

Natural Health Resource Review

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Natural Health Resource Alliance

Using Holistic Kinesiology to treat M.S.

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Multiple Sclerosis (M.S.) is a condition where the body's immune system attacks the myelin covering of the nerves and brain, leaving scar tissue in its place. Without Myelin, nerve impulses are not properly transmitted between the brain and other parts of the body. One hypothesis about the cause of M.S. is that there is a virus involved, and that the antibodies of the immune system attack the myelin instead of the virus. My experience with kinesiology testing of people with M.S. supports this theory.

Holistic kinesiology is an energy medicine tool which gives us valuable information about imbalances in the body and energy fields which lead to symptoms and disease. With kinesiology we are able to detect the presence of a virus in the nervous system. It is also possible to test anti-viral remedies, which contrary to allopathic doctrine, there are many. One of the most beneficial aspects of this tool however is using it to determine how to bring the nervous system back into balance so that it is not a favorable host to the virus. Viruses (and other microbes) like to live in a low energy environment. That means there had to be a pre-viral imbalance. Most often I see heavy metal toxicity, particularly lead or mercury. M.S. sufferers may be more

sensitive to these toxins than other people. The imbalances can also be nutritional, for instance a fatty acid deficiency, or even emotional. All of these can be detected and balanced using the tools of kinesiology.

Is it possible to halt the destruction of the myelin coating of the nerves, and reverse the ravages of the disease? Yes, I believe so. It's a slow process, but it is possible for the nerves to regenerate. The first step is to bring the nervous system back into balance so that the virus can be eliminated. Kinesiology is the perfect tool to determine exactly

The NHRA Speakers Bureau

The NHRA offers experts in the natural health care fields through our Natural Health Resource Alliance (NHRA) Speakers Bureau. We will speak to clubs, businesses, educational institutions, support groups and other organizations.

The mission of the NHRA is to provide information and education on the many natural, holistic, vitalistic and alternative healing arts available to North Idaho's increasingly active, fit and health conscious population.

Coeur d'Alene has a strong and growing alternative health care community. With so many options available, we feel that it is important to provide a first-rate resource that will empower people to make educated decisions about health care and healthy living.

For information about available speakers and topics, contact Dr. Mark Cochran at (208) 664-6359 or by email at TurnOnLife@juno.com.

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www.geocities.com/cdanhra

how to accomplish that. It works well with other disciplines such as naturopathy, nutrition or herbology to determine how to balance biochemically. It all works well with chiropractic, massage or hands-on healing to balance physically and energetically. Once the body, particularly the nervous system is in balance healing occurs.

For information on kinesiology classes or for a balancing session contact Debbie Markley, at 208-765-0678

Multiple Sclerosis

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Traditional Chinese Medicine (TCM) recognizes different types of etiology for the disorder known as Multiple Sclerosis (M.S.). TCM therapies are directed toward balancing the excesses and deficiencies that "cause" M.S. On the other hand, Western/allopathic medicine defines M.S. as an autoimmune based, inflammatory condition of the central nervous system (CNS) in which the myelin covering of the nerves is slowly destroyed. Therefore, most allopathic therapies emphasize decreasing inflammation and symptom management.

M.S. is considered a progressive disorder with different profiles of rate and severity. These symptoms can vary greatly between people and within the same individual. As the myelin sheath is injured, many symptoms emerge:

Motor: weakness, leg dragging, fatigue, or feeling "heavy" (high report rate).

Sensory: numbness, heat, tingling, and "electrical jolts."

Visual: blurry vision, eye pain, loss of eyesight, double vision (2nd highest report rate of symptoms).

Vestibular (inner ear): dizziness, nausea and vomiting, "lightheaded."

Other: Loss of bladder control, loss of sexual function.

It is not known why this disorder affects certain individuals, but it has been noticed that women from 20-40 years of age, individuals from Northern climes, and people with M.S. or Type 1 (insulin dependent) diabetes in their families tend to get M.S. more often. Over response of the immune system following a viral infection and mercury toxicity has also been cited as a contributory factor in developing M.S. *Of interest and importance to us in the Inland Northwest is that Spokane, Washington has one of the highest incidences in the world after Scandinavia.*

As stated, therapies for M.S. will be quite different depending on whether one is working within an allopathic or complementary framework of healing. Allopathic medical methods seek to quell the inflammation process in the body's immune system with the use of pharmaceuticals. Corticosteroids ("steroids," "roids"), anti-convulsants and muscle relaxants and pain relievers and different types of interferon are used. Interferons decrease the self-attacking activity of the immune system, among other effects. TCM, however, seeks to balance the "reasons" for M.S. In TCM, concepts such as, Deficiency of Qi and stagnation of Blood, Deficiency of Liver and Blocking of Meridians, and Deficiency of Spleen and Accumulation of Dampness will manifest in the various symptoms of M.S. In

Deficiency of Qi, numbness, tingling of the limbs, fatigue, and memory problems may show up. In Deficiency of Liver, motor problems, spasms, tinnitus (ringing in ears), mood disturbances and bladder problems may be experienced. Finally, Deficiency of Spleen is characterized by dizziness, fatigue and heaviness in the limbs, poor appetite, loss of weight, and muscle wasting.

Treatment with herbs would be aimed at correcting the imbalanced states with a variety of herbal formulae. TCM will use herbs to strengthen Qi (circulating energy of the body), and improve circulation, tonify the Liver and Kidney and clear meridians (energy channels in body), and strengthen Spleen energy. (It should be noted now that herbs can and will intensify the effects of pharmaceuticals as well as alleviate side effects of them if one chooses to use both.)

Another approach that dovetails well with herbal treatment of M.S. is the use of supplements. In particular, Essential Fatty Acids (EFAs) can be used to improve microcirculation in the central nervous system (CNS), decrease inflammatory response of the body and normalize (possible) decreased fatty acid levels in the body. Essential fatty acids are prevalent in many oils such as Borage, Flax, Black Current and Evening Primrose.

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Most importantly, the treatment of M.S. should be centered in the twin goals of, 1) symptom alleviation, and 2) limiting the progression of the disorder. It is vital to recognize that different healing modalities can contribute to these goals. Herbal formulae can be used with pharmaceuticals and may be the most effective intervention for some people; On the other hand, pharmaceuticals and some other complementary method of healing may work best for another person.

What is most important to realize is that an individual is free to choose from many disciplines for treatment and support for M.S. Using a trained practitioner who understands the benefits and interactions of these approaches is crucial to an individual's path to greater health.

Sources: Chinese Medicine and M.S. by Dr Wang; Medical Nutrition by Marz, Russell, 2nd Ed.; Formulae and Strategies by Bensky and Barolet.

"I learned long ago that when a doctor tells a patient there is no cure, that really means, in the doctor's education and background, there is no information available to use for a cure. It doesn't mean there is no cure. If any other person has ever overcome the same disorder, then the human body obviously has the capability to heal." Marlo Morgan

"Vertical and Moving!"

Chiropractic and Multiple Sclerosis...

Mark Cochran, D.C.
(208) 664-6359

"Chiropractic is an important contributing factor in keeping me vertical and moving. It relieves contractions in my muscles and over time it keeps my skeletal structure more in line than out of line."

Mitch Driller
A being of beauty
and perfection
Diagnosed with M.S.

You are a being of beauty and perfection! (Yes, you!) If you have been diagnosed with multiple sclerosis or any other disease it is important that you not adopt the disease as your identity. You are a whole, vibrant, living, thriving human being. Embrace this as your truth no matter how you feel, what other people think, or whatever labels have been placed on you.

We all have a life force within us that allows us to be healthy and alive. Your body is the gift you have been given that allows you to express life. Pain and disease- even diseases like M.S.- are nothing but diminished life expression.

The singular objective of Chiropractic is to maximize each person's own, natural potential for vibrant health. In other words, the objective of Chiropractic is to maximize your life expression! Chiropractic does this by working with your nervous system. Your nervous system is the wondrous, sophisticated web of intelligence that communicates your life force

throughout your physical being. It is responsible for physiological functioning, emotions, creativity and spiritual expression. Subluxations in the spine and cranium can cause interference with the functioning of the nervous system and limit your potential. Chiropractic Adjustments remove those limitations, maximizing your life expression and human potential.

The most important and powerful thing you can do for yourself is to seek healing practitioners who focus on your life and vibrance. Is it sometimes useful to address disease? Sure it is- sometimes. But always focus on life first. Always!

Remember: ***You are a being of beauty and perfection!*** Nature designed you to be healthy and vibrant. Whether you have been diagnosed with a disease, are in pain, or are the picture of robust health, Chiropractic helps you maximize your own natural potential for vibrant health.

Dr. Mark Cochran is a Chiropractor with a unique and empowering approach to Chiropractic, health and life. He is available for free consultations in person or over the telephone. His practice, The Café of Life, is located at 410 Sherman Avenue, Suite 209 (second floor of the Sherman Mall) in downtown Coeur d'Alene. You can reach him at 208-664-6359 or by email at TurnOnLife@juno.com. Check out his web site: www.TurnOnLife.com.

UPCOMING EVENTS

Reiki Healing Arts, 1620 B Northwest Blvd., Suite 103, Cd'A. Call 665-5862 for registration and information.

First Degree Reiki Class with Susan Mitchell: January 16, 17, & 18.

Friday 7- 9 p.m., Saturday 9:30 a.m.- 4:30 p.m., Sunday 9:30 a.m.- 12:30 p.m.

Cafe of Life, Mark Cochran, D.C., 410 Sherman Avenue, Suite 209, Downtown Cd'A. 664-6359

Free Wellness Seminars offered Mondays at noon and 6:30 p.m. Reservations required. Other seminars available to your group by special arrangement.

Debbie Markley, M.S., L.M.P., 1034 N. 3rd, Suite 1, Cd'A. Call 765-0678 for information and registration.

Holistic Kinesiology, Learn accurate muscle testing: Jan. 9th, 7-9 pm. Testing tissues, organs, glands, & systems; testing nutrients; determining allergies/sensitivities: Jan. 10th, 9-4 and Jan. 11th, 12-4.

NHRA Practitioner's Directory

Naturopathy

Curtis Eastin, D.D.S., N.D.- 667-4844

Todd Schlapfer, N.D.- 664-1644

Neurodevelopment

John Hyatt- 667-6741

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Barbara McDaniel- 665-5862

Susan Mitchell- 665-5862

Rolfing

Greg Bishop- 659-7303

Tai Chi/ Qi Gong

Karl-Eric Andreasson, Ph.D.- 683-7504

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Vibrational Healing

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Susan Mitchell- 665-5862

Susan Zajonc, M.S., R.N.- (509) 443-1187

Yoga

Virginia Ellen- 665-9989

You may email the Review editor at
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The Natural Health Resource

Alliance (NHRA) was formed to bring practitioners of holistic and complementary health care together to serve as an educational resource for the public and ourselves, and to advocate freedom of choice in health care. Here is a list of who we are and our specialties.

Acupressure

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Bach Flower Essences

Sue Denton- 755-6901

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