

# SUN Exposure

## Acoustic CardioGraph: Introduction



The Endocardiograph was developed in 1937 by Dr. Royal Lee, founder of Standard Process Laboratories, a pioneering and unequalled manufacturer and grower of nutritional products. It was modernized with transistors to become the ACG. One of the most powerful tools used in integrative and nutritional therapy is the ACG recording.

The ACG records the vibrations of the heart as the blood moves through the various chambers, valves, and large vessels, hence the name Acoustic CardioGraph. The ACG

records these vibrations at four locations of the heart and provides a "graph signature." While the opening and closing of the heart valves contributes to the graph, so does the contraction and strength of the heart muscle. As a result a dynamic picture is presented of the heart in motion. If the heart is efficient and without stress, the graph is smooth and clear. If the heart is inefficient, there are definite patterns associated each type of contributing dysfunction. The ACG is not the same as an EKG, which is a common diagnostic test. The

electrocardiograph (EKG) records only surface electrical impulses as it moves through the nerves of the heart tissue. The EKG primarily indicates if the nervous tissue network of the heart is affected by any trauma, damage (for example from a prior heart attack or infection), severe nutritional imbalances, stress from excessive pressure. Only the effect on the nervous system is detected. It will not tell how well the muscle or valves are functioning, etc. In addition, the EKG is primarily used to diagnose a disease. The ACG not only looks at electrical function but also

looks at heart muscle function, which serves as a window of the metabolism of the entire nervous system and the muscles. Using the heart allows a "real-time" look at the nerves and muscles working together. As a result of this interface, unique and objective insights into health of the heart and the entire person can better be seen. There are few other tests available that give this kind of information. (taken from: [www.Acousticcardiograph.com](http://www.Acousticcardiograph.com))

**Interested? Come in for a check-up!**

## Not all wholistic practitioners are created equal

So you can't decide; acupuncturist, homeopath, naturopath, chiropractor... Oh my! The key concept to keep in mind when looking for a good practitioner is to make sure they are looking at **YOU** and not your ailments. Lots of people enter these types of healing arts in the hopes of helping people because regular fix acupuncture, who vitamins, need lab reports medicine is not. But towards the end of their school career or the start of their own practice, most lose that passion for various reasons, and thus practice in the way they opposed in the first place. You have quick never really address the underlying cause and hand a bunch of herbs to you; Homeopaths who for- than 15 minutes with you get that nutrition, exercise, and have you coming in 3 times a week for the rest of your life. Is that really addressing your (con't page 2)

issues, or appealing to the “quick-fix” nature that has been ingrained in our society? Truthfully, it takes years for something to manifest or become a symptom, and it will take months (if you follow a good regimen and have a good support system) for the woes to be cleared. If any practitioner makes something “go away” but you still have all the same bad habits, what did you fix? What was ad-

dressed?

Be patient, do a little investigating and find someone who is concerned about your total well-being (mind, body, and spirit) and not just your ailment (s). Think of finding a practitioner like a good tattoo artist, you want someone who understands the art, understands your needs (and not their wallet) and is able to incorporate your ideas as well as incorporate their own creative ways to get what YOU want. They,

like a good practitioner need the whole story to paint the right picture. Never be afraid to ask any practitioner’s philosophy and always inquire if they practice what they preach!



### BEWARE! Machines in a gym: Not for health

Gyms have lots of machines. Why? Because they are effective marketing tools to sell memberships to the uneducated public. Most gym equipment came from the bodybuilding culture. “Arnold want big arms, Arnold build big machine to make arms bigger”. While machines can help people recovering from an injury and rebuild strength, they are far from ideal for promoting a fit and useful human body.

The human body is complex. It does however utilize some basic movement patterns: push, pull, twist, and level change. The complexity comes from having to do these movements in combination while maintaining balance. This control is executed by the nervous system,

which is YOUR friend. Machines do not help your nervous system. All that a machine is good for in a normal- functioning body is un-teaching it. Un-teaching? Here’s an example: How long does it take to learn to walk? Hundreds if not thousands of coordinated movements, learned through trial and error just so we can stand upright and walk to go get coffee. Then we go to the gym and sit in a Leg-press machine and push. Just push—forgetting at least 80% of what we do when walking! Poor nervous system being starved for stimuli, relegated to push your feet away from you like a hydraulic piston. Machines remove us from reality. Watch a person on a seated shoulder-press machine fore awhile. Tell me, when will you ever see someone do that exact move in that position again? An aside to this scenario is how the seated

position and fixed path the machine determines can unduly wear down your back and shoulders.

What do you do? Training should enhance function. In order to do that it should challenge the nervous system in some combination of the basic movement patterns including balance. A few rules to follow would be: No sitting, and no sitting.

Remember that seated shoulder-press? Here is a better alternative: 1)Grab a medicine ball or light weights, 2)place it on the floor, 3) squat down with your chest up and back straight and grab the weight, 4)stand and raise weight above your head, 5)repeat.

**GARY M ROSE**, is a licensed massage therapist, certified personal trainer, and a kettlebell instructor. Both in massage and exercise, Gary employs the whole body to strengthen every aspect of it, and creates unique programs for every individual.

Contact:

[kinetikmassage@gmail.com](mailto:kinetikmassage@gmail.com)

## Chocolate Truffles

Want to enjoy a delicacy without the guilt? Try these handmade chocolate truffles, made with ingredients that contain many health benefits.



This variety box contains 6 truffles: 2 regulars, 1 with a sweet chili powder, 1 with walnuts, 1 with sea salt, and 1 with coconut.

- **ALL ORGANIC**
- **FAIR TRADE**
- **HANDMADE**

**Special: \$10 a box**

# Recipes for Health

## Summer Protein

### Frosty

- 1 cup milk (raw)
- Handful of ice cubes
- 2 tablespoons of honey
- 2-3 raw eggs (obviously without the shell)
- 2 tablespoons of cocoa powder (optional)

1 teaspoon vanilla extract

Put everything in a blender and blend until smooth. A sweet and refreshing treat that's chock full protein!

## Kinesiology Corner

### MY PATIENTS SAY "I HAVE TMJ".....

I say great, I have 2 of them; we all have one Temporomandibular Joint on each side of our mouth. Some people, actually most people have some level of imbalance in one or both of their TMJ's. Many factors can lead to TMJ imbalances for example, breaking things with your teeth (ice cubes, nuts etc...), grinding your teeth, clenching your jaw, general stress, improper form during any athletic activity, opening beer bottles with your teeth, even poor nutrition can lead to TMJ problems. It has been shown that 40 percent of the nerves in the body relate to the face and head, therefore having a balanced TMJ is vital to a healthy nervous system.

The major signs and symptoms of TMJ dysfunction consist of pain, tenderness, joint noise and limitation in opening your mouth. Pain occurs in almost all patients. It is usually one sided, and may be localized or wide spread and may be referred to any area of the head.

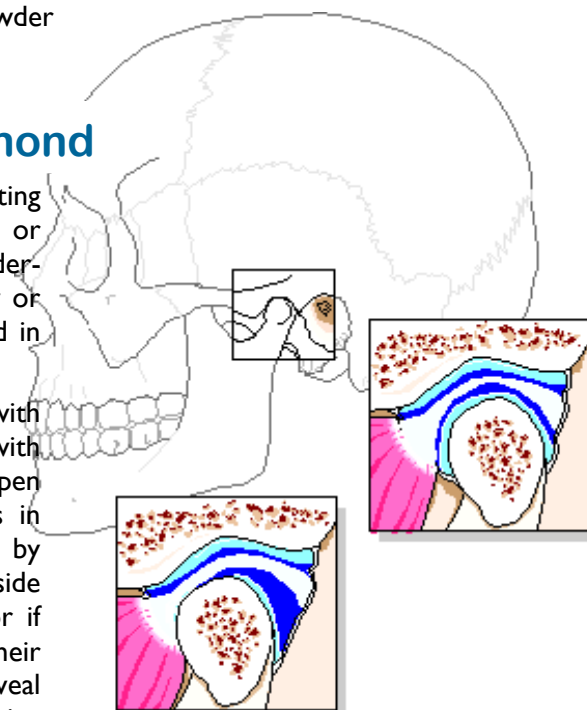
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## with Dr. Michael Minond

The pain is often worse after eating or upon awakening if you clench or grind your teeth at night. Tenderness, in the muscles of your jaw or at the back of the head, is found in the vast majority of patients.

The examination of a person with potential TMJ problems begins with watching how you talk and open your mouth. You can spot this in others or yourself in a mirror, by seeing if the jaw moves to one side when they open their mouth, or if they talk out of one side of their mouth. Testing helps to reveal which muscles are over-contracting or under contracting. We also need to find out why the muscles are reacting the way that they do. Over-contraction can be caused by your teeth hitting improperly, spinal imbalances especially in the upper neck, food sensitivities, stress and even falling arches.

To feel the action of the jaw when it opens, place your index finger under the bony ridge that is in front of your ears. Keep light pressure pushing inwards and slowly open your mouth. You should feel the top of



the jaw, the condyle, moving forward evenly on both sides. The jaw doesn't just pivot it also moves forward as you open your mouth. While the condyle is moving forward that small muscle inside your mouth is pulling the disc forward. If the muscle is functioning properly, you will not have any popping or clicking.

If you do experience any popping or clicking, or pain when opening and closing your mouth, or any other symptom mentioned above please don't hesitate to contact Dr. Arce, or Dr. Minond. [www.MINOND.com](http://www.MINOND.com).

## Chaturanga Dandasana

This yoga pose helps strengthen your arms and prepares you for more difficult arm and shoulder positions. Breathing during this position helps to teach how to breath when you are using your core for stabilizing.

It's like a push-up, but keep your elbows close to your body and your hands under your shoulders.

Your head should be facing all the way down (unlike the picture).



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Your back is your strength in the pose and remember to tuck your shoulder blades in.

Don't let your butt come up or round your back. Hold it for 20 seconds, and then bring your knees down to rest.

## Did You Know?

Paint, wall-paper glue, mattress, polyurethanes, etc, everything you use or have in your home. What all these things have in common other than make your home look beautiful, are the carcinogenic chemicals they emit, and not just the first time you apply them, but for awhile after. These chemicals are neuro-toxic, can cause fertility and fetal problems, as well as possibly cause developmental issues in children. So look for products that have low or no VOCs (volatile organic compounds), biodegradable, no formaldehyde, etc. Here are websites you can check out to make your home more "green", eliminate most environmental toxic loads to the body, and make you aware of how to help the environment (make it more sustainable) in the process. [www.motherearthnews.com](http://www.motherearthnews.com), [www.yolocolorhouse.com](http://www.yolocolorhouse.com), [www.benjaminmoore.com](http://www.benjaminmoore.com), [www.planithardware.com](http://www.planithardware.com), [www.naturalhomeproducts.com](http://www.naturalhomeproducts.com), [www.greendepot.com](http://www.greendepot.com), [www.greenhome.com](http://www.greenhome.com), [www.fwhorch.com](http://www.fwhorch.com)

**“The heart is the most reflective muscle of balanced nutrition or malnutrition, something this country has a hard time accepting.”**

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Granola(whole grain oats, sugar, canola oil, salt,baking soda, **natural flavor**), high maltose corn syrup, yogurt flavored coating, sugar, palm kernel oil, yogurt powder (heat treated), nonfat milk, whey protein conc., **malto-dextrin**, **natural flavor**, **artificial color**, soy lecithin, **artificial flavor**, crisp rice (sugar, rice, salt), wheat flakes (wheat, sugar, salt), high fructose corn syrup, fructose, calcium carbonate, canola and peanut oil, **maltodextrin**, soy lecithin, salt, dried strawberries, **natural flavor**, lactic acid, citric acid, red 40 lake, calcium lactate, sunflower meal, almond flour.

OH SO NATURAL!!

**Why all the sugar?**

yogurt  
granola bars, strawberry  
Nature Valley chewy

**Naturopathic Sun LLC**

**Marizelle Arce, ND**

10 Downing St, NY

Phone: 917-282-5622

[www.Naturopathicsun.com](http://www.Naturopathicsun.com)  
[drarce@naturopathicsun.com](mailto:drarce@naturopathicsun.com)