YOUR HEART: AN INDICATOR MUSCLE

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Foreword

The subject of this research was a fourteen-year-old boy who had Extra Systoles Arrhythmia (a serious heart problem in which the heartbeat is very irregular). Standard medical treatment was given and no physical exercise. Medical opinion stated that food was not a factor. Anticipated recovery ranged from twelve to thirty-six months, with a possibility of the problem remaining throughout life.

At the end of the first week of medical treatment, all medication was stopped. Chiropractic care began on a weekly basis, and Touch for Health care began on a daily basis. Harmful foods and other substances were identified and removed. Beneficial Touch for Health techniques were discovered and implemented. In three months the subject's heart functioned normally and recovery was complete. This program was a success---a success confirmed by the heart specialist.

Introduction

An indicator muscle is a muscle which strengthens or weakens when the body as a whole is affected by a stimulus. Such a muscle acts as a mirror, reflecting the effects of the stimulus on the entire body. Thus it provides a tool for learning about the bodily effects of such a stimulus.

To use the heart as an indicator muscle, it is necessary to determine the degree that the heart muscle is weakened or strengthened by a certain stimulus. The heart muscle is considered to be strong when it beats smoothly, and weak when its beat is irregular. To measure this irregularity, the pulse rate is taken with an electronic Heart Rate Monitor and the scores are entered into a hand calculator. This enables us to get a statistical measure of irregularity, the variant. A high variant indicates that the heart muscle is weak, while a low variant indicates that the heart muscle is strong.

To determine the effect of a certain stimulus, it is necessary to make a pretest. This is the variant reading done before the stimulus is introduced. A post-test follows, which is a variant reading made to determine the effect of the stimulus. If the variant goes up, we conclude that the stimulus is detrimental. If the variant goes down, we conclude that the stimulus is beneficial.

We concluded that the heart was an invaluable indicator muscle in five ways. First, the heart gave us information about Touch for Health stimuli. Second, this muscle helped us learn about the stimuli of foods, vitamins and minerals. Third, this indicator revealed facts about the stimuli of non-foods. Fourth, it gave us knowledge about the stimuli of a physical fitness program.

Touch for Health Stimuli

The heart as an indicator muscle gave us information about Touch for Health stimuli, as found in Touch for Health, Dr. John F. Thie (California: De Vorss & Company, 1979).

Tests were made each day at the same hour that a chosen meridian had its peak time.

The Gall Bladder, Liver and Lung meridians were omitted because of the subject's

schedule. To test a Touch for Health meridian stimulus, we measured the pulse of the subject and determined the variant. Then we used the following strengthening stimuli related to the chosen meridian. We held the neurovascular holding points for fifteen seconds and massaged the neuro-lymphatic points fifteen seconds each. This was followed by tracing the meridian three times. Afterwards a post-test was made, the variant difference was computed and the percent of variant increase or decrease was recorded. After several tests were completed for each meridian, the average percent was put in chart form. A decrease of the variant meant that the heart muscle had strengthened, while an increase of the variant meant that the heart muscle had weakened.

The variant differences between the pre and post-tests for the Touch for Health stimuli are shown in Chart 1. The solid bar shows the percent that the indicator heart muscle was stronger, pointing out that the stimuli was beneficial. The broken bar shows the percent that the heart muscle was weaker, indicating that the stimuli was harmful. For example, the solid bar after the Stomach Meridian Stimulus indicates that the heart muscle was over 60% stronger, and that this stimulus was helpful. On the other hand, the broken bar following the Small Intestine Meridian Stimulus indicates that the heart muscle was weakened 70% and was detrimental. We therefore included the Stomach Meridian Stimulus, as well as other strengthening stimuli, in the subject's health program.

Food Stimuli

The heart as an indicator muscle helped us learn about the stimuli of foods, vitamins and minerals. First, a pretest was made. then a post-test was made while a container of the selected food was held at the subject's navel. The variant difference was computed and the percent of variant increase or decrease was recorded. After several tests were completed for each food, the average percent was put in chart form.

The effect of food stimuli on the indicator muscle is depicted in Chart 2. Margarine, for example, has a solid line to 10% which indicates that this food strengthened the heart muscle 10%. On the other hand, brown sugar has a broken line, passing 40%. We concluded that margarine should remain in the subject's diet, but that brown sugar should not.

Notice that Vitamin E and G as well as Chromium have broken lines, indicating that they were harmful to the subject. This led us to the discovery that many vitamins and minerals were harmful to the subject because they contained derivatives of eggs or milk as a binding agent, which were allergenic to the subject.

We believe that the correct choice of foods made possible by this indicator muscle played a critical part in the subject's rapid recovery.

Non-Food Stimuli

The heart as an indicator muscle revealed facts about the stimuli of non-foods. We made a pretest as ususal, but during the post-test the subject held a non-food in a container at the navel. The percent of the variant difference was computed as before.

The result of non-food stimuli is given in Chart 3. This demonstrates that certain softeners, laundry soaps and liquid soaps caused the indicator muscle to weaken substantially. Therefore they were removed from the subject's environment. Surprisingly, the use of Clorox and Lime Deodorant were benefical. The deodorant, for example, has a solid bar to 35%, showing that it strengthened the heart muscle. Proper selection of non-food stimuli in the subject's environment was likewise important in his gaining good health.

Viruses, Infections and Pollens Stimuli

The heart as an indicator muscle gave us knowledge about the stimuli of viruses, infections and pollens. This information was not surprising, yet it was important in interpreting test results. When the subject had a cold or flu, the variant went up. this was also the case when the subject had an infection. Olive pollen likewise raised his variant.

Some stimuli were beyond the control of the subject, but he was able to reduce the harmful ones to the point that the remaining ones no longer caused him any problem.

Physical Fitness Stimuli

The heart as an indicator muscle gave us data about the stimuli of a physical fitness program. The subject was taken out of the high school physical fitness program the first week at the request of the medical doctors. They believed that this stimuli would increase his arrhythmia. After four months of Touch for Health the subject began a full high school physical fitness program which included bowling, volleyball, basketball, football, boxing, basketball, track and soccer. In addition to this he was in competition basketball after school.

The subject's variant was monitored every morning and night. This gave us a constant yardstick to measure possible detrimental effects of physical stimuli. We determined that there were no harmful effects, for the variant dropped from 208 to 3. Between weeks 61 and 93 the subject's variant averaged 3.4!

Conclusion

In conclusion, the heart is a valuable indicator muscle. It can give us unlimited information about the stimuli of Touch for Health techniques, foods, non-foods, infections and physical fitness programs.

Implications

We see the following implications from this research.

(1) Using the heart as an indicator muscle can give medical doctors a method of accurately detecting, measuring and reporting daily improvements in their practice. This appears to be lacking in the medical field. (2) Using the heart as an indicator muscle provides a scientific tool to verify holistic health stimuli. (3) This method is superior to other methods in at least one way. It provides a rapid feedback of internal body responses. (4) This method not only enable us to monitor hourly improvements, but long-term improvements as well.