



THE CENTRAL INSTITUTE FOR HUMAN PERFORMANCE

RESULTS. NO EXCUSES.

June 2009

A-R-T

By Clayton Skaggs, D.C.

SOFT TISSUE/MUSCLE TREATMENT

“What are you doing digging your thumb into my thigh and why is it so painful?”

I get asked this question almost every day regarding the soft tissue massage techniques we use in the clinic, particularly, Active Release Technique or A.R.T.



MUSCLES SHOULD NOT BE TENSE OR TENDER.

Muscles should be supple, malleable, not hard and painful to the touch. They should not hurt and if they do, there is a reason. For example, when you aggressively train your legs just touching your quad will be mildly painful and the muscles will feel tight due to the tissue damage caused by the training. This should be short term. Tightness and/or tenderness that persists in muscle suggests muscle inflammation and/or problems with the nerves or joints affecting the muscles.

WE TREAT THE CONNECTIVE TISSUE AND/OR FASCIA.

Connective tissue or fascia surrounds every muscle and connects individual muscles to each other. For example, there are 15 individual muscles in the forearm that are interconnected by fascia. Additionally, nerves weave through the muscles and fascia throughout the body. When tension exists, even for a short period of time, it can affect how the muscles and nerves glide amongst each other. If left untreated, this tension will impact how the muscles function and will eventually affect the transmission of nerve impulses, resulting in symptoms like sharp pain, numbness or tingling. Lastly, when this tension exists within the muscles, and/or nerves, it can limit how a joint moves and cause inflammation and pain in the joint tissues.



THE ART OF A.R.T.

When we apply our thumb into your thigh, we are attempting to release the fascia hold on the muscle, between muscles, or between muscles and nerves. Yes, it must be very precise and requires a measured skill, to be on the right structure and apply the right amount of pressure to release the restricted tissue. If you just push into the area that hurts you will not release anything and most likely make things worse or certainly NOT better.

CIHP Client Highlights

Client Name: Suzie Fox

Description: Suzie is a mother of 3 who is training for a triathlon later this summer. She started working with us 2 months ago and has lost 16lbs. Her body fat went from 15.4% to 11.6%. Good work Suzie, keep it up!

Does Eating Red Meat Really Cause Disease?

By Bryan Sauder, C.S.C.S.

There has been a lot of media attention over the latest results of a study performed by the National Cancer Institute. In this study of 500,000 people aged from 50 to 71, Rashmi Sinha, Ph.D, concluded that red meat causes cancer and heart disease. He states that red meat should be avoided in order to live longer and healthier. Headlines read ‘Want to live longer? Cut back on red meat’ and ‘Premature death from red meat’ and other outrageous titles. Statements like these can sweep across the nation and cause more harm than good.



There are a few flaws with this study. The main one is that the study does not discriminate between the different types of red meat the subjects ate. There was no distinction between bacon, cold cuts, sausage, hamburgers, hot dogs, pepperoni and the good beef like grass fed and hormone free tenderloin steak. Unfortunately, many Americans do eat meat that has been chemically processed. Sodium nitrate is often added as a preservative. Artificial flavor and color enhancers are also commonly used along with a long list of additives. During the processing of these meats, the protein combines with sodium nitrate to form compounds known as nitrosamines. There are many different types of nitrosamines, most of which are known carcinogens. Nitrosamines promote the growth of various cancers, including colorectal cancer and pancreatic cancer.



Now I want to explain the difference between grass fed and grain fed beef. The unnatural conditions of the industrially raised beef gives the meat a less than favorable fatty acid profile. Cows are meant to eat grass, not grains. Because they are fed grains, the meat that we get as consumers also contains a tremendous amount of omega 6 fatty acids instead of the healthy omega 3 fatty acids that are found in the grass fed variety. The other problem with the all vegetarian grain fed diet of ‘regular beef’ is that the cows get sick from eating grains therefore they must give them antibiotics to keep them from getting diseased. Hormones are also administered to increase milk production and to increase growth and size of the animals. We are then exposed to these hormones and antibiotics that the cows have eaten. Everyone has heard the saying ‘You are what you eat’ ... well the food chain has many links!!!

The debate between grass fed beef and commercially processed , grain fed meat is really no contest. Larose says “Grass fed meat has less total fat, less saturated fat, less cholesterol and fewer calories. It has 400% more vitamins A and E, vitamin C, omega-3 fatty acids and conjugated linoleic acid (CLA). Grass fed beef is the richest known source of CLA, with 300 - 400% more CLA than grain fed animals. CLA is a potent cancer fighter that also reduces body fat, increases metabolic rate, enhances muscle growth, lowers cholesterol and triglycerides, lowers insulin resistance, reduces food-induced allergic reactions as well as enhances the immune system.”

So as you can see, a study like this that makes outrageous claims is very common in today’s media. The main idea I want you to take away from the article is be sure to read beyond the various headlines and be an educated consumer.

Larose, J. & Valladares, A. (2009). Healthy Urban Kitchen: Nutrition, Cooking and Lifestyle for Vibrant Health and Fat Loss, Retrieved April 6, 2009 from <http://healthyurbankitchen.com/?hop=bobgaron>



Coach Approved Recipes

By Ashley Wiltgen, B.Sc.

CIHP *Recipes*

Mediterranean Meat Loaf

- 1/4 cup sun-dried tomatoes
- 10-ounces fresh spinach (or a 10-ounce package frozen, thawed spinach and drained), chopped
- 1/2 cup chopped onion
- 1 1/2 pounds ground free range turkey or chicken
- 1 cup Almond Meal
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 whole egg

Heat oven to 400°F. Soften tomatoes according to package directions; coarsely chop and set aside.

In small skillet, cook spinach and onion over low heat 4 to 5 minutes or until onion is tender. Remove from heat; cool slightly. Set aside.

In large bowl, combine turkey, oats, garlic powder, oregano, salt, pepper, milk and sun-dried tomatoes; mix lightly but thoroughly.

Shape 2/3 of turkey mixture in a 9x6 inch loaf. Remove and place in a 13x9 inch baking dish. Make a deep indentation down center of turkey mixture, leaving about 1 1/2 inches around edges of loaf; fill with spinach mixture. Top with remaining turkey mixture to completely cover spinach filling; pinch edges to seal.

Bake 35-40 minutes or until juices run clear when pierced with fork. Let stand 5 minutes before slicing.

Ashley is Level 1 Biosignature Certified!

Coach Ashley Wiltgen recently went to New York City and was certified by Poliquin in Biosignature Level 1. She was able to learn the most recent protocols for controlling insulin and estrogen detox. Along with Charles Poliquin's lecturing, Dr. Mark Houston M.D revealed his latest research, and nutrition concepts for battling hypertension and high cholesterol. It will be great to bring even more research and practical application to our clients at CIHP.

Spring Berry Tilapia & Yellow Squash

- 1 1/2 cups macadamia nut meal
- 6 tilapia filets
- 2 omega-3eggs
- 4 tbsp macadamia nut oil

Dip tilapia into eggs and roll into macadamia mixture

Heat pan on medium heat with macadamia oil

Brown each side for about 5-6 minutes on medium heat

Sauce:

Place overly ripe raspberries (or any mixed berries) in a food processor and purée until it makes a sauce.

Drizzle sauce over tilapia filet and serve with steamed yellow squash.

CIHP Calendar

June 2009

Dr. Skaggs will travel to England to lecture at Bournemouth University on cervical spine and jaw rehabilitation.

July 18-19, 2009

CIHP will be hosting a TMJ seminar where Dr. Skaggs will lecture on cervical spine and jaw rehabilitation.

July 21, 2009

Mark your calendars and clear your schedules, we're having a party! Stay tuned for further details.