



### **ANDREW VERITY**

Started with Applied Kinesiology 35 years ago. Andrew has diplomas in Naturopathy, Homeopathy, Iridology and Applied Personology. Studied Acupuncture and Chinese Medicine, Somo-somatic Analysis, Orthobionomy and Massage. Started the IASK Association Australia and became Int President of IASK 1994. Director of Neuro-Training. Authored Government recognized Kinesiology and Solution Oriented Neuro-Training Diplomas.

### **Innate Systems – The Integration of 'Systems' for Increased Recuperation**

I made it my primary objective to integrate the proven principles of health modalities and in the personal development areas into Kinesiology over 35 years ago.

In this process I discovered that if we understood the systems within our bodies and how we were connecting to them, I could answer many of the questions people had about Kinesiology.

In trying to explain Kinesiology to those unaware of its potential I found myself having to reinvent the concept of Kinesiology into terms people could understand already.

One of the terms I found resonated with new people was the term “Systems” and another “Adaption”. Yes, they could understand that there are systems within the body even if they did not understand what they were and they could be important to help adapt to life's challenges.

Investigating this concept further I discovered that these systems were in fact a major influence on your ability to recuperate, automatically. The power and influence these systems have is reflected in the fact that we use parts of them in our work every day, and probably didn't realize it.

Bridging the gap between a non kinesiologist to a kinesiologist has been a big challenge. The leap of faith it took to go from not knowing how to muscle check to being able to muscle check (well) was a multi-tasked operation that many people ran away from.

We are now finding that people will come to do workshops for themselves where they do not have to learn muscle checking and still get the results they are looking for. At least enough results to make them realize there is more to Kinesiology than they thought.

We first show them how to integrate their Innate Systems and now more students are coming into classes to learn muscle checking after they have experienced the Innate Systems approach.

### **Starting Point for Systems Integration**

From the inception of Kinesiology there have been some basic systems we used to balance just about anything that could go wrong within the ecology of a person.

These systems references are the Lymphatic System Reflexes (Neuro-Lymphatic Points) as revealed by Dr. Frank Chapman. The primary Circulation System Reflexes (Neuro-Vascular Points) as researched by Dr Terrence Bennet.

A little later came the introduction of the Meridian System and its use. Other systems have been added by other researchers such as the Visceral System Reflexes and some sensorial system processes.

These 'Systems' are a part of what most people experience when learning Kinesiology but do not see them as a system nor do they realize the system may be damaged.

Chapman and Bennet did not use Muscle Checking as a feedback tool yet they discovered these systems that have lead to the increase in health quality for thousands and thousands of people.

Rethinking and having a fresh look at what the systems are doing is always going to help us better understand what we are doing.

The whole time we were using a change of muscle response as our major feedback tool we were using another system, the Nervous System.

The use of muscles as indications of change or lack of change in the person's ability to adapt to challenge is itself a part of an innate systemic response within the nervous system.

We are using the Nervous System to 'read' changes that are taking place inside our bodies and minds. The only way we can do that successfully is if the Nervous System is connected well to the other 'Systems' and that they are working well within themselves.

Why waste precious time 'working' on a person when all you are doing is patching up

parts that are out of balance while missing why the person could not recuperate properly in the first place?

### **Neuro-Training Objective**

The primary objective we hold in Neuro-Training is to establish the client's ability to recuperate. The recuperation process is more than just overcoming an accident. Recuperation means no longer being effected by anything that has made an impression on your Nervous System and which continues to influence how your Nervous System functions.

Generally this is called Conditioning (in hind sight). At the time these conditions were being created they were called Experience. Your life experience has created a library of 'facts' that trained you to do life a certain way. Each of us have our own library of 'Facts' and do life according to what's in our library.

(See [www.neuro-training.com/blogsc](http://www.neuro-training.com/blogsc))

### **Compensation vs Recuperation**

Unfortunately there are many consequences to living this way, one of which is that you compensate to 'life events' to try to survive or to attempt to create responses to control the events so they won't happen again.

In your attempts to survive you react to the situation and this reaction creates a type of pattern (stored in the nervous system/brain) that our subconscious reads later as an actual life path. It acts out these paths as if they were the preferred way when in fact they are acted out only because they have become habits.

Habitual responses to life that lock in certain neurological patterns of behavior. You will find these patterns every time you balance someone.

The cost of these habits of the Nervous System is a compromise of function somewhere. Usually a system has had to change its normal function to allow these compensations to continue. The end result is a loss of efficiency of the System itself.

If you assume that any Innate System is OK and attempt to help a person reorganize their Nervous System patterns, you may be surprised when they come back with the same or similar patterns of imbalances.

If their Innate Systems were all in balance first, they would be able to resolve most of their adaptive needs. You would then only have to find the chronic patterns and retrain

the Nervous System to learn new ways of overcoming these chronic or even inherited patterns.

### **Innate Systems**

Neuro-Training does not necessarily use muscle checking first. We teach people how to integrate the systems using the specific procedures for each system and watch what they do.

As their systems 'learn' to work together again the client resolves most of those superficial patterns created to help a feeble compensation. Firstly their symptoms disappear and they seem better for a while.

The more innate systems they do the more they can recuperate from the neurological patterns and life facts stored in their neurological libraries and create habitual use of these systems. These new habits become a challenge to deeper inherent stress patterns that may be behind larger problems.

The advantage of the Innate Systems is their ability to help the client do more and better in any and every area of life without having to learn muscle monitoring first.

The advantage for the Kinesiologist is that you can incorporate these into your work and know exactly when and what systems need to be balanced AS A SYTEM for you to be able to get the best and longest lasting results.

The illustration is of one of these systems that you can give away to your clients, potential students or any interested party. This is simple enough for anyone to do and get great results from.

Once they get the results they will come back to you for more, be prepared.  
All the best in your work.

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### Innate System - Neuro-Lymphatic Points Phase One

RUB all points consecutively for 30-60 seconds each until all the points have been rubbed. The rubbing should be firm but not excessive. If the point is painful, rub with less pressure for a longer time until the pain disappears. Move the skin over the area underneath as the reflex points are below the skin.

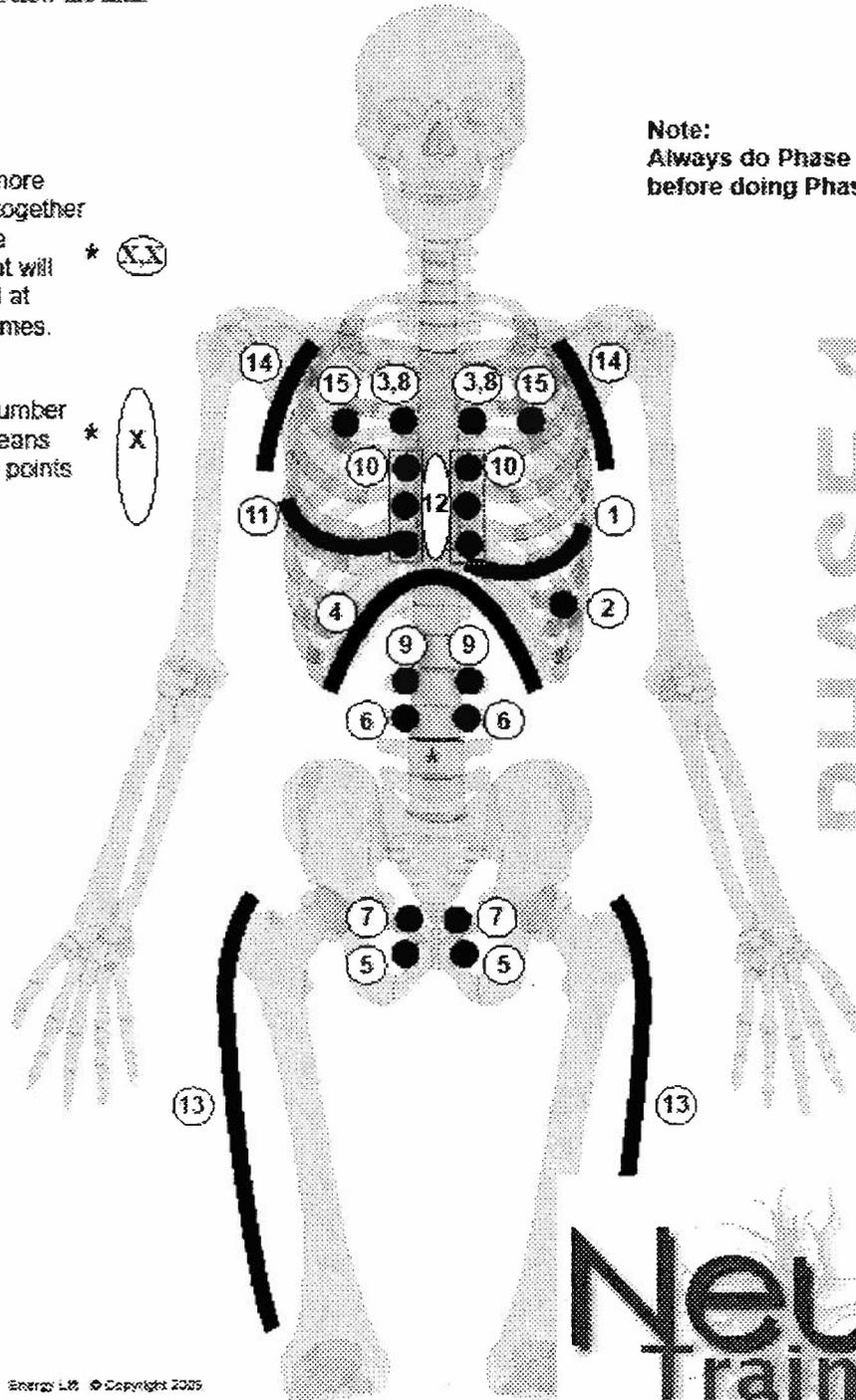
\* Two or more numbers together means the same point will be rubbed at different times.



\* A long number section means rub all the points next to it.



**Note:**  
Always do Phase One before doing Phase Two



PHASE 1



Neuro-Training Pty Ltd  
POBox 4154 Croydon Hills. 3136. Vic .  
Australia.

[www.neuro-training.com \(/blogsc\)](http://www.neuro-training.com (/blogsc))

General information about  
Neuro-Training P/L

[www.collegeofneuro-training.com](http://www.collegeofneuro-training.com)

Government recognized training  
[info@neuro-training.com](mailto:info@neuro-training.com)

Any questions will be answered as soon as possible

### **Key Words:**

**Recuperation**

**Innate Systems**

**Challenge**

**Neurological Patterns**

**Patterns of Behavior**

**Inherited Patterns**

**Adaption**

**Compensation**

**Habits**

**Neuro-Lymphatic Points**

**Neuro-Lymphatic Points**

**Integration**