



GROW WITH EBFA™

April, 2015

Educational newsletter brought to you by the Evidence Based Fitness Academy Inc.

Hello Health & Fitness Professionals!

Welcome to another issue of GROW with EBFA®!

We hope that the first quarter of 2015 has been productive. Over the past several months EBFA has continued to spread the power of barefoot training throughout Australia, India, Indonesia and Malaysia.

With SE Asia as one of the strongest markets it was home to the first-ever Barefoot Training Summit. Over 50 professionals representing 10 countries attended this 3 day event. Check out page 5 for pictures from this event.

Don't forget to check out our upcoming Barefoot Training Summit in Colorado, USA this May 15-17, 2015!

Dr. Emily

Featured Article

Barefoot Training & Diabetic Peripheral Neuropathy

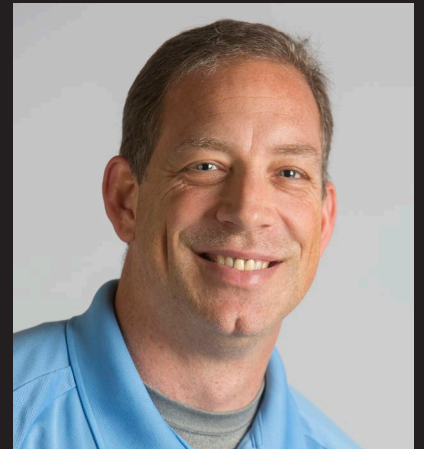
by Dr Emily Splichal, DPM, MS, CES



According to the World Health Organization (WHO) over 347 million people around the world are diagnosed with diabetes mellitus. As the incidence of this disease continues to rise the importance of health and fitness professionals to play an active role in the prevention and management of diabetes has never been greater.

(continued on page 2)

Presenter Spotlight Barefoot Training Summit



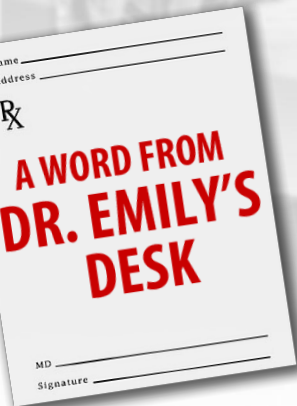
**BAREFOOT
TRAINING SUMMIT**

Dr Cody Sipe, FAI

Searcy, AR

Thank you for taking the time to answer a few questions Dr Cody Sipe. For all who may not be familiar with you and your company Functional Aging Institute can you briefly describe why you started FAI and the mission of your education company?

FAI is the culmination of about 15 years of experience and the past several years of blood, sweat and tears. We started FAI so that we can make a difference in the lives of older adults in this country and around the world. There aren't enough trainers that really understand how big of an opportunity this market is for them and their careers. They also don't understand how much these people need them to be properly trained in



Connect with us

(continued from page 1)

how to work with them safely and effectively.

For many years trainers would ask us what the best certification for training older adults was and, after carefully reviewing most of the ones out there, we determined that we couldn't fully endorse any of them. So we decided to create our own. We have two missions at FAI. The first is to help older adults "do the things they NEED to do, LIKE to do and WANT to do easier, better and with less discomfort". Our second mission is to help trainers build a successful, rewarding and meaningful career training mature clients.

We are excited to have you on the presenter line-up at the first-ever Barefoot Training Summit coming this May 15 to 17 in Denver, CO. What are you going to be speaking about?

There are a lot of different approaches to training older adults that people use. Most of them are based on false assumptions, stereotypes, myths, misconceptions and a lack of information. On one extreme we have those that completely ignore the fact that someone is 60 or 70 years old. They train them just like they would anyone else without recognizing their individual needs and considerations. On the other extreme we have those that train them like they are going to break. They treat them with kids' gloves and baby them acting like they've got one foot in the grave already. Then there is pretty much everything in between.

I am going to share effective, evidence based training strategies that are appropriate for a wide variety of older clients based on the model of training we have developed called the Functional Aging Training Model. It is a model that is not only safe and effective but also very popular with this group.

What is your belief about barefoot training for seniors or what EBFA calls "Barefoot Baby Boomers"?

Our model of training emphasizes a comprehensive approach that addresses areas that are vital to maintaining physical function. Areas such as muscle strength and cardiovascular endurance are obviously important to address but just focusing on these two areas is insufficient.

Barefoot training is a strategy that uniquely addresses areas such as somatosensation and proprioception that are also critical to physical function in older adults and that are NOT addressed by traditional training methods. I believe that barefoot training has the potential to improve gait, balance, mobility and overall physical function in this population more so than these traditional training methods.

Dr Cody Sipe will be presenting at the Barefoot Training Summit on Sunday May 15, 2015 in Denver, CO.

Learn more at www.barefoottrainingsummit.com

As a Podiatrist, one area of diabetes which I encounter on a daily basis is diabetic peripheral neuropathy (DPN). Although DPN is often associated with those patients who have had diabetes for greater than 10 years, this is not always the case. More frequently we are seeing the loss of plantar foot sensation as the initial symptom in pre-diabetic patients.

As a diabetic patient begins to lose the sensation to the plantar foot there is a direct impact on balance stability and fall risk. Studies have shown that diabetics with DPN have a 15x greater fall risk when compared to those without DPN.

With fall risk being a major concern for all public health and insurance companies it is time to start re-thinking the way we approach the patient, client or even athlete with diabetes.

What is diabetic peripheral neuropathy?

Diabetes is a condition associated with poor glucose control and frequent hyperglycemic episodes. During periods of hyperglycemia the excess blood sugar is highly reactive with free proteins in our blood stream. These free proteins react with glucose through a process called glycation and results in the formation of advanced glycation end products (AGEs).

It is these AGEs that are damaging to connective tissue and the nerves throughout the body. As a special type of free radical the AGEs cause adhesions in fascia, stiffening of blood vessels and a loss of elasticity in tendons – all resulting in impaired flexibility, a loss of micro-circulation and damage to the peripheral nerves.

Classically presenting as a stocking glove pattern, diabetics with DPN will complain about tingling, burning, paresthesias in the tips of the toes and even all the way up to the tibial tuberosity. With symptoms more pronounced at night or during periods of elevated glucose, most diabetics see DPN as an accepted progression of their diabetes.

However there is actually much that can be done to prevent, manage and even reverse the deleterious effects of DPN.

Barefoot Science & DPN

As the diabetic begins to lose sensation in their feet most Podiatrists adopt the recommendation

of “never take off your shoes”. Although this is generally a good recommendation to protect the diabetic from stepping on something sharp that they may not feel, there is still a benefit to the controlled stimulation and strengthening of the foot.

What’s important to note is that most DPN is sensory – and not motor – which means that although the diabetic may lose sensation in the bottom of the foot they are still able to engage the muscles of the foot! Here comes the perfect application of short foot in these clients to stimulate the proximal co-activation patterns of the hip and core – as well as the deep front fascial line!

Because our nervous system is plastic, what we challenge the body will begin to grow, strengthen and adapt. Through the controlled stimulation of the plantar nerves with vibration training, textures, balance etc. benefits can still be seen in the diabetic with DPN.

Nerve Protective Supplements



While integrating barefoot training with your diabetic client I would also consider and highly recommend the following nerve protective supplements. These supplements are responsible for blocking the interaction between free proteins and glucose forming AGEs – as well as in the stimulation of nerve growth factor.

Vitamin #1 – L-Methyl Folate

This is not your mother’s folic acid!

L-methyl folate is the activated form of folate (folic acid) which has been shown to increase nerve growth factor. When taken over a period of 6 months studies have shown an increase in epidermal nerve fiber density (or in other words more peripheral nerves!).

Dosage: 1000 ug X 3 times a day

Vitamin #2 – Acetyl-L-Carnitine

ALC is another powerful nerve protective supplement.

ALC has been shown to decrease painful nerve symptoms, as well as increase vibratory sensation. Remember that we maintain balance and absorb impact forces based on our ability to detect vibration so this is extremely beneficial as age!

Dosage: 500mg x 2 times a day

Vitamin #3 – R-Lipoic Acid

This is probably my favorite supplement! (Yes I do get that excited over a vitamin).

Touted as one of the most powerful anti-oxidants, ALA has been shown to improve micro-circulation to peripheral nerves while decreasing oxidative stress. A key point about ALA is that it must be taken in the R-LA form. “R” form is one that is biologically active (vs. “S” form).

Dosage: 600mg x 1 time a day

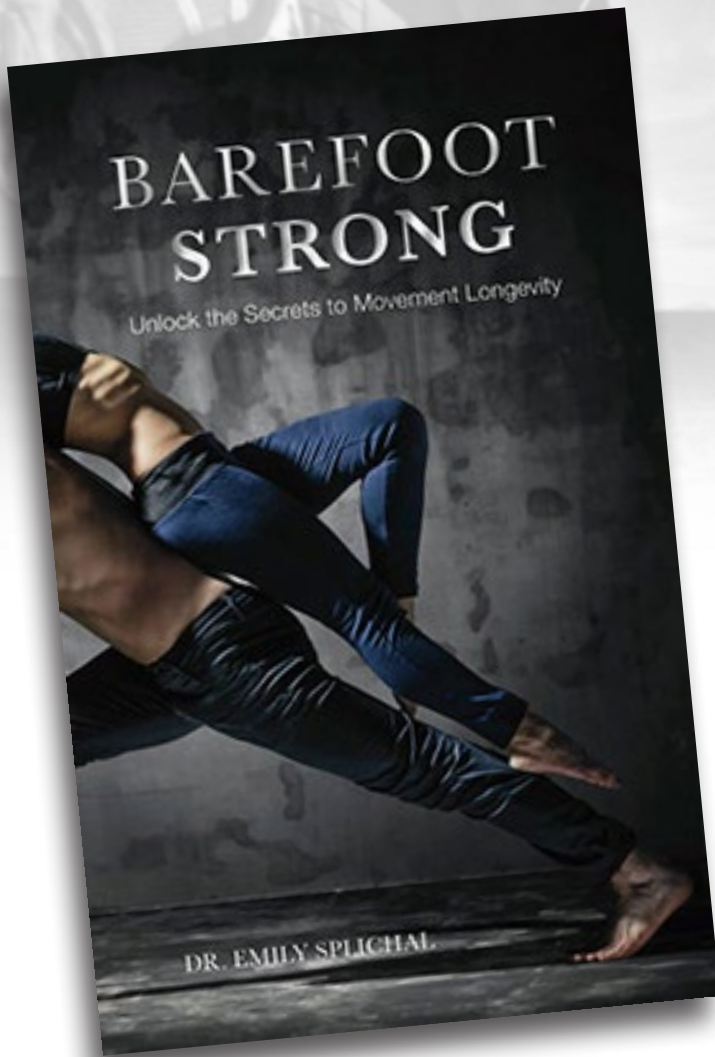
Final Recommendations

As you begin to integrate barefoot training with your diabetic client there may be some initial opposition as diabetics are so used to hearing “never take off your shoes” however if you do it in a safe, controlled, clean environment such as a gym studio floor and do a foot check before and after – your diabetic client will begin to build trust in this approach.

Complete loss of plantar foot sensation is still not an contraindication to the barefoot training as balancing exercises and foot strengthening will transfer to better proximal stability. Teaching your diabetic client to correct their shifts in COG from their thoracolumbar fascia is a huge step in the reduction of falls.

Stay tuned for our next article where we will explore fascia, flexibility and the diabetic client!

EBFA
EVIDENCE BASED FITNESS ACADEMY
LEADERS IN BAREFOOT EDUCATION



BAREFOOT STRONG

Unlock the Secrets
to Movement Longevity

by Dr Emily Splichal

Available in print & e-book format!

ORDER NOW at

amazon.com



BARNES & NOBLE

EBFA
EVIDENCE BASED FITNESS ACADEMY
LEADERS IN BAREFOOT EDUCATION

Are you ready to unlock the secrets to anti-aging movement and become barefoot strong?

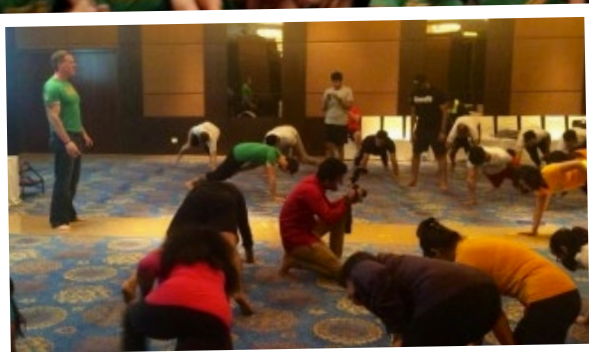
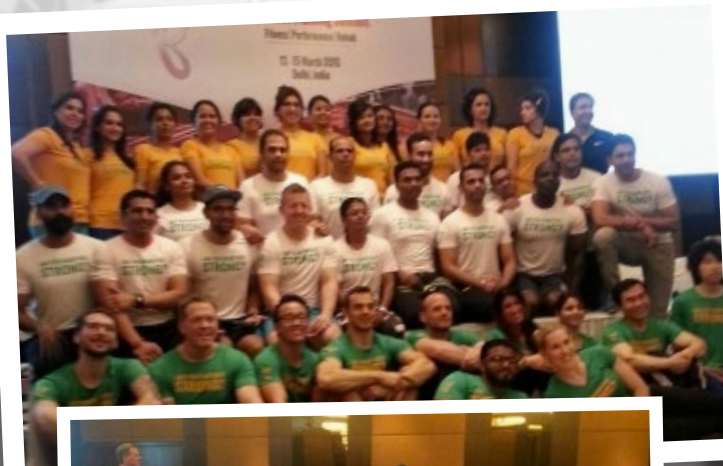
As one of the fastest growing areas within medicine, the anti-aging business is now a \$122 billion dollar industry with researchers dedicating their careers to finding the fountain of youth. Whether it be copper peptides or acai supplements, most of the anti-aging industry focuses on limited aspects of eternal youth and vitality.

For the first time ever, it is time to apply the latest research into a new area of anti-aging medicine known as movement longevity. Join Podiatrist & Human Movement Specialist Dr Emily Splichal as she explores the science behind barefoot training and how this often overlooked area of health and fitness is actually the secret to youthful movement.

As an internationally-renown educator on barefoot training, Dr. Emily has traveled the world exploring the concept of movement efficiency from the ground up. Through barefoot science, fascial fitness and neuromuscular conditioning, Dr Emily will show you how to survive the unnatural conditions of today's shod society and optimize your movement patterns.

From barefoot activation exercises, to vitamin supplements to protect your peripheral nerves, Barefoot Strong is your go-to guide to ensure years of efficient movement – one step at a time.

EBFA HOSTS ASIA BAREFOOT TRAINING SUMMIT



On March 13 - 15, 2015 EBFA hosted the first-ever Asia Barefoot Training Summit at the Anya Hotel & Resorts in Gurgaon, India. Over 50 professionals representing 10 countries were in attendance for this 3 day event.

Attendees were able to learn some of the latest science, movement and programming from top International presenters including: Dan Edwardes (U.K.), Stacey Lei Krauss (USA), David Martinez (Spain), Kevin C. Moore (Hong Kong), Dr Perry Nickelston (USA), Richard Scrivener (U.K.) and EBFA Founder Dr Emily Splichal (USA).

Some of the favorite sessions of the weekend includes Animal Flow, Parkour, willPower & Grace® and RunInjuryFree! Post-Conference Certifications included Animal Flow, willPower & Grace® and Barefoot Training Specialist® Level 2.

The mission of the Barefoot Training Summit is to increase the awareness to the benefits of barefoot training and from the ground up movement within fitness, performance and rehab. Since the development of EBFA's Barefoot Training Specialist® Program in 2012 the concept of barefoot training has rapidly increased and is now a common technique among clients, professionals athletes and patients.

Want to attend a Barefoot Training Summit?

In May 2015, EBFA will be hosting it's first-ever USA-based Barefoot Training Summit in Denver, CO at ProjectMOVE.

To learn more please visit www.barefoottrainingsummit.com

Upcoming Workshops

US & Canada

Sat. April 18, 10am - 5pm

**BarefootRx® Rehab Specialist -
East Brunswick, NJ**

American Institute of Alternative Medicine
555 Route 18
East Brunswick, NJ 08816

Sat. April 25, 10am - 5pm

**Barefoot Training Specialist® -
Searcy, AR**

Harding University
Physical Therapy Building
1300 South Main Street
Searcy, AR 72143

Sat. May 2, 10am - 5pm and

Sun. May 3, 10am - 5pm

**Movement from the Ground Up -
Montreal, CANADA**

749 Rue Guy
Montréal, QC H3J 1T6
CANADA

Fri. May 8, 12pm - 7pm

**BarefootRx® Rehab Specialist -
Bellevue, WA**

Elite Sports & Spine
1050 140th Ave. NE Suite D
Bellevue, WA 98005

Sat. May 9, 10am - 5pm

**Barefoot Training Specialist® -
Portland, OR**

Training Day PDX
5516 SE Foster Rd
Portland, OR 97206

Fri. May 15, 2015, 9am - 6pm,

Sat. May 16, 2015, 9am - 6pm and

Sun. May 17, 2015, 9am - 6pm

**Barefoot Training Summit -
Denver, CO**

ProjectMOVE
4925 S Santa Fe Drive #100
Littleton, CO 80120

Mon. May 18, 10am - 5pm

**BARE® Workout Instructor Training-
Denver, CO**

ProjectMOVE
4925 S Santa Fe Drive #100
Denver, CO

Sat. May 30, 9am - 5pm and

Sun. May 3, 9am - 5pm

WSSC Conference -

Miami, FL

Hilton – Downtown Miami
1601 Biscayne Blvd
Miami, FL 33132

Thurs. June 11, 10am - 5pm

**Barefoot Training Specialist® -
Phoenix, AZ**

FAI Conference
Phoenix, AZ

International

Sun. April 12, 9:30am - 4:30pm

**Barefoot Training Specialist® -
Shizuoka, Japan**

Field One Training Studio
Fujieda
Shizuoka, Japan

Sun. April 19, 9am - 5pm

**Barefoot Training Specialist® -
Shanghai, China**

3HFit
666 Tian Yao Lu
Shanghai Stadium
Shanghai, China

Wed. April 29, 9:30am - 4:30pm

**Barefoot Training Specialist® -
Hokkaido, Japan**

Studio Higuichi
Sapporo
Hokkaido, Japan

Sun. May 17, 10am - 5pm

**Barefoot Training Specialist® -
Malaysia**

Fitness Innovations Malaysia
BHD No. 2-8, 2nd Floor
D19 Business Centre, Jalan PJU 8/3
Petaling Jaya 47820 Malaysia

Fri. June 5, 10am - 5pm and

Sun. June 7, 10am - 5pm

**Movement from the Ground Up -
Buenos Aires, Argentina**

Location TBA
Buenos Aires, Argentina

Sat. June 13, 10am - 5pm

**Barefoot Training Specialist® -
Shanghai, China**

3HFit
666 Tian Yao Lu
Shanghai Stadium
Shanghai, China

Sat. June 13, 10am - 5pm and

Sun. June 14, 10am - 5pm

**Movement from the Ground Up -
Madrid, Spain**

Location TBA
Madrid, Spain

Sat. September 12, 9am - 5pm

**Barefoot Training Specialist® -
Shanghai, China**

3HFit
666 Tian Yao Lu
Shanghai Stadium
Shanghai, China

Sat. September 29, 9am - 5pm and

Sun. September 30, 9am - 5pm

**Movement from the Ground Up -
Lisbon, Portugal**

Location TBA
Lisbon, Portugal

Barefoot Training Summit

Fitness | Performance | Rehab

May 15 - 17, 2015

Denver, Colorado



Mike Fitch

Miami, FL



Stacy Lei Krauss

Colorado, USA



Loren Landow

Denver, CO



Dr Mike Martino

Milledgeville, GA



Dr Cody Sipe

Searcy, AR



Dr Emily Splichal

New York City, NY

Are you ready to take the concept of “barefoot” beyond running?

Join EBFA in 2015 for the first-ever fitness conference that is dedicated to the power of barefoot training, footwear science and from the ground up programming!

Experience the latest workouts and workshops in barefoot movement progressions, foot assessment techniques, small nerve training and pre-activation programming. All-star line-up of global leaders in barefoot science research, barefoot movement, performance, rehab and footwear innovations!

Registration Fee: \$350 USD Register NOW!

Not a subscriber? Sign up now to get free monthly education from EBFA!



Leaders in Barefoot Fitness