerves in the foot and ankle control walking gait.  
Abnormal walking gait causes chronic pain and dysfunction.  
Restoring foot joint and muscle function restores walking gait.*

Your feet are a common cause of chronic pain and neurological disorganization!

## Gait and Your Health: Are You Walking Right?

### Normal Gait Is Essential

If your feet function as they are designed to the nerve endings in the joints and soft tissues (muscles, ligaments, tendons, connective tissues, and skin) send information to your central nervous system so that your brain knows that it is standing or walking. When you meet these criteria you have a natural and function gait.

This extremely complex neurological process is essential for organization of muscle tone and coordination throughout your body. It is also essential for neurological organization of your nervous system as a whole and Dr. Walther considered gait dysfunction to be the second most common cause of neurological disorganization.

### Normally Walking Is Therapy

If all of the nerve endings of your foot and ankle send the correct information concerning position, movement, and pressure to your nervous system, your brain will then "know what to tell each muscle in your body to do" in order for your posture and movement to be fluid, harmonious, and stress free (barring problems that cause local pain and dysfunction; i.e. a local shoulder, neck, hip problem, etc.).

So, yes, if you have healthy function of your feet and ankles you will tend to feel better when you walk. You will experience the harmonious patterns of muscles alternately contracting and relaxing relative to the demands of normal walking gait and you will feel better.

Walking, when it works right, is one of the most therapeutic things you can do for the joints and muscles of your body. When your gait related muscle patterns work as they should, walking is naturally therapeutic. But, when your gait is not coordinated, when it is neurologically disorganized, it can cause stress throughout your body.

### How To Find Gait Imbalances

It is common for doctors practicing applied kinesiology to find that a patients' chronic pain (for example, neck, shoulder, hip, or knee pain) that has responded poorly to care, often by multiple doctors, is being caused by a hidden foot or ankle problem that is resulting in gait dysfunction and neurological organization.

It can be readily determined if gait is causing some chronic pain by testing a muscle that is in the area of the pain and involved with the pain pattern. Often the muscle will test strong initially, but become weak, often exceptionally weak, after walking. Often, testing for neurological disorganization will only be positive immediately after walking.

Gait function can readily be tested by the doctor familiar with applied kinesiology. There normally is a very predictable pattern to which muscles are turned on (facilitated) or turned off (inhibited) associated with the position of your body during each phase of gait. An example here would be when your right foot is forward during walking it is normal for the muscles that bring your left arm to

be strong (facilitated) and the muscles that bring your left arm backward to be weak (inhibited).

This normal pattern of muscles alternately relaxing and contracting is exactly as it should be. When your doctor tests you with applied kinesiology and does not find this normal pattern, the most common problem is some problem that will be found in a foot or ankle.

What's fascinating about gait testing with applied kinesiology is how specific the correction will be; typically, the precise area of the foot requiring correction will be indicated by the specific gait imbalance found from applied kinesiology testing.

### How To Fix Gait

Adjusting the joints of the foot and ankle restores normal motion and, thereby, sensory information (proprioception) to the nervous system. Soft tissue therapies may be needed as well to normalize proprioception. These things change the gait pattern to normal immediately!

Massaging your feet, rolling your feet over a foot roller or ball (a golf ball works well), and exercising the muscles of the feet and ankles improves mobility and proprioception. Your doctor practicing applied kinesiology can give you direction for rehabilitation. Now go out and have a good walk!

### [References](#)

# Q&A

*How do I know if I have neurologic disorganization?*

Since there are quick exams your AK Doctor can do the best way to know is to ask your doctor to check for the problem.

Some of the symptoms can include:

- Trouble accurately communicating what you want to say
- Poor reading comprehension
- Saying “right” when you mean “left” or “up” instead of “down” frequently
- Poor coordination and posture
- Recurrence of joint and muscle pain with movement

*What types of things can cause interference in the brains’ ability to communicate with the rest of the body and cause neurological disorganization?*

Actually this list can be quite long. According to Dr. David Walther, the most common cause is the need for the bones in our skull to move properly. They are supposed to move slightly when we breathe. This pumps a nourishing fluid called CSF (what they look at in a spinal tap) around the brain and along the spinal cord. Without it the nerves may not work properly and various organ systems or muscles can suffer.

Some other causes include, but are not limited to:

- Upper cervical/TMJ involvement
- Chemical or food sensitivity exposure
- Perfumes and air fresheners (essential oils are a safe replacement)
- Medications (even supplements and herbs that are not needed)
- Repetitive motions that do not honor natural gait, i.e. leg motion without arm motion or unequal movement on the left vs. right sides
- Sugar in excess or skipping meals
- Children who move from crawling to walking too soon

*Do we really spend trillions of dollars for healthcare in the US every year?*

This question came up after the last issue of *Pathways To Health*. It seems like an enormous and unlikely figure, but it is unfortunately true. We have the most expensive healthcare per capita in the world, yet rank 37th by the World Health Organization (WHO) compared to other nations. Criteria for this ranking were *health* (disability-adjusted life expectancy), *responsiveness* (speed of service, protection of privacy, and quality of amenities), and *fair financial contribution*.

Total annual national health care expenditures in the US passed the \$2 billion mark in 2005 and crossed the \$3 billion mark in 2013 according to the Centers for Medicare & Medicaid Services (CMS).

We doctors practicing applied kinesiology believe that using healthcare and selfcare driven by the information derived from applied kinesiology methods makes healthcare delivery more effective and less costly and you healthier!