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# News Update for Members of Association of Systematic Kinesiology in Ireland

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ASK News Update: 17 April 2008

## 1<sup>st</sup> Members Day Saturday 19 April

Even though this is the first, we feel that it's a record as over half the membership are heading for the Hilton Hotel on Saturday for the Members Day. A day full of interest and anticipation – we've 3 speakers lined up from the Association Membership, to give tips and advice on making the menopause a positive experience, help with Asthma clients, and another on practice building. We'll also see the new look website, and our invited speaker is Seamus Lynch, the "5 elements" guru. It will be a great chance to meet up with old friends, and make new ones too!

## New Members Manual

The new manual that contains everything to do with Kinesiology membership is now ready for all professional members.

Not every section is currently filled, but empty sections will be forwarded when completed.



## Carmen Barnes

Some members may have met Carmen Barnes who was my teacher Siobhan's mother. Sadly, she passed away this week, peacefully. She would have been 92 this year, so a grand old age. Carmen was a good friend and very great supporter of Kinesiology. She always enquired about what was going on in the Association and was so glad to see her daughter's work continued.

Over the years she would pop in to see us at the Mind Body Spirit, and for her 90<sup>th</sup> birthday organised a wild knees up on the party canal barge that is outside her house in Ballsbridge. Here's a pic of Carmen with 2 of her grandsons at the party, and another of her keeping an eye on the Association stand! Her funeral will be on Monday 21 April. She will be sadly missed.



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## 1<sup>st</sup> years became 2<sup>nd</sup> years

21 students continued onto the 2<sup>nd</sup> year and started with an Introduction to Biochemistry last weekend. Homocysteine and Neurotransmitters were the topics of the weekend, where the language of biochemistry was explored!

Congratulations to all of them!

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## Seen the News Lately? – Vitamins Could be Killing You

The latest attack on antioxidants comes from a rigged study that excluded all healthy people and focused only on vitamins given to people who were sick or about to die. The latest attack on vitamins A, C, E, selenium and beta-carotene comes from the Cochrane Library, a widely-read source of information on conventional health matters. In the paper published this week, these antioxidants were linked with a higher risk of mortality ("they'll kill you!"), and now serious-sounding scientists have warned consumers away from taking vitamins altogether. But with all the benefits of antioxidants already well known to the well-informed, how did the Cochrane Library arrive at such a conclusion? It's easy: The researchers considered 452 studies on these vitamins, and they threw out the 405 studies where nobody died! That left just 47 studies where subjects died from various causes (one study was conducted on terminal heart patients, for example). From this hand-picked selection of studies, these researchers concluded that antioxidants increase mortality.

Just in case the magnitude of the scientific fraud taking place here has not yet become apparent, let me repeat what happened: These scientists claimed to be studying the effects of vitamins on mortality, right? They were conducting a meta-analysis based on reviewing established studies. But instead of conducting an honest review of all the studies, they arbitrarily decided to **eliminate all studies in which vitamins prevented mortality and kept people alive!** They did this by "excluding all studies in which no participants died." What was left to review? Only the studies in which people died from various causes. Brilliant, huh. Now all the mainstream press outlets that are repeating these silly conclusions as scientific fact.

The Authors' conclusions ...future randomised trials could evaluate the potential effects of vitamin C and selenium for primary and secondary prevention. Such trials should be closely monitored for potential harmful effects. Antioxidant supplements need to be considered **medicinal products** and should undergo sufficient evaluation before marketing.  
[Go to [www.cochrane.org](http://www.cochrane.org) to see the full report.]

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Have a great April, and I'll be in touch next month.

A handwritten signature in black ink that reads 'Siobhan Furline'.