

Tuesday Minute Transcript

This Week's Topic

Range Of Motion Testing

Vitamin E Can Have A Profound Effect

“Try this range of motion test to identify key nutrients for your chronic low back patients.”

More people see a physician for back pain than any other condition besides upper respiratory infections. So for back pain or chronic low back problems, I'm always willing to listen to solutions I may not have considered.

In the archive file to my upper left, you can find another Tuesday Minute on low back pain where I cover the idea that muscles come in pairs to stabilize the spine and that if one of the pairs are weak, the other muscle often goes into spasm. The spasm is actually a good thing as it safeguards the spine by making sure overextension is not an option.

That type of muscle spasm usually won't respond to calcium/magnesium or even herbal muscle relaxers like valerian root. But the weak muscles can often be strengthened with the use of low potency B vitamins.



Often the strengthening of a weak muscle will allow the opposing muscle to turn off or stop the spasm process. Let's fine tune that. One way to evaluate the need for those low potency B vitamins is to have the patient do a series of range of motion tests as a baseline.

Note: Use the range of motion test that has the greatest inhibition. Have the patient taste a low potency phosphorated B Complex like Bio-B-100 and retest the inhibited test. Each tablet of Bio-B 100 supplies

1/3 of the RDA so we are really talking about a low dose. The tasting of the nutrient actually causes a neurological response and temporarily will signal the muscle to strengthen when a deficiency exists. When the muscle strengthens, the corresponding muscle in spasm relaxes and allows for a greater range of motion.

For some patients, the supplementation of low dose B vitamins has produced dramatic results. Remember B vitamins are depleted with stress and

excess carbohydrate ingestion. Know anybody that is under stress and consumes excess carbohydrates, about 90% of your new clients probably.

Personally, this strategy has been a real godsend to me. Chiropractic care has helped considerably; but if I get stressed out and don't take care of myself as I should, my low back gets a little tender. However, when I use Bio-B 100, my tender back pain is relieved.

Now of course we can use chondroprotective agents like glucosamine or chondroitin sulfates to feed the joints and connective tissue but remember those agents are more for joint repair whereas we are focusing here on the muscles. Really, the central theme of this Tuesday Minute revolves around the concept of using range of motion tests to assess nutrient needs.

We've discussed low dose B vitamins, but there is another class of nutrients which also affects a different set of muscles regarding low back pain. Dr. George Goodheart in the late 60's and early 70's found that vitamin E, and to a lesser degree probiotics, can sometimes have a profound effect on lower body muscles and hips that support the low back. He went a step further and found that sometimes the body wants a low dose vitamin E and sometimes a higher dose.

How do we know which product to use? That's where the range of motion test comes into play. Establish the range of motion noting the muscles with greatest limitation. Place 3 or 4 drops of low dose vitamin E on the tongue and taste it. I use Bio-E-Mulsion Forte for the low dose vitamin E. Each drop will yield 6 IU of vitamin E. Once the patient tastes the supplement have them repeat the test and see if the range of motion is increased.

We know that when nutrients are tasted, we activate sensory receptors which feed into the brain and cause a feed back into the spinal cord and

ultimately the muscle responds. There is literally a neurological response to taste.

Next try the higher dose forms of vitamin E to see which allows the greatest flexibility. For higher dose forms, I try both the E-Mulsion 200 and E-200 high gamma tocopherol to see which strengthens. E-Mulsion 200 contains 200 IU of emulsified alpha tocopherol and mixed tocopherols. E-200 high gamma tocopherol provides 200 IU of the alpha tocopherols and almost 300 mg of the gamma and delta tocopherols. Check all three products to see which form gives the greatest range of motion.

Remember our goal is to see which product is individually suited to strengthen that patient's lower back muscles. Make sure you schedule a separate session to do this type of testing. It does take a few extra minutes to do the range of motion tests and then to taste the different nutrients and retest. The last thing you want to do is try this testing in the middle of a busy schedule with a waiting room full of patients. But believe me patients are happy to get this kind of one on one attention.

Let me tell you a quick story to encourage you to take time to do this type of testing. Dr. Walter Schmidt was teaching a class in Florida on this very subject. One of the Chiropractors attending had a husband with severe back pain. Regardless of the number of times she adjusted him, he was in constant pain and had been for several years. Once she learned about the range of motion "nutrient testing" she tested him in the hotel room and found what worked for him. He came up to Dr. Schmidt later the next day bending and twisting like a teenager, but here's the good part...no pain. Will you get such dramatic results with all your patients, unlikely; but I know if you'll try it, you'll be impressed.

Thanks for reading this week's edition. I'll see you next Tuesday.