

Accepted Abstracts



World Congress on Complementary and Alternative Medicine

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A literature review of research yoga and meditation

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Meditation is a mind and body practice that has a long history of use for relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Studies show that meditation is associated with improvement in a variety of psychological areas, including stress, anxiety, addiction, depression, as well as reducing blood pressure, pain, stress hormone levels and overall health.

Yoga is a unique form of physical fitness. It has many physical benefits, including relaxation, reducing blood pressure, and alleviating arthritis pain, and improving mental health. There are data that prove yoga's benefits. According to a randomized controlled trial at Johns Hopkins, 2 groups of participants were assigned to a wait list or to twice-a-week yoga and an at-home yoga practice. After 8 weeks, the yoga group showed a significant reduction in pain as well as better moods, improved physical functions, and increased energy levels.

Both yoga and meditation help mitigate stress by decreasing activity in the sympathetic nervous system typically responsible for constricting blood vessels and raising blood pressure and the heart rate. This presentation will review the current literature and research available on the medical benefits of yoga and meditation.

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Chiropractic: Specific lower extremity adjusting and improved performance

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Statement of Problem: Some say that there is little evidence that chiropractic (HVLA) extremity adjustments have as far reaching effects into the Prefrontal Cortex as spinal adjustment. Therefore, extremity adjustments are underutilized and beneficial effects unseen.

This multiple case study presents evidence that the use of exclusively specific lower extremity adjustments has positive effects on sports performance Participant subjective interviews and direct observation are utilized.

#1. B.K.; 20-year-old male had ACL injury with subsequent surgical repair 2 years prior. Walks with limp and unable to run. He received one session of exclusively bilateral specific lower extremity adjustments (RIAT). He immediately felt little to no pain in his knee and was able to participate in a soccer game as the goalkeeper. Subsequent comments that day were that it was a miracle to him that he could now run, his low back and neck even felt freed up. He was interviewed 1 year later and had returned to running as exercise.

#2. C.H.: 35-year-old female aerobics instructor w severe bilateral knee pain. Used crutches, previous Rx 2 aspirin / 4 hours and seen weekly at rehab hospital for past month. She received one session of exclusively bilateral specific lower extremity adjustments (RIAT). She immediately felt little to no pain in her knees and was able to ambulate unassisted. She experienced no knee symptomatology for the next 3 years and attributes the fact that she can still be leading aerobics classes at the age of 65 to receiving consistent appropriate chiropractic care including specific lower extremity adjustments (RIAT) over the years.

#3. Soccer team; I was invited to evaluate and treat an amateur men's soccer club prior to a weekly game. 8 of the 12 players were suffering from varies lower extremity conditions; fallen medial, lateral, both transverse and fundamental arches, foot ankle and knee sprains and strains and subluxations. Appropriate specific lower extremity adjustments (RIAT) were used in treatment. Among immediate reactions was "My feet feel amazing." Results of the following game suggest the need for follow-up research: Total goals scored were the highest in history of the club and the differential winner vs loser was the greatest ever.

Significance: Any research that documents the importance of movement and exercise also validates the chiropractic adjustment. Dr. Patrick Clinch BS, DC.

udies suggest that chiropractic adjustments alter cortical somatosensory processing and sensorimotor integration. This helps to explain the mechanisms responsible for effective relief of pain and restoration of functional ability documented following a chiropractic adjustment. A neuroplasticity model for the subluxation is the one most supported by evidence. A subluxation primarily is a central segmental motor control problem that is causing maladaptive central neural changes. Chiropractic correction of a subluxation has a positive neural plastic effect. It improves communication between the brain and body and therefore the organism's interaction with its environment.

It is well documented that lower extremity biomechanics effects function of the body as a whole.

Quantitative studies are one way to provide documentation to support hypotheses; however, they are not the only way. Qualitative research, which includes case studies utilizing direct observation and interview also provide such documentation. Personal or corporate historical events, birth, death, etc... can only be proven with I-witness accounts because, such events are not reproducible in a laboratory setting. There is no reason to doubt the integrity of these I-witness accounts and first-hand observations. The creditability of second or third hand criticism separated from the facts chronologically and geographically is questionable.

It is well demonstrated in these 3 cases and numerous others that exclusive use of lower extremity (RIAT) (HVLA) adjustments improved athletic performance, corrected residual mechanical imbalances from surgery and other injuries and proved to be significantly effective.

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Bisoma five element acupuncture

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Bisoma acupuncture introduces a simple, effective, and user-friendly protocol that requires a short amount of the practitioner's time to effectively establish a medical treatment. Only two sets of five acupuncture points, called "transporting horary points," are used. Additional points are optional but generally not necessary. Improvement of the patient's condition has been shown to be immediate and dramatic. Bisoma acupuncture relieves pain for a wide range of acute and chronic health problems that acupuncture is known to treat, such as muscle-joint pain, chemical dependency, anxiety/depression, hot flashes, migraine, neuropathy, and vertigo. In addition, multiple patients can be treated at one time without compromising efficacy. Due to the ease of learning about and implementing Bisoma acupuncture, clinical observation shows it can be utilized to treat anyone, anywhere. Further studies on the use of Bisoma acupuncture should be conducted for the possibility that any person may receive an accessible and effective medical care for their condition.

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Study of the digestive action mechanism of an infusion prepared with “Paico” (*Chenopodium ambrosioides*)

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In Argentina, ethnomedicine has been recognized for more than five hundred years. Of these ethnomedicinal possibilities, only a fraction has been studied in terms of its bioactive effects, which does not prevent its use from being widespread and in force, mainly in rural areas, but also in cities. According to the World Health Organization, medicinal plants serve the needs of about 80% of the world's population, especially for the millions of people in rural areas of developing countries. The present work makes a review of the effects, possible components and mechanisms of action of an infusion prepared with a vegetable from this area of Gobernador Gregores, Santa Cruz, Argentina, (48.75 S - 70.24 W) at which local residents they call "paico" (*Chenopodium ambrosioides*). This infusion, used mainly as a digestive, is done using the aerial part of the vegetable, especially the green leaves and seeds. In the school laboratory of the Agricultural School No. 1, the tests were carried out to estimate the activity of the infusion: hydrodistillation of the essential oil, reaction of Biuret, action of the infusion of “paico” on the pH of a protein solution, Infusion action of "paico" on disaccharides. It is concluded in this first approach to the subject that, according to the chemical determinations developed in this study, the "infusion of paico" contains essential oils that explain its action but also substances that act favoring digestion through a proteolytic action.

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A non-dogmatic approach to chiropractic (A paradigm shift)

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The Chiropractic profession has gone through ups and downs since its inception in 1895. The Divide in our profession has become much more visible globally since the increase in social media and our interconnectedness around the world.

What are the solutions to moving the profession forward into the future? I cannot say I have the answers to this problem. What I do have is a series of questions that each Doctor of Chiropractic could ask of themselves!

Below I am going to list a series of questions (each of which should include a healthy discussion)?

What if every Doctor looked at the body from a purely Anatomical/Physiological approach without any Dogma?

What is Neuro-Patho-Physiologically normal?

Where is the patient at? (Specifically, what are the deviations from Neuro-Patho-Physiological Normal?)

How do we get them from where they are at, to Neuro-Patho- Physiologically normal?

Should we care how this is achieved?

Should Dogma play a role in the care of human beings? Should it matter about a belief system?

What if, the only focus with patients was outcome?

There are many ways, different techniques, methodologies!

Which ones should you choose?

Is it possible to legislate Validity? What if you earned Validity through success with patients?

How different would the state of our profession be if everyone was focused on just helping the patients get “Healthier”?

How do we define “Health”? Health, as defined by the World Health Organization (WHO), is “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” Meaning that symptoms and disease do NOT define “Health”!

What would happen if Medical Doctors understood how powerful Chiropractic truly is?

When people have a “health scare”, where do they run to?

What would happen in your community, if those primary care providers, who see the most people, were truly understanding what you have to offer?

What are your plans this year, to improve you?

If Chiropractic is so important to human life, why is it not offered in Hospitals?

This is a common question that most patients wonder, but few ask us. With the average person thinking, the greatest Science has to offer is within the halls of Medicine!

What if your practice was able to fully co-manage patients with local Medical facilities? We don’t do what they do, they don’t do what we do! Why has there been such a separation?

Would you be OK with being considered a “Health Expert” from your Community? Would that be different than what you are considered now?

Who would you most want to have you on their referral list?

The most dangerous phrase in the English language is: “we have always done it this way”!

This is a list of questions I would like to present and talk about with a group of Chiropractors and Chiropractic Students. I welcome questions or feedback!

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Natural product based anti-atherosclerotic therapy

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Atherosclerosis is the cause of more than 50% mortality in industrial countries. Atherosclerosis develops over many years, so the anti-atherosclerotic therapy should be long-term or even lifelong. Tachyphylaxis, long-term toxicity and cost amongst other issues may present problems for the use of conventional medications in the long-term. Drugs based on natural products can be a good alternative.

We have developed a series of natural compounds that are specifically designed to act at the vessel wall and modulate the atherosclerotic lesion. Clinical efficacy was determined in atherosclerosis regression studies with ultrasound examination of carotid arteries.

The AMAR study (Atherosclerosis Monitoring and Atherogenicity Reduction) was designed to estimate the effect of two-year treatment with time-released garlic-based drug Allicor on the progression of carotid atherosclerosis in asymptomatic men in double-blinded placebo-controlled randomized clinical trial. The primary outcome was the rate of atherosclerosis progression, measured by high-resolution B-mode ultrasonography as the increase in carotid Intima Media Thickness (IMT) of the far wall of common carotid arteries. The mean rate of IMT changes in Allicor-treated group was significantly different from the placebo group in which there was moderate progression. The results of AMAR study demonstrate that long-term treatment with Allicor has a direct anti-atherosclerotic effect on carotid atherosclerosis. These results encouraged clinical trials of two other drugs based on natural products, including: Inflaminat (calendula, elder and violet), possessing anti-cytokine activity and the phytoestrogen-rich drug Karinat (garlic powder, extract of grape seeds, green tea leaves, hop cones, β -carotene, α -tocopherol and ascorbic acid), designed for postmenopausal women. As in the AMAR trial Inflaminat caused regression of carotid atherosclerosis while Karinat prevented its development.

As a promising anti-atherosclerotic drug, we consider natural products that can inhibit sialidase activity. It was discovered that atherogenic modified low-density lipoprotein with low sialic acid levels circulates in the blood of atherosclerotic patients. The desialylation of lipoprotein particles is the key atherogenic modification that causes the accumulation of cholesterol in arterial cells. We developed two garlic-based and pollen-based drugs that inhibit sialidase activity in the blood.

It should be noted that the anti-atherosclerotic effects of drugs based on natural products are not inferior to the effects of such drugs as statins and calcium antagonists. Thus, natural products can be considered as promising drugs for anti-atherosclerotic therapy.

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