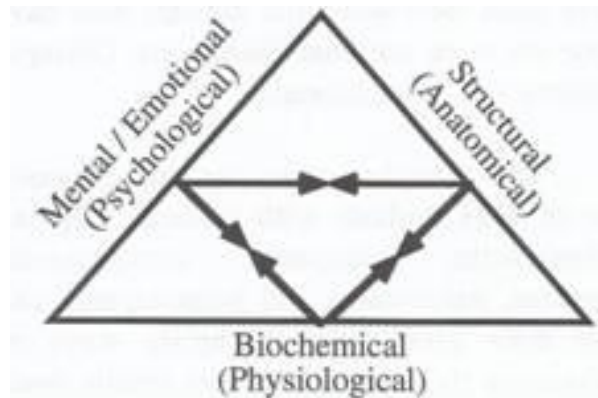


Combining Specialized Kinesiology With Other Systems of Healing

Origin of Specialized Kinesiology

Specialized Kinesiology modalities originated from Applied Kinesiology, which was developed in 1964 by a chiropractor named George Goodheart. George Goodheart studied Kinesiology, which is the study of muscle movement. He began to use muscle monitoring as an indication of the effects of his chiropractic adjustments.

When some of the chiropractic adjustments wouldn't "hold", George Goodheart discovered that stimulating certain [neuro-lymphatic points](#) (points that stimulate the lymphatic system), [neuro-vascular points](#) (points on the head) or acupuncture points through acupressure or massage, helped to keep his adjustments in place. George Goodheart also began to see the correlation between a person's health and other things such as what is portrayed in the diagram below.



Our health is affected by mental and emotional stress (past or present), structural imbalances (previous injuries, poor posture, etc...), and biochemical imbalances (poor diet or poor elimination of toxins from cellular metabolism or exposure to toxins in our food or the environment).

That is when George Goodheart began to see the value of other traditional natural therapies so he began to integrate certain practices used in Chinese Medicine. Each group of muscles correlates to an organ and meridian. Each meridian correlates to one of the 5 elements: Fire, Earth, Metal, Water, Wood. In each element, there is a "Yin" (female energy) organ and a "Yang" (male energy) organ. The "Yin" organ has "female" energy. They are the organs that need to function continuously for our survival; for example, the Heart (a Fire element meridian) needs to be functioning

all the time or we will die. The “Yang” organ has “male” energy and only functions when it is required; for example, the Stomach (an Earth element meridian) only functions when we eat. Click [here](#) or [here](#) to read more detailed explanations of meridians imbalances and related muscles, acupuncture points and organs.

Click [here](#) to view a chart with some basic concepts of Chinese Medicine. It illustrates examples of things that affect the function of our organs (Ex: nutrition, sounds, colors, odours). Each organ can become out of balance by many different things. Emotions are one of the biggest influences on the function of our organs. For example, a person with a lot of bitterness or anger may have a poorly functioning liver or gallbladder, because these emotions are associated with liver or gallbladder function. If the liver doesn't work as effectively to metabolise excess estrogen hormones that we are exposed to in our food or the environment (pesticides, air fresheners, plastics) called xenoestrogens, then we may develop cancers that are caused from these “toxic estrogens”.

George Goodheart decided to share his discoveries with other chiropractors and founded “[The International College of Applied Kinesiology](#)” in 1976.

Since the development of Applied Kinesiology, there have been other chiropractors and natural health practitioners who used some of these ideas to develop other forms of Specialized Kinesiology.

Touch for Health

Touch for Health is a form of Specialized Kinesiology, developed by John Thie, a chiropractor who saw the value of teaching basic techniques of Applied Kinesiology to the layman person. His goal was to empower everyday people to be able to heal themselves. The Touch for Health system began around 1970 but was actually established as a teachable program around 1973.

Specialized kinesiology uses muscle testing as biofeedback to ascertain which muscles are not functioning 100% and then to discover what will strengthen or balance those muscles. Muscle outages (or 'weaknesses' or 'imbalances') can be corrected by a variety of strategies such as touching or massaging [neuro-lymphatic points](#) to improve the flow of lymph in the body, holding [neuro-vascular points](#) located on the head, tracing meridians, and through nutrition, such as food, herbs and supplements.

Muscle testing is a great way to determine which of the above strategies will help to strengthen the “weakened muscles”. Determining a “weakened muscle” is a great way to determine which meridians are out of balance. Each muscle correlates with different organs and meridians. Stimulating various acupuncture, [neuro-vascular](#) or

[neuro-lymphatic](#) points on the body helps to improve the function of those organs. For other techniques, you may want to go to the Touch for Health website (<http://www.touch4health.com/techniques.html>). You will see that there are various things a person can do to heal their body.

Touch for Health is a great foundation to learn which muscles correlate to each organ and related meridian. I personally saw how learning Touch for Health first gave me a good understanding when I began to learn other forms of Specialized Kinesiology.

Muscle Testing for Nutrition

As a nutritionist, one of the most valuable tools that I learned from Touch for Health is how to use muscle testing to determine which foods, herbs or supplements “strengthen” or “weaken” the body. Each person is unique and benefits from different things depending on a variety of factors such as their emotional state (different types of emotions affect the function of different organs) and their genetic pre-dispositions. Being able to teach clients how to use their body as a “biofeedback” to determine which foods may be triggering their symptoms and which foods will help to heal their symptoms, is very empowering. It allows everyday people to feel like they have control of their health.

Holistic nutrition takes into account that our emotions affect the function of our organs, in addition to our genetic pre-dispositions. When our organs are not functioning optimally, it is beneficial to eat foods that are known to enhance the function of that organ. On a daily basis, we should eat a variety of foods as this will keep all our organs functioning optimally. Not only will we benefit from the variety of nutrients, but we will get the healing benefit that each types of food provide for each of the 5 elements. To learn more about how the body systems relate to the 5 elements and which foods help to enhance their function click [here](#).

We are all different

Our disease symptoms are simply an imbalance between our mental and emotional state, our bio-chemical composition and our physical structure.

The study of [Epigenetics](#), which is the study of “gene expressions”, is a growing field. Our gene expressions are influenced by various things such as diet, emotions, lifestyle, DNA (genetic pre-dispositions), etc...

“Your genetic dispositions are only your “possibilities”. It is your lifestyle, diet, emotions and exercise regime that determines if you actually get any form of “disease symptoms”.

- We have the ability to improve our emotions with positive thoughts and affirmations.
- We have the ability to improve our bio-chemical composition through a nutritious diet and avoiding chemicals by eating organic food and using more natural based products for different household uses. (Ex: cosmetics, cleaning products, using glass dishes rather than plastic for food storage, etc...)
- We have the ability to improve our physical structure through movement and exercise.

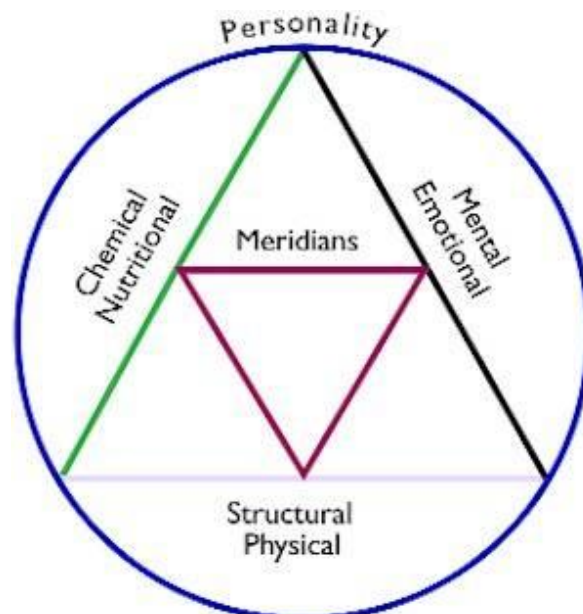
I learned in the very beginning that “One man’s food is another man’s poison.” Through the patterns that I’ve seen in my clients and the people I know, I can testify that this is very true.

Each of us is very unique because we are all affected by various pre-dispositions through our genes. One of the biggest genetic pre-dispositions that I see a pattern is through the “blood type”. Please read about the [Blood Type Diet](#) to learn more about it. To read about how our blood type affects our tendencies, click [here](#).

As mentioned previously, another great influence on the quality of our health is our “emotional state”. Each type of emotion seems to influence the function and effectiveness of certain organs or body systems. Read the section on “The Importance of Emotional Healing” to learn more.

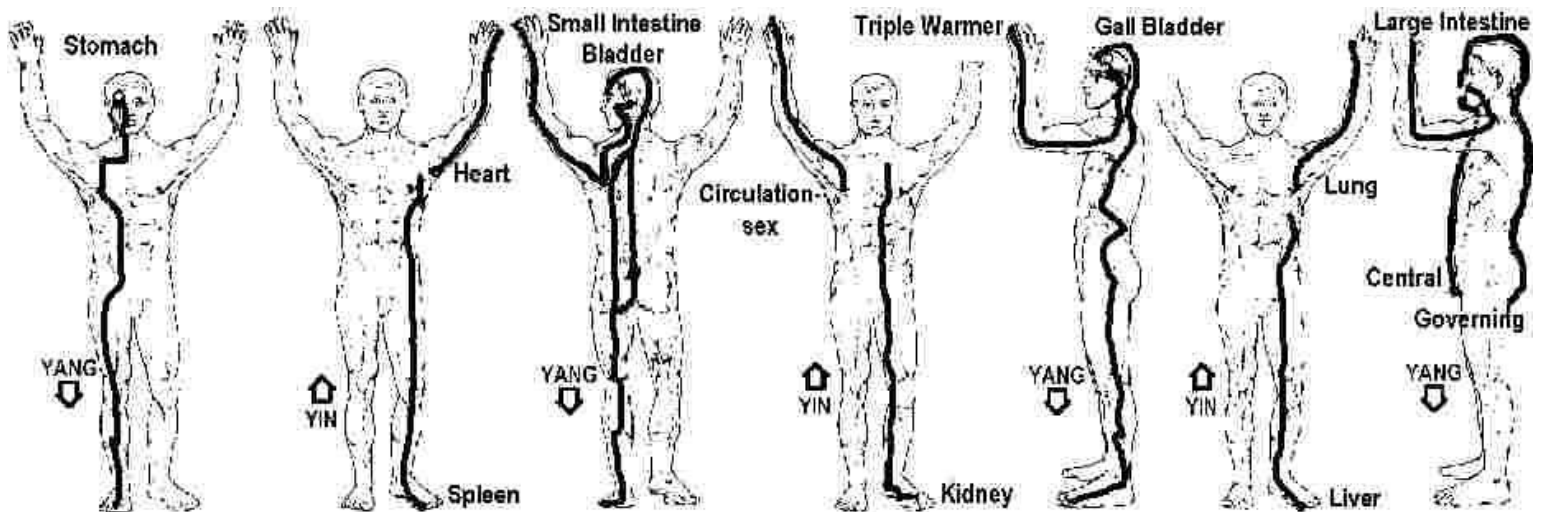
How to benefit from Specialized Kinesiology

As a nutritionist, who has studied Chinese Medicine, I am completely convinced of the value and benefit that a person can have from learning how to integrate “Specialized Kinesiology” techniques into their everyday life. As the following diagram illustrates, our personality is a reflection of the combination of: our diet, our emotions, and our body structure. The more we make positive choices and let go of old destructive patterns, the healthier we will be.



In getting certified in the 4 levels of Touch for Health, I have been able to experience the benefits of learning these techniques. For example, when we “run our meridians” as illustrated in the diagram below, we help the energy flow of our body to go in the direction that brings the body into a sense of homeostasis. When our body is in homeostasis, all “blockages” are removed. These “blockages” are disruptions in the flow of circulation and energy through each meridian. They are energetic blockages caused by many different things that stem from: mental or emotional stress, structural damage due to injuries or poor posture, poor diet or toxic overload on the body.

When our cells are in a state of “homeostasis”, they have the ability to properly eliminate toxins allowing nutrients to come in. Toxins may accumulate in the body from various sources, for example: metabolic by-products, accumulations in the body from poor liver detoxification, poor elimination from poor function of the “organs of elimination” (kidneys, colon, lungs, skin).



In learning other modalities of healing, I see how Touch for Health incorporates so many things, allowing a person to see how everything is “connected”. My favourite illustration of how we can eliminate “symptoms of disease” by focusing on eliminating the “Root Causes of Disease”, is the “[Disease Tree](#)”, developed by [Steven Horne](#), of [Tree of Light Publishing](#). When we “listen” to the messages that our body is giving us, we can determine which imbalances are going on. Then by focusing on the “4 Root Causes of Disease” (Mental and Emotional Stress, Nutritional Deficiencies, Physical Trauma, Toxic Overload), we can help to heal our body.

In Touch for Health, there are various techniques that a person can heal from one of the “4 Root Causes of Disease”. For emotional issues, the person can look at the

“[Emotion Chart](#)” that are available from [kinesiology stores](#), and see which emotions they may be experiencing that are affecting their health. A person can acknowledge these positive or negative emotions and then if they are ready, they can “let go” of the negative emotions that may be creating “energy blockages” in the flow of energy running through their meridians and related organs.

The Importance of Emotional Healing

Other disruptions in energy flow stem from stress (mental or physical), “toxic emotions” or “unresolved emotional issues”. These things not only alter the pH of our body, causing a “perfect” biological environment for “symptoms of disease” to settle in, either in the form of micro-organism invasion or through DNA mutations within cells, causing various “bad genes” to get “turned on”, etc...

To view some basic concepts in Chinese Medicine that illustrate things which may affect the function of our organs (Ex: nutrition, sounds, colors, odours), click [here](#).

To see how our emotions affect the function of our organs, please click [here](#) to view a 5 Element emotion chart.

Take note that there is a Yang and Yin organ associated with each of the 5 elements. The Yang organs are the “male energy”. They are the organs that only function when they need to. The Yin organs are the “female energy” organs and they function all the time (Ex: the heart). The “Triple Warmer” represents the Thyroid and Adrenals. The “Central” meridian represents the Brain. The “Governing” meridian represents the spine and nervous system.

Each organ is affected by different emotions. The positive emotions help with the function of that organ, whereas the negative emotions interfere with the proper function of that organ.

Click [here](#) to view a great image that demonstrates how emotions affect where a person may store fat on their body.

Even though we may be “ok” on the outside, our organs have a “memory” so if something happens to us, it may trigger the “bad genes” to get turned on. This has a great influence in the study of [Epigenetics](#).

For example, if a person grew up in an environment where there was a lot of “rage” and abuse, they may have had a lot of “fear” as a child. When they become an adult, they may have been healed from these experiences, yet if they are around

an angry person, the bladder may begin to malfunction. This is because "fear" is associated with the bladder.

In other forms of therapy we can see the beneficial effects on our organs. For example, there is "Sound Therapy" and "Light Therapy". These therapies take into account that certain "sounds" or "colors" are also very therapeutic to the organs and bodily functions. This is why "holistic" practitioners see the benefit of healing the "mind, body, spirit".

Conclusion

In conclusion, I seriously recommend and hope that many more people can learn the Touch for Health techniques and benefit from them the way that my family and I have. The good thing about learning Touch for Health is that ANYONE can learn it. It is designed for everyday people to learn and requires no previous training to learn the techniques. After learning Touch for Health, your whole way of viewing your health and your life will be drastically altered. For the first time you will feel that you have the ability to "take charge of your health"! Another good thing is that you can "heal yourself" FREE OF CHARGE!

Trish Leclair – Natural Health Practitioner

Reference websites:

http://en.wikipedia.org/wiki/George_Goodheart

http://www.canask.org/Class_Descriptions.htm#Touch%20for%20Health

http://www.herbs2000.com/h_menu/t_kinesiology.htm

http://en.wikipedia.org/wiki/Applied_Kinesiology

http://en.wikipedia.org/wiki/Brain_Gym

<http://www.icak.com/>

Reference book:

[Touch for Health – A Practical Guide to Natural Health with Acupressure Touch](#)