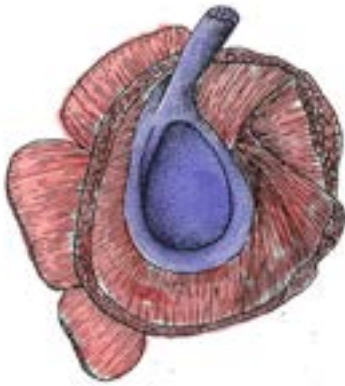


Shoulder Rotator Cuff Injuries

The rotator cuff is the name for the muscles and tendons that make up the shoulder joint. The rotator cuff is important in allowing the shoulder to function through a wide range of motions.



The picture shows the muscles surrounding the ball of the upper arm bone. Because of its design, the shoulder joint can move and

rotate through a greater range of motion than any other joint in the body.

Rotator cuff injuries are a very common problem.

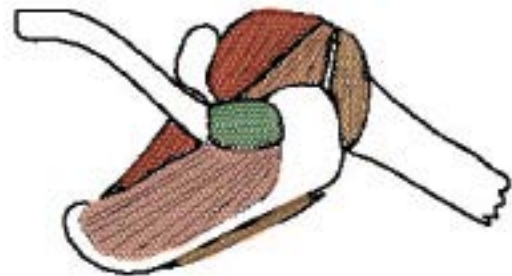
What is the rotator cuff?

The rotator cuff is made up of four muscles and their tendons that wrap the shoulder joint. These muscles move the upper arm through most motions, and give stability to the joint. The muscles arise from the body, the scapula, and insert into the upper arm bone, the humerus. It

is the tendons of the rotator cuff muscles that are usually involved in a rotator cuff tear. However, injuries to the muscles themselves are far more common. These can occur due to overload conditions, overuse, or excessive repetitive stress.

In repetitive use injuries to the rotator cuff, repeated activities cause damage to the rotator cuff muscles and tendons. Over time, the tendons wear thin and a rotator cuff tear can develop within the tendons. People with repetitive use injuries to the rotator cuff often have complaints of bursitis prior to developing a rotator cuff tear in the tendons.

Injuries to the rotator muscles are seen after events such as falling on to an outstretched hand. This can cause injury to the rotator cuff muscles.



This shows the muscles that make up the rotator cuff.

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Who gets rotator cuff injuries?

Rotator cuff injuries are seen in young and old, but they are more common in the older population. Typically, there is a traumatic injury in the younger person.

As people age, the muscle and tendon tissue of the rotator cuff loses some elasticity and becomes more susceptible to injury. Because of this, it is often damaged while performing everyday activities.



What are the most common symptoms?

The most common symptom is pain. It is maybe difficult for the person to localize the pain to a specific area; rather it is described as a generalized discomfort that is exacerbated with specific movements of the shoulder.

Pain is often felt over the outside of the shoulder, or even down the arm to the elbow. Depending on the severity of the rotator cuff injury, there may also be a loss of motion.

Loss of strength in the shoulder is the next most common symptom. Strength of the individual rotator cuff muscles can be tested.

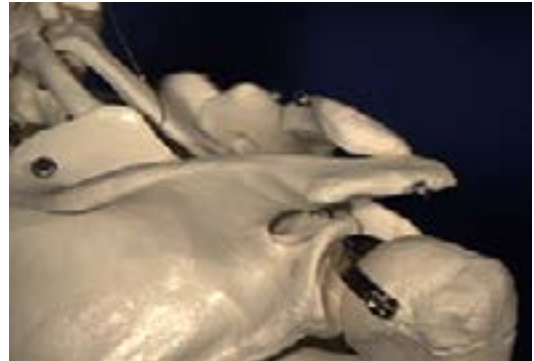
The next most common symptom is difficulty performing activities such as combing hair, clasping a bra, reaching behind your back, or sleeping on the affected shoulder.

As in most orthopedic conditions, early treatment helps prevent this condition from deteriorating into a frozen shoulder. Testing of the individual muscles allows the proper treatment to be given to correct the muscular malfunction.

Uncorrected, this condition may either degenerate into a tear of the tendon of the involved muscles that could require surgery, or into a frozen shoulder that could take months or years to resolve.

Shoulder Impingement

A common cause of pain and discomfort in the shoulder is what is known as impingement syndrome. This occurs when the tendons or bursa of the shoulder are pinched between the shoulder bones. This occurs when the arm is raised, usually to the height of the shoulder. This condition is usually caused by muscular weakness or shortening which can be the result of injuries or overuse. It is very common in sports like tennis, swimming, baseball, golf, and weightlifting. Common household activities like painting, putting objects up into shelves, cleaning above the head, or sleeping with your arm above your shoulder are also culprits.



The space between the upper arm bone and the "roof" of the shoulder is shown here.

If you have pain and restricted motion raising your arms in front of you, it is usually caused by an injury to the long head of the biceps. As its name implies, the biceps has two parts and most individuals exercise one part of. It is an injury to the long-head, which is usually not exercised, that allows the top of the humerus to rise up against the top of the shoulder bones and impinge a tendon or a bursa. A bursa, is a sac of fluid that acts to reduce friction between bones. This muscle is easily injured lifting objects in front of you or performing repetitive motions. The tendon of the muscle becomes kinked and stops muscle function.

If you have decreased motion with pain as you raise your arm to the side, this is many times caused by shortening of the muscle that lies over the outside of the shoulder. The shortened muscle pulls the arm bone up impinging tissues

and jamming the upper arm bone against the top of the shoulder which limits the motion of the arm.



The bursa is shown in green in the above picture.

In both of these problems, there will be weaknesses of some of the shoulder muscles and shortening of other supportive muscles of the shoulder. This combination of weakness and shortening causes the abnormal motion and results in the decreased motion and the increased pain or discomfort.

If this condition continues for a period of time, it can result in a rotator cuff tear. Now, instead of having a couple of muscles to treat you have an increasing number of structures that need to be treated and rehabilitated.

When treated early, impingement syndrome is easily treated once the underlying muscle imbalance has been diagnosed and corrected. The doctor trained in applied kinesiology will test the muscles of the shoulder and determine which are malfunctioning.

There are a number of different muscle therapies that will need to be applied to normalize the mechanics of the shoulder. If there is any loss of strength in one of these muscles you really need to exercise it to build the strength. Other therapies that may be needed can involve massage, stretching, as well as therapy designed to coordinate muscle function. However, the earlier the condition is treated, the less that will need to be done.

Food Allergies - More common now than in the past

Until recently, peanuts were a lunch staple for most kids. Schools would have peanut butter and jelly sandwiches for school lunch at least once a week. People ate peanuts, they gave them on airplanes, and Planters advertised them all the time as a healthy snack. Think of what has happened over the last couple of decades. Now, peanuts are banned from school, you never find them on an airplane and we hear of severe asthmatic reactions in some kids who eat them. This is indeed an epidemic of the last portion of the last century and into this century, and is just one example of how food allergies have increased dramatically in our lifetime.

20 years ago, Doris Rapp, M. D. performed research on the effects of food additives on children's behavior. She wrote a number of books, scientific articles, and appeared on television showing her research. One of her favorite experiments was to test for artificial colors and flavors. She would take a group of children and expose them to different colorants and flavorings. She liked to use Kool-Aid because it was readily available and heavily advertised for children to drink. This product combines both artificial flavorings and different artificial colors. She would give the children some of it to drink and then videotape their behavior over the next hour. If there was no change in their behavior she would give them a different flavor and color.

Many of the children that she tested doing this showed dramatic behavioral changes when they consumed specific flavors or colors. These symptoms would run from sleepiness or drowsiness to severe hyperactivity and violent behavior. Many in the medical community did not accept, and still do not accept her findings even though you could see them on the videotapes. It is now known that many of these chemicals cause changes in brain chemistry.

Luckily, doctors using the tools of applied kinesiology can test individuals with small amounts of the substances and monitor changes in their body functions. These changes can include changes in muscle strength, muscle tension, balance, range of motion, respiration, and pulse rate to name just a few. This allows easy testing with small doses of the material without exposing the person or child to large doses of material.

Food sensitivities are not easily tested for with skin patch tests, the “Gold Standard” for environmental allergic testing. This type of testing excels at finding pollens, dust mites and the like, but is poor at foods. Food challenges, dietary logs with symptoms patterns and other similar tests have been used. Applied kinesiology testing gives the doctor an advantage as a screening tool to isolate possible food and chemical sensitivities.

Nutritional Pearls

A recent report by Prof. Roberts at the Mayo Clinic has shown that older adults who have an excessively high intake of simple sugars, glucose, in their diet have a significantly higher risk of developing cognitive impairment. The subjects in the study who ate a more balanced diet that was higher in good fats and proteins showed lower risks of deterioration of these cognitive functions. This study also showed adverse effects of sugar and poor insulin regulation caused an increase in amyloid deposits within the brain. These are risk factors for both Alzheimer’s and increased inflammation. The report continued to state that the higher levels of glucose lead to insulin resistance, metabolic syndrome, which reduces the brain’s ability to get energy it needs for normal function.

In shopping for foods there are a number of substances that you should try to avoid. The first is hydrogenated oils or trans fats. These are actually more dangerous to you than saturated fats. Trans fats became prominent in the 1950s when margarine was heavily introduced into the American diet. Any food that

says partially hydrogenated should be avoided. Potassium bromate is a chemical that is banned in many countries around the world but not in the United States. Clinical studies have related this to increased cancer rates in laboratory animals.

Nitrates and other preservatives found in processed meats should be dramatically limited in your diet. Excessive intake of these chemicals have been linked with stomach cancer.

Obviously, sugar intake should be limited. The producers of packaged foods deceive the amount of sugar in their products by listing different forms of it. Remember, the list of ingredients goes from most in the product to the least. Look for how many of the following names are in the list of ingredients. These include sugar, dextrose, lactose, fructose, corn syrup, beet sugar, beet juice, barley malt, brown sugar, cane sugar, molasses, and honey.

The worst form of sugar is high fructose corn syrup. This is been shown in European studies to limit a substance produced by your stomach that tells your brain to stop you from eating more.

Artificial food colorings are another group that you should try to limit due to their link to food allergy symptoms and behavioral problems especially in children and some adults.

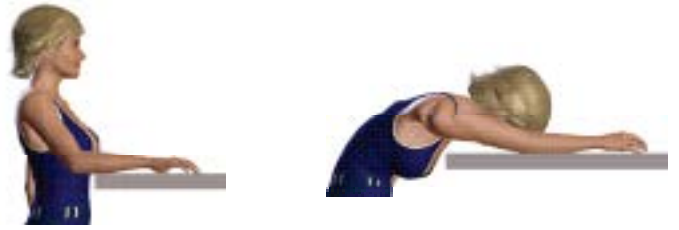
Most artificial sweeteners, especially saccharine, aspartame, NutraSweet, and sucralose should also be limited. Another group of artificial sweeteners known as sugar alcohols should be avoided as they had been linked to stomach problems. These include xylitol, lactitol, and hydrogenated starch hydrolysates.

Finally, you should check and see how much sodium or salt has been added to the food. Soups are a common cause of excessive salt intake. A common canned chicken noodle soup serving contains more salt than you should eat in a whole day. The recommended daily intake is 1500 mg. and this soup contains 2,290 mg. in a single serving.

Shoulder Stretches

Stretching on a table

Sit with your forearm flat on a table. Then, lean forward sliding your arm along the top of the table until you feel a gentle stretch in the shoulder. Hold this position for 20 seconds. Never force this stretch.



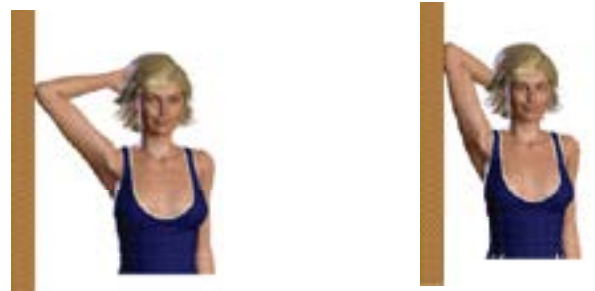
Wall stretch

Stand facing a wall. Reach out in front of you with your arm as straight as you can. Place your hand on the wall and then slowly “walk” your hand up the wall until a gentle stretch is felt. Hold this position for 20 seconds and slowly lower your arm.



Side stretch

Stand with your side to the wall. Put your hand behind your head and your elbow against the wall. Now, slowly slide your elbow up the wall until you feel a gently stretch. Hold this for 20 seconds.



Across the chest

Bring your arm straight across in front of you. Take your opposite hand and gently pull your elbow towards your chest. Stop when you feel a gentle stretch and hold for 20 seconds.



Doorway stretch 1

Stand with your elbow bent at 90 degrees and your arm by your side. Place your hand on the back of the doorframe. Slowly rotate your body away from the arm you are stretching until you feel a gentle stretch. Hold this for 20 seconds.



Doorway stretch 2

Stand in a doorway and bring your arm up to the height of your shoulder or above. With your elbow bent at 90 degrees, lean forward and bend slightly forward as if you were bending over to pick up something. Do this until you feel a gentle stretch. Hold this for 20 seconds. Make sure that your elbow stays bent at 90 degrees during this stretch.



If there is any discomfort doing these stretches, stop and talk with us before you continue.

Keep your Brain Young

Alzheimer's is the second most feared disease in the country. It is second only to cancer. The cause of Alzheimer's remains a mystery. Progress has been made in identifying and some medications have been developed to try to slowdown the progression of it, but there is still no cure for it. Some doctors think you have a genetic vulnerability for the disease.

Examination of the brains of people who have passed on of this disease have shown amyloid plaques and twisted nerve fibers inside the brain cells of plaques of a waxy protein.

Imaging of the brain has shown that these amyloid plaques can actually start updated ten years before symptoms start to show. But the real question is what can you do to slow this down or help you contract this disease. **Studies show that you should avoid a diet high in fat and sugar as these contribute to oxidative stress from molecules called free radicals. These free radicals create inflammation and oxidative stress.**

The classical antioxidants include vitamins C and E. Studies from China have shown that people with the high intake of vitamin E have 24% less chance of developing Alzheimer's disease. Those that had higher levels of vitamin C and a 17% reduction in beta-carotene another antioxidant showed a 12% decreased risk. Another group of foods which helps immensely by those that contain omega-3 fatty acids like deep water fish.

Aluminum has been found to be in the plaques in patients with Alzheimer's. The jury is still out on whether the aluminum causes the disease or is just a part of it. However, aluminum is known to be a neurotoxin. **When it's possible, you should avoid drinking beverages out of aluminum containers or cooking in aluminum pots.** It has been years since advertisers were found on television telling you to wrap your food in aluminum to cook. A study was recently published in

the Journal of Alzheimer's disease showing that drinking mineral water, high in silicone, removed aluminum from the bodies of the of Alzheimer's patients. The study concluded that **it is advisable to drink a quart of mineral water every day.** The study also showed that people who drank mineral water at this level increased their cognitive ability.

A nut that is good for your brain is the walnut. It contains proteins, antioxidants, and vitamins. It also contains omega-3 and omega six oils that are essential for good health. Walnuts excel in these nutrients more than any other nut.

Aside from diet, one of the major things that you need to do is to challenge your brain. Your brain is just like your muscles. If you use it you keep it; if you don't look use it, you lose it. You need to be always challenging your brain something new.

We actually have two brains. Our right brain does abstract thinking and is musical as well. Our left brain is logical and rational, mathematical, and is involved in activities like balancing a checkbook.

You need to challenge both sides of your brain. Make a list of things you always wanted to know about but don't know anything about and then choose one and read about. Study it like you were in school. Try to learn a language or play games which involve abstract thought like chess.

It is been estimated that over 40% of senior citizens suffer from age-related memory loss and this number rises as age increases.

To summarize, you want to decrease carbohydrates as well as bad fats while you increase the foods of color in your diet, as those are the ones with more antioxidants, and eat more fish. You want to snack on something like walnuts and plan on activities that stimulate your mind.

Coffee - Good News

Coffee is not as bad as you thought, and it might even be good for you.

One of the first things that wakes us up in the morning is usually a couple coffee. For years we've heard how bad this is for you. But recently research is starting to show that coffee may actually be very beneficial for your health.

For years, we were told that caffeine was bad. Recent research has shown that **the coffee bean actually contains many beneficial nutrients**. The problem is that coffee has positive nutrients, but all we've heard about is what caffeine does negatively. The Mayo Clinic has recently written that **coffee contains more antioxidants than any other food or drink**. While green tea has antioxidants and is good for you to drink, for many, coffee sure tastes better.

One of the most important antioxidants in coffee is a group of chemicals called polyphenols. These chemicals slowly destruct and also boost our immunity. One of the polyphenols is known as cholinergic acid. This chemical helps reduce inflammation and protects our brain cells. Other possible benefits include reducing blood pressure and increasing cognition as well as having an antibacterial effect.

The National Institute of Health has published the findings of a 13-year study on longevity in over 400,000 people. This report showed that those who drank coffee were less likely to die than non-coffee drinkers. The actual illnesses that were reduced included heart disease, respiratory illnesses, and infections. Harvard has published similar results showing that long-term intake of coffee, 4 cups or more per day for women, gave protection against certain forms of cancer as well as reduced insulin and estrogen levels. The cancers that are reduced include high risk of breast cancer and endometrial cancer. Men had similar results in that it showed that those who drank six or more cups of coffee a day had less prostate cancer. Another study from Harvard showed that coffee consumption helped to reduce basal cell carcinoma.

Another group of researchers at Harvard has shown that moderate coffee consumption also reduces heart failure, but excessive coffee

intake increased the risk.

Coffee, especially decaffeinated coffee, has been shown to reduce blood glucose levels, and there is a link between increased intake of coffee and a lowered risk of developing type II diabetes

Research from the University of Miami has shown that patients who have Alzheimer's have a slower progression of the disease if they drink coffee. It also apparently helps to decrease dementia as well as Parkinson's disease and depression.

BPA – another chemical to avoid

Last July, the EPA banned a substance called Bisphenol A otherwise known as BPA. But it was only banned from baby bottles and sippy cups that are used by infants. This chemical has been related to cancer in as little as 4 parts per billion. The problem is that it is still used in many products that you come in contact with. Another problem is that the FDA has not tested many of the materials that are now used instead of it for their safety.

You may still find BPA in canned foods, plastic water bottles, plastic storage containers, and plastic wraps.

Foods that are acidic speed the release of the BPA into the material that is in the container. Water bottles that you can easily deform with your hand are those that usually have the BPA in them.

If the water in the bottle isn't all acidic, it speeds release of the chemicals in the plastic into the food or liquid. You should also never store acidic foods like tomato sauces in a plastic container for the same reason.

If you microwave food or liquid in plastic containers, this speeds the release of chemicals in the plastics into the foods in the containers. Materials like Corning Ware should be used if you microwave. Likewise, do not put plastic clinging wraps over foods or liquids that you microwave.

Excess Belly Fat

Are you gaining more weight around your abdomen?

Starting in the mid-30s in women and the 40s for men, fat around the abdomen



becomes a greater and greater problem. Medical researchers have related this to a condition called estrogen dominant. Even after menopause, when estrogen levels naturally lower this condition continues. This is because **estrogen can be produced from from our fat cells**.

Men who all have lower testosterone levels as they age start to **feel sluggish, bloated and put on abdominal fat. Other common symptoms are decrease in libido and an increased inability to lose weight.**

Another sign of becoming estrogen dominant is if you have a weight problem for over a year. The more fat cells you develop, the more they produce and the more weight you add on. A vicious cycle that goes round and round.

There are hormone receptors located throughout your body especially in the brain. The increase in these receptors being stimulated by estrogen and estrogen like compounds can lead to **symptoms like anxiety, depression, fatigue, breast tenderness, headaches, digestive problems, brain fog, memory loss, and again loss of libido.**

Another part of this problem is that **our environment is filled with estrogen like compounds called xenoestrogens.** These are compounds that our bodies assimilate and they act like estrogen in our bodies. These are found in insecticides, herbicides, fungicides, plastics, industrial waste, meat from animals that have been fed estrogen drugs to help fatten them, and sometimes even our water.

Women taking hormone pills, like birth control or hormone replacement, urinate some of

the chemicals. These estrogen derivatives slowly work their way back into water supply and into the food chain. Today, young girls are developing four to five years earlier than they did only 50 years ago.

Many petrochemical products have been found to contain these xenoestrogens.

These can include skin creams, soaps, shampoo, perfume, hair spray, and even room deodorizers. Other industrial sources include cosmetics, fingernail polish and removers, glue, paints, cleaning products, and common building materials like carpets and processed woods.

As was stated above, the increase in these chemicals in our body creates additional abdominal fat, **belly fat, that has been found to be a contributing factor to cardiovascular disease and diabetes.**

The FDA has written that a woman with a waist measurement greater than 35 inches and men with a measurement over 40 inches are likely to be at high risk.



There are **certain foods that can help you control the estrogen levels in your body.** The first group is the cruciferous vegetables. These contain a substance called indole 3 carbinol or I3C. These include broccoli, asparagus, cauliflower, spinach, arugula, Brussels sprouts, celery, kale, cabbage, radish, turnip, and mustard and collard greens. While not exactly cruciferous vegetables, asparagus and spinach help to improve and contain estrogen levels.

There is a substance in citrus fruits called d-limonene. This is found in the oils of the citrus fruits and helps to promote detoxification of estrogen.

Another important factor in your diet is both insoluble and soluble fiber. Soluble fiber helps regulate the flow of waste material through your digestive track. This is found in oatmeal,

peas, beans, lentils, apples, pears, as well as strawberries and blueberries. Unfortunately, this type of fiber does not change the hormone. Insoluble fiber does this. This is the type of fiber that is found in whole grains like wheat, barley, couscous, brown rice, whole-grain cereals, carrots, cucumbers, celery, and tomatoes.

Another group that helps reduce excess estrogen levels include **flax and sesame**. These are called lignans. These bind to estrogen receptors and block the estrogens that you are producing. Tahini made from sesame is an ideal way to get this in your diet.

Other things that you should do with your diet are to have **a protein source at every meal**. You should also have at least **two servings of calcium foods every day** in your diet. However, try to make sure that any **dairy products that you use come from cows that not been treated with hormones**. The chemical that is used is called rBST. In the 1990s, the FDA allowed this hormone to be added to cows and causes them to produce up to 20% more milk. This chemical is not used in Europe. If you like brie, eat French brie or camembert.

As with all good diets, you should make sure that you have **at least one serving of fruit every day**. And finally you need to **drink water**

throughout the day. You need this water to help eliminate waste products from your body. Now that we have discussed the foods that you should eat we need to talk about those that you should not eat or dramatically reduce.

The first group is foods that are high in saturated fats. Saturated fats are found in animal meats, processed meats like hot dogs, bologna, bacon as well as in commercial products like salad dressings, margarine, mayonnaise, and in fried foods.

Next you want to reduce the amount of simple carbohydrates in your diet like sugar, white flour, and white rice.

Another food that you should not overdo is soy. Like everything else in life, a little bit is good. In excess, it contains phytoestrogens and can create problems. Soy should be consumed in moderation and then it can be considered a healthy food. If you have excess belly fat, eating too much soy will just compound the problem and it can even act as a strong antithyroid agent suppressing your normal thyroid function.

Combining these suggestions with moderate exercise will help you slowly reverse the belly fat problem. Remember, spot exercising just does not work because this is a multifactor problem.

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