

# APPLIED KINESIOLOGY:

## THE ADVANCED APPROACH TO ATHLETIC HEALTH CARE

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Whatever sport event they participate in, and whatever competitive level they are inspired to, athletes are a unique group of individuals in that they aspire to an above-average level of physical performance skills and overall general health and well-being. In short, they represent the "Porsches and Ferraris" of the human model.

These "high performance" individuals require a specialized approach to their optimum health and top level function; one of which encompasses evaluation and correction of the total person — if you will, a wholistic approach.

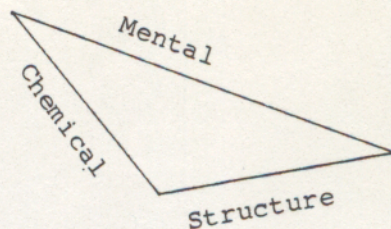
Optimal health consists of a triad of factors which must be in proper equilibrium. This balance can be demonstrated in the case of the equilateral triangle. When optimum health is lost, one, two, or frequently all of the factors are involved.

**Structure** is what Chiropractic and Doctors of Chiropractic have always been involved with. We note that structure is at the base of this triangle because it is the foundation for the body and can affect both the chemical and mental aspects of the whole. Many Doctors of Chiropractic have asserted themselves only in the adjustment of subluxations and removal of abnormal nerve control, from which excellent results have been obtained in the past and will continue in the future. However, to optimize the pa-

tient's plateau the other two factors must be considered and worked with.

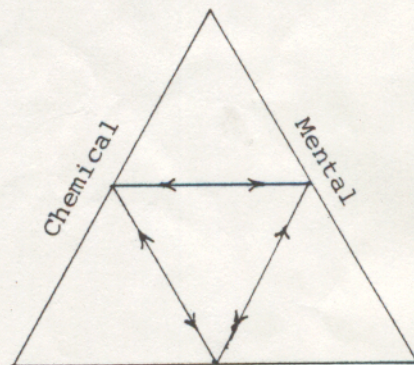
**Chemical** is the area which the medical profession has dominated. The Nutritionist is also involved with this side of the triangle. The difference between the two is Destructive Health Care in the use of chemicals to control body function, as opposed to Constructive Health Care by using nutrition to build tissue and enhance function. The Medical Doctor attempts to control the other two sides of the triangle with tranquilizers and mood elevators to deal with mental malfunctions, while using muscle relaxants or pain killers for the physical. Dr. E. Cheraskin, in a seminar at the Stoner Chiropractic Research Foundation stated: "In all my years of research, I have yet to find a single individual who was deficient in Valium, which is the most prescribed drug in the United States today, (45,100,000 prescriptions in 1978), yet we find thousands who are deficient in Vitamin C, B, and many other nutrients."<sup>1</sup>

Counselors. The "personality type" or Doctor, whether Chiropractic or Medical, is working strongly with this aspect of the triangle.<sup>2</sup>



### PSYCHIATRY? PSYCHOLOGY?

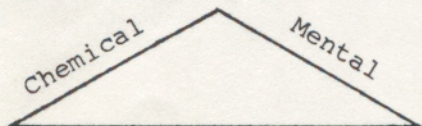
Applied Kinesiology, as developed by Dr. George Goodheart, D.C., offers the ability not only to treat all sides of the triangle — keeping it equilateral — but, more important, how to evaluate the three sides. Through muscle testing, structure can easily be evaluated, nutrition can be administered lingually, and the Doctor can immediately determine if the substance is correct for that particular patient. Chemicals and drugs can also readily be analyzed for their harmful effects by using the muscles to read "body language." The Doctor notes that certain nutritional products will work for a patient while others will not, even though the labels read the same. An insight to the patient's emotional status can be obtained by evaluating the nerve system with Applied Kinesiology.<sup>3</sup>



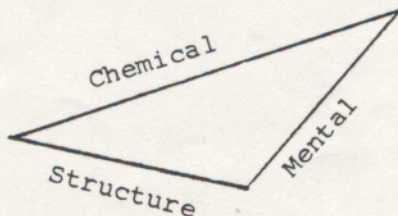
### Structure THE OPTIMAL APPROACH

A balance of all three sides, naturally!

Harold Gelb, D.M.D., labelled Applied Kinesiology in his book, *Killing Pain Without Prescription*, as 'The Science of Stress'. In it he goes on to say: "Stress-related pain has proved to be the most difficult to treat because the source is so elusive."<sup>4</sup> A symptom may arise in one area of the body, such as the head or stomach, but the cause is a systemic strain. Treating the symptom without relieving the systemic strain is analogous to mopping up water from an



### Structure CHIROPRACTIC?



### ALLOPATHY? NUTRITION?

**Mental** health care, of course, has been dominated by the Psychiatrist, Psychologist, and various other types of



overflowing basin without first shutting off the faucet.

A relatively new science developed by Dr. Goodheart, himself a Chiropractor, Applied Kinesiology addresses itself to relieving internal stress.

The concept behind Applied Kinesiology, oversimplified of course, is that the human system has a stress threshold. Our bodies, in all of their wonderment, possess the ability to withstand various types of annoyances and distress until this stress threshold is approached, after which, even the slightest addition of distress will cause the brain to send out chaotic messages called "dysponetic signals."

These signals cause the body to go into emergency alert, as the brain continues to send out impulses via the nervous system to the endocrine system, signalling that there is danger. The body responds to this information by stimulating adrenaline production. Muscles become tense, blood is rushed into the trunk of the body, and one is now primed for a "fight" or "flight" response. However, in the majority of instances, there is no immediate threat to run from. This alarm reaction in the body, triggered by the command for self-protection, although disturbing, is temporarily harmless. Note at this point that all various chemical and tension changes created by the body for self protection have no outlet, and therefore, collect in the human system.

What happens to this collection of disruptive chemical and physical tension?

Although the person experiencing this distress is generally unaware that the body's natural balance is being disturbed, the muscles tend to go into spasm, or a hypertonic state. These spastic or hypertonic muscles may press on blood vessels interrupting normal circulation, pinching nerves, while possibly causing numbness, tingling or weakness in parts of the body. On the other hand, the visceral or smooth muscles of the organs may be affected causing improper glandular function as well.

The changes which occur in the various systems of the body manifest themselves as muscle tension, headaches, migraine, neck or back pain, poor circulation in hands, legs or feet, as well as internal disorders such as constipation, diarrhea, ulcers, high blood pressure, chronic fatigue, etc.

In all its wisdom, the body possesses the capability to relieve all of these disorders, in most cases without the need for long-term drug therapy or surgery. However, the body will not turn its energies into healing power unless the alarm signal is turned off; because while the body is in the alarm stage as much as 90% of its energy is expended in the "fight or flight" response mentioned earlier leaving only 10% of its resources available for maintaining the entire

system in proper working order.

Should we reverse the percentages and have available to us 90% of the energy for restoration and system maintenance, the body will begin to rebuild itself and restore a healthy equilibrium.

The preceding information is not new to the healing arts, but Applied Kinesiological steps to achieve a healthy equilibrium are. The Orthodox medical approach is concentrated on removing the environmental or psychological stressors from one's life. These components are very difficult to control for obvious reasons. Changing jobs, community, marital status and lifestyle are all potential stressors. In simplified terms, the human system will not tolerate drastic changes without a sufficient amount of time to adapt to the new environment or situation.

Applied Kinesiologists, whether Chiropractic, Medical, Dental or Psychiatric, concentrate on relieving distress where the most profound effects will be produced.

Structural distress is relatively easy to correct and usually leads to relief within a week or possibly longer depending on the chronicity of the problem. Structural faults include vertebral, pelvic, dental, cranial, or any other joint in the body which restricts the normal range of motion of that joint. These structural faults may lead to symptoms ranging from disturbances of normal nerve function and normal circulation throughout the body. Correcting the structural faults through Chiropractic adjustments and other means such as dental devices, will decrease the level of distress without altering your living environment.

Dietary distress may comprise as much as one third of an individual's stress threshold.

Start with a new eating regimen, strictly adhered to by minimizing empty calory foods such as refined white sugar and its by-products, as well as refined enriched white flour products, one of my favorite food frauds. The millers remove all 25 or more known nutrients in whole wheat, replace four — namely: thiamin, riboflavin, niacin and iron and call this product enriched; I would tend to call it robbed!

Avoid too much alcohol, additives, excessive coffee or tea, and comply with a specifically tailored supplementation program. Distress can actually be eliminated in a very short time span.

Details of this "Optimum Nutrition" will be outlined in the next article.

### **APPLIED KINESIOLOGY Evaluation and Correctional Approach to Health Problems**

In the Applied Kinesiologist's office the patient is required to complete a comprehensive questionnaire outlining family health history, illnesses — past and present, medical or medication history,

and diet survey. A recorded Doctor-patient consultation then takes place, followed by a thorough examination to determine details of the individual's general health as it relates to the "Triad of Health" concept outlined earlier.

For example, blood pressure is checked in three different positions, (sitting, lying, standing), not only to determine any organic, vascular disorders, but functional disturbances as well. Neurological and orthopedic tests are also performed. These are only a few in the many steps necessary to ascertain clinical and/or functional situations which may be prevented from accelerating into a need for crisis care.

This concept can be termed "Predictive Health Care."

To begin with, the spinal vertebrae are examined to determine any deviation from the normal range of motion. At this point, specific muscles are tested in the "clear" to determine gross or subtle muscle weaknesses or imbalances. Various factors are then evaluated to ascertain the patient's needs in order for optimal correction to result.

The Applied Kinesiology practitioner is very adept in the art of specific muscle testing. When an indicator muscle is determined to be strong and intact, the practitioner than "asks" the body various questions as he would a computer, by pressing appropriate buttons to receive correct answers. The body is asked these questions through the use of muscles as indicators. It answers in the same manner.

The Applied Kinesiologist begins with the selection of a strong indicator muscle. He then evaluates and challenges the various body systems such as structural, vascular, lymphatic, proprioceptive, etc. A structural fault is determined when the indicator muscle weakens.

Researchers are not sure what causes the weakness when an imbalance occurs in the body, but it occurs consistently. Structural faults will be reflected in lack of muscle strength, as well as biochemical upsets. It is surmised that any distress challenging the body systems will be supported and responded to by the whole body via the nervous system.

*Please note:* As outlined by the International College of Applied Kinesiology, this practise can only be undertaken by a licensed, primary health care provider. Chiropractors, Physicians, Dentists and Psychiatrists are some of such Doctors in the healing arts. Lay persons practising reflexology and related pressure point therapy, or practitioners who test nutrition ON the body or in the hand are NOT Applied Kinesiologists.

**REFERENCES:** 1) Reader's Digest, April, 1980. 2) Applied Kinesiology Manual, David Walther, D.C., Copyright 1976, Systems DC, Pueblo, Colo. 81004. 3) Applied Kinesiology Manual, David Walther, D.C., Copyright 1976, Systems DC, Pueblo, Colo. 81004. 4) Killing Pain Without Prescription, Harold Gelb, D.M.D., Barnes and Noble, Copyright 1980, New York, Cambridge, Philadelphia.