

Applied Kinesiology Management of Acne Keloidalis Nuchae and Psuedofolliculitis - A Case Study

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ABSTRACT:

Objective is to share a case history of a case of acne keloidalis nuchae and psuedofolliculitis. Acne keloidalis nuchae is most commonly found in young adult men of African or, less commonly, Latino or Asian descent. It is very uncommon in women. In addition, acne keloidalis nuchae is very rarely seen in people prior to puberty or after middle age. This is also in barbers' circles attributed to "dirty" hair clippers. This condition or surface manifestation shares a strong correlation with digestive dysfunction and leaky gut. It is a condition which has remained an enigma to conventional medical practitioners solely depending on conventional laboratory testing, analysis, and standard medical examination procedures and the basic therapy of topical antibiotics. Applied kinesiology examination and procedures augment and clarify these cases and make diagnosis fruitful, allowing the clinician to take appropriate action and assist the skin and body in healing; thus avoiding disfigurement, embarrassment, and awkward and cowed social life due to the appearance of the scalp. Leaky gut, stomach and small intestine dysfunction should be ruled out in all patients presenting with this mystery and routine illness.

KEY INDEXING TERMS:

Chiropractic, Applied Kinesiology, Herbs, Manual Muscle Text, MMT, Nutrition, Physiological Phenomena, Functional Medicine, Leaky Gut, Hypochlorhydria, Small Intestine, Psuedofolliculitis, Acne Keloidalis Nuchae

INTRODUCTION:

Irritation and bumps on the nape of the neck are a most common in Black, Latino, and Asian cultures. These bumps are a cosmetic problem and create discomfort, scarring and socially make those afflicted less confident and more self-conscious. The problem is a major issue and the most commonly consulted healthcare provider is a dermatologist. Solutions offered rarely work leaving the patient to progress on to scarring and disfiguring keloids and scar tissue. The skin is a route of elimination as are the bowels, and kidneys. The skin also reflects immune reactions, allergic reactions that happen in the gut and acts as a barometer of internal processes albeit difficult to evaluate many times. Basic proof of this is we know clinically that well absorbed fatty acids help with skin texture and smoothness. Medically the most common treatment for this affliction is topical antibiotics or nothing. Only those trained to understand that functional illness precedes poor function and then leads to pathology actually look for causes of psuedofolliculitis. One such tie is the relationship between gut health and skin health. This condition, unaddressed, progresses to a small bump, then to a pustule which repeatedly scars, until it keloids and then the hair follicle dies. This continues full circle until disfiguring keloids take the place of hair on the scalp.

Jargon Relating to Psuedofolliculitis:

The nape of the neck is that area or junction between the occiput neck coincident skin covering the ligamentum nuchae and base of occiput. "Meridian therapy" is the stimulation of acupuncture points that alter function and energy in energetic pathways called "meridians." Nutritional support would be those supplements given to assist structural corrections. "Diet modification" means changes made to patients' diets. Leaky Gut is literal conditions in which cell junctions are relaxed and partially digest protects penetrate and are attacked starting an immune reaction. "TFL" is short for the Tensor Facia Lata a muscle which originates between the ASIS and the middle and lateral aspect of the external surface of the iliac crest and inserts on the lateral thigh on the Iliotibial band (IT band) a thickening of the fascia lata. "TS Line" Stands for Tempero-Sphenoidal line, a mostly diagnostic palpatory line located bilaterally on the skull near the temporal and sphenoidal areas. The clinician palpates this line for nodules that correspond with muscle and possible organ imbalance.

Case Report:

A 25 year black male presented with a chief complaint of bumps on the scalp that progressed to exudative sores and were starting to scab and keloid. He mentioned that the condition was non responsive to medical therapy of any kind including antibiotics.

Using standard medical physical examination and abdominal examination no abnormalities were detected, except for a bilateral conditional inhibition of the rectus femoris, bilateral pectoralis major clavicular inhibition. As per Walther in Applied Kinesiology, Synopsis standard reflexes for an quadriceps muscles which relate to the small intestine were tested and in this case all were active, these were treated with hard digital pressure, or other standard methods. These included neurovascular, lymphatic, and the acupuncture meridian connector point, the patient was then put on Nutri-West's Hypo- D, Total Leaky Gut and complete omega 3 essentials one to three times per day of each and this strengthened the quadriceps on gustatory challenge. At the conclusion of the five visits the scalp had healed by about 90 percent with no further exudate.

DISCUSSION:

There are many wrong whys as to what causes this condition. Most are clearly not correct otherwise people would be healing. Barbers and medical professionals attribute this to "dirty" hair clippers; sadly the only therapy offered is topical antibiotics, injections, and corticosteroid therapy.

AK methods should be used to hone in on which part of the digestive system first, prior to more aggressive care being performed. Our observation is that the condition relates most commonly to stomach and small intestine leakage and associated immune response. Frank pathology had been completely ruled out. Part of all work-up should have included an evaluation by an applied kinesiologist or an appropriate referral to one, which will save thousands in unneeded lab testing.

CONCLUSION:

Digestive disturbances such as leaky gut and hypoacidity are involved in complex biological functions. Clinicians must add standard management of this condition to their armamentarium after having appropriately ruled out more dangerous conditions that may have a similar presentation.

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