

## USING BIOKINESIOLOGY TO OVERCOME ALLERGIES

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Undoubtedly many of you have at times been surprised when testing foods in a Touch for Health class or lecture-demonstration. For example, instead of parsley strengthening a weak Pectoralis major sternal muscle test it weakened the muscle further. Yet the same parsley may have had a strengthening affect on other people. What you inadvertently uncovered was a person who could not tolerate, or was allergic to, parsley. Touch for Health can be a valuable tool for revealing allergies but it can do little, apart from improving adrenal function and increasing general body resistance, in overcoming allergies to specific foods. Today I shall present you with information on Biokinesiology, a school of Applied Kinesiology that is very effective in overcoming allergies.

First, we need to define Biokinesiology. It is the science of balancing the emotions, nutrition and muscular structure through muscle testing. In Biokinesiology an indicator muscle is tested with very sensitive pressure (3-5 lbs) while the testor or testee touches (with finger tips) organ reflex points on the surface of the body or directly over muscles, ligaments, tendons, synovial membranes, bones, teeth, etc. A weakening of the indicator muscle indicates weakness in the kinetic or static tissue touched (therapy localized) and this weakness is brought back into balance by using specific positive emotions, nutrition and passive exercise (if it is a kinetic tissue).

Before we proceed we should define "allergy. In this article we shall consider an allergy as a reaction to any substance or energy that when introduced to your body, brings upon it a stress. This definition is obviously far broader than that used by orthodox allergists but is consistent with usage within the new field of Clinical Ecology (e.g. Randolph and Moss<sup>1</sup>).

Although the pectoralis major clavicular<sup>2</sup>, latissimus dorsi and deltoid<sup>3</sup> muscle tests of Touch for Health weaken with many bad foods, and some good foods to which the person is allergic, these muscle tests will not pick up all allergies. Instead you may want to begin testing with the arm in the 30-30 position, i.e. extend the arm out horizontally to the side of the body then bring it forward 30° and drop it 30° below the horizontal (close to a supraspinatus test). With the testee's left wrist flexed, your right palm over the testee's wrist, and facing each other's left shoulder, not squarely at each other, gentle pressure is applied down and in towards the center of the body. If that muscle test is strong take your right hand and with all fingers pointing straight at your friend, pass your hand from the groin to the chin. Then place your hand on the left wrist again and gently retest. This temporarily overstrengthens the stato-acoustic cranial nerve (central meridian of Touch for Health)<sup>2</sup>. For a third and final test, take your right hand and with all of your fingers pointing straight at your friend, pass your hand from the chin to the groin, then retest the arm. If the arm does not weaken during this test (it should), the throat plexus (chakra) is out of balance. If the person does respond -- strong, strong, weak -- then you may proceed to test foods. If not, see books<sup>4,5,6</sup> by John and Margaret Barton for the required corrections.

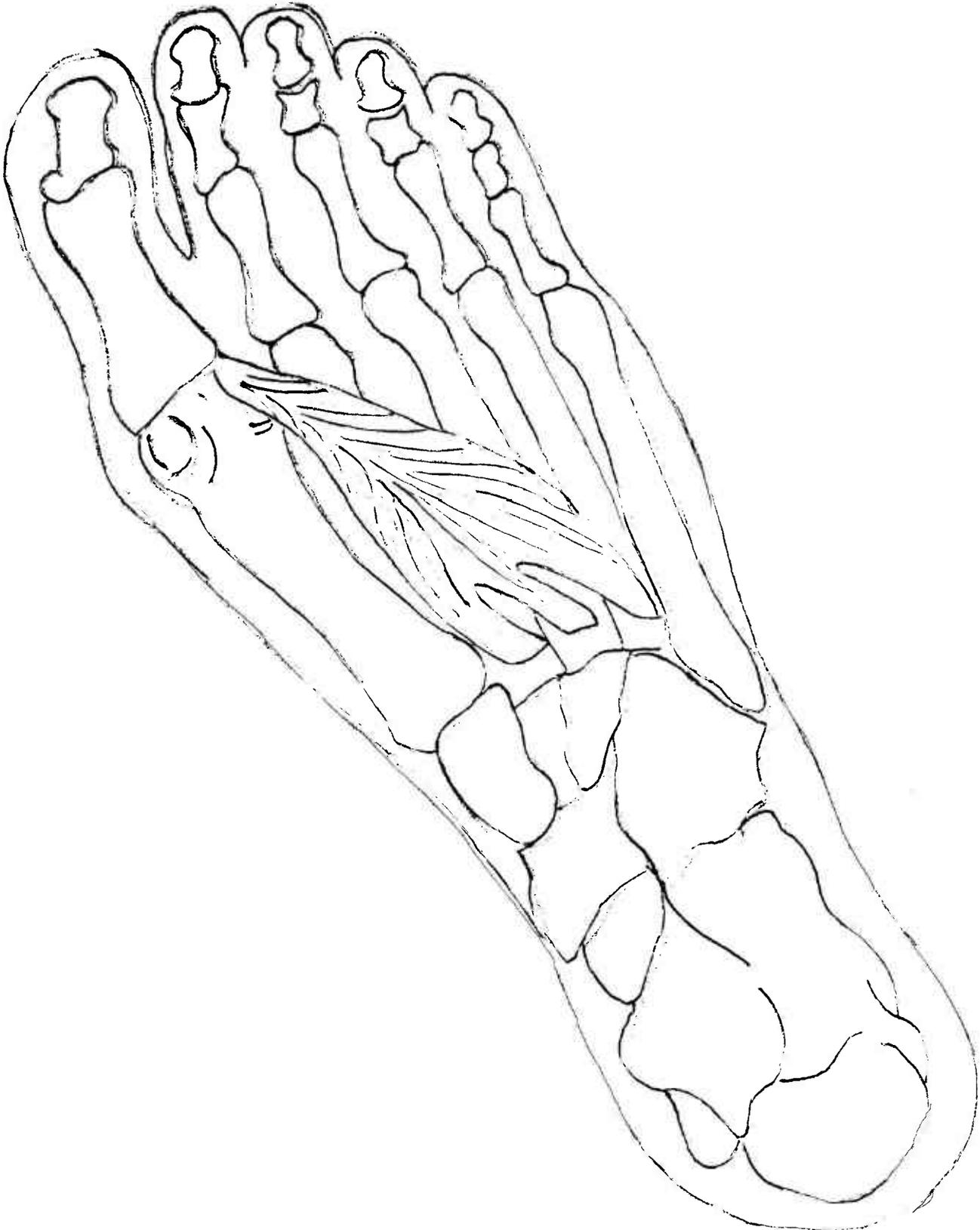
Bad foods, or good foods to which the person is allergic, may cause the first muscle test to fail, or the second if they will make the person "hyper", or the third if they will jam up the person's electrical system. The substance that is being tested -- food, cosmetic, clothing, etc -- is held on the cheek near the upper wisdom teeth (the location of the parotid gland) making sure that the fingertips are not pointing into the face in which case you could inadvertently localize an imbalance in the jaw area. However, remember that in Touch for Health we always test with the food in the mouth!

One of the breakthroughs that John and Margaret Barton have made with Biokinesiology is recognition that when a person is allergic to a good food one or more muscles, tendons, or ligaments will test weak. Through Biokinesiology muscle testing these tissues can be identified and when brought back into balance the allergy will disappear. From your work with Touch for Health you are aware that balancing a weak muscle can help correct an associated organ imbalance. Similarly, it appears that when muscle X is weak a series of organ functions is also out of balance which prevents the person from correctly digesting and assimilating the food to which he then reacts allergically. Balancing the muscle or other kinetic tissue will balance out those organ malfunctions thus removing the allergy. While we could use emotional and nutritional input for the primary organ imbalance working on the kinetic tissue imbalance is superior because we can usually design a passive exercise as a third method of correcting the imbalance.

To best see how Biokinesiology is used to overcome allergies we shall take a specific food allergy and show the various methods by which the kinetic tissue can be restored to balance and the allergy thus eliminated. As our example, we shall consider allergy to WHEAT GRASS, for two main reasons: first, in a large group such as this we should expect c.75% of you to be allergic to wheat grass: the allergy is that common; and second, c.75% of those who are allergic to wheat grass will have an imbalance in the ADDUCTOR HALLUCIS muscle. Other symptoms associated with a weakness in this muscle include allergy to greens such as comfrey, spinach and alfalfa, bananas, legumes, radish seeds and flaxseeds.

You will notice that of the 12 or so volunteers from the audience about three-quarters of them are allergic to the 1 oz. sample of wheat grass juice (or the plastic container), i.e., a strong indicator muscle (pectoralis major clavicular for convenience) weakened when the person being tested held the juice alongside the parotid gland. Notice, however, that if we hold a supplement alongside the wheat grass juice sample the indicator muscle tests strong, take it away and the arm is again weak. Because the supplement, four '00' capsules of Barberry herb, is capable of correcting the imbalances in the muscle and organ functions instantaneously the allergy now no longer exists and the indicator muscle is thus strong. Similarly, any other nutrition that would be beneficial in correcting the imbalances that allow this allergy would cause the indicator muscle to test strong as we have just seen. There is another way of illustrating what is happening. This time I am using Joni Okimoto as a surrogate. I am pushing on her flexed wrist with about 3-5 lbs pressure and you will notice that whenever my finger tips point directly into the Adductor hallucis muscle on the bottom of the foot that Joni's arm tests weak. (The oblique head of the muscle arises from the tarsal extrinsecities of the second, third and fourth metatarsal bones, and from the sheath of the tendon of the Peroneus longus, and is inserted into the outer side of the base of the first phalanx of the great toe. Fig. 1) Now if we get our volunteer to hold

ADDUCTOR HALLUCIS OBLIQUE HEAD



this container up alongside the parotid gland you will notice that Joni's arm now tests strong, indicating that this particular supplement, vitamin B6, brings the Adductor hallucis muscle and associated organ functions into balance. Notice that these other supplements and homeopathic cell salts, which I shall summarize shortly, can also balance the muscle and remove the allergy to wheat grass juice.

There are other "therapies" by which we can overcome the allergy. On our next volunteer we shall use foot reflexology. If we first retest the wheat grass juice, note how the Pectoralis major clavicular muscle test is weak. Now I am massaging the bottom of the foot just below the "Lung" reflex area, and deeply into the "Kidney" area, pressing towards the toes. After repeating this massage on the other foot we retest the Pectoralis major clavicular and note that we have again temporarily overcome the allergy to wheat grass juice.

In Biokinesiology we also use biokinetic exercises to balance kinetic tissues. Briefly, we shorten the muscle without using it apparently allowing increased nerve energy, blood and lymph supply in to the muscle causing it to come back into balance. We'll get our next volunteer to relax the Adductor hallucis muscle. With one hand, twist the big toe and the ball of the foot towards the outside of your heel. With your other hand, push the outside of your heel towards the big toe. Hold each foot in this position for 30 seconds while relaxing....and the muscle now therapy localizes as being strong and there is again no allergy to wheat grass juice.

Finally, we shall use positive emotions to balance the muscle and associated organ functions on our remaining volunteers. "I would like each of you to think about or meditate on how each of the following four qualities applies to your life currently or in the recent past. First, think about ways in which you have shown KINDNESS towards others and ways in which people have expressed kindness towards you. Then think about GRATEFULNESS, AGREEABLENESS and TRANQUILITY in the same manner, taking about three minutes for the total exercise." Again notice that the Adductor hallucis muscle therapy localizes as being in balance and there is no longer any allergy to wheat grass.

To summarize: the "therapies" that should help correct the imbalance in the Adductor hallucis muscle include:

- (a) POSITIVE EMOTIONS: KINDNESS, GRATEFULNESS, AGREEABLENESS, TRANQUILITY. Meditate on these qualities for three minutes three times a day.
- (b) HERBOLOGY: Take 2 to 4 '00' capsules of Barberry per day.
- (c) FOOD NUTRITION: Eat some of the Papaya seeds with each papaya (the seeds are loaded with digestive enzymes).
- (d) VITAMIN NUTRITION: 50mg of B6, 20mg of Zinc, and 12 grains of Lecithin, three times a day.
- (e) HOMEOPATHY: Take 10 to 20 of the following cell salts; Silica, Kali Phos, Ferrum Phos.
- (f) REFLEXOLOGY: Massage just below the "Lung" reflex area on the foot, and deeply into the "Kidney" area, pressing towards the toes.
- (g) BIOKINETIC EXERCISE (STRUCTURAL BALANCING): Relax the Adductor hallucis muscle; With one hand, twist the big toe and ball of foot towards the outside of your heel. With your other hand, push the outside of your heel towards the big toe. Hold for 30 seconds with each foot; relax. Repeat three times/day.

These "therapies" are listed in order of effectiveness. It is not necessary to do all of them, since each of them individually is helpful in correcting the imbalance. Your choice of these would depend upon the severity of the allergy and the availability of

the different supplements. Of these different therapies the most powerful is emotions and this shows us why allergy to wheat grass is so common. The positive emotions meditated upon were the exact opposite emotions to feeling "Unkind, Pity, Grouchy and Irritated." Feeling that specific sequence of emotions at any time will cause imbalance in the Adductor hallucis muscle. Simultaneously, certain parts or functions of the blood system, pancreas enzyme production, parotid gland, adrenal cortex, and kidney become imbalanced causing the person to become allergic to wheat grass, comfrey, alfalfa, bananas, etc. Because it is relatively common for people to feel "unkind, pity, grouchy, and irritated" over a person or situation this muscle is out of balance on a majority of people and a majority of people are therefore allergic to wheat grass.

This example illustrates the Biokinesiology approach to dealing with allergies.

When most of us hear the word "allergy" we think just of runny noses, sneezing, hayfever and asthma. However, the effects of allergies can span the entire spectrum of human discomfort, from vague malaise and irritability to violent skin rashes, swelling of the limbs, heart palpitations, and the terror of being unable to breathe.<sup>3</sup> Eczema, itching, sinusitis, constipation, diarrhea, digestive problems, backaches, headaches, colds, weakness in muscles -- all can be caused by allergies. Theron G. Randolph, MD<sup>1</sup> regards food allergy as one of the greatest health problems in the United States. Marshall Mandell, MD<sup>1</sup>, author of a recent book on allergies, has estimated that "50 to 80 percent of the daily medical practice of many doctors" is the result of allergy and chemical susceptibility. Dr. Arthur Coca<sup>8</sup>, of pulse test fame, believed that as many as 90 percent of all Americans had one or more food allergies. Obviously, therefore, allergies should be of concern to those of us who are in the business of teaching people how to improve their health.

What, then, are the allergens? Just about anything: pollen, dust, wood, wood smoke, animals, foods, cosmetics, chemical sprays, exhaust fumes, etc. However, it is not difficult, using accurate muscle testing, to track down the main food allergens because, as it turns out, the most common food allergies are precisely those foods that are consumed most frequently in our society. Milk, corn, wheat, eggs, and coffee. An additional clue: the food you are most allergic to is likely to be your favorite food - and you are likely to be addicted to it! The stress caused by the food results in the body giving itself a shot of adrenalin so especially beware of a favorite food which makes you feel better when you eat it.

If you are identified as being allergic to corn, for example, most medical doctors would tell you to avoid eating any corn products. This is virtually impossible as corn is found in almost every processed food in some form or another and even in toothpaste and in the adhesives used on stamps and envelopes. This makes the use of Biokinesiology in overcoming the allergy to corn a very attractive proposition indeed.

When allergies are overcome many annoying symptoms often disappear. Take a person who is allergic to plastics, acrylics, nylon, polyester, polyethylene and polyvinylchloride, etc. That person will have at least one of seven specific muscles weak and the symptoms associated with those muscle weaknesses include "cold" symptoms, stuffy nose, sore throat, cough, nasal drippage, fatigue, weakness and dizziness.<sup>6</sup> One wonders how many people with "colds" are actually displaying symptoms of allergy to plastics!

Finally, in the book "Allergies! How to Find and Conquer" by John and Margaret Barton among the more than 100 common allergies dealt with are the muscles, tendons and ligaments that are weak when a person is allergic to good vitamins and minerals -- vitamins B1, B2, B3, B5, B6, B12, B/complex, etc. It may come as a surprise to you that someone could be allergic to a good vitamin or mineral. For example, a person who has varicose veins, hemorrhoids, and bruises easily may show symptoms of a 'vitamin C complex' deficiency (C + bioflavonoids + rutin) not because it is absent from the diet but because

the person is allergic to the complex so cannot utilize what is available in the diet.

Similarly, excessive bleeding or hemorrhaging may be due to an allergy to greens, especially those that contain vitamin K. Allergies can thus set up nutritional deficiencies within the body and these can lead to a snowballing of effects.

Currently we are recognizing only the tip-of-the-iceberg regarding allergy-induced health problems. Muscle testing is a very useful tool in identifying these allergens and Biokinesiology a valuable tool in eliminating the allergies.

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