



## From the Desk of Dr. Clark

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I was lucky enough to be featured as an expert in a recent issue of *Dallas Child Magazine*. It's a fantastic article about sleep. [Click Here to Read the Article](#)

### Recent Blog Posts

December 11, 2008

#### [\*\*Gulf war illness is the same as fibromyalgia\*\*](#)

I don't know if you caught this important news item last month, but it really merits a few words.

Gulf War Illness (GWI ) is finally being recognized as a REAL illness. To quote the LA Times...

"a congressionally mandated scientific panel has concluded that Gulf War syndrome is real and still afflicts nearly a quarter of the 700,000 U.S. troops who served in the 1991 conflict."

These veterans were exposed to chemicals that wreaked havoc on their brain, nervous system and the rest of their body.

For years, people suffering with this illness were told they had "post traumatic stress"--an psychological/psychiatric condition. Or they were told "its all in your head, there's nothing physically wrong with you."

Imagine suffering concentration problems, persistent headaches, unexplained fatigue and widespread pain, chronic digestive problems, respiratory symptoms and skin rashes---and being told "there's nothing wrong with you."(making exasperated face)

**To me this sounds just like what happened to the diagnosis of fibromyalgia.**

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December 05, 2008

#### [\*\*I've been lying to everyone\*\*](#)

Dallas Chiropractic Neurologist Comments:

Doctors collage I have a confession to make. For years I've been telling you that I'm a specialist. Well I'm not.

I'm almost to the point now where I don't consider myself a specialist. At least not in the typical sense. Here's why...

Most doctors learn the body in chapters. Chapter one-the heart, chapter two-the lungs, chapter 3-the stomach and intestines...you get the picture. That's why there are 'specialists' in for each of those book chapters. The problem is that for millions of you see specialist after specialist after specialist and you still don't get any better.

Learning and understanding the body in this way--compartmentalizing it--makes the doctor TOO focused on any one system. He/she loses sight of the big picture. And the BIG picture is that Everything's connected.

For example, an intestinal parasite can cause iron anemia...

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November 23, 2008

### [watching TV sharpens diagnostic skills](#)

Have you ever watched the TV show "The Amazing Race"? In Season 13 Episode 9 which just aired last week, in one of the challenges, the two team members had to march like Russian soldiers. But one of them has a REAL problem with it.

Here's how CBS described it in a promo...

"When one team spends too much money, an unpaid taxi driver literally stands in their way of making it to the Pitstop, while another Racer's awkward attempt to fall in line leaves the Russian military laughing."

Watch the video here. Fast Forward to the 23:00 mark and start watching.

Andrew couldn't do it. Just look at him. He can't do a simple cross crawl pattern-I'm not making fun of him; this is important. This is just an exaggerated normal walking pattern. In fact, Andrew is doing a homolateral pattern (same side arm and leg).

My wife pointed out "He can't keep his mouth closed." Andrew is recruiting other muscles to try to rev up his cerebellum so that's why you see him moving his tongue and mouth. I see this A LOT in people with cerebellum problems.

**This all adds up to the fact that Andrew has a cerebellum problem...**

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