

The Touch for Health Kinesiology Association
of America

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YOUR PATHWAY
to
WELL-BEING

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Using Metaphors as a Dynamic Intervention in the TFHS Protocols

by John F. Thie, DC

The Touch for Health Systematic Protocols (TFHSP) reflect a Holistic approach designed to facilitate the flow of energy and information, increase awareness and appreciation of all of the aspects of the whole Soul (all of the integral aspects of the human being- mental, physical, emotional, spiritual, etc.) and to enhance health and well-being. The TFHSP utilizes the ancient Chinese model of subtle energy meridians integrated with the western chiropractic postural/structural emphasis; to assess the present experience of a whole person in the context of his or her uniquely lived life. We use muscle testing or monitoring, together with the person's own subjective personal assessment to get a sense of energy balance, posture and attitude. We use various touch reflexes to balance the flow of subtle energy and re-align posture. In addition, one of the most dynamic tools for effecting subtle energy, posture and attitude is the use of metaphors which may be discussed or contemplated independently, or in conjunction with touch reflexes. When we contemplate/discuss metaphors as part of our energy balancing protocol, we extend, and enrich the meaningfulness of our lives, create new meanings, new insights, new patterns of energy flow and renew the whole Soul. The specific ways that we use metaphors creates subtle and sometimes dramatic changes in our awareness and in the balance of energy, allowing us to be conscious of our choices, to make choices that are more in harmony with our well-being in all the aspects of our Soul and life, and enhance the quality of our experience of life.

As science divides the human being and human experience into parts for purpose of study, we may re-integrate our concept of the whole Soul by contemplating various facets of life in turn, and in relation to one another. The functions of the 14 meridians, the metaphors of the Five Elements, as well as free association related to the functions of the

muscles provide fertile ground for enhancing our perception and experience of our lives and freeing the flow of the natural healing system. These many aspects are not literally separate parts of life, but simply different perspectives for looking at an integrated, whole system. A change or shift of any one of the aspects is a change in the whole, yet by addressing the system, the Soul, as a whole, we can facilitate balance and harmony overall. The use of metaphor in healing is a way of exploring different perspectives, or areas of emphasis that will be most meaningful at the moment, and be most effective in bringing equilibrium. This may result in specific, conscious insight into life issues and a greater sense of well-being, or it may simply help to "get the juices flowing".

The western rational concept of metaphor is an interchange of relatively equivalent terms, which may create gradations of meaning, or superficial ornamentation of language, but conserves a particular meaning for each word. Even in this framework, we can benefit from savoring the nuances of difference between terms, but the TFHSP use metaphors in a far more open, creative and intuitive way to access the whole Soul, physically, mentally, emotionally and spiritually as well as developing new intellectual meaning in the lived life of the person. This concept serves as a blueprint for the person wanting changes for the better in their lives.

Metaphors are symbolic image/action pictures which draw figurative or literal similarities, parallels, correlation's etc. between different, sometimes even disparate things or events. When offering a metaphor we often assert a structural similarity between two aspects of life normally thought of as separate. This principle can be a very powerful catalyst for creative thought and insights into areas where we feel stuck, and find that the subtle energy of the natural healing system is literally blocked. There is a transformation in

consciousness and in our energy, posture and attitude which occurs as we perceive first a cognitive disequilibrium, then that "aha!" of seeing the connection or relation between ideas and aspects of our Soul and our life, and finally grasp an emergent structure, image or idea that we have never before contemplated. It may be a more subtle and sophisticated perception of wider patterns and implications, or an appreciation of a simpler, more basic truth. This process allows continual discovery of new meaning in events and extension of meaning through comparison. The exercise of juxtaposition and synthesis helps us to realize the dynamic holism of the whole Soul that is so much more than a series of discrete parts assembled in a mechanical way.

In TFH we use the Chinese Five Element metaphors which will be best understood if the words are thought of as pictures that are brought to mind and thus can have many interpretations and suggest actions, processes, changes, stories and parables. These word-symbols are to be interpreted in the context of the life we are living. They may have a message for us about some aspect of our life, or symbolize the essence of our life as a whole, our symbol-story, the parable of our life. Thus, we consider the ideas and intuition of the individual to be the most significant for him or her. We are looking for any imagery that vividly illustrates or represents some significant aspect of your life. This is a creative/associative activity which returns the authority and "authorship" of the meaning of one's life to the individual, increasing awareness of the multitude of available choices, facilitating choices that are in harmony with the whole Soul, and enhancing the quality of experience and appreciation of life.

TFHS Protocols draw metaphors from four main categories: mechanistic, functional, contextual, and intuitive. We draw mechanistic metaphors from the actions of the muscles and consider how these actions or gestures might represent events or issues in

our life. We draw functional metaphors from the functions of the organs either in western physiological terms or especially in eastern terms of the meridian functions in the whole Soul and try to see these functions as symbols of how we are functioning in life. We draw contextual metaphors from eleven categories of the Chinese 5 Elements, considering all of the phases of life, and how these relate to our present circumstances and experience. Finally, but most importantly, we are always open to intuitive metaphors. We listen to our internal wisdom and the concepts that naturally come to mind, whether they seem to relate logically or not. More than rationally making sense, the best metaphor rings true and feels right for the person seeking balance.

When we offer metaphors to someone seeking our assistance in balancing their own energy, we respect their individual sense of integrity, well-being, and intuition. As we "deliver" the metaphor, it is very helpful to be aware of two aspects of the words we are speaking. One is the "vehicle" of the metaphor and the other is the "tenor" or "tone" of the delivery. The "vehicle" consists of actual words used to convey the metaphor. The tenor is the underlying idea, subject, or situation and the tone of voice and way the words are conveyed. Words may have a different meaning for the person who hears them than they do for the person who is speaking. It is good to be conscious of any "baggage" from a person's past experience that they attach to a particular word. Clarify what the words mean to the individual who is contemplating them. If they are meaningful, if they "ring true", don't worry if they "got the joke" that you meant to be telling. If the words fall flat, then you might offer an alternative meaning of the words for them to consider. We may also deliver additional, different or conflicting meaning in the tone or tenor of the way that we say words. It is important to be aware of our own attitudes and to be conscious of the multiple messages expressed by those we are helping.

**A Protocol for Fix-As-You-Go Balancing
Using Metaphors as a Primary Intervention**

1. Establish a goal that you feel enthusiastic about and you believe is possible.
2. Do any pretests that you normally do
3. Check and correct the Central and Governing meridians, using the usual reflexes (i.e. Spinal Reflex if bilateral weakness is found, then NL, NV, Meridians, etc. or use circuit location if you prefer)
AND--- as you use the touch reflex, refer to the metaphors for the Central and Governing meridians.

Example, Central: "What subtle, small thing do you need to let go of?"

Example, Governing: "What burden do you need to release?"

4. Check and correct the rest of the meridians using the following guidelines for using metaphors:
 - 4a. Before using any touch reflexes, offer the word or concept of each metaphor and see what idea or meaning it suggests to the person being balanced in the context of his or her life/goals.
 - 4b. Present the metaphors as only *possibly* meaningful. Clarify your own understanding of the traditional meaning of the metaphor, or of your interpretation in this context only to "prime the pump" and get ideas flowing, rather than dictate meaning.
 - 4c. It may be fruitful to talk over all of the metaphors if it feels appropriate for both people, but it isn't necessary to talk about all of them. Sometimes just one metaphor "rings the bell".
 - 4d. Recheck the muscle to confirm that it is now strong. If the muscle has remained inhibited, see if contemplating the other metaphors rings a bell for the person. Finally if you've exhausted the metaphors and the muscle is still weak, continue with the touch reflexes. Do this with each of the muscles representing the meridians until no further imbalances are indicated by muscle tests.
5. Reassess your goal and how you are feeling, noting whether any of the metaphors will be valuable for you to hold in mind to enhance your ongoing awareness, dynamism, and balance.

**A Protocol for Assessment Balancing
Using Metaphors as a Primary Intervention**

1. Establish a goal that you feel enthusiastic about and you believe is possible.
2. Do any pretests that you normally do
3. Check and correct the Central and Governing meridians, using the usual reflexes (i.e. Spinal Reflex if bilateral weakness is found, then NL, NV, Meridians, etc. or use circuit location if you prefer)
AND--- as you use the touch reflex, refer to the metaphors for the Central and Governing meridians.

 Example, Central: "What subtle, small thing do you need to let go of?"
 Example, Governing: "What burden do you need to release?"
4. Check the rest of the indicators for the remaining meridians, recording results on the 5 element diagram, or the Midday Midnite/24Hour "Wheel".

 (4b. If you are going to check for over-energy, use the Alarm Points to establish over-energy pattern.)
5. Assess the best place to begin balancing according to the 5-element or "wheel" rules. (see TFH manual , pages 112-115)
6. Once you've chosen the appropriate meridian to start with, refer to the metaphors associated with muscle/meridian/element, ***following these guidelines:***
 - 6a. Offer the word or Concept of each metaphor and see what idea or meaning it suggests to the person being balanced in the context of his or her life/goals.
 - 6b. Present the metaphors as only *possibly* meaningful. Clarify your own understanding of the traditional meaning of the metaphor, or of your interpretation in this context only to "prime the pump" and get ideas flowing, rather than dictate meaning.
 - 6c. It may be fruitful to talk over all of the metaphors if it feels appropriate for both people, but it isn't necessary to talk about all of them. Sometimes just one metaphor "rings the bell".
 - 6d. Recheck the muscle to confirm that it is now strong. If the muscle has remained inhibited, see if contemplating the other metaphors rings a bell for the person. Finally if you've exhausted the metaphors and the muscle is still weak, continue with the touch reflexes.
7. After correction, recheck all (under-energy) muscles to confirm that they are now facilitated. Correct any which may have remained inhibited, ***repeating steps 6a-6d.***

 (7b. If you have checked over-energy, recheck ALL alarm points- all should now be clear. Use the acupressure holding points for sedation of any over-energy which may have remained.)
8. Reassess your goal and how you are feeling, noting whether any of the metaphors will be valuable for you to hold in mind to enhance your ongoing awareness, dynamism, and balance.

Dealing with Environmental Sensitivities

by Elizabeth Barhydt, PhD. MT, and Hamilton "Hap" Barhydt, PhD

Abstract Environmental sensitivities can cause a wide variety of reactions such as sneezing, coughing, tearing of the eyes, gastric distress, etc., to more generalized reactions, such as tiredness, confusion, learning impairment, etc. This paper describes muscle testing techniques to check for environmental sensitivities and energy balancing techniques to neutralize these sensitivities.

Environmental sensitivities are most obvious when they cause specific reactions, such as sneezing, coughing, tearing of the eyes, gastric distress, etc., but environmental sensitivities can also result in more generalized reactions, such as tiredness, confusion, learning impairment, etc. Environmental stress can often have a debilitating, disorganizing effect on the nervous system. People often don't notice these effects. They can be subtle and cumulative.

A person with a learning difficulty already has a problem with their neurological organization. As a result, environmental factors may have a significant effect on further degrading performance. This is especially true when it comes to reading and writing, since these are neurologically demanding tasks.

Hap has long been plagued with environmental sensitivities, initially foods, then plants, and then a continually growing list of factors as his immune system became more and more overloaded. His symptoms could be controlled by various medications, but he disliked taking drugs on a continuing basis. Encouraged by the pioneering work by Paul Dennison, Steve Rochlitz (refs. 9 and 10); and Jimmy Scott (refs. 11 and 12), we started to experiment with procedures that would work for us. As with our other work, we centered our efforts on techniques that were suitable for self-help.

We have since used these techniques successfully with many other people.

Typical examples include:

- Cliff, who woke up with a headache every morning due to sensitivity to his bed pillow,
- Vickie, who found her office fatiguing due to sensitivity to the fluorescent lighting, the contents of the air filter, and the lacquer finish on her desk,
- Anne, who was tearing and sneezing after trying some new cosmetics,
- Ryan, who was asked to leave school because of improper behavior and was able to return after learning with his mother's help to balance himself to his school room environment and to his food.

The balancing procedures neutralize the environmental sensitivity immediately and provide nearly instantaneous relief from the symptoms.

Typical examples of environmental sensitivities include:

Lighting: Fluorescent lighting, even full-spectrum, can switch off many people. Test under natural lighting, and then test while looking at the fluorescent lamp. Experiment to see if the color of the light makes any difference.

TV & Computer Video Tubes: The radiation and flickering from these devices can be disturbing to your brain and nervous system. You will find that the switching-off effect may vary according to the distance from the screen.

Colors and Patterns: Generally speaking, reds, yellows, and oranges are more disturbing. Blues and greens generally have a

more calming effect, but some people will switch off to these colors. Color combinations may also cause problems even when the individual colors do not. Patterns in pictures and illustrations may also cause problems.

Sound: Certain types of music have more of a calming influence; other music is more disturbing. Usually it is the anapestic beat typical of rock music that is disruptive, and more harmonic music with an even beat, such as classical baroque and folk music, is more calming.

Geopathic Disturbances: Subtle disturbing energies may be generated by underground water flows, geologic faults, and geopathic energy lines.

Fabrics: Some people are so sensitive that even wearing certain fabrics can cause difficulties. Synthetic and animal fibers are most likely to cause problems. Also of concern are dyes and chemicals added to affect the body and finish of the fabric.

Plants, Animal, and Foods: There are many types of plant, animal, and food sensitivities resulting from contact or breathing in odors and other emanations.

Chemicals: Paints, glue, building materials, aldehydes, agricultural chemicals, cleansers, personal care products, cosmetics, etc.

Airborne Chemicals and Particles: This category includes dust, molds, vehicle exhaust fumes, agricultural odors, toxic chemicals, etc., in solid and gaseous form.

Environmental Sensitivity Testing

Since the body-mind has a way of compensating for environmental disturbances in order to remain strong, it is best to muscle test first "in the clear" outside the influence of the environmental factor, and then to retest in its presence.

We find that for purposes of testing and balancing environmental sensitivities can be divided into two basic types: electromagnetics and sounds, which we will call Type A, and chemical, which we will call Type B.

Type A: If you are testing electromagnetics (lighting, color, pattern, computer, TV, wrist

watch, high tension wires, transformer vaults, etc.) or sounds:

- Remove the environmental factor for 30 seconds or more. In some cases this may require looking at a neutral surface, e.g. white or gray, or leaving the room or turning off the lights or the machinery producing the environmental factor.
- Check the test muscle to make sure that it is balanced.
- Then restore the environmental factor and muscle test again and note if the muscle switches off.
- If the test muscle remains switched on, check the test muscle again while holding five fingertips against the body.

Note: This step uses the Five Finger Electromagnetics screening test (refs. 1, 2, and 3) to check the possibility that the environmental factor may have induced Central Meridian Reversal or some other bio-electric switching disturbance that prevented the test muscle from switching off.

- If the test muscle switches off for either test, the person being tested is sensitive to that environmental factor.

Testing and balancing **Type B** sensitivities requires collecting of samples of suspected environmental factors. For example, if you are balancing environmental sensitivities to plants, you must collect a sample of each plant that is suspected of causing a reaction. Once collected, these plant samples can be dried, saved, and reused. Once you have a collection of common plant materials that cause environmental sensitivities in your area, you can share that with other people. Much the same can be done with fabrics, plastics, and animal materials. Foods are better used fresh.

Airborne Particles and Chemicals are **Type B** sensitivities; however it may be difficult to impractical (smog, for example) to get effective samples. The most practical sources are the filters on air circulation devices and air ionization devices.

We collect airborne samples by using an air circulating fan with a removable air filter. We run the fan for several hours in the area

containing the airborne chemicals and particles that we desire to test and neutralize. Then we remove the filter and hold this against the testee's navel to determine a possible environmental sensitivity.

Note: Actually you may want to do a before and after test. The filter may already contain chemicals and particles to which the testee is sensitive before running the fan in the test area. In such a case we would balance to the filter first and then run the fan in the new area to determine if any additional sensitive chemicals or particles have been picked up.

To test a **Type B** sample:

- Check the test muscle to make sure that it is balanced.
- Place a sample against your navel, muscle test, and note if the muscle switches off.

Note: Reflex points for all the meridians are located around the navel, which was your connection point to your source of life, your mother, before your birth; so putting the sample here in effect checks it against all parts of your body.

- If the test muscle remains switched on, check the test muscle again while holding five fingertips against the body.
- If the test muscle switches off for either test, the person being tested is sensitive to that environmental factor.

Environmental Sensitivity Balancing

The balancing exercises described below will balance only the particular environmental factors present. It is possible to balance several factors at one time, but factors not present will not be balanced.

To balance a **Type A** (electromagnetic) environmental sensitivity, place yourself in that environment and continue with the following balancing procedure:

- Do the **Five Finger Quick Fix** (refs. 1, 2, and 5).

Note: The Five Finger Quick Fix, also known as the Electromagnetics Basic Balance and as Trilateral repatterning, balances all the electromagnetic imbalances (ref. 13) triggered by the environmental factor being neutralized

After balancing, retest to confirm that the environmental sensitivity has neutralized. If the factor has not been neutralized, there may be one or more **Type B** factors also involved.

To balance a **Type B** (chemical) environmental sensitivity, place yourself in that environment and continue with the following balancing procedure:

- Hold a sample against the navel with one hand and stroke up the center of the forehead from the browline to the hairline with the index finger of the other hand; then put the sample down.

Note: Stroking up the center of the forehead temporarily locks in the imbalance signal from the suspected environmental factor (like the HOLD button on a telephone) so that you no longer have to hold the sample next to your navel and thus have your hands free to do the balancing exercises (ref. 7).

- Then do the **Frozen Muscle Basic Balance** (refs. 3 and 5), while humming a single note and rotating your eyes around the periphery of your vision field with your head held erect and motionless. First rotate the eyes up and to the left, going around in a complete circle. Then rotate them up and to the right continuing in a complete circle in the opposite direction.

Note: The humming and eye rotations help to activate various brain centers which control the body-mind response to the environmental factor. The Frozen Muscle Basic Balance (which we have since realized is actually more appropriately called the Over/Under Energy Muscle Basic Balance) balances all the over and under energy muscles and meridians triggered by the locked in signal from the environmental factor being neutralized.

After balancing, retest to confirm that the environmental sensitivity has been neutralized. We have found this procedure to work over 90% of the time. But if the factor has not been neutralized, try repeating the balancing procedure using the **Structural Basic Balance** (refs. 3 and 5) in place of the Frozen Muscle Basic Balance. This will correct many of the cases not corrected by the Frozen Muscle Basic Balance. Or muscle test the finger modes you prefer to use and find one that works.

We have found that it is best to limit the number of Type B balances done at any one time. The balancing procedure can be momentarily energy draining as the body readjusts to its new response to the environmental factor. Sometimes it is appropriate to lie down and rest for 20 or 30 minutes while the body responds to the balancing exercise.

On rare occasions there will be a healing reaction (Herkseimer effect) to Type B balances where the response to the environmental factor will intensify and then disappear.

If you have extensive food sensitivities, we suggest doing a Type B balance at mealtime with the entire plate of food just before starting to eat. If you forget and have a reaction to the food you just ate, the balance exercise usually works just as well using the dirty plate. (There seems to be enough of the food energy remaining on the empty plate to balance your reaction to the food.)

Occasionally successful environmental balancing can be a little more complicated. Recently we bought a new set of cotton-polyester bed sheets and pillow cases. We muscle tested them in the store still in their cellophane packages with no ill effect, and washed them before using them. However Hap had an immediate strong reaction to the new bed linens on the first night he attempted to sleep on them. Doing both the Type B procedure using both the Frozen Muscle Basic Balance and the Structural Basic Balance and the Type A procedure did not correct the problem; so he spent the night on the sofa. Hap noticed that the bed linens gave off an odor that was unpleasant to him; so the next day we ran an air circulation fan with a filter that Hap had been previously balanced to over the bed for several hours. Upon retesting Hap was sensitive to the filter, and he rebalanced himself to the filter using the Type B procedure with the Over/Under Energy Muscle Basic Balance. He then lay on the bed sheets and found that he was still reacting to them, although much less strongly. He repeated both the Type A procedure with the Five Finger Quick Fix and the Type B procedure with the Frozen Muscle

Basic Balance while lying on the sheets. This completed the neutralization procedure, and he has since been able to use the sheets and pillow slip without any adverse reaction. After the completion of the balance, he barely noticed the odor from the sheets that had previously been very strong and overpowering.

So if the basic Type A and Type B procedures don't seem to do the job, try other variations until the problem is licked. Another approach is to put the signal from the environmental factor on Signal Lock (by stroking up the forehead, spreading the legs, etc.) and to use finger modes to find the priority balancing techniques.

Environmental Sensitivities occur when the stress caused by the environment exceeds some threshold level. Our individual threshold levels vary depending on our state of health and the strength of our energy balance. The length of time that the balancing of an environmental sensitivity will hold depends on these same factors. Some balances may last a lifetime after a single balancing session; others may be short lived. For those factors that do not stay in balance initially, repeating the balancing exercises over a period of time will gradually build up the strength of your tolerance to that factor and improve the length of time that the balance will hold. It is possible for these balances to become permanent when your tolerance level becomes high enough.

Caution: Although these techniques will enable you to greatly reduce or neutralize the stress caused by many environmental factors, but common sense still tells that in the case of factors known to be toxic and to be capable to inducing long term health problems it is best to minimize exposure to these factors, even though you may have balanced yourself to these factors. This is particularly important in regard to foods.

We would be particularly concerned about factors that do not stay in balance after repeated balancing. This may indicate a high level of toxicity and a good reason for avoidance. Or this may indicate an

overstressed adrenal system which can be caused by excess carbohydrates in your diet.

Note: Some of the material in this paper has been previously published in the copyrighted book, "*Self-Help for Stress and Pain*", by Elizabeth and Hamilton Barhydt (ref. 5).

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Muscle and Organ-Gland Associations

by Elizabeth Barhydt, PhD, & Hamilton "Hap" Barhydt, PhD

In AK and Touch for Health every muscle is associated with a meridian, and, following traditional Chinese medicine, every organ and gland is also associated with a meridian. Thus we can hypothesize that every muscle is associated with an organ or gland, and vice versa. Furthermore this suggests that by balancing all the muscles in a body will balance all the organs and glands, and thereby bring the body to an improved state of health.

Direct knowledge of these associations, as revealed in the following table, can help to guide a therapist in their course of balancing with their client. The information in this table is derived from the "Touch for Health" book by John F. Thie, DC, and "A Muscle/Organ/Remedy Correlation" by Timothy D. Francis, MS, DC, DIBAK, DHM, published in the Spring, 2000, issue of the AK journal.

Meridian	Muscle	Organ-Gland
Central	Supraspinatus	Brain
Governing	Teres Major	Spine
Stomach	Pectoralis Major Clavicular	Stomach
	Levator Scapulae	Parathyroid
	Anterior Neck Flexors	Sinus
	Posterior Neck Extensors	Sinus
	Brachioradialis	
	Biceps	Stomach
Spleen	Latissimus Dorsi	Pancreas
	Middle Trapezius	Spleen
	Lower Trapezius	Spleen
	Triceps	Pancreas
Heart	Subscapularis	Heart
Small Intestine	Quadriceps	Small Intestine
	Abdominals	Small Intestine
Bladder	Peroneus	Bladder
	Sacrospinalis	Bladder
	Anterior Tibial	Bladder
	Posterior Tibial	Adrenal
Kidney	Psoas	Kidney
	Upper Trapezius	Eyes & Ears
	Iliacus	Kidney

Meridian	Muscle	Organ-Gland
Circulation-Sex	Gluteus Medius	Sex Organs
	Adductors	Sex Organs
	Piriformis	Sex Organs
	Gluteus Maximus	Sex Organs
Triple Warmer	Teres Minor	Thyroid
	Sartorius	Adrenal
	Gracilis	Adrenal
	Soleus	Adrenal
	Gastrocnemius	Adrenal
	Infraspinatus	Thymus
Gall Bladder	Anterior Deltoid	
	Popliteus	Gall Bladder
Liver	Pectoralis Major Sternal	Liver
	Rhomboids	Liver
Lung	Anterior Serratus	Lungs
	Coracobrachialis	Lungs
	Deltoids	Lungs
	Diaphragm	
Large Intestine	Tensor Fascia Lata	Large Intestine
	Hamstrings	Rectum
	Quadratus Lumborum	Appendix

B's Before Balance

by Jan Cole, MEd

Years ago, 1976 or 77, I heard the-not-yet-famous, Sheldon Deal, D.C., speak at a National Health Federation meeting in Denver. I was impressed and intrigued when he muscle tested the volunteer prone on a table for vitamins and minerals during the demo. Later, I shared a bit of this information at a Shaklee Christmas party. During the evening, Nancy, the hostess, dressed in a beautiful red plaid-skirted, white-bloused dress, volunteered to lie on the floor (since we had no table) to be tested for vitamins. A little crazy! Remember this is the way I had seen Dr. Deal do the tests - with the client prone. Checking the few points I learned from him, Nancy tested strong with two - three C's etc. Assuming from other lectures and studying I'd done, that she was deficient in B's. because of her heavy smoking, we placed six/seven B's on her abdomen resulting in a weak muscle response. I added more. Still weak. More—still weak. Finally - the whole container, 25 or more of the B's—still weak! All these people gathered around watching, including the pastor of her church who solemnly claimed it "the work of the devil". Couldn't get that arm strengthened. "Well, Nancy, " I proclaimed, " you are so deficient you don't have enough B's in your house to get that arm strong."

What's wrong with this scenario? Plenty!

1.) Laying someone on the floor especially in their fancy clothes, is inappropriate; it's preferred to test for nutrients/food in a standing or sitting position.

2.) Diagnosing -telling her there weren't enough vitamins to correct her deficiency.

You can have the person observe and count what they see without telling them exactly. It is then their decision what to do with this information.

3.) Didn't know the body would check weak not only on a "lack of" but, will show a muscle indicator weakness AS SOON AS THERE ARE TOO MANY vitamins/minerals, etc.

Over the years, I learned more about doing this sort of testing, including the Riddler point chart and thought it important to share in the classes I was teaching. In one of the first Touch for Health classes, I taught, we tested a woman at the beginning of class for several vitamin points. Her need for B's, (touching the tip of the tongue), was eight cold processed tablets. "Have you been under a lot of stress?" I asked.

Her response, "How did you know?" (B's are one of the known stress relieving vitamins, which among other systems helps the functioning of the nervous system.)

Eight is a substantial amount when testing in the moment. At the end of the evening, after exchanging a TFH balance with her partner, we retested her need for B's. She muscle checked weak with eight, six, four ...even one tablet! The balance had erased her need for this stress-handling nutrient...at least until...she was under high stress again, ate inappropriately, etc. Amazed, and continually amazed by the results of what we do, I often include vitamin/mineral checks in any balancing session.

The following are several recent results using RePatterning as the balancing technique:

CURT tested:	<u>Before</u>	8 B complex	<u>After</u>	2 B complex
	<u>the</u>	4 Cal-Mag	<u>the</u>	2 Cal-Mag
	<u>balance</u>	6 Vit.C (500 mg)	<u>balance</u>	2 Vit C (500 mg)

ELAINE tested	<u>Before</u>	2 B complex	<u>After</u>	2 B complex
	<u>the</u>	4 Cal-Mag	<u>the</u>	2 Cal-Mag
	<u>balance</u>	3 Vit. C (500 mg)	<u>balance</u>	1 Vit. C (500 mg)
		4 Vit. E		4 Vit. E
		2 Formula I (Shaklee)		1 Formula I
		1 Multi		1 Multi
		4 Echinacea		2 Echinacea
		3 Blood builder		3 Blood builder

These significant changes in nutrient need were made after two different types of balances; in the first story with a basic 14 muscle balance, the following two were RePatterning balances. My contention is that any of the balances we do with the many differing Kinesiologies will produce similar results, whether it be a TFH balance, PKP, Health Kinesiology, Biokinesiology, Transformational Kinesiology, Behavioral Kinesiology, Applied Physiology, Educational Kinesiology, Blueprint, or any other kinesiology I've failed to mention.

Why take and test for vitamins and minerals? Ideally, all vitamins, minerals and other nutrients obtained should be obtained from our food intake. However, because there is a big difference between optimum health and merely the absence of illness, stress levels, workloads, rest, exercise, food intake, environmental pollution, genetics, attitudes, emotions are factors to consider in your supplement support for health maintenance and illness prevention. As we are constantly changing, so do our needs and although we won't likely be 100% "nutritionally fit" at any given moment, muscle testing can serve as a guide to usage since:

a. Getting all the necessary nutrients from food is unlikely.

Several reasons are:

Picking produce too early doesn't allow it to develop the way nature intended; long food storage causes deterioration of some nutrients. A study in the American Journal of Clinical Nutrition showed 40% of B6 is lost in

freezing, 67% in canning. Processed grains lost as much as 94% B6 and 74% pantothenic acid.

Various food preparation methods interfere - intense heat can destroy nutrients, boiling causes some to leach into the cooking water. Processing not only causes destruction of many nutrients, but strips others such as in refined white flour - 86% of seven vitamins tested were lost and 13 minerals depleted. Drinking soft drinks, coffee, some teas, alcohol, smoking, pesticides, insecticides, herbicides, fungicides, bacteriocides, virocides, disinfectants and other chemicals used in growing food, irradiation, OTC drugs and many common medications cause extra nutritional demands on us. Research has shown 90 of the 100 most prescribed drugs can interfere with nutrition metabolism - Ex. the antibiotic tetracycline decreases absorption of calcium, iron, magnesium, xylose, amino acids and fat and increases urinary loss of Vit. C, B2, nitrogen, folic acid and niacin.

In addition to all these reasons the nutrient content of fresh food varies enormously depending on soil, weather and time of harvesting.

b. Often people don't take enough to support unbalanced conditions that exist or are developing.

According to the US Dept of Agriculture, the average American consumes about 50 tons of food in a lifetime - a large portion of it fat and sugar. "The leading nutritional problem in the United States today is overconsumptive undernutrition," or the eating of too many

empty-calorie (junk) foods, says Jeffery Bland, Ph.D., a biochemist and nutrition expert from Gig Harbor, WA. Statistically, studies have concluded that almost two-thirds of an average American's diet is made up of fats and refined sugars having low or no nutrient density necessary for good health.

There are more than 40 nutrients essential to health. In a land of plenty, the sad truth is too many Americans are ill-nourished. One study by the U.S. Dept. of Agriculture with 37,000 men, women and children demonstrated five "problem nutrients". A third of the study consumed less than 70% of RDAs (which are generally too low to assure maximum health) for each of five essential nutrients. Approximately half the group consumed too little vitamin B6; 42% received inadequate calcium and nearly a third were lacking in enough iron or magnesium.

Balancing your diet is easier said than done. Generally a "balanced" diet consists of meat, dairy, fruits and vegetables, cereals and grains. Consumption of fruits/vegetables and cereals/grains have declined and food and beverages with no nutritional value has increased significantly. Inadequate intake of proper nutrients can lead to marginal deficiencies which can reduce the body's ability to resist infection and disease. The role of vitamins in the immunological system has been well-documented. Attacks by a number of bacterial and viral infections have increased due to marginal deficiencies of key vitamins. Further, inadequate nutrition affects overall emotional and physical performance and health status, as well.

c. It's possible to overdose with these substances, which can create allergies in the body. There are about 4,000 cases of vitamin overdosing each year in this country. High doses of vitamins A, D, and B6, as well as niacin, iron, zinc, copper and selenium and others have been shown to be toxic. For example, overdosing on Vit. A can cause dry, scaly skin, headaches, loss of appetite and hair, nosebleeds, tiny hemorrhages and swelling of the retina, increased brain and spinal fluid pressure, blurred and double vision, liver damage and birth defects of the brain-spinal cord-urinary tracts of infants of overdosed mothers. In children, it can cause

inflammation of membrane covering of long bones, causing extreme painful, tenderness and abnormal bone growth.

Carol Smith from Orlando read a book claiming B6, acting as a diuretic, could ease the swelling she was experiencing from a foot injury and surgery. As recommended by a health food store clerk, she took 100 mg a day with no changes to her foot, but ended up with a form of nerve damage called "peripheral neuropathy" caused by excessive intake of B6. It took her nine months before most of her symptoms of severe painful shocks running through her body to disappear. She still felt weak and now suffers from food allergies she didn't have before.

d Testing can help determine individually the best choice or brand for each person.

Yes, the brand you use matters! Although most supplements are safe, some can cause negative reactions. Different amounts will test differently between the various brands even though they may be the same number of milligrams. A friend tested for seven "all-natural" 500 mg vitamin C tablets with a brand she was using, but only four of another "all-natural" cold-processed brand 100 mg tablet. A difference of only three tablets, but 3,500 vs. 400 mg is an incredible 3,100 mg difference!

The government says that a vitamin can be called natural even if it contains very little natural ingredient. An entire label potency might be made from the synthetic chemical vitamins. That means you can have a synthetic Vit. C, add 3% wood pulp (when an additive named methyl cellulose) and it can be called a natural vitamin. Other "natural" items that can be added to make it "natural" are sugar, talcum powder, chalk, shellac, etc.

Most vitamins are produced by one of three processes:

1.) Lyophilization (cold) process which preserves the Life Force energy and whole food value for better assimilation. Suggested first choice.

2.) Crystallization (heat and/or pressure) destroys the Life Force and rendering

enzymes nearly biologically inactive. Source in natural foods, but vitamin is isolated by distilling, heat or solvents. Usually a cheap source as 98% of product is thrown away. Augmenting factors are gone so no balance. Not wholly assimilated. Second choice.

3.) **Synthetic** (chemicals) almost no assimilation. Not food. Avoid if you can. A chromatogram, an assaying technique which identifies components of a solution through colors and patterns on special filter paper, will show three distinctly different patterns between these processes. In photos, the lyophilization process displays a vibrant spray effect while the synthetic shows "deaden" concentric circles.

e. Will show how useful a balance can be besides feeling better, which in turn can reduce supplementation costs.

When should I take them? A rule of thumb with meals, but there are exceptions. One exception, to get the most out of a mineral supplement, it may be advisable not to take them with a high fiber meal because fiber has a tendency to bind the minerals preventing absorption. Some experts like James and Phyllis Balch, authors of *Prescription for Nutritional Healing*, indicate that fat soluble supplements, like vitamin B and C, should be taken just after meals. Again, differences of opinions and a plethora of information can be confusing. Test, test, test.

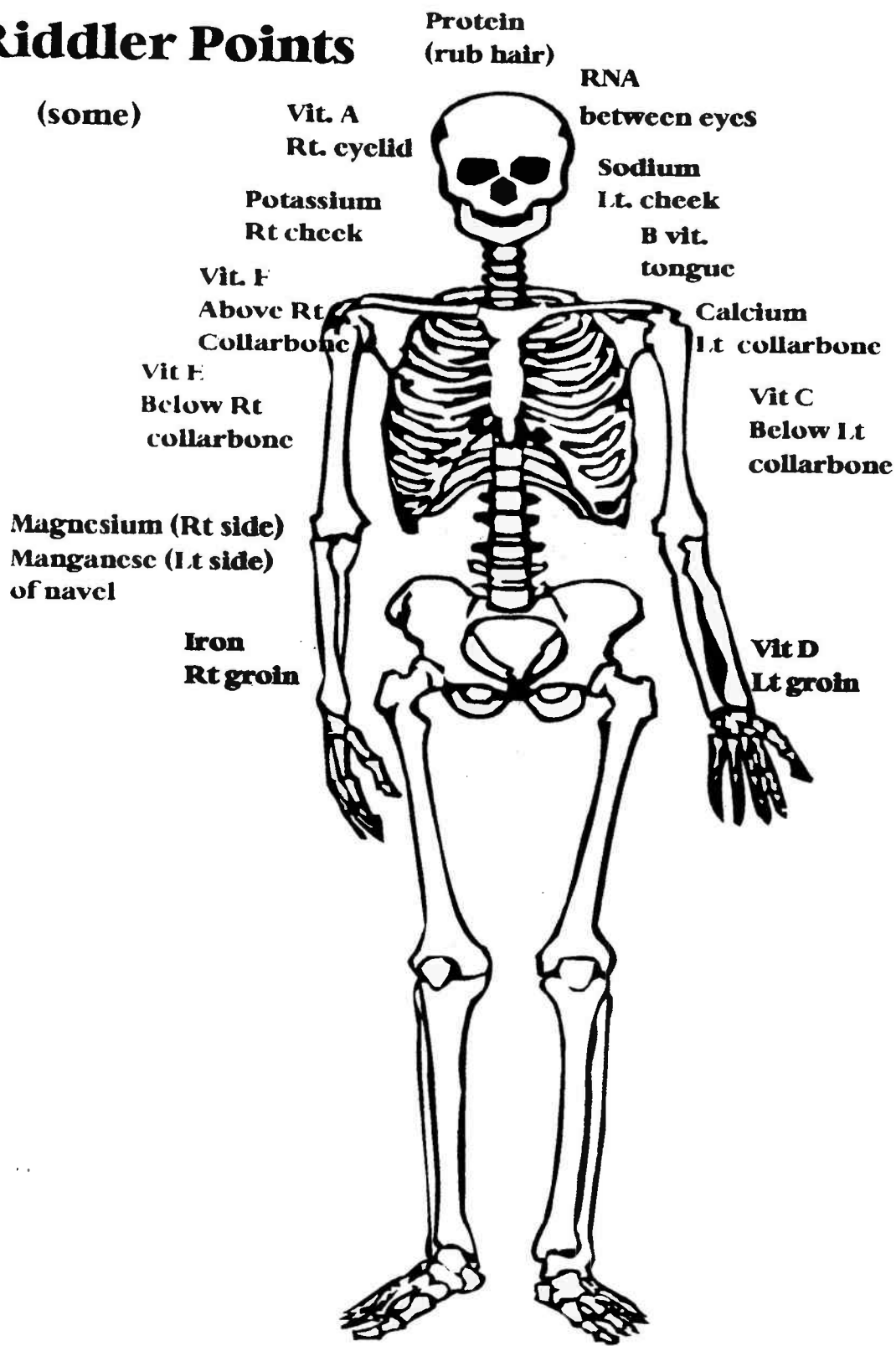
To review testing for vitamins and minerals:

1. Choose an indicator muscle to use for testing. PMC s or LATs work well.
2. Check and correct for neurological disorganization (switching)
3. K27's, water, zip up/down, etc. There are varied of ways of doing this.
4. Have the client touch the particular vitamin point (using Riddler's chart, Accurate Muscle Testing for Food and Supplements by the Barhydts, Three in One Concepts Genetic Nutritional Chart, Vitamin Manual by Victor ?? or other)
5. Muscle check for a weak or strong response.
6. Have client hold correct correlating supplement one at a time muscle checking after each one until you obtain a weak muscle response.
7. Have client observe and count. Do not prescribe.

Process:

- A. Muscle check each vitamin point and determine amounts shown.
- B. Balance the person with a Touch for Health balance or other.
- C. Retest the vitamin points to note changes.

Riddler Points



The Neuro-Emotional Energisers

by Bruce A. J. Dewe, MD, MICAK, NZRK, NZCNMP

Business and industry today suffer a huge loss of effective work hours through the inability of both management and staff to recognise, acknowledge and adequately express negative emotional states. People need simple, safe, easily learned techniques that they can utilise on a daily basis to relieve stress. Practitioners of all kinds (and especially kinesiologists) must become aware of, utilise and teach their clients how to participate in their own stress release programme. Kinesiologists are primarily educators. Kinesiologists do not work with medical diagnoses, nor do we treat in the traditional sense. Our function is to release blocked energy flow in the body.

The Chinese called this energy 'Chi'. We in the West know it as our life force or life energy. Our clients may not talk about their life energy but they recognise the shifts in their energy levels when given positive evaluation and thanks after a job well done. Stress reduces life energy. Clients may complain that they feel drained, wrung-out, worn to a frazzle or use some other colourful expression. What they, and many of my fellow medical colleagues do not recognise, is that they are describing blocked life energy. Our job is to educate. We are primarily teachers. In our book 'Stress Release made Easy' my wife and I describe simple techniques any person can use to help recognise stress and the emotion associated with that stress. We also provide several ways to release stress simply and safely. Today I want share new, powerful stress release points you can use to help destress your clients or better still, help them to feel good about their present and confident about their future.

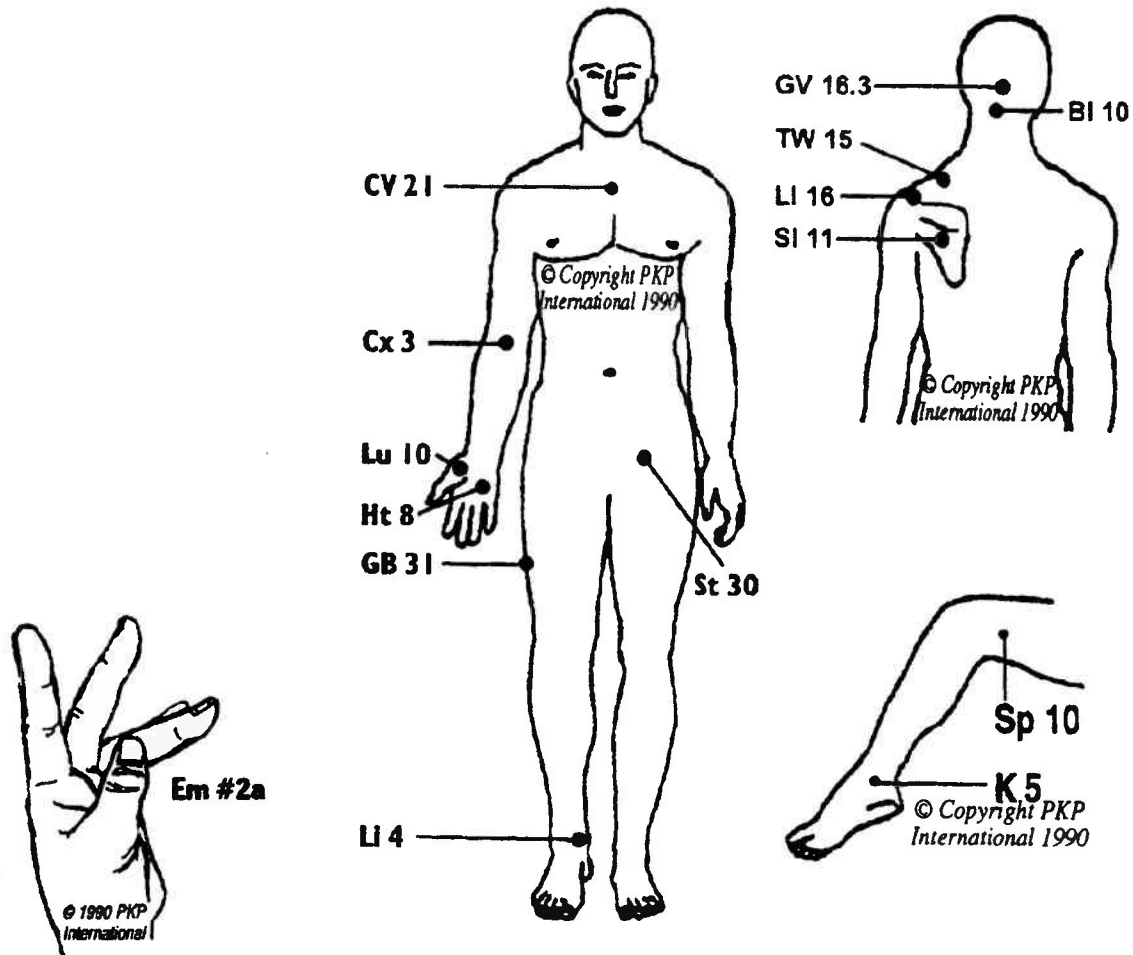
These new points, called Neuro-Emotional reflexes (NE points), are among the many 'turn-on' points that we use in the Professional Kinesiology Programme taught

by PKP International. Firm stimulation of these emotional circuit breakers may safely release pent-up emotions, create a calmer disposition, increase stress tolerance and even settle chronic digestive upsets.

Historically, the first research findings were made by Dr Michael Lebowitz DC, USA, who was looking for more emotional stress release (ESR) points similar to those found on the forehead. Michael reasoned that if there were ESR points on one of the six yang meridians they could be present on them all. (Only yang meridians begin or end on the head.) What he found were six points that did relieve stress. However, all his points were on the body not the head. As well, these new emotional circuit breakers did not respond to the same light touch as the ESR points. These new points required firm stimulation.

Dr Bruce Dewe MD, New Zealand, Founder of PKP, proposed that these new points could well be present on all meridians because their nature was so radically different from the traditional ESR points. He began searching for the points on the yin meridians as well as the central and governing vessels. What he found was that while the yang points were all on the body, the emotional circuit breakers for the yin meridians were A on the limbs. The circuit breaker for the central vessel (CV) is at the base of the throat and that for the governing vessel (GV) is at the back of the skull.

Dr. John F Thie DC, USA, Founder of the Touch for Health Synthesis (TFHS) and father of Kinesiology as most of us know it, traditionally encouraged the use of the Neuro-Lymphatic reflexes (NLs) as the first option for balancing muscles that do not lock when tested. Dr Thie taught that sluggish lymph flow associated with the sedentary lifestyle and toxic environment of many cities was a major source of muscle imbalance.



The PKP Finger Mode for the Neuro-Emotional Reflexes

Location of Neuro-Emotional Reflexes

In a similar way, Dr Dewe recognised that most people today are stressed, under pressure, feeling not heard and failing to receive the recognition they feel they deserve. This, combined with an inability to express or appropriately release underlying emotions or tensions is the cause of much home and workplace stress. Since the publication of the book 'Is it Worth Dying For?', by cardiologist, Dr. Robert S. Eliot MD (Bantam, 1984) more and more medical doctors have begun to admit that stress plays a very large part in the illnesses for which their patients seek help.

For this reason, Dr Dewe believes that the Neuro-Emotional (NE) points should be the first points, coupled with an awareness of the specific emotion involved, that kinesiologists consider when faced with an unlocked

muscle. Firm stimulation can often produce a sudden emotional outpouring with great consequent relief. However, the success of the method should not be judged by the presence or absence of tears nor the amount of noise the client makes. Reserved people will still release their stress in a less dramatic manner.

NE points are generally tender (or a little sore) to touch. If a NE point is extremely painful it may indicate the need for more calcium in the person's diet. This is because under prolonged stress the body makes greater demands on its calcium reserves for both nerve transmission and constant muscle activity shown as chronically tight, tense muscles.

Your client may have already told you that they are 'biting people's heads off', jumping at loud noises, becoming tearful easily or have 'jumpy' or restless legs in bed. These are all indicators that your client may need to increase the calcium content of their diet or for at least a period of time take a calcium/magnesium supplement.

Evaluation:

1. You have found an unlocked muscle.
2. Find the related emotion.

Balance:

1. Locate the NE point for the meridian related to the muscle.
2. Do firm stimulation of the NE points, both sides, for about 40 seconds.
3. As you do this stimulation encourage your client to discuss the relevance of the related emotion in their life at this time.

Challenge:

1. Recheck the muscle. It now locks.
2. The emotion no longer unlocks an IM.

The NE points have proven so valuable in the hands of PKP practitioners the world over that this technique is now incorporated in the new Basic Kinesiology Programme that offers in many countries

We trust that your clients find the NE points as helpful as ours do.

NE Point Wall Charts A4

To assist you learn these valuable points PKP has produced a Neuro-Emotional Wheel to complement our Five Element Emotion charts. The points are illustrated and their positions described.

Coloured charts with the exact points clearly marked are available from ICPKP. We take VISA and MIC. Order by Fax: +64-9-570-8979 or e-mail: office @icpkp.com.

Feel free to visit our website at
www.icpkp.com

The Warren Balance

by Warren Jacobs, MD

This is "The Warren Balance" , adapted from John Thie, D.C. and his wonderful book TOUCH FOR HEALTH, by Dr. Warren Jacobs.

A. Have the testee state his/her own name and test with an indicator.

Have the testee state that his name is one other than his/her own and test with an indicator. You should find strength with the truth and weakness with what is not true.

B. CENTRAL. Zip up (from the perineal body up to the bottom of the lower lip). Test. Zip down (from the lower lip down to the perineal body). The subject tests strong on the zip up. This signifies that you are ready to proceed to C. If the subject is strong on down and weak on up, the subject is overwhelmed by something in his/her life and the energy is reversed. This must be identified and corrected before proceeding further.

Ask: "What is too much for you in your life at this time?" To help the subject get from the general to the specific you may offer some choices as: career, money, personal relationship, health, or family. You may test each of these in turn to find which one makes a change in the person's energy. When you sense there is sufficient identification, have the subject make the statement: "Such and such is too much for me right now." Zip up and test with the indicator. It should be strong. Now you are ready to proceed to GOVERNING.

C. GOVERNING. Trace from the perineal body up the back over the head and down to the upper lip. If strong, proceed to D. If weak, this suggests the subject is overburdened. Ask: "What burdens you?", "What is difficult for you at this time?" First come with the general list: family, health, money, personal relationship, career, etc. When the general area is identified, get more specific. In the case money comes up, ask: "Money for what? Money for rent, clothing? Whose

clothing? Ah, money for clothing for the children for the new year at school that is just beginning." Have the subject state: "I am burdened with the task of providing enough money for clothing for the children to start the new year at school. This is my burden. If it truly is the burden, we find, on re-testing governing, that it now holds strong.

D. With Central and Governing energy flowing properly, we now proceed to see in what realm does the subject's primary difficulty lie.

Structural	- thumb to the index finger
Nutritional	- thumb to the middle finger
Emotional	- thumb to the ring finger
Circuits	- thumb to the little finger

Test the indicator while the subject places his/her fingers in the above positions. Where the weakness appears, identifies what approach we will use to make the balance.

E. If the weakness occurs when the subject touches thumb to middle finger, this suggests the problem is nutritional, and so we state:

1. This person is lacking something. Test.
2. This person is taking in too much of something. Test.

Now we must identify just what it is. We go from the general to the specific. This substance is a:

1. fat
2. protein
3. carbohydrate

If strong on protein, we next determine if the protein is of animal or vegetable origin. If animal, we test to see if it is beef, pork, or lamb, and so on. When the specific substance is identified, we have the subject state: "I would do better without beer" (for example) and test the indicator. Should the subject object, have him/her state: "Two glasses of

beer per day would not hurt," and test with the indicator.

F. EMOTIONAL Weak with thumb to ring finger

Now that we have Central and Governing flowing in the right direction and have identified the treatment mode, we are ready to check the muscles to see what needs correction. We begin in accord with the time of the day as 9-11 AM corresponds to Latissimus Dorsi (spleen). Refer to the chart taken from the book of John Thie, "Touch for Health", which appears on the next page. This will show you where to start after checking the time of the day.

Test each muscle in turn to expose weakness. If the weakness is bilateral, it is only necessary to rub the spine in a cranial-caudal direction in the vicinity of the neuro-lymphatic points for that meridian. Most often the weakness is unilateral and we then ask the question relating to the organ or meridian of weakness. The questions are as follows:

SPLEEN - What do you hate yourself for?

HEART - This is either an issue of LOVE or SURENESS (test each in turn to see which holds)

SMALL INTESTINE - What is good in my life that I am not enjoying at present?

BLADDER - What seems hopeless?

KIDNEY - What is my greatest fear?

CIRCULATION-SEX - What do I need to feel deeply satisfied?

TRIPLE WARMER - What has humiliated me?

GALL BLADDER - Who am I angry with?

LIVER - What distressed me and made me think less of myself?

LUNG - Who/what do I miss?

LARGE INTESTINE - What is it I do not like about but wish this did not trouble me?

STOMACH - Who do I feel sorry for?

G. After the specific answer is obtained for the question pertaining to the weak meridian, the muscle should test strong on retest - and instantly so as the subject acknowledges this connection that has heretofore been denied to consciousness. This is demonstrated by retesting at this juncture. Reinforcing measures are: 1. massaging the appropriate (and usually tender) neurolymphatic points and 2. tracing the meridian.

The muscles are tested in turn in keeping with the sequence as listed above. You may note that the lines of the meridians are not truly separate. Where one "ends" the next "begins". In reality, we have chosen to break this continuous energy flow into sections which we assign to the organ functions of the organism.

Upon completion of the 14 muscles - when all are strong we trace central and governing and invite the subject to sit up slowly as often there is a sensation of lightness or dizziness. Usually a pleasant relaxed feeling is reported by the subject. This completes the balance for the emotions.

H. CIRCUITS Should the subject weaken when touching thumb to little finger, this is suggestive of circuit energy imbalance. One should then determine utilizing an indicator muscle whether this is Tibetan Eight energy or some activity such as cross-crawl or even perhaps some sport activity such as jogging or some recreational activity such as dancing.

I. STRUCTURAL Should the subject weaken with thumb touching index finger, it is good to look for a structural problem. Should none be apparent, consider X-ray, C-T scan, and/or MRI. In the treatment consider referral to a chiropractor for manipulation.

THE WARREN BALANCE

IN SUMMARY :

1. Test with the name to see if the main switch is on.
2. Check CENTRAL and GOVERNING to make certain the energy is flowing in the proper direction.
3. Check the finger modes to see where the primary correction lies, whether structural, nutritional, emotional or circuits.
4. Test the remaining muscles in turn, beginning with the time of day appropriate muscle (that is if the mode is emotional).
5. Ask the question relating to the muscle found to be weak - moving from the general to the specific.
6. After identifying the specific emotion and its relation to the subjects life experience retest the muscle to see if it is now strong.
7. Reinforce by massaging the neurolymphatic points and trace the meridian.
8. Repeat for each weak muscle found.
9. Trace central and governing and have the subject sit up slowly.
10. The hug is optional.

* GOOD LUCK! *

Family Application of Homeopathic Principals

by Marilyn Joyner, RN, BSN, CHt

Homeopathy is a system used to treat disease, which is based on Hippocrates' Law of Similars: "When a natural substance is given to a healthy individual, symptoms will arise; when that same substance is ingested by someone who is ill with similar symptoms, it acts as a curative." In fact, the word homeopathy is Greek in origin, and literally means "similar suffering". So the principles of homeopathy are ancient, and were utilized in medicine by the Egyptians, Chinese, Incas, Aztecs, and Native Americans.

The modern practice of homeopathy arose in the early 1800's, when a German physician named Samuel Hahnemann experimented with taking the herb Chinchona bark (also known as Quinine), which was used for treating malaria. Hahnemann discovered that although he had been healthy prior to ingestion of the herb, he began to experience classic symptoms of malaria. These symptoms subsided naturally after a few hours. Through this experiment, Hahnemann was able to demonstrate Hippocrates' Law. He then began to ingest various substances and accurately document the effects they had on him. He also recruited friends and colleagues to help him with his "provings" as they came to be called. Although he was able to demonstrate again and again the principle of "like cures like", he still had a problem in that many of the substances he wanted to test were extremely toxic even in small doses. To eliminate the potential of harm from his experimentation he began to dilute the substances many times, and discovered that he could produce results even with solutions which had been so diluted that none of the original substance remained.

Many homeopathic references were created from the work of Hahnemann. His documented provings have been expanded upon and printed into various versions known as *Materia Medica*s, which are used as homeopathic references today. The *Materia Medica* is to homeopathy as the Physicians' Desk Reference is to allopathy. It lists the

known homeopathic remedies in alphabetical order, and relates the symptoms they are effective for. The cross references which list symptoms, (known in homeopathy as rubrics) and recommends which remedies treat those rubrics, are known as Repertories. As with the *Materia Medica*s, there are many Repertories on the market. Some references are a combination *Materia Medica* and Repertory. The information detailing Samuel Hahnemann's principles of homeopathy is called Organon of Medicine. Anyone serious about the study of homeopathy would benefit by becoming familiar with the material contained in this valuable resource.

Homeopathy as a particular science involves diluting a substance to the nth degree, and treating the symptoms the remedy would cause in a larger dose in a healthy individual. For example, *Allium Cepa* is the homeopathic remedy made from onions. In a healthy individual onions cause the eyes to water and the nose to run, so these are the symptoms that *Allium Cepa* treats. This is a remedy I buy in the fall to treat hay fever which presents with these particular symptoms.

The dilutions are done very methodically and mathematically. The most common dilutions are either X or C potencies. The X potencies are 9:1 or decimal based, and the C potencies are 99:1 or centesimal based. A centesimal potency is produced by combining one part of the original substance, known in homeopathy as the mother tincture, with ninety-nine parts of a carbon containing substance such as alcohol or lactose. The solution is then vigorously shaken. This process of shaking the diluted substance to release the energy of the mother tincture is known as succussion. At this point the procedure has produced a 1C homeopathic potency. Creating a 2C potency of the same remedy requires combining one part of the 1C solution with ninety-nine parts of the carrier solution and succussing it again. The entire process of diluting and succussing is known

as potentization and rather than referring to "dosages" as in allopathy, in homeopathy we refer to "potencies". After a remedy has been potentized twelve times not one molecule of the mother tincture is present within the solution, yet the more diluted the remedy, the more powerful it is!

Since it does not work chemically, the obvious question is, "How does homeopathy work?" The answer is that it works on the vital force of the individual. The term vital force not only alludes to the meridian energy, but also the energy field which encompasses the body. The vital force is that portion of ourselves which sustains life. There are people called clairvoyants whose range of visual perception includes frequencies high enough to embody the human energy field. Most clairvoyants claim that disease actually presents itself within this field (also known as the aura), *before* it becomes apparent within the physical body. Everything apparent within the energy field eventually becomes apparent within the physical body or psyche, and everything within the physical body and psyche is apparent within the energy field. The energy field actually contains an imprint of the physical, mental, emotional and spiritual processes of the individual. Disease can be treated at the physical level which in turn affects the energy field, or conversely, it can be eliminated from the energy field which causes it to disappear within the body. Homeopathy restores abnormal vibrations within the energy field which then eliminates the corresponding disease from the physical body. However, the effectiveness of homeopathy is not only confined to the physical plane, but acts at the mental and emotional levels as well.

There are three laws of healing which apply to homeopathy. These were first described by Constantine Hering who was a German homeopathic physician that immigrated to the United States. These laws in summary state that healing occurs from the inside out, in reverse order of appearance, and from the upper parts of the body to the lower parts.

Homeopathic treatment can be effective for acute conditions as well as for chronic ones. Acute conditions are sudden in onset and

either cause death or allow for recovery. Chronic conditions are those with slower onsets, but which are sustained. Treatment of either acute or chronic disease with homeopathy requires considering a totality of the symptoms, but a much more involved history is necessary when treating chronically.

Treating chronic disease with homeopathy realizes the most beneficial results when the person's particular constitutional remedy is researched. This is accomplished by taking a complete lifetime history including personality, sensitivities, fears, affections, temperament and emotions, delusions, traumatic events, and physical symptoms. Each element of the history is considered to determine which remedy best suits the individual. Although the process is an arduous one, the results can be well worth it! Needless to say, the practice of determining constitutional remedies and treating chronic disease is best left to a trained homeopath.

For the sake of this presentation, we are going to focus on the use of homeopathy to treat acute conditions which frequently occur within the family. The effective use of homeopathy requires the understanding that homeopathic remedies are not matched to particular diseases, but rather to particular sets of symptoms. The process of matching a remedy to the totality of the symptoms is called repertorization. The remedy whose provings most closely match the totality of the symptoms for a particular person is called the *simillimum*.

Sometimes when treating disease homeopathically, the subject will experience a healing crisis known in homeopathy as an aggravation. An aggravation is a temporary intensification of current symptoms, or a resurgence of previous symptoms in reverse order of their original appearance. Although sometimes inconvenient, aggravations are rarely problematic. Consider that symptoms which are present during either an acute illness or an acute expression of a chronic illness usually indicate that the body is trying to heal itself. For instance, in a common cold the runny nose, fever, and cough are all indicative of the body's attempt to expel or fight against the infecting organism. When the remedy

restores the body's vital force and in doing so strengthens the immune system, symptoms related to an immune response would naturally become more exaggerated. This is however, only a temporary condition and signifies that healing is occurring. When treating constitutionally, the most recent illnesses are ameliorated first, and symptoms of old illnesses which have been suppressed with pharmaceuticals may temporarily reappear. These symptoms are usually milder than when originally experienced, and they will disappear as the constitutional remedy continues to restore the vital force. An aggravation is actually a sign that the remedy is a good match.

Later in his research, Hahnemann discovered LM potencies, which are derivatives of 3C potencies. The advantage of using LM potencies is that they augment the healing process while minimizing the aggravation. The LM tincture is made by adding 500 drops of a carrier solution to a 3C potency remedy. One drop of this tincture is placed on 300 sugar pellets (usually lactose, or milk sugar) to produce an LM1 potency remedy. To make an LM2 remedy requires succussing a LM1 pellet in a small amount of water to which grain alcohol is added. One drop of this solution is placed on 300 pellets. The process is repeated each time to create potencies ranging from LM1 to LM32. Treatment proceeds through the LM remedies in order as determined necessary.

Although the subject of homeopathy may appear complex, when used in potencies sold over the counter it is innocuous and can be very effective. Accurate determination of a remedy requires paying attention to the particular symptoms, which may vary from person to person even with the same strain of infecting organism. Noticing not only the symptoms, but also what conditions aggravate or ameliorate them and the accompanying mental state is important. There are many references which are listed in the bibliography which will assist you in determining the most appropriate remedy in a given situation. A good one to start with is The Family Guide to Homeopathy by Alain Horvilleur, M.D. Although most health food stores carry homeopathics, it is really convenient to own a

family homeopathic kit. The one that I recommend is manufactured by a company in Las Vegas called Dolisos. The kit runs about \$100.00, and can be accessed by calling 1-800-DOLISOS. I advise that you order your kit in 30C potencies. These are effective without producing significant aggravations. You will know if your selection was not the appropriate remedy only by realizing that it didn't alleviate the symptoms. Remedies in a 30C potency will do no harm, and can be used safely both in conjunction with pharmaceuticals and during pregnancy.

Those of us with skills in kinesiology have an added advantage. If uncertain of the best remedy for a given situation, you can use muscle testing to make the determination. This is done by finding a strong muscle to use as an indicator. Then muscle test as you scan the area of discomfort by placing a hand over that area. This should weaken the indicator muscle. Remove the remedies being considered from the kit, and have the subject hold each of them over the thymus area while you muscle test and scan at the same time. The remedy which best strengthens the indicator muscle will be the most effective.

The best way to learn homeopathy is by practicing it. Muster the courage and jump in with both feet. You won't regret taking the plunge!

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Bladder Infections:

Aconitum napellus--During earliest stages. Difficulty passing urine followed by burning pain during urination. Fear and anxiety.

Apis mellifica--Severe burning and stinging pain in urethra before, during and after urination. Urge to urinate extreme, but only able to pass small amounts. Feels like swelling in urethra.

Berberis--Pains during or after urination with cutting or shooting pains from bladder to urethra or from urethra to pelvis, thighs, or back.

*Cantharis--Frequent urination with burning pain. May have severe burning or stabbing pains in urethra or bladder before, during, or

after urination. *Most commonly used remedy for bladder infection.*

Mercurius--Burning with uncontrollable urge to urinate with dark urine. Urine passes in small amounts. Burning worse when not urinating.

Nux vomica--Burning or pressing pain in bladder during urination. Needle like pains from urethra to bladder.

Burns:

Belladonna--Internally if pain is throbbing, angry, red, and swollen.

Calendula Cream or Ointment--Apply locally to burns with redness but without any blistering.

Cantharis--Take internally for a bad burn.

Constipation:

Alumina--Traveler's constipation, no urge

Bryonia--Large, hard, dry stools

Nux vomica--Ineffectual urging

Colds and Flus:

*Oscillococcinum--Will eliminate cold and flu symptoms only during onset. Take this as the first symptoms present themselves and repeat dose each time symptoms reappear. It usually takes 1-4 doses to eradicate the disease. It may also be used prophylactically.

Aconitum napellus (Aconite)--Early stages after being exposed to cold, dry wind. Intense head cold symptoms with sneezing and watery runny nose. There may be high fever, restlessness, sensitivity to light.

Allium cepa--Thin, watery, clear, burning discharge from nose which irritates nostrils and upper lip. Eyes red and burning with profuse bland tearing. May have tickling in larynx and painful dry cough. Thirsty.

Arsenicum album--Profuse watery nasal discharge which burns the skin, and nose feels stopped up. Nose may tickle and feel irritated, leading to violent sneezing. Cough

from either larynx or deep in chest may be loose or dry, with burning chest pain. Feels chilly, restless, and worse at night.

Belladonna--Sudden onset with high fever, dry, flushed, red, hot face. Hypersensitive to stimuli such as light and noise. Throat red and sore. May have headache or earache with throbbing pain. Cough is barking and painful and produces thin mucous.

Bryonia--When cold has moved into chest. The cough is dry, painful and spasmodic.

Euphrasia--(Opposite of Allium Cepa) Bland watery discharge from nose and copious burning tears.

Gelsemium--Fatigue, restlessness, achy, chills up and down spine. Dry sensation in nose with irritating watery nasal discharge. Good flu remedy.

Hepar sulphur--Used in later stages. Thick yellow nasal discharge which may have bad smell. Cold causes sneezing. May cough up thick yellow phlegm, and generally worse with exposure to cold.

Kali bichromicum--Used in later stages. Nasal discharge thick, and yellow or green with offensive odor. Thick post nasal drip with sinus headache. Also used for chronic sinusitis.

Mercurius solubilis--Begins with chills then violent sneezing. Either thick green or profuse watery nasal discharge with makes nose and upper lip sore. Sore throat with difficulty swallowing and bad mouth odor.

Natrum muriaticum--Thicker, clear, eggwhite like nasal discharge. Nose may be stopped up with loss of smell and taste.

Nux vomica--After exposure to cold. Onset more gradual with dry, tickling and scraping sensations in nose. Initial stuffy and dry nose, then watery discharge which may be irritating. May alternate between watery and stuffy nose.

Phosphorus--Laryngitis and hoarseness. Cough may be dry or loose, croupy or deep.

Pulsatilla--In midst of cold. Thick bland

yellow to yellow green discharge. Nose may run in open air and evening and stop up in warm room. Cough may be both dry and loose with heaviness. Wants sympathy and attention.

Sabadilla--Chills with cold feet and hands. Spasmodic sneezing with copious runny nose. Severe frontal pains with redness and tearing of eyes. Sore throat begins on left side. Lump in throat with continuous need to swallow.

Spongia tosta--Cough is loud, dry, barking with hoarse, rasping respirations. Anxious and warm. Exhausted after even slight exertion.

Kali muriaticum 6x and Ferrum phosphoricum 6x--Homeopathics with decongestion effects. Take every three to four hours during cold.

Diarrhea:

Arsenicum album--Watery, irritating, burning, chilly, weak and restless; nausea and vomiting with diarrhea

Colocynthis--Diarrhea accompanied by severe cramping

Phosphorus--Watery diarrhea without pain, craves cold water but vomits it up immediately

Podophyllum--Watery, painless, and putrid; can't bear thought of food or drink

Veratum album--Explosive, weakness, violent, vomiting, breaks out in cold sweat; craving for ice water.

Earache:

Belladonna--Sudden, piercing pain, red ear and/or face--especially right ear. Eardrum looks bright red or streaked red. High fever.

*Chamomilla--Earache with extreme irritability. Oversensitive to pain. Angry and only stops when being carried. Also used for teething. *Most common remedy used for otitis media (middle ear infection) in young children.*

Pulsatilla--Stuffed, pressure sensation in ears with yellow/green mucous from nose.

Temperament is sad, whining, affectionate.

Hepar sulphuris calcarium--Ear sensitive to touch and can have pussy discharge. Irritable with swollen glands.

Headaches:

Bryonia--Sharp frontal pain with irritability, worse with motion, better from pressure

Belladonna--Migraines; violent, throbbing, worse from light and noise

Gelsemium sempervirens--Tension headache; feels like band around head; pain originates in back of head

Nux vomica--Hangover remedy; "sick headache" from overeating, alcohol, missing sleep; very irritable

Kali phosphoricum--Stress headache, overwork, worry

Insect Bites and Stings:

Apis mellifica--Internally for red, swollen bee and wasp stings.

Ledum palustre--Internally for any other insect bite. Also for Lyme's Disease.

Staphysagria--For mosquito bites that are large and irritating.

Menopausal Hot Flashes:

Kali carbonicum--Hot flashes with loss of appetite, backache, worse at 3:a.m.

Graphites--Hot flashes in face, with scanty periods, nose bleeds and weight gain

Lachesis--Hot flashes with sweaty constricted feeling around abdomen, heavy menses, dizziness, headache upon waking

Sepia--Hot flashes with accompanying emotional indifference to life and loved ones, depression with irritability, irregular periods

Menstrual Cramps:

Chamomilla--Labor-like cramps, irritable, anger, moaning

Cholocynthis--Pains which make you double over

Magnesia phosphorica--If pressure and warmth make cramps worse

Sepia--Pelvic pressure, marked with indifference to life or loved ones

Motion Sickness:

Cocculus--Nausea, vomiting, dizziness, must lie down

Nux vomica--Nausea, headache, use if you don't have other remedies

Tabacum--Deathly nausea, cold sweat, pale, better in open air

Nausea, Vomiting, and Abdominal Discomfort

Arsenicum album--Food poisoning; abdominal flu, diarrhea and vomiting, weak, restless, fearful

Bryonia--Sharp abdominal pain

Colocynthis--Cramping pain, relieved by pressure, bending over double

Ipecacuanha (Ipecac)--Nausea and vomiting, tongue is not coated

Nux vomica--Indigestion and heartburn, nausea or gas from overeating, drinking; irritable with coated tongue

Nosebleeds:

Arnica montana--Following injury

Ipecacuanha--When blood is bright red

Phosphorus--From violent nose blowing or sneezing

Ferrum phosphorica--Person may look pale, feels faint, blood bright red

Vipera--All other cases

Rashes:

Apis mellifica--Hives, red swollen edematous rashes

Rhus toxicodendron--Poison ivy, poison oak, and other similar rashes

Urtica urens--Hives

Sore Throats:

Arsenicum album--Burning pains, chilly, worse at night, better warm drinks

Belladonna--Red throbbing sore throat, fever, no pus, "strawberry tongue"

Hepar sulphuris calcarium--Swollen glands, sharp splinter sensation on swallowing, pain may extend to the ears, irritable, better warm drinks

Lachesis--Painful swollen throat on Left side, or extends from left to right, pain extends to ears or neck

Lycopodium--Sore throat on Right side, or extends from right to left

Mercurius solubilis--Swollen glands, very painful throat with white patches on tonsils. Lots of saliva, may drool, coated tongue, fetid breath

Trauma:

Arnica montana--ANY INJURY!! May take internally or externally on unbroken skin; bruises, sprains, strains, overuse

Hypericum perforatum--Crushed fingertips and toes, spinal injury, whiplash, coccyx, dental pain

Rhus toxicodendron--Sprains, early arthritis, stiffness, muscle strains, overexertion, pain and stiffness improves with movement

Ruta graveolens--Strained tendons or ligaments, tendonitis, carpal tunnel, tennis elbow, ganglion cysts

The Bellamy Performance Correction For Dominance Switching Under Stress

by Donna Kramolis

Do you know some kids, smart kids, who can't learn? We all do, especially if we are teachers. Do you know anyone who studies hard, learns the material and then does poorly on the exam? Maybe that was/is you? Are you familiar with the term stage fright and its effect on the performance? Have you ever played a sport and "blew it in the clutch?"

These situations are devastating to our self-image and our ability to make the grade, to get a job, etc. Some people end up in jail because of this low self-esteem. Lucky for them Richard Bellamy of KINETIC EDUCATION in Duluth, MN goes to the St. Louis County jail each Tuesday morning to help inmates learn to read and build up their self esteem. He has helped me to clear up old blocks and learning challenges using his techniques, also, but not in jail. I am excited about his work and wish to share it with you. I, now, present his article CATCH THEM AFTER THEY FALL written for promotional purposes for educators, and school districts. After he introduces them to our trusted leaders he gives examples of success stories. Richard doesn't tell the teachers what he does in this article but I will later on.

Please refer to appendix A.

We've all learned (I hope) about laterality dominance profiles and most importantly our own. The chart in appendix B explains some variations. After working with these concepts for many years, Richard has discovered that our personal profile can change under stress causing "normal or expected" behavior or performance standards to not be consistent.

Before continuing, I need to share a personal story about my problems with reading. Bear in mind I've been repatterned using Dennison's technique, I've taken the One Brain workshops plus others and still showed problems with reading stress.

Richard used muscle testing to determine my normal brain dominance and again while I read in a book. He found that my brain dominance switched to the other side. He then cleared me at the age of cause and reading is much easier.

The dynamic of his theory has been a reality for me for many years. I have noticed that I can completely clean my house only if company is coming. Being an L brainer, I tend to clean in great detail and it takes forever to get it done. I get bored and quit. However, the stress of guests arriving in 6 hours causes me to switch to R brain and in the "big picture" brain I can clean in no time.

Because of my laterality profile, R brain dominance would be ideal. Using his age of cause technique I learned that I switched to L brain at age 3, stressed released it and am for the most part a R brain dominant person today.

In addition, eye, ear and hand dominance can switch under certain stress situations. Here's a good eye-switching story. Even though learning was always a struggle, I made it through college and became a band and vocal music teacher in a small school. To break up the long, boring, Northern Wisconsin winters another choir director and I planned a choir concert exchange. On the appointed day I took my choir to his school. As I got ready to accompany my singers on their different style (an upright) piano with a very high music rack, I became aware I had no idea where Middle C was. Feeling around I found the two black keys and positioned my hands. I somehow made it through the concert vowing to never do it again. This eye switching concept explains to me why I had such a problem starting this concert. I switched eye dominance to my nearly blind eye.

The ear can switch, too. This may explain why people can't hear or understand you when you use a certain kind of voice. They become dysaudio.

To sum this up for you:

1. Identify normal laterality dominance profile.
2. Identify the stress or problem.
3. Put in circuit.
4. Check dominance of brain, eye, ear, hand and foot (if dealing with athletics).
5. Go to age (month/week) of cause for switching. (I like to find the emotion using the 5-element chart.)
6. F/O or use the STRESS BAND. (I add eye rotations and deep breathing.)
7. Re-check dominance profile, emotion and stress incident.
8. Return to present time and re-check everything.
9. After correcting everything do a 14-muscle balance to set the energies at the present time for the new alignment.

Appendix A, How to Catch Them After They Fall (We Seldom Catch Them Before)

by Richard W. Bellamy

The Case for "Kinetic Education" As a Reading Improvement Strategy

Learning dysfunctions--we all have them. It doesn't matter how well we read, comprehend, write, or do math; somewhere along the way in growing up, we hit a brick wall of overwhelming emotional stress and **choose** to go blind to some area of learning. What's more--from then on, we **deny** the possibility we could ever master that subject.

Simply because we're still conscious, we make the big mistake of believing we're in conscious control. Hardly. Under stress, we're into knee-jerk duplication of learned

reactions based on negative emotion, which increase our limitations drastically.

Kinetic Education techniques identify and reduce emotional stress attached to reading, writing, listening, and mathematics. Removal of the **negative emotional charge**, which can be attached to these areas of learning, enables students to think more clearly and enables a teacher to help students master subject material more easily.

Background of Educational Kinesiology and Kinetic Education

These techniques are remarkably effective in assisting the student in uncovering a variety of stress related issues.

The body of knowledge known as "Kinesiology" or **Kinetic Education** began with Dr. George Goodheart in 1964. He developed the biofeedback technique of manual muscle testing, which is used to obtain information from a person's own subconscious level. It works because a negative emotional charge makes a muscle go weak. For example, if you were about to tell someone some bad news, you might ask them to sit down first. The reaction to the bad news creates that "weak-in-the-knees" feeling.

In 1973, Dr. John Thie published a book that shares these techniques at a very practical level and can be understood by the average person.

Additional techniques were developed by Dr. Paul Dennison Ph.D. and Gordon Stokes. These techniques are remarkably effective in assisting the client/ student in uncovering a variety of stress-related issues including self esteem, depression, anxiety, addictions, phobias, and dyslexia.

An Emotional Cause

For the most part, the education experience is an "automatic traumatic experience" connected to judgments, failures, and self-judging of self-worth and abilities.

To sum up the nature of **Kinetic Education**, The student is offered self-education in **Performance Improvement**, which focuses on how to identify and correct blockages and diffuse the past emotions which block "present time" perception.

Dealing with learning disabilities, and other stress related issues, involves improving the connection between the emotional brain (usually, the right side) with the logical brain (usually, the left side) so they will become more integrated. **Kinetic Education** techniques diffuse the emotional component of past emotions which are creating learning blocks. Once the stress of these blocks is released, PERFORMANCE IMPROVEMENT can become a reality.

Do you see what I see?

Before discussing a few **Kinetic Education** case studies, notice how the following passage attempts to show what the words on a page look like to a person with a learning disability and was taken from Source Book for the Disabled by Gloria Hale.

In modern society an individual's ability to be self-sufficient is usually envied from childhood.

CASE STUDIES

The following are actual cases where **Kinetic Education** was part of a "life changing" event.

Case 1: Joe learns to read

Joe was in his mid-twenties and in jail. He could read only two words 'and' and 'the.' Joe was removed from school in the second grade because it was determined that a blow to his head, before entering school, was responsible for his inability to focus on, and perform school work. As punishment for a minor crime, Joe was confined to the Duluth Jail. He volunteered for **Kinetic Education** classes at the jail in order to occupy his time. During the first class Joe's dominance pattern was checked with **Kinetic Education** techniques. It was determined to be . . .

Right hand-Left eye-Right ear-Left brain hemisphere.

This pattern tends to be seen in people dealing with dyslexia.

It must be understood that "Kinetic Education" techniques do not teach reading, but instead they remove blocks to success in educational pursuits.

Joe would be logical until he encountered stress. For example, when reading this stress would cause him to switch to right hemisphere dominance. His left eye would now send visuals to his right hemisphere. The left hemisphere (usually logic) was now functioning at a low level, and visuals were being analyzed only as pictures.

Kinetic Education techniques lowered his stress level, keeping his left hemisphere dominant when he attempted to read. In two weeks, Joe moved through first and second grade level books. Upon his release from prison, he was reading at a sixth grade level. He could read to his daughter and was able to fill out a job application. He wrote a letter to the jail thanking them for helping him, and the Duluth United Council of Churches for sponsoring the **Kinetic Education** instruction he received. In the letter, he noted he was writing the letter himself, this was a very interesting fact, because when Joe left the jail, he showed no signs of being able to write.

Case 2: Jim -- "Mom, I can read"

While conducting an in-service training for the educators in a South Dakota school, there was a need to demonstrate how **Kinetic Education** can be used to help a student with a reading and/or a comprehension problem. A sixteen-year-old student, Jim, with a known reading problem was contacted and agreed to participate.

It is important to understand that Kinetic Education techniques do not teach reading, but instead remove blocks to success in educational pursuits. Some students do know how to read, and after removing blocks, they equal or surpass their grade level. Others may progress part way to their grade level. Still others have learned very little and need to start at the beginning.

The class agreed, when he read to them, that his reading sounded like third grade level. The decision was made to use the **Kinetic Education** stress release method. Once Jim's stressors were identified and released, he was able to read smoothly at grade level. Later, his mother reported that when she arrived home from work, Jim met her in the driveway, with

a book in his hand, to show her how well he could read.

Cases 3 & 4: Spelling Victories

Bill was in the third grade. He was looking at an 8.5 x 11 sheet where the word '**SPOT**' was written in 3" high letters. "What is this word, Bill?" I asked. "I don't know!" Bill replied. He turned the paper upside down and sideways, but he still couldn't decode the word. Then, he was shown how to place his hand on his forehead covering the area between his hairline and his eyebrows. He looked at the word again and said, "Oh, spot!"

Rachel, a fourth grader, had a similar experience. She took a spelling test and spelled nine out of ten wrong. Her teacher offered her another chance to take the test. This time, Rachel spelled all of the words correctly. The teacher asked, "How did you do it?" Rachel answered, "Well, my **Kinetic Education** instructor told me to put my hand on my forehead whenever I'm having trouble with my schoolwork. I tried it and everything sort of cleared up." Rachel received additional Kinetic work in her fourth grade year. Her California Achievement Test moved from a reading pretest of grade 4.8 to grade 6.9. Her language moved from grade 3.8 to 8.1. As stated earlier, Kinetic Education techniques enable a teacher to help students master subject material more easily.

Case 5: Jeff can concentrate

According to the staff in residence at his juvenile treatment center, Jeff was an obvious case of "in one ear and out the other." Jeff was about to turn eighteen, and he would soon be released because of his status as an adult. As a school dropout, he was destined for problems. His dominance pattern showed **no brain dominance**. Jeff was in a constant state of 'flotation,' the same state as someone who had just smoked a 'joint.' A **Kinetic Education** expert visiting the juvenile treatment center became curious about Jeff's stressors. He said, "So, Jeff, what traumatic experiences have you had since starting school?" Jeff responded with, "I don't like being in this lockup, but I don't remember much about school.

"What is the earliest memory you have, Jeff?"

"The one I remember best is when I was beat up. It was really bad."

"About how old were you?"

"Three, I think. Boy, it was really bad!"

This event probably caused Jeff to lose his dominance, so the **Kinetic Education** instructor proceeded to use the stress release method used with the others. Jeff concentrated on his beating while the whole twelve months of his third year were verbalized to him. Jeff's dominance returned immediately. Before the stress release, he could focus only for two to three minutes. The next day, he completed a calligraphy project that consumed two full hours. Jeff discovered that he had absorbed a vast amount of information during his school years. He was now able to tap into it and use it.

Case 6: Josh says, "I'm smart!"

Josh was fourteen. His mother was a teacher, and a good one. However, her son had no interest in school. He had to read text over and over and still didn't comprehend or really read very well. He explained, "After about 20 to 30 minutes, the page gets fuzzy."

Josh's mother brought him in to an appointment with the **Kinetic Education** instructor. He was not the most willing client, so the session began with discussing his interest in skiing and how he could use **Kinetic Education** to improve his time in the slalom event. Immediately, his interest level "perked up" and the instructor was able to begin assessing Josh in order to determine his dominance pattern. He was completely right sided, which is a pattern seen in those dealing with ADD (Attention Deficit Disorder). Josh liked the idea that most of the best athletes have this pattern, but when he became aware of the fact that about 90% of the jail population also have this pattern, he said, "OK, let's do it."

Josh's reading/comprehension problems started in the first grade as they do with most children dealing with ADD. After stress releasing Josh in this time frame, Josh re-read a passage, and he could explain what he read. Josh was not convinced that the release had been effective until he returned to school. He studied his English as he usually did and felt

he was going to have trouble with the test. However, this test was different--Josh knew the answers. The next day, Josh called to tell his **Kinetic Education** instructor about the test. All he could say was "I'm smart!" His mother says he is now looking forward to getting a skiing scholarship, instead of becoming a ski bum.

Summary

Learning dysfunctions are common and seem to begin in the early years of learning. In the cases previously described, the initial problem creating a learning block occurred before third grade. A simple stress release method is used to eliminate a learning block and can be effectively used when one knows where to look for the problem.

The stress release is **task specific**. For example, when working on reading, the student reads a few sentences to bring the stress created by reading "online." Then to release the stress, places his/her hand on the forehead, and then verbalizes all the months in the first and second grade. In most cases there is an immediate improvement in reading. If math is the subject, have the student do a few math problems prior to the stress release. The same is true for listening, writing, and test taking. It definitely must be understood that this work is **task specific**!

Again, these methods do not teach reading. They do, however, remove the learning blocks so that the teaching methods being used already will be more effective.

In the cases described, monumental learning difficulties existed, but by applying **Kinetic Education** techniques to remove the blocks to educational success, the students were all able to progress toward higher levels of achievement.

Even though we can "catch them after they fall", it would seem logical to begin "catching" them before they fall or as they are falling, usually in the first and second grade, in order to prevent years of pain caused by failure, as well as dramatically reducing the dropout rate.

Richard Bellamy teaches techniques for improving school and job performance, reading and retention skills, self-esteem,

and athletic performance by minimizing stress, dyslexia, phobias, and learning blocks. A graduate of the University of Minnesota, Duluth, he has since taught many teacher "in service training" workshops in Minnesota, Wisconsin and South Dakota, as well as individual training sessions in the field of education, corrections, human services, athletics, business, and health care. Richard may be contacted at 218/728-0238 or 218/725-8686.

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Appendix B

DOMINANCE PROFILE

The following empirical data has been derived from observation of regular students, students with learning differences, athletes, and jail inmates. Individuals are intelligent regardless of dominance pattern.

Dominance pattern

1.	Right systems of	Left Brain	This pattern leans toward logic, and works well with all types including educational systems.
	Ear Eye Hand Leg		Usually evaluated as "perfect"
IA.		Brain Ear	This pattern has trouble learning by listening. Taking notes is also a problem.
	Eye Hand Leg		Usually evaluated as "dysaudio".
2	Brain	Ear Hand Eye Leg	This pattern leans toward art and design - may be illogical when under stress. Usually evaluated as "artistic daydreamer".
2A.	Brain	Ear Eye	This pattern has difficulty with reading and/or spelling. May have been forced to be right handed when left handed was natural.
	Hand	Leg	Usually evaluated as "dysgraphic".
3.	Ear	Brain Eye	Becomes right dominant when under stress. This pattern has difficulty with reading and/or comprehension, and writing.
	Hand Leg		Usually evaluated as "dyslexic".
4.	Brain Ear Eye Hand Leg		This pattern has many learning difficulties, and is Usually placed in LD of EBD classes. Left eye becomes dominant under stress Usually evaluated as "hyperactive/attention deficit".

This pattern seems to account for 90% or more of the jail population.

Note:

Patterns # 3 and #4 when under stress create the same pattern. These seem to be the patterns most involved in learning problems.

The Seven Element Hologram of Applied Physiology

by Adam Lehman, ND

Abstract: Looking at the Central/Governing meridians and the "extra" Fire element meridians of Triple Warmer and Pericardium/Circulation Sex as separate elements, a three dimensional holographic model emerges that forms the basis of Applied Physiology. This simple yet profound model has led to a body of work with a history of success in difficult cases. Here we will look at the basics of this model as an introduction to Applied Physiology.

Background When George Goodheart first "discovered" Applied Kinesiology, one of its standout features was the integration of Eastern and Western philosophies. Using the Chinese acupuncture system of elements and meridians, we were shown that the energies of the body could be assessed and balanced in a Western type physiological manner.

After years of using muscle monitoring with the basic model of Chinese 5 Elements (and adding notable contributions such as the concept of overfacilitated muscles), Richard Utt, founder of the International Institute of Applied Physiology (IIAP) found that the 5 Element model was limiting in certain respects; notably, the model seemed to work mostly on the physical plane, and he was wanting to address the metaphysical as well.

After discussions with a Tibetan Monk, Richard integrated the Tibetan concepts of Air and Ministerial Fire - Air as the Central and Governing meridians (the two of the Eight Extra Meridians that are independent of the twelve bilateral meridians) and Ministerial Fire as the Triple Warmer and Pericardium-Circulation-Sex meridians. Heart and Small Intestine became the Sovereign Fire Element, and there was now a 7 Element model that addressed the connection between the physical and meta- physical planes.

Muscle Monitoring With The 7 Element Model

Have you ever had pain in a muscle and, after balancing that muscle, still had some pain that you had trouble getting rid of?

Most kinesiology monitor a muscle in its most contracted prime mover position, isolated from other muscles that act

synergistically. Other systems use the muscle in its most extended position as well (originally, another innovation of Richard Utt), though often with only a metaphorical understanding of doing so.

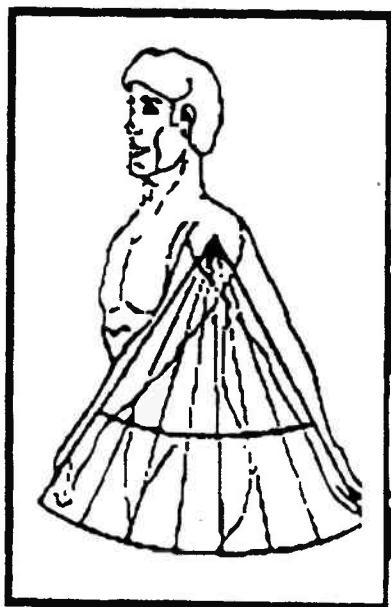
In Applied Physiology, we look at the entire range of motion (ROM) of a muscle, and monitor it through that entire range. By splitting the range into seven positions in each direction, we are able to identify imbalances in different fibers of the muscle as it goes through its ROM. This can often expose areas causing pain that may have been overlooked before.

We now see that there are 14 positions that a muscle may be monitored in. You may be familiar with the Chinese concept of command points - those points on any meridian that relate to the other elements of acupuncture. What we have in Applied Physiology is the ability to monitor a muscle in such a way as to see its relationship with each of the other *meridians*. This creates a three dimensional model which allows for more specificity - the ability to pinpoint imbalances using the extra information of *relationships* in the energy structure.

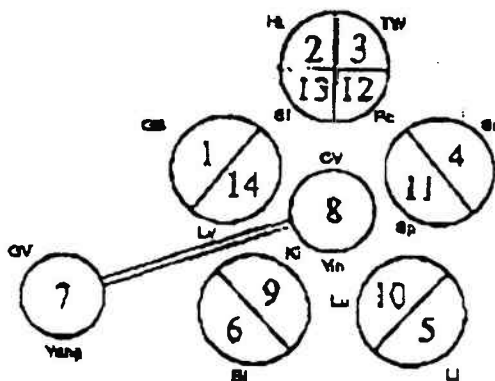
The Basics

Using Anterior Deltoid/Gall Bladder as an example (please see diagram), we monitor the muscle through its ROM split into seven segments, starting 30 degrees in front of the body and extending to 30 degrees in back of the body. Position 1 of any muscle always relates to its parent meridian; therefore, in this case, Position 1 is Gall Bladder to itself. From there, we go around the elemental diagram in a clockwise direction (remembering to count the

extra Fire element) until we get to Bladder, the last yang meridian before returning to GB. In this case, position 6 is monitoring the relationship of Gall Bladder to Bladder, by placing the muscle near to the end of its ROM and applying pressure in the direction of contraction towards extension (as in Position 1).



Anterior Deltoid - Gall Bladder



The dumbbell you see in the diagram always relates to CV/GV, and moves around the elemental wheel depending on the muscle you're monitoring. CV/GV always relate to positions 7 and 8 (the exception being when you're monitoring the CV/GV muscles), so the dumbbell is positioned between the primary element of the muscle you're

monitoring and the element directly counterclockwise to it. In this case, since we are monitoring a yang muscle, position 7 is GV and position 8 is CV.

Position 8 is the first position of monitoring in extension. So we now have the muscle in its fully extended position and are applying pressure in the opposite direction - from extension towards contraction. As we continue through the ROM, we jump over, in this case, to the yin side and come counterclockwise through the elemental wheel until we return to the Wood Element, Position 14, and Gall Bladder's relationship to Liver.

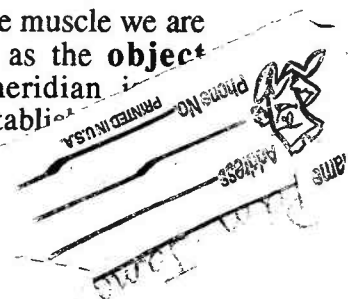
We now have a definitive pattern. With any muscle (other than CV/GV muscles), position 1 relates to its own meridian. Positions 7 & 8 relate to CV/GV or GV/CV depending on the yin/yang orientation of the muscle, and position 14 relates to the other meridian in the muscle's element.

With CV/GV, the dumbbell sticks up between the two fire elements. The rules are the same, but now Ht/SI are positions 7 or 8 depending on yin/yang orientation.

The Holographic Aspect Recently, there has been a lot of news around cloning - the ability to recreate an organism from one cell of the original creature. This very act is representative of the holographic nature of the universe.

A hologram is created by bouncing one laser (the object beam) off of an object - say, an apple - onto a plate (holographic film) and another laser (the reference beam) off a mirror and onto the plate. The resulting convergence creates a series of ripples on the film which, when later activated by aiming a laser to the film, recreates a three dimensional representation of the apple. If you cut a piece of the film and aim a laser at just that piece, you will still get a complete image of the original apple, although it will be a little fuzzy in appearance. But still whole.

In Applied Physiology, the first meridian we work with - represented by the muscle we are monitoring - is referred to as the **object meridian**. The second meridian is the **reference meridian**. By establishing



coordinates, we now have created a holographic representation. This piece is representative of the whole, and by affecting it, we affect the whole.

The Setup Another important aspect of Applied Physiology is the setup. By spending more time gathering related information, we develop the holographic picture more fully, getting a clearer representation rather than a fuzzy one.

In more advanced forms of AP, it is not unusual to build circuits that contain several sets of coordinates, with different information about each, in order to build a clear picture of what is being balanced. Often, the information alone and the connections made by them, offer insights and clarity that accomplish so much before any balancing techniques are even applied. At this point, the balancing is easier and faster (though the setup can often take a long time), with deep, long lasting results. This conscious use of the body's holographic nature is unique in my experience with kinesiology.

An Example Let's say we're monitoring the Pectoralis Major Clavicular (PMC), the muscle that represents the stomach meridian. As we go through the range of motion, we find that position 4 unlocks. By looking at our element wheel, we see that position 4 relates to the Gall Bladder Meridian. For those of you that know anatomy and physiology, you might immediately consider the relationship between the two organs to begin with. For instance, if there is a lack of hydrochloric acid (Hcl) being produced in the stomach, the lightly acidic contents of the stomach dropped into the small intestine may not be stimulating the gall bladder to eject its bile to allow for proper fat digestion. This is just a possibility, but one that may prove relevant as more information is revealed, and depending on what you are working on with a person. It is still more information than if you were just monitoring muscles in their primary positions. You might also consider the different emotions involved with those meridians and notice if that relates as well.

Let's say you are going to balance now with neurolymphatic reflex points. Instead of just

rubbing the stomach neurolymphatics, you will have your client rub the stomach NLs while you rub the GB NLs. You are now balancing in such a way that the body knows to be specific about the relationship involved in the initial stomach imbalance. Other balancing techniques can be applied in a similar manner, with the advantage of the three dimensional holographic dimension being accessed.

An Open System The growth of AP has led to the development of a continuous stream of holographic kinesiology-based balancing techniques developed by Richard Utt and now being added to by practitioners and researchers around the world. Anatomy-Physiology, Flower Essence, Blood Chemistry and Cell Holograms, as well as Chakra systems, NeuroEmotional, and Heavenly Hologram (based on the I Ching - the work of Hugo Tobar in Australia) are just a few examples of what can be accessed using this model.

With an understanding of how the 7 Element Hologram works, it then becomes easy to apply other techniques that you know. Even if a particular healing modality doesn't have a "coordinate" style (for instance, Reiki), bringing the imbalance forward in a holographic manner will allow the modality you apply to target the setup you've created.

For instance, if you happen to know and use the Neuro-Emotional points that are taught in Bruce and Joan Dewe's PKP, you might consider applying them in the above example if the emotional relationship of stomach and gall bladder is on line. Back that up with the insight and technique of the Flower Essence Hologram, and powerful changes can happen quite quickly.

Conclusion The importance of using models is often overlooked these days, and many systems come along without defining or even being based on a particular model. The use of models gives our work an important structure from which to expand and grow.

References:

Stress...The Nature of the Beast, Richard Utt, IIAP, Tucson, AZ

The Holographic Universe, Michael Talbot,
HarperCollins, New York, 1991

Note:

The holographic model of Applied Physiology provides a framework that offers substance and depth, with room to build on its foundation. Over the years (AP has been around since the early 80s), I've heard many say how AP seems difficult to them. My intention with this presentation is to dispel this myth while showing the potential power of this body of work. To this end, I hope I have succeeded.

If you would like more information about Applied Physiology and the educational programs offered, please contact the International Institute of Applied Physiology in Tucson, Arizona at (520) 889-3075, or me at (510) 549-3814.

Adam Lehman, N.D., is the founder of the Berkeley Center of KinesioHealth in Berkeley, California. He has traveled the world studying, teaching and researching kinesiology techniques. Adam has a private practice and teaches several types of kinesiology. He is the US instructor of Applied Physiology's Agape Quest - the introductory workshop of AP.

What's New at Kinergetics

by Philip Rafferty

HYDRATION

Most people believe that if they drink 4 pints of water a day they will maintain perfect hydration. In my research I have found that it is far more important to have the kidneys and adrenals stress free. I have tested the 42 muscles taught in Touch for Health on hundreds of clients. Ninety percent of all unlocked muscles can consistently be corrected with Kinergetics hydration corrections.

90% of muscles can be balanced by releasing stress from the kidneys, adrenals and hypothalamus.

There are many areas of the body that affect water assimilation of the whole body. The main areas are kidneys, adrenals and hypothalamus. The most common culprit is the glomeruli of the cortex of the kidneys, which actually filter the water. The main imbalance held in the glomeruli is emotional stress. This is an area that often holds really deep stresses. Finding and clearing the emotion can often have a major impact on every other organ and gland.

Formatting allows us to check different areas of the body to see if there is dehydration. The format for the glomeruli would be written:

KIDNEYS - CORTEX - GLOMERULI - HYDRATION.

Kinergetics research showed that previously tense jaw muscles had been relaxed by this method. I surmised that if I relaxed the jaw muscles then hydration may be improved. This soon proved to be a correct assumption.

Balancing the jaw muscles improves hydration and balancing hydration improves T.M.J.

Balancing hydration and T.M.J usually balances most of the muscle circuits - even hard to balance overfacilitated muscles and may even assist absorption of water soluble vitamins.

A student in a Melbourne workshop went bright red after taking her B vitamins, which she had taken for

over a year with no effect. She was experiencing a niacin flush for the first time - because she had just had her hydration balanced in the workshop and now she could assimilate the B3.

Dry mouth is the last outward signal of extreme dehydration.

Chronic pains of the body are indicators of chronic dehydration.

These statements are from the book, "Your Body's Many Cries for Water," by Dr Batmanghelidj.

How do we test for dehydration in Kinesiology? In the early days there was just tugging the hair. My research has shown this to be accurate only if the client is between one third of a pint and one pint dehydrated. So when a client is over a pint dehydrated, the messages scramble and the computer can't tell us its dehydrated **because it's dehydrated!**

Some Kinesiology systems have developed new strategies which are far superior to tugging the hair.

In Kinergetics we tap along the corpus callosum and verbally challenge "Water". If the I.M. changes, dehydration is present.

The body is 75% water. Brain tissue is 85% water. The average 70 kg person is 42 litres water-23 litres in the cells and 19 litres extracellular. 3 litres is in blood plasma, 9 litres in lymph and intestinal fluid between cells in the tissues. 6 litres is enmeshed in connective tissues like bone cartilage tendons skin etc. 1 litre is in joint spaces and other body cavities e.g. brain and spinal cord. Water circulates everywhere regularly. Isotopically labeled water has been proven to be evenly distributed in 2-3 hours.

Decrease in water levels by only 4% can result in a loss of function by 22%

Water is used for digestion, absorption, circulation, excretion, transporting nutrients, building tissue, maintaining body temperature, almost all living cells. It is a constituent of lubricants cushioning joints and internal organs, keeping body tissues such as eyes lungs and air passages moist and protecting the foetus during pregnancy. It is needed in every step of the process of converting food into energy and tissue. Digestive secretions are mostly water acting as a solvent for nutrients. Water is also required for the production of hydroelectric energy. It is needed in the physical body for the integrity of the acupuncture meridians, chakras and light bodies that make up our total energy fields.

Some factors that may contribute to dehydration:

Not drinking enough water (many other drinks actually dehydrate the body).

Emotional or physical stress.

Tense jaw muscles (from any cause) affect the hydration of the kidneys and adrenals.

Structural imbalances.

Dehydrating foods e.g. instant coffee.

Smoking (dries out the lungs).

Car accidents often cause jammed neck muscles which affect the kidneys.

References:

"R.E.S.E.T." and "Kinergetics" by Philip Rafferty.

"The Water you Drink" by John Archer, published by Pure Water Press.

"Your Body's Many Cries for Water" by F. Batmanghelidj M.D., published by Global Health Solutions Inc.

KINERGETICS LIGHT BODY CORRECTION

This correction balances the energy fields and may assist practitioners who use spiritual healing, meditation or intuition.

1. Perform **Pretests**. Palm of hand on navel.
2. Say "**All Levels and Dimensions Dehydration - Light Bodies.**"
Take the circuit (Pause Lock) - I.M. change NOT required.
Verbally Challenge each Light Body. STACK the first I.M. change.
KETHERIC TEMPLATE - CELESTIAL BODY - ETHERIC TEMPLATE -
ASTRAL BODY - MENTAL BODY - EMOTIONAL BODY - ETHERIC BODY
CORRECT WITH FAST FIX. Repeat with an unlocked I.M. in circuit.
1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Dehydration - Chakras.**"
Take the circuit - I.M. change NOT required.
Verbally Challenge each Chakra. STACK the first I.M. change.
COSMIC GATEWAY - UNIVERSAL GATEWAY - STELLAR GATEWAY -
SOUL STAR - CROWN - FRONTAL - CAUSAL - BROW - THROAT -
THYMUS HEART - SOLAR PLEXUS - NAVEL - CENTRAL - ROOT -
LINK - EARTH STAR
CORRECT WITH FAST FIX. Repeat with an unlocked I.M. in circuit.
1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Hydration - Light Bodies.**"
Take the circuit - I.M. change NOT required.
Verbally Challenge each Light Body. STACK the first I.M. change.
KETHERIC TEMPLATE - CELESTIAL BODY - ETHERIC TEMPLATE -
ASTRAL BODY - MENTAL BODY - EMOTIONAL BODY - ETHERIC BODY
CORRECT WITH FAST FIX. Repeat with an unlocked I.M. in circuit.
1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Hydration - Chakras.**"
Take the circuit - I.M. change NOT required.
Verbally Challenge each Chakra. STACK the first I.M. change.
COSMIC GATEWAY - UNIVERSAL GATEWAY - STELLAR GATEWAY -
SOUL STAR - CROWN - FRONTAL - CAUSAL - BROW - THROAT -
THYMUS HEART - SOLAR PLEXUS - NAVEL - CENTRAL - ROOT -
LINK - EARTH STAR
CORRECT WITH FAST FIX. Repeat with an unlocked I.M. in circuit.

1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Water - Light Bodies.**"
Take the circuit - I.M. change NOT required.
Verbally Challenge each Light Body. STACK the first I.M. change
**KETHERIC TEMPLATE - CELESTIAL BODY - ETHERIC TEMPLATE -
ASTRAL BODY - MENTAL BODY - EMOTIONAL BODY - ETHERIC BODY
CORRECT WITH FAST FIX.** Repeat with an unlocked I.M. in circuit.
1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Water - Chakras.**"
Take the circuit - I.M. change NOT required.
Verbally Challenge each Chakra. STACK the first I.M. change
**COSMIC GATEWAY - UNIVERSAL GATEWAY - STELLAR GATEWAY -
SOUL STAR - CROWN - FRONTAL - CAUSAL - BROW - THROAT -
THYMUS HEART - SOLAR PLEXIS - NAVEL - CENTRAL - ROOT - LINK -
EARTH STAR
CORRECT WITH FAST FIX.** Repeat with an unlocked I.M. in circuit.
1. Perform **Pretests**. Palm of hand on navel.
2. Say "**A.L.D. Dehydration - Aura.**" **CORRECT** if the I.M. changes.
1. Say "**A.L.D. Hydration - Aura.**" **CORRECT** if the I.M. changes.
1. Say "**A.L.D. Water - Aura.**" **CORRECT** if the I.M. changes.

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BALANCING THE MUSCLES AROUND THE T.M.J

Balancing the T.M.J muscles is an extremely time efficient way of balancing the whole body. There are many excellent Kinesiology workshops that deal with the T.M.J. This is one of the Kinergetics T.M.J. corrections.

1. Perform **Pretests**. Palm of hand on navel, preferably skin contact.
Client **CLOSES EYES** and preferably **WEARS A MASK** with a tissue underneath.
2. Ask client to **Open Jaw**.
Firmly touch all over the **Masseter** and **Temporalis** muscles, under the **cheekbones** and carefully touch around the **Temporo-Mandibular Joint**. **STACK** each I.M. change.
3. With the client's **Jaw Left** - touch on the **Right**, firmly - all over the **Masseter** and **Temporalis** and around the **T.M.J.** carefully.
With the client's **Jaw Right** - touch on the **Left**, firmly - all over the **Masseter** and **Temporalis** and around the **T.M.J.** carefully.
STACK every I.M. change. Repeat Steps 2 and 3 with an **unlocked I.M.** in circuit.
4. **Find and STACK maximum information. Visually Scan the Emotions Chart.**
If the I.M. changes - **CORRECT**.

Repeat the entire procedure with the client's **EYES OPEN**.

Applying the 80/20 Principle to Our Kinesiological Work

by Wayne W. Topping, PhD

Abstract: A thorough understanding of the 80/20 Principle, first recognized just over 100 years ago by an Italian economist but still little known, allows us to have a different, and I believe more effective way of approaching our kinesiological work with clients.

An Italian economist, Vilfredo Pareto, first stumbled upon the 80/20 Principle in 1897 when he showed that 80 percent of the wealth went to 20 percent of the people. The 80/20 Principle asserts that a minority of causes, inputs or effort usually lead to a majority of the results, outputs or rewards. Thus, 20 percent of products account for 80 percent of sales volume and profits; 20 percent of motorists cause 80 percent of accidents; 20 percent of your clothes are worn 80 percent of the time.

The reason that this Principle is so valuable is that it is counter-intuitive. It seems logical to assume that 50 percent of causes or inputs will account for 50 percent of results or outputs, but this isn't so. It is more likely to be unbalanced: 30/70, 20/80 or 5/95, etc. While the 80/20 Principle has been applied very successfully in the business community (Koch, 1998), it is not very well known in other arenas. Today we'll be applying the 80/20 Principle to our work as kinesiologists.

Based on the 80/20 Principle we can predict the following:

1. A few things are important; most are not. Therefore, we can become more efficient and effective by isolating those things that are important and focussing less on the other 80 percent.
2. 20 percent of products-customers-employees are in reality responsible for about 80 percent of the profits. Therefore, 80 percent of products-customers-employees are only contributing 20 percent of the profits. We can be much more profitable by eliminating much of the 80 percent!

3. The most productive time on a project is usually the last 20 percent, simply because the work has to be completed before a deadline. Productivity on most projects could be doubled simply by halving the amount of time for their completion.
4. 20 percent of our kinesiological knowledge will address approximately 80 percent of the imbalances clients have. Instead of working harder, we can work smarter by determining where 20 percent of effort can lead to 80 percent of returns. This supports Dr. Thie's admonition to get back to "the basics".
5. The majority of health problems (the 80%) will be caused by a few significant factors.

Now that we've given some illustrations of how the 80/20 Principle can apply to us let's expand on the last one listed, i.e. the majority of health problems will be caused by a few significant factors.

Because I've taught in 21 countries and visited others besides I am in a position to recognize that we in America are faced with some interesting health challenges. Currently Americans are the fattest people on earth and getting fatter at a fast rate. We have most of the world's ADD and ADHD with over 90 percent of the world's usage of ritalin. Seemingly we have more top athletes dropping dead or developing cancer than other countries. Just what is going on here?

I believe we face many of the health challenges we do because the minority of factors that account for 80 percent of our health and longevity are being shortchanged. Why is this important to us as kinesiologists?

Because if we neglect to consider the factors I'll be discussing our client's may not achieve the health they would like. Or, to put it in the vernacular, "We may be missing the boat." The factors we'll be considering are basic but vitally important.

1. Oxygen

You can live for weeks without food, days without water but less than four minutes without oxygen so oxygen has to be at the top of the list. In 1931, Dr. Otto Warburg won the Nobel Prize in Medicine for discovering that there is one prime cause of cancer. Stated Warburg: "The prime cause of cancer is the replacement of normal oxygen respiration of body cells by anaerobic (lacking in oxygen) cell respiration." Oxygen contributes to proper metabolic function, better circulation, assimilation, digestion and elimination, helps purify the blood, and strengthens the immune system. Most bacteria and viruses that can potentially make you sick are anaerobic pathogens — meaning that they cannot survive in an oxygen-rich environment. Oxygen produces over 90 percent of the body's energy. Thus people who are depressed or suffer from fibromyalgia or chronic fatigue benefit greatly from increased oxygen.

These are the reasons that health educators advocate aerobic exercise. However, aerobic exercise is impractical for many of those who most need it, e.g. those with chronic fatigue. A few months ago I came across a solution — a system called Body Flex (Childers & Katz, 1998). The major value of aerobic exercise is that it increases the uptake of oxygen. Body Flex can be used by people who are too fatigued or pained to walk yet this system of breathing burns calories about five times as fast as running. Any client who is serious about improving their level of wellness will integrate 15 minutes of Body Flex into their daily schedule. The reward is increased oxygenation and reduction in fat for those who are overweight.

2. Water

Americans drink very little water. The fluids they are drinking actually increase their need for water because some are diuretics (coffee, tea), some dehydrate (alcohol), and some are too concentrated and need to be diluted (fruit juices), and some are processed as solids (milk).

Probably the world's top authority on water is Dr. Batmanghelidj, author of *Your Body's Many Cries for Water*. In this book he presents a totally new paradigm, or worldview, on the origin of chronic degenerative disease.

The human body is composed of 25 percent solid matter (the solute) and 75 percent water (the solvent). In science and medicine, it has been assumed that it is the solutes that regulate all the activities of the body, including the regulation of its water intake. Because of this erroneous assumption, medical research has been directed toward identification of one "particular" substance that can be held responsible for causing a disease. For example, salt as a cause for hypertension, dietary cholesterol as a cause for atherosclerosis. Thus, with the exception of bacterial infections (which can be eliminated with antibiotic use), hypertension, asthma, peptic ulcers, arthritis, etc., are not cured but the patient takes medications for years to treat their diseases.

Batmanghelidj says orthodox medicine has it backwards. The solvent (water) is actually more important than the solute. Because their model is wrong, orthodox medicine can treat but it cannot cure chronic degenerative diseases. They don't understand the causes nor do they understand water. They are actually treating with drugs the symptoms of chronic dehydration without recognizing it!

Dr. Batmanghelidj's research has shown that such seemingly unrelated conditions as dyspeptic pain, heartburn, depression, bulimia, high blood cholesterol, high blood pressure, rheumatoid arthritis, asthma, allergies, morning sickness, chronic fatigue, excessive weight, angina, insulin-independent diabetes, and back problems, among others, have all disappeared with the ingestion of

adequate water. Each of these conditions is one of the body's many cries for water!

To illustrate the radical difference between Batmanghelidj's paradigm and that of modern medicine let's consider hypertension and asthma. When a patient has hypertension the physician will prescribe a diuretic to force water out of the body. Batmanghelidj considers that absurd. The hypertension is due to the dehydrated body desperately trying to hold on to water. Taking a diuretic worsens the situation. Batmanghelidj corrects it by having the patient drink more water!

Medical doctors prescribe anti-histamines for their asthmatic patients. It is a treatment but it doesn't cure because asthma is one of the body's cries for water that goes unrecognized. Instead, Batmanghelidj says that asthma is due to the body's natural histamines constricting the lungs to limit any further loss of water via the breath. The asthmatic is desperately dehydrated.

If you are serious about preventing chronic degenerative conditions in yourself and those you come in contact with, I highly recommend reading *Your Body's Many Cries for Water*".

3. Minerals

Sixty out of the ninety essential nutrients the body needs are minerals. However, the minerals we need to support vibrant life free of disease are no longer present in our food supply. Greedy agricultural practices had already grossly depleted the mineral reserves in our soils over 60 years ago. The late William Albrecht, a food scientist, said in the late 1930's that if we do not begin to replenish our farm lands with minerals, we will experience an epidemic of chronic degenerative disease such as the world had never seen in as little as 50 years. Today chronic degenerative disease makes up over 80% of all disease and ultimately death in all industrialized nations. I believe we are now reaping the consequences of this serious mineral depletion. We now have teenagers being diagnosed with type 2 diabetes (adult-onset diabetes), and evidence that a majority of women (aged 18-25) are already developing osteoporosis. Also have you

noticed the number of athletes dropping dead or developing cancer? How can we explain this?

Jim Fixx who popularized jogging with his best seller, *Jog Your Way to Health*, was convinced that running would keep him healthy enough to reach age 100. Sports medicine doctors, trainers, etc., assured him that he would get adequate nutrients by eating the four food groups and didn't need to supplement. Poor advice! He may have been fit but he wasn't healthy. He died at age 52 following multiple cardiomyopathy heart attacks, probably a result of selenium deficiency.

In Keshan province in China young children were dying at the rate of 13 per 1000 of cardiomyopathy (muscular dystrophy of the heart muscle, or Keshan Disease). A veterinarian on a World Health Organization team when viewing autopsies of some of the children recognized what is described in animals as "white muscle disease" — a simple selenium deficiency. Large scale, double-blind supplementation studies confirmed the link between selenium deficiency and Keshan Disease.

From 1974 to 1977, preschool and school-age children were divided into two groups. Group one was made up of 36,603 children whose diets were supplemented with 1 mg sodium selenite orally three times per week; group two was a control group of 9,430 children given a sugar tablet placebo. At the end of a three year study, the rate of Keshan Disease in the selenium supplemented group dropped from 13/1,000 children to 1/1,000 children; the rate of Keshan Disease in the control group remained at 13/1,000. Continued long term studies, eventually involving over 500,000 participants, confirmed that supplemental selenium was specific for the prevention of Keshan Disease!! (Wallach & Lan, 1994, p. 152).

How do top athletes develop a selenium deficiency? By sweating! Former American mile record holder, Steve Scott, had broken the four minute mile 147 times. He was very fit yet came down with cancer. He recognizes now in retrospect that if athletes do not supplement to replace the electrolytes they lose

through sweat they become more vulnerable to sudden death because of cardiomyopathy or may develop cancer. As Wallach and Lan (1999, p. 143) describe it:

“ Athletes sweat out more minerals in five years than couch potatoes sweat out in 50 years. If you sweat out all of your copper and don't replace it by supplementation you are at high risk of dying of a ruptured aneurysm. If you sweat out all of your selenium and don't replace it by supplementation you're at high risk of developing a cardiomyopathy heart attack or cancer. If you sweat out all of your chromium and vanadium and don't replace it by supplementation you're at high risk of developing adult onset or type 2 diabetes. If you sweat out all of your calcium, magnesium, and sulfur and don't replace them by supplementation, you are at high risk of developing arthritis, osteoporosis, and kidney stones.”

As mentioned earlier, obesity and overweight problems are increasing in America at quite an alarming rate. Some of this will be due to pica, or the craving and bingeing on sweetened or junk foods due to an underlying mineral deficiency. No known vitamin, protein, or calorie deficiency initiates this behavior. Nor will supplementing the diet with vitamins or eating sugar, carbohydrate, fat, or protein quench it! Cribbing is a name given to a particular form of pica in domestic animals. Cribbing occurs when animals chew or gnaw on a wooden fence, hitching post, or feed box. A smart farmer recognizes that the cribbing is a symptom of mineral deficiency and feeds minerals to the animal to correct the underlying problem. It used to be that pica was most manifest during pregnancy when women would eat coal, clay, chalk, baking powder, etc. We see it in children who bite their fingernails, pick their nose and eat it, or eat lead paint. In children and adults we today see pica in more socially acceptable forms: chewing gum, eating sugar, chocolate, snack food, soft drinks, as well as smoking, alcohol and drug use. Such substances cannot correct the underlying mineral deficiency but they do provide empty calories and further deplete the

body of vitamins and minerals. Americans have to be the most overfed undernourished people on planet earth.

If we are doing kinesiological balances for clients without helping many of them recognize their underlying mineral deficiencies, then I think we do them a disservice.

4. Enzymes

Without enzymes life is not possible. “They are needed for every chemical reaction that takes place in the human body. No mineral, vitamin, or hormone can do any work without enzymes. Our bodies, all of our organs, tissues, and cells, are run by metabolic enzymes. They are the manual workers that build our body from proteins, carbohydrates, and fats, just as construction workers build our homes. You may have all the raw materials with which to build, but without the workers (enzymes) you cannot even begin” (Howell, 1985, p.33).

As a result of over 50 years of research into enzymes Dr. Edward Howell proposed The Enzyme Nutrition Axiom: “The *length of life* is inversely proportional to the *rate* of exhaustion of the *enzyme potential* of an organism. The increased use of food enzymes promotes a *decreased rate* of exhaustion of the enzyme potential.”

As we get older certain substances in the body decrease, e.g., hydrochloric acid, DHEA, and co-enzyme Q10. Among these are digestive enzymes in general. For example, the amylase content of human saliva is 30 times greater on an average at 25 years of age than at 81 years of age.

Dr. Howell believes each of us is given a limited supply of enzyme energy at birth that must last us a lifetime — like an enzyme bank account. When we eat food where the enzyme activity has been destroyed through irradiation, cooking, or microwaving, we are drawing from the body's enzyme bank account in order to digest the food. True, the body will adapt wherever possible. The pancreas of Orientals on a cooked, high carbohydrate rice-type diet is relatively about 50 percent heavier than that of Americans, and

their salivary glands are also heavier. This hypertrophy of the pancreas and salivary glands in response to higher intake of enzyme-deficient carbohydrate foods has been confirmed experimentally in animals (Howell, 1994, p. 167).

However, if we are on a typical modern enzyme-deficient diet we are needing to pull so many digestive enzymes from our metabolic enzyme potential that it becomes depleted and we develop chronic degenerative diseases.

The solution is to begin eating more enzyme-rich foods and/or to supplement with a broad spectrum enzyme product to assist with the digestive process and to help reverse chronic degenerative conditions.

5. Values-Goals-Purpose

Even though good nutrition and aerobic exercise (or breathing exercises) are essential, if you want to have good health or slow down the aging process, having direction is even more important.

Between 1981 and 1984 the Body Age Study was conducted under the auspices of the Canadian Institute of Stress (founded by stress-research pioneer Dr. Hans Selye). Six hundred and twenty-three study subjects (336 men and 287 women) were chosen from a group of 1,868 applicants. Their body ages or biological ages were assessed by measuring blood pressure, resting heart rate, reaction time, skin elasticity and near-vision blurring. A physical appearance age appraisal was also accessed based on criteria such as skin tone, number of facial wrinkles, depth of facial wrinkles, length of facial wrinkles, eye-hand coordination, dark shadows under eyes, fatigue level, etc. Those who entered the program all tested biologically older than their chronological or calendar age — many by 10 years or more.

The 602 participants who completed the full eight-month program were able to reduce their body ages by an average of 8.2 years. The majority ended up “younger than their years”, testing at body ages younger than their chronological ages.

Five anti-aging interventions were used: Effective Relaxation, Essential Exercise, High-Performance Nutrition, Self-Affirming Communication, and Values/Goals Clarification. Although it may be a surprise to some, the ability to clarify and express one's values and goals turned out to be the most powerful single intervention for participants in the Body Age Study. (Earle, Imrie and Archbold, 1989).

Conclusion

The 80/20 Principle would suggest that the majority of health problems will be caused by a few significant factors. I truly believe that if we were to educate and persuade our clients to take care of a few specific items most of their problems would disappear. These would include oxygenating the system, preferably through breathing or aerobic exercise; drinking adequate water; ensuring that there are sufficient minerals in the diet and supplements; eating more enzyme rich fruits and vegetables and supplementing with enzymes to slow down the rate that our cooked foods deplete our body's enzyme reserves; and finally, but not least, encouraging our clients to establish a mission in life, to develop a sense of purpose, and to establish the goals in order to fulfil that purpose.

By addressing these factors we greatly increase the likelihood that our clients can achieve the high level wellness they deserve!

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The Crystals of Applied Physiology

by Richard Utt, IIAP

The wonderful world of the crystal energy never ceases to mystify me. From the piezoelectric qualities of the quartz, to the electromagnetic properties of the rainbow obsidian. From prehistoric times and into the new millennium, human beings will continue to be attracted to crystals for their beauty and sense of power. The practical uses of certain crystals in the realm of body energies are no less than spectacular.

The use of the six (6) sided quartz crystal, with one side rounded, can be used to store electric and magnetic information for future use. Quartz crystals have been used as receivers in radios due to their amazing ability to receive electromagnetic energy, channel and transform it. These same qualities can be used for our purposes in healing. How?

First, the natural six (6) sided shape of the quartz acts like an amplifier for incoming information. The incoming broadcasts reflect off the sides of each facet like the ricochet of a pinball in a pinball machine. Each facet speeds up the signal and retains the signal indefinitely until depolarized by a magnet, the Sun or Moon. The magnet acts fastest, much like a magnet can "rearrange" the information-carrying particles on your credit card! The Moon may require up to eight hours to depolarize a crystal but the direct sunlight will work in as little as sixty-minutes.

For practical purposes we pass the crystal between two magnets oriented "North and North" or "South and South". You may also move the crystal through the middle of a round magnet marked with North on one side, and South on the other. By passing the crystal through from one side to the other, the crystal is neutrally depolarized. If demagnetized by the North/North or Moon, the crystal is negatively depolarized. If demagnetized by the South/South or Sun, the crystal is positively depolarized.

At the International Institute of Applied Physiology, we have specifically designed our

Loading Crystals to twelve (12) sides to exponentially amplify signals to create a clearer picture when using the crystals for bodywork.

Our Loading or Holding Crystals can be adapted for a myriad of Kinesiological uses. For instance, clients may present themselves with a problem that only shows up under certain conditions. We could have them visualize the problem, but somehow they have a hard time building an intensified version of this problem. By having the depolarized crystal available (always stored in a rubber glove to keep it from being energetically contaminated), the client can hold it in their right hand and then their left hand, while they envision the problem or actually experience the symptom. This would work for a headache, a bad case of diarrhea or an argument with a spouse. Suppose the client is a runner and, while running a long distance, they experience severe pain that disappears after a mile or so. The crystal could be used in a case like this to load the intensity by holding it or taping it somewhere on the body while running, then removing it and putting it back into the rubber glove for retrieval at the time of Balancing. I'm sure you can see how this technique could be very helpful in a variety of sport conditions.

The method for retrieval is quite simple. First the practitioner must handle the crystal with rubber gloves on so as not to contaminate the original signal. Take the pointed end, or apex, of the crystal and point it toward the glabella (above the nose below the eyebrows). Then take a laser beam and point it though the rounded end of the crystal so it passes through the crystal apex directly onto the glabella. The entry point is significant, because it is on a direct line to the limbic system and the pineal gland (seat of the soul). Perform this simple procedure, and then pause lock.

This is more like pause locking the original circuit, except that it is amplified to a greater degree because of the natural amplification

properties of the crystal. The more facets on the crystal, the greater the amplification factor.

In selecting your Loading Crystal, it is important to note the sensation that you feel while holding the crystal. The one that seems to create calm is the best one for you. For the purposes of loading a crystal, it does not matter how it makes you feel, as long as it is neutrally depolarized.

We at the Institute of Applied Physiology have been using this method for over eighteen years successfully. There are many other uses for the Applied Physiology Loading Crystal, including its use in Applied Physiology research. Remember, you are only limited by your lack of imagination. We invite you to attempt this method to enhance all that you already know.

One of the most powerful crystals I have encountered is the rainbow obsidian!! I believe that this unusual crystal, which will emit the entire visible light spectrum under the right circumstances, has some very special electromagnetic properties that will allow any Kinesiologist to wade through a clutter of non-priority signals. It also protects the person wearing it from electromagnetic pollution created by high-tension wires, TV's, radio's, microwaves, computers and transformers used throughout the house for conversion from AC voltage to DC voltage.

The discovery of this phenomenon was quite by accident (ha-ha)!! I had a client that was a jewelry designer. She was in Tucson visiting our famous annual Gem Show and fate brought us together. Susan had many beautiful pieces to choose from. She asked if I would take a piece of her work in trade for an Applied Physiology session. My answer was a definite "yes!" even though I never wear jewelry or gems. She had an Egyptian piece that I fell in love with. In it was a piece of rainbow hematite that was placed upside down to form the Egyptian symbol for the goddess Isis. For many months after wearing this necklace, I felt extra energy. I could work many more hours, my mind was clearer, handwriting skills improved - I just felt centered. Also in this piece were two diamonds and an emerald.

I first began the task of identifying which, if any, single piece had such a profound effect on me. Only one other time did I remember such a distinct change in myself. That was the when Dr. Sheldon Deal used the Tibetan Figure 8's on me many years before. It turns out that the rainbow hematite, which is very rare and very expensive, was part of the necklace that affected me so profoundly. The other quality that was very important was the pyramid shape that it possessed.

Again, quite by accident, a good friend of mine (who imports large crystals from around the world) happened to have some rainbow obsidians of different shapes and sizes. In the process of experimentation, I was able to ascertain that it was only the heart shaped rainbow obsidians that would accomplish all the same things that the rainbow hematite could.

One amazing result of my research is that now we can offer beautiful and inexpensive heart-shaped rainbow obsidian crystals that can be used by Kinesiologists and lay-people alike for electromagnetic protection. They can be placed on computers, TV's, etc. or worn around the neck like a necklace. The best position is at CV22, just above the manubrium (top of the sternum/breastplate) and below the voice box.

Both the amazing rainbow obsidian and the specially designed Applied Physiology quartz crystals have a number of other interesting properties and uses for the practicing Kinesiologist. I strongly suggest that you attend the 2000 Touch For Health Conference in Milwaukee, Wisconsin, the IKC Congress in Zurich, Switzerland, or the 12-Day Stress Observation Specialist Agape Quest courses held throughout the world. I will be describing and discussing my continuing research at all of these important events. If you would like more details, visit our web site at www.appliedphysiology.com.

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