How Applied Kinesiology Can Make You a Better Therapist

A Masterclass with

John Maguire

THE KINESIOLOGY INSTITUTE

KinesiologyInstitute.com

Table of Contents

Principles of Applied Kinesiology 3

How Does It Work 3

The Meridian System 5

Muscle-Organ-Meridian Relationship 5

The Triad of Health 6

Ear Unrolling Procedure 7

Muscle Testing as an Indicator of Energy Flow or Blockage 8

Indicator Muscle Testing 9

Hydration 10

Circuit Locating 11

Releasing Cramps with the Feathering and Spindle Cell Techniques 12

NeuroLymphatic Reflexes 13

NeuroLymphatic Reflexes Chart 14

Meridian Trace Technique 15

Meridian Flows 16

Beginning and End Points 17

Injury Recall Technique 18

Emotional Stress Release and Creative Visualization 19

Options For Further Study 21

PRINCIPLES OF APPLIED KINESIOLOGY

We are Vibrational Beings

Applied Kinesiology (AK) is a natural, holistic approach to creating and maintaining optimal health and well-being. This system understands that we are energetic beings living in a sea of energy. Bioelectrical energy, also known as chi, flows through various pathways called meridians throughout the body. When this energy flows unobstructed, we feel and perform our best physically, mentally and emotionally.

AK and Touch for Health that grew out of AK, use manual muscle testing as a biofeedback indicator to determine where energy is blocked and what to do to restore our bodies and minds to optimum energy flow and balance. A muscle tests weak when there is stress blocking energy flow and it tests strong when energy is flowing.

Applied Kinesiology

All systems that use muscle testing have their roots in AK, which was founded by George Goodheart, DC in 1964. It utilizes principles from Chinese medicine and recent discoveries in natural health care to balance energy flow within the body. In this masterclass you will learn some of the primary approaches used in AK to switch on energy flow.

It uses the approach of balancing energy to create health and optimum performance. Practitioners find and remove energy blocks and imbalances to restore the natural flow of energy. The approach which is taught in this class, is non-invasive and very gentle, often producing immediate results.

This system utilizes a large body of techniques including massage and acupressure, mental and emotional stress release, nutritional testing, meridian tracing and other energy work. This work is often very effective in alleviating pain, improving physical and mental performance, enhancing energy, balancing body chemistry and emotions, as well as enhancing one's overall health.

How Does it Work?

Through the art and science of muscle testing you can locate energetic and structural imbalances in the body. When energy is flowing, a muscle tests strong. When energy is blocked, a muscle tests weak. There are various ways to do this, which you will learn in this course. Further, you can determine which approach will be most suitable to bring the individual back into balance. Muscle testing also gives you immediate feedback to confirm that your corrections have been effective.

An Innate Intelligence Runs the Body

We all possess an innate intelligence that knows how to keep us in peak health. When you experience physical or emotional symptoms or disease, the way you are living, eating or thinking is not allowing your innate wisdom to carry out its function to create and maintain maximum health.

The innate intelligence is connected to universal intelligence. Through muscle testing you can tap into the body's wisdom and get information as to what aspect of your being needs to be addressed (the physical body, diet, thinking, lifestyle, spiritual, environment) and what changes need to be made to bring you back into balance.

There are many systems within the body, such as the nervous system, the acupuncture meridian system, the lymphatic system and the vascular system, which all communicate with each other. There are a vast number of switches for each of these systems.

In this Masterclass you can learn how to determine which switches are off and how to activate them to bring the body/mind back into balance quickly and effectively.

How One Can Benefit Using This System

There are a wide variety of areas where Applied Kinesiology can be very effective. These include:

- Addressing musculoskeletal issues, such as muscle aches and spasms, joint inflammation and range of motion problems, headaches and back pain
- Improving digestion and elimination
- Discovering an optimal diet and balancing body chemistry
- Improving sleep and creating greater calmness and peacefulness
- Boosting energy levels and removing fatigue
- Enhancing psychological balance and clearing upsetting emotions and traumas
- Accelerating learning and educational development
- Optimizing sports and dance performance
- Enhancing job performance and productivity
- Vitalizing spiritual development

The Meridian System

The energy or life-force we are working with in AK is known in Chinese Medicine as chi. It runs along primary pathways known as acupuncture meridians. Along the meridians are over 500 acupuncture points, which are electromagnetic in nature, that act like antennae to transmit energy.

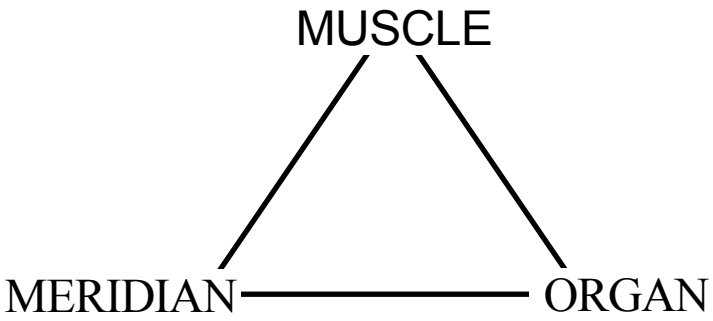
Each of these pathways is named for an organ or function in the body that it governs. These include the Heart, Lung, Kidney, Liver, Spleen, Small Intestine, Large Intestine, Bladder, Gall Bladder, Stomach, Circulation Sex, Triple Warmer, and the Central and Governing meridians. Meridians not only facilitate the function of the organs for which they are named, they also assist the function of every cell of the body.

Muscle-Meridian-Organ Relationship

Applied Kinesiology founder Dr. George Goodheart discovered that each skeletal muscle is associated with an acupuncture meridian through which flows bio-electrical energy known as *chi.* Each muscle is also linked with an organ or gland. If the muscle (or the meridian, organ or gland associated with it) is under stress, the muscle will not exhibit its optimal strength when tested. It may help to think of the muscle as a light bulb, with stress acting like a resistor or dimmer switch turning down the voltage flowing to it.

This weakness or *inhibition* in the muscle therefore is not usually due to lack of tone, but instead is a result of some form of stress causing a block in energy flow to the muscle. When muscles become inhibited, muscles that oppose them (known as antagonists) can become too tight. These energy imbalances can result in pain, tension, inflammation, range of motion difficulties and discomfort.

In AK, muscle testing is used to determine where energy blocks have caused muscles to become inhibited or "switched off." Various techniques are then used to release the stress and energy blocks, switching the energy on to bring the muscles back to optimal functioning.



The Triad of Health

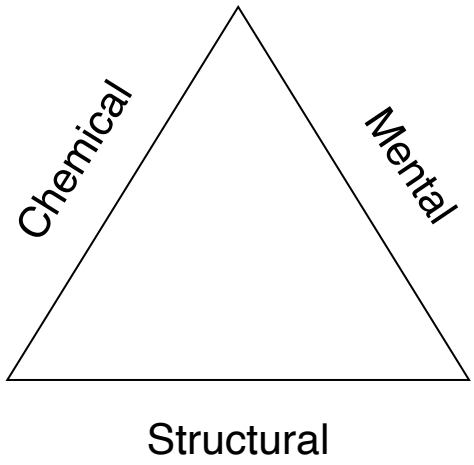
All aspects of our being, the physical, chemical, mental and emotional, are interrelated. When there is undue stress or an imbalance in any of these systems, all other systems are affected. In AK we address all of these systems. In other words everything affects everything else.

Physical stress can affect your mental and emotional state, as well as your biochemistry. Think of when you've experienced physical pain, say from an injury. Your mood was not the greatest and stress hormones were released to alter your body chemistry.

Your biochemistry affects your physical body and your mood. When your biochemistry is balanced, you feel great physically and emotionally. If your hormones or neurotransmitters are imbalanced, your psychological state is affected. *The Mood Cure*, written by psychologist Julie Ross, shows how to correct emotional challenges through balancing body chemistry. Nutritional deficiencies and high levels of heavy metals can cause physical problems, such as inflammation, muscle cramps, pain and dysfunction.

Your thoughts and emotions affect your biochemistry and your physical body. When you think a thought it stimulates the hypothalamus within the brain to trigger the autonomic nervous system. Stressful thoughts trigger a "fight or flight" response, releasing stress hormones, while positive thoughts create a health response where "happy hormones" and a state of homeostasis, are created.

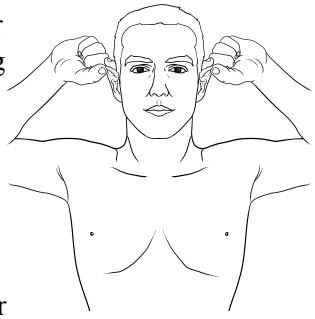
This approach is not meant to replace medical care or treatment and when there is a condition that does not clear up or is more serious, licensed health professionals should be consulted.



EAR UNROLLING PROCEDURE:

1. Have the person turn their head to one side and then the other, noting where they feel tension.

2. Take hold of the top of each ear and gently unroll the curved parts at the outer edges. Pull firmly away from the opening of the ear, massaging and stretching the ear with your fingers and thumbs. Work your way down to the bottom continuing to unroll and stretch. Repeat this 4 - 7 times. The person may notice how sounds become clearer and brighter. They may also find their attention is sharper and they can hear and think more clearly.



3. Have them turn their head from left to right and notice any increase in neck flexibility and decrease in tension. Also have them note improvements in their ability to listen and comprehend.

The person can do this correction for themselves and they can do both ears together or one at a time. For additional benefits to the whole body, stimulate all parts of both ears with the thumb and index finger squeezing and rubbing with firm pressure.

For additional benefits to the whole body, stimulate all parts of both ears with the thumb and index finger squeezing and rubbing with firm pressure.

MUSCLE TESTING AS AN INDICATOR OF ENERGY FLOW OR BLOCKAGE

Manual muscle testing (also known as muscle checking) is a rapid and easy method of assessing energy flow within the body. It was originally used in physical therapy as an assessment of the actual strength of a muscle for stroke and polio victims.

George Goodheart, DC discovered that the strength of a specific muscle could be immediately changed by activating certain reflexes on the body. These reflexes are energy switches, that when activated can immediately switch a muscle on. This is the first type of muscle testing mentioned below. He also observed that a strong muscle can be used as a biofeedback indicator of areas where their is stress or energy blockage.

There are two basic types of muscle testing:

1. Each individual muscle can be tested to assess whether it is switched on as an indication of its own structural and energetic integrity. You are evaluating the energy flow within the meridian that it is associated with, and seeing if this muscle is providing proper structural support. For example, the middle deltoid assesses the lung meridian. The fascia lata assesses the large intestine meridian. If there is a deficiency of energy flow within a meridian, the associated muscle will test weak. You can learn this type of testing in the **Structural Kinesiology Certification Program**..

2. In addition to testing a muscle to assess the energy flow to that specific muscle, you can use muscle testing as a general indicator of stress and energy blockage. A muscle being used in this way is called an *indicator muscle.* We find a strong muscle and use it as a biofeedback indicator of whether energy is flowing or blocked for what we want to assess.

   This has many practical applications. We can test foods, thoughts about a person or situation, a statement such as a belief or goal, areas of the body, or any stimulus. Stimuli can be anything: music, a picture, an aroma, something held against the body (a cell phone or vitamin), or a movement such as turning the head. We will do indicator muscle testing in this workshop to determine where there is stress and energy blockage in specific meridians and in specific areas of the body. After doing a procedure, we will test the indicator muscle again to determine if the stress and energy blockage has been cleared and balanced restored.

   Any muscle can be used as an indicator, however we generally use a straight arm out in front raised up 45° and pushing down, which tests the anterior deltoid, or straight out to the side at 90° and pushing down testing the middle deltoid as an indicator muscle.

INDICATOR MUSCLE TESTING

1. **Explain the muscle testing procedure.** It is not a strength test or win/lose contest, but feeling for the quality of response to evaluate energy flow. Tell the person to be open to the results and it is not bad if a muscle tests weak. It provides valuable information, which we can use to bring them into balance. Ask if either arm shouldn't be tested due to soreness, injury or strain.

2. **Having an unbiased attitude and intention to get accurate results** by both you and the person you are testing will help assure you find energy blockages.

3. **Demonstrate and explain the direction you are going to push**:

   A. To isolate a muscle bring the origin and insertion close together (the muscle is most contracted) and push in the line of drive that brings the origin and insertion furthest apart (where the muscle is in its most lengthened or stretched position). To test the anterior deltoid, a common muscle used for an indicator, have their arm straight in front raised up 45° and push straight back towards their torso.

   B. Place your hand at the end of the forearm just above the wrist to get the most leverage. If needed, stabilize with your other hand at a point on their body that assures their balance is good, such as the back of the shoulder for the anterior deltoid.

   C. Mention that if they feel any pain or stress in the arm or shoulder while being tested they should let the muscle go and inform you. If so, use the other arm or adjust your pressure.

4. **Test the muscle**:

   A. Have them keep their body relaxed, contracting only the muscle you're testing.

   B. Tell them to meet your pressure as they hold the position. Have them avoid holding their breath or tensing.

   C. Gradually and smoothly increase your pressure using the flat of the palm or fingers, avoiding gripping or squeezing.

   D. 2-2-2: Feel for a lock as you push for 2 seconds with about 2 – 8 pounds of pressure. It is not necessary to push further than 2 inches if it doesn't lock.

   E. Be sure they do not compensate by bringing other muscles into the test (bending the elbow, shifting their weight or straining).

   F. Note if they are easily able to hold the position (a lock, strong or switched on response) or if there is any movement or difficulty holding the position (an inhibited, weak or switched off response). Make sure if they are weak you are not pushing too hard.

5. **Self-Testing using the sway test**:

   A. While standing, think of something stressful and focus on your gut as you think the word 'no' and see if you sway back (most common).

   B. Think a happy thought and focus on your gut thinking the word 'yes' and see if you sway forward.

   C. You can then do this test while circuit locating (pg. 11) yourself or testing foods. More of this is shown in our **AK Fundamentals** and our **Biochemical Kinesiology course**.

5. **Establish the difference between a switched on and switched off muscle response**:

   A. Have them make true and false statements, testing after each. Such as saying: *"My name is (someone they are not),"* and test. The muscle should switch off. Then have them state: *"My name is (their own name),"* and test. The muscle should test strong.

   B. If there is no difference between the two tests the person is overpowering. Tell them to relax, take a few deep breaths and hold only with just enough pressure to meet your gradually increasing pressure. Repeat the above test where they state, *"My name is…"*

   C. If there is still no difference between the two tests have them totally relax their arm as you move it in front of them and behind them. Then have them slightly resist your pressure, so their arm feels like a bicycle pump, where it moves but has some resistance in it. Have them gradually put a little more resistance into their arm until it finally meets your light pressure so it holds. Tell them this is the amount of pressure to use.

Hydration

For good performance, clarity of thinking and proper mind/body function, the body depends greatly on water. Without adequate amounts of pure water the body's electrical system is impaired and the lymph system and organ function suffers.

Percentage of water content:

- Lungs 90%
- Heart 80%
- Muscles 76%
- Skin 72%
- Brain 75% and it utilizes about 30% of our water intake.

Whenever you have stress or pain, it is particularly helpful to drink water.

A guide to determine the correct amount of water intake for an individual is to calculate the body **weight in lbs. times 1/3 to 1/2 oz. of water per day.** More water should be consumed in hotter climates and where extra physical or mental demands are made on the body. Check if there are any medical contraindications to significantly increasing water intake.

Test for Hydration:

Using a previously strong indicator muscle (IM) gently pull on a tuft of hair to stretch the skin and retest. It doesn't matter whether the tester or the person being tested pulls the hair.

Strong = adequately hydrated Weak = not adequately hydrated.

Correction: Drink a glass of water and retest.

CIRCUIT LOCATING

Dr. George Goodheart discovered early in the development of Applied Kinesiology that **if a person being tested touches an area of dysfunction, the result of the manual muscle test changes.** For example, if a previously strong muscle is tested while the person touches a problem area, such as a sore shoulder, the muscle will test weak if there is energy blockage in that area. This is known as Circuit Locating or CLing.

Basically Circuit Locating means test a muscle while an area is being touched. Either the person being tested can touch the area or the tester can touch the area.

In other words, when an area is touched, the biocomputer puts its awareness there. Then when a strong muscle is retested while the area is being touched, it gives feedback as to whether or not energy is flowing within that area. A weak muscle means there is blocked energy and less than optimal functioning there. A strong muscle test indicates energy is flowing.

Applications of Circuit Locating:

1. **It identifies where energy is blocked in the body.** A Strong Indicator Muscle (S.I.M) switches off (goes weak) when that area is touched and then tested.

2. **To find the priority under energy meridian**. We can Circuit Locate (CL) the priority head points described on pages 32 & 33 to assess how the energy is within the meridians of each of the five elements of Chinese Medicine. If the energy is blocked within one or both of the meridians within that element, a S.I.M. will test weak when that point is touched.

3. **To find which correction points to use.** When you find an energy blockage, which is indicated with a weak muscle, you can circuit locate a correction point, (such as an NL, NV or beginning or end of a meridian for meridian tracing, or NV# 11 for Emotional Stress Release), and retest to see if the indicator muscle now tests strong, indicating that this correction point will help clear the blockage. It is best if the person being tested touches their own points for this to be most effective.

   Circuit locating can make our balancing quicker and more efficient by finding where energy is blocked in the body and what correction(s) the body prefers to clear the blockage.

Notes: _____

_____

_____

_____

_____

_____

RELEASING MUSCLE CRAMPS AND SPASMS:

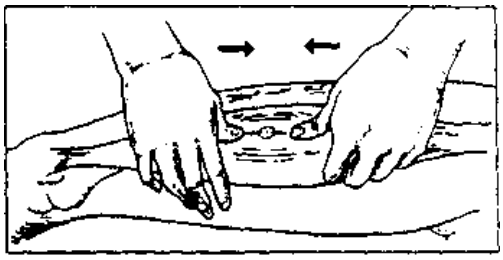
There are a couple simple techniques that you can use to quickly and gently relax over-contracted and painful muscles.

1. **Feathering Procedure:** Rub the fingers quickly and lightly over the cramping muscle with a feathery touch. Moving your fingers rapidly over the muscle will often release the spasm. If this is not effective, Increase the pressure while you continue to rub briskly and put the muscle into a stretch. This quick, easy technique is usually very effective in relieving cramps and avoiding further pain.

2. **Muscle Spindle Cell Release**

   To use the spindle cell release technique in the belly of the muscle push the thumbs together to release muscle cramps and tightness. The nervous system response is to let go and relax the area that is too tight.

   Drinking more water and adding calcium rich foods and supplements to the diet may also prove helpful.



NEUROLYMPHATIC REFLEXES TO REMOVE ENERGY BLOCKS

A method used in Applied Kinesiology to enhance lymphatic flow is called the *neurolymphatic reflexes. Neuro* relates to the nerve stimulation which occurs to excite the contraction of smooth muscle fibers of the *lymphatic* vessels.

The lymph system is the body's sewer system designed to gather up the debris and waste material between the tissues, such as protein, dead cells, waste material from the cells and excess water. It finally empties into the bloodstream, which carries it to the eliminatory organs for removal from the body. When the flow of the lymph slows down or gets congested, these reflex points become tender. Rubbing these points relieves this congestion by stimulating the flow of the lymph.

The neurolymphatic reflexes are points located mainly on the chest in the rib spaces next to the sternum, on the back along the spine and along the inside and outside of the thigh (see figure on page 13). When stimulated with digital massage, these points act like switches to increase lymphatic flow to the muscles and the corresponding organs or glands.

The neurolymphatic reflex points were originally discovered and mapped out in the 1930's by an osteopath named Frank Chapman. He related these reflexes to disturbances in the glandular and organ systems. Later, Dr. George Goodheart correlated these reflexes to specific muscles. He discovered that stimulating these reflexes can also release energy blocks and stress to the muscles, immediately improving their strength.

If a neurolymphatic point needs stimulation, it does not necessarily mean that its associated organ or gland is under stress or not functioning properly. It may be only the associated muscle, which is inhibited and not functioning at 100%. However, it has been observed that if the organ is under stress, the muscle associated to it will almost always be inhibited.

The neurolymphatics act like circuit breakers or switches that get turned off when the body's system is overloaded. When the flow of the lymph slows down or gets congested, the neuro-lymphatic reflex points often become tender. Usually the tenderness is greater on the front of the body than on the back. The more sensitive a point is, the greater the extent of the blockage. Firmly rubbing these points in a circular motion with the pads of the fingers for 20-60 seconds stimulates the flow of lymph and relieves any congestion. If the point is sensitive the tenderness will sometimes diminish dramatically within 60 seconds of stimulation.

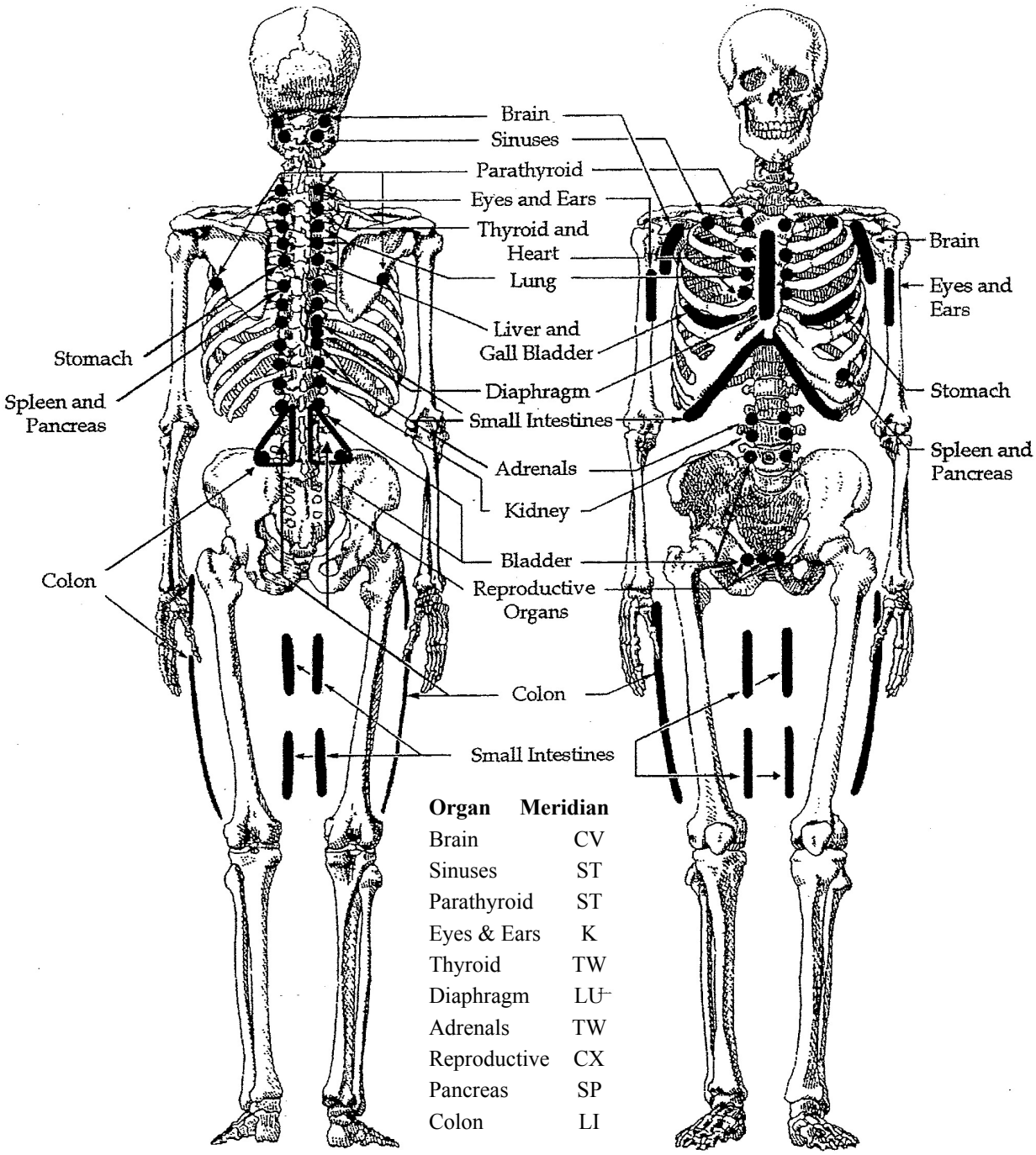
Other times it takes stimulating the points 2-3 times a day for several days or weeks before the tenderness is gone. Once the points are no longer tender, it indicates that the blockage in the energy of the lymph flow to the organ and muscle is relieved, helping the muscle to return to full strength and the organ to improve in function.

Remember, whatever is causing the lymphatic condition in the first place must be addressed for a permanent correction to be maintained. If the person is eating poorly, holding stressful thoughts and not exercising, they cannot expect to rub lymphatic points and become the picture of health.

NEUROLYMPHATIC REFLEXES CHART

These neurological reflexes are like circuit breakers that under stress can get switched off. They can be circuit located and if the test weak when touched, it indicates they need to be rubbed firmly to switch them back on. Those needing stimulation will often be tender to touch. Rub them 20 - 60 seconds and when the tenderness decreases, which indicates the lymph and energy is flowing freely through that area. This can help boost the immune system and enhancing general health.

We go into this technique further in our AK Fundamentals and Structural Kinesiology courses.



Organ	Meridian
Brain	CV
Sinuses	ST
Parathyroid	ST
Eyes & Ears	K
Thyroid	TW
Diaphragm	LU
Adrenals	TW
Reproductive	CX
Pancreas	SP
Colon	LI

MERIDIAN TRACE TECHNIQUE

Acupressure vessels, or meridians, are located throughout the body. They contain a free-flowing, colorless, noncellular liquid known in Chinese medicine as chi. These meridians have been measured and mapped by modern technological methods, electronically, thermatically, and radioactively.

Under stress, blocks occur in the meridian flow and certain meridians become over energy with others becoming deficient. The key to health is to have the chi flow freely through the meridians and there to be balance between the negative and positive polarities, which are know as yin and yang.

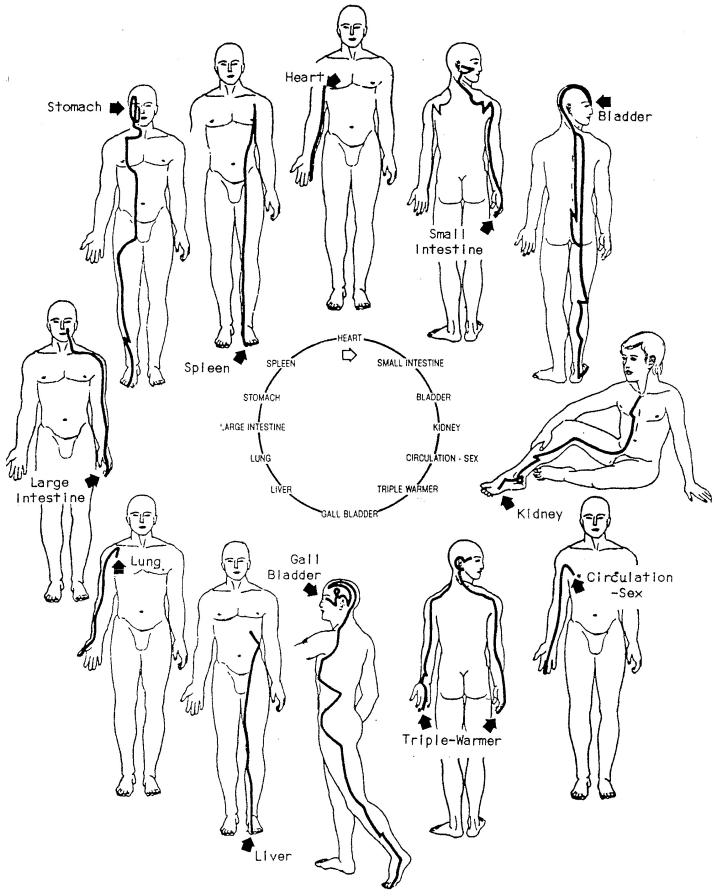
Yin is the negative or feminine aspect of energy. Yin meridians are on the front of the body and run inside of the arm and leg. Yang is the positive or masculine aspect of energy. Yang meridians are on the back and side of the body and run outside of the arm and leg.

The flow of energy through a meridian may be stimulated by using the hands to trace the meridian line in the proper direction on the surface of the body. It is only necessary to come within 2 inches of the meridian, either off to the side or even above the skin and over clothing, for it to be effective.

The simplest way to stimulate the meridians is to do a general sweep in the direction that meridian goes through that part of the body. You can run the meridians on the arms and legs separately, especially if you do massage and have just finished working on that part of the body.

Meridian Trace to incorporate into a massage: After you have massaged an arm, stroke lightly from the arm pit to the palm and then the back of the hand to the shoulder 3 times.

Meridian Trace for Pain: Stroke in the direction of the meridian flow just over the pain area several times. If the pain does not reduce, then stroke in the opposite direction. Continue until there is no further reduction in pain.



CENTRAL	Start at the **pubic bone**; go up the midline to the **lower lip**.
GOVERNING	Start at the **tailbone**; go up the spine, over the top of the head and over the **upper lip**.
STOMACH Earth Yang 7am - 9am	Start **under the pupil of the eye**; go straight down the jaw, circle up around the face to the forehead, drop straight down over the eye to the clavicle, go out to the side, drop straight down the chest going directly over the nipple, jog in at the stomach and out at the pubic bone, down the leg and the lateral side of the **second toenail**.
SPLEEN Earth Yin 9am - 11am	Start on the **medial corner of the big toenail**, go up the inside of the leg veering to outside of the chest and up to the arm crease, then halfway down the **rib cage sides**.
HEART Fire Yin 11am - 1pm	Start at the **armpit**; go straight down the inside of the arm, over the palm and to the **inside of the little fingernail**.
SMALL INTESTINE Fire Yang 1pm - 3pm	Start at the outside **of the little fingernail**, go up the back side of the arm to the back, trace the edge of the shoulder blade, then go up the side of the **neck to the ear lobe over the cheek and back to the ear**.
BLADDER Water Yang 3pm - 5pm	Start at the **inner corner of the eyes**; go up over the head and down back alongside the spine and around the curve of the gluteus maximus. Then start again at the second thoracic, go out to the mid-shoulder, down the back and back of the leg, behind the lateral ankle bone and to the outside of the **little toenail.**
KIDNEY Water Yin 5pm - 7pm	Start on the **ball of the foot**, go up the arch and just behind the medial ankle bone, loop back on the inside of the heel, continue straight up the inside of the leg, up the chest right next to the midline, to the **inner edge of the collarbone (K27).**
CIRCULATION – SEX Fire Yin 7pm - 9pm	Start **just outside the nipples** and go around the arm crease, down the middle of the inside of the arm and **out the inside of the middle fingernail**.
TRIPLE WARMER Fire Yang 9pm -11 pm	Start at the lateral side of the **ring fingernail**, go up the outside of the arm, over the elbow, to **behind the ear, over the top of it and forward to the eyebrow**.
GALL BLADDER Wood Yang 11pm - 1am	Start at the outside **corner of the eyes**, go back to the ear, up to the temple, down behind the ear, up to the frontal eminences, down the back of the head, behind the shoulder, forward to the rib cartilage, back to the floating ribs, forward to the ASIS, back to the hip socket, then down the side of the leg and **out the lateral side of the fourth toenail**.
LIVER Wood Yin 1am - 3am	Start on the **lateral side** of the **big toenail**, then runs out to the eleventh rib and moves up and in to the medial aspect of the 8th rib.
LUNG Metal Yin 3am - 5am	Start on the **upper chest just inside the top of the arm**, down the outside of the arm through the palm **to the medial aspect of the thumbnail**.
LARGE INTESTINE Metal Yang 5am - 7am	Start from the **medial aspect of the index fingernail**, down the outside of the arm, up the neck to just lateral to the nose

BEGINNING AND END POINTS - HYPOTHALAMIC SET POINTS

The hypothalamus occupies the highest position in the endocrine glands that affect the immune system. If you are circuit locating something and you cannot find something that will correct it, or you want to find further support, you can see which of the beginning and end (B&E) points on the face will switch it on.

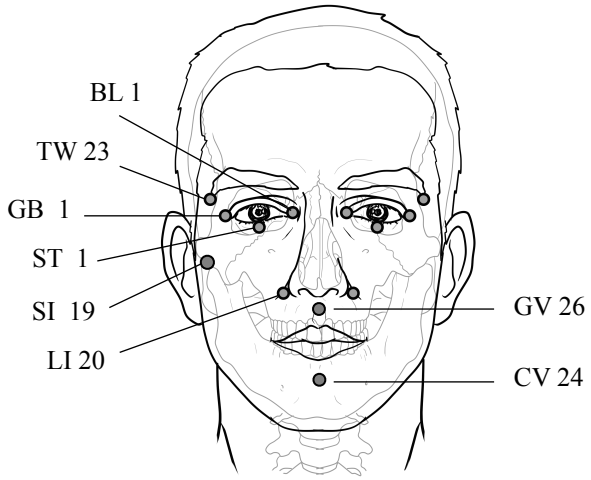
These are known as the hypothalamic set points (HSP).

1. Have the person touch an area of energy blockage, such as a pain or an organ under stress that switches a strong indicator muscle off.

2. While they continue touching that point, touch each of the B/E points and test after each one to see which one switches the indicator muscle on.

3. Tap the B&E points bilaterally. Do this to whichever one it is and that should clear it.

The B&E are very powerful. When you use them, you are going to the highest level that you can go to in the immune system.



Norman Cousins said the brain is an apothecary (Greek word for drug store). This is because the brain can produce up to 50 chemicals from scratch, according to the body's need. If the brain is the drugstore, the hypothalamus is the pharmacist.

- The hypothalamus tells the brain what to do.

- The brain can produce pain suppressors 50 times more powerful than morphine.

INJURY RECALL TECHNIQUE

Useful for: releasing stress from new and old injuries, increasing range of motion, head, neck and spinal injuries, migraines, sprained ankles, after a root canal or mammogram and for chronically weak muscles.

This technique was originally discovered by a podiatrist and later adapted to AK by Dr. Walter Schmidt. The muscles retain a memory of an injury even after it has healed, (this can be a surgical incision, a tooth extraction, a scar or burn, an injection of a needle, or a cesarian) otherwise it:

1. Makes you susceptible to future injuries,
2. Fatigues the body to have to retain that memory in the muscle,
3. Makes the body stiff
4. Leads to neurological disorganization and drains energy to muscles in that area.

Every time a person is hurt, the body limits the range of motion to protect itself. After years of injuries, major loss of flexibility can occur. This technique can help eliminate migraines resulting from a series of head injuries.

***"If you can clear out old muscle memories of injuries, it is the single most powerful thing you can do to help a patient."* - Wally Schmidt, DC.**

Test:

1. Have the person touch an old injury or problem area and test a previously strong indicator muscle.
2. If it tests weak, have the person put their neck into flexion and retest to see if it now tests strong.
3. If strong, have the person put their neck into extension while continuing to CL and retest.
4. If the indicator muscle changed on either of the two previous tests, they need injury recall technique.

   Movement of the neck or ankle joint activates the mechano receptors, which receive stimuli from the persons touch of the injury area. The neck muscles contain 5 times as many mechanoreceptors as any other muscle in the body.

Correction:

1. While the person continues to touch the old injury, tilt their head forward and backward, in and out of flexion, emphasizing movement between C1 and the occiput. They should remain totally relaxed, not assisting in the movement.
2. Repeat this about five times

Retest:

1. Retest the IM as the person touches the old injury and hyperextends the neck. It should now test strong.
2. Have the person reassess their range of motion and see it their stress or pain has reduced.

* You can have clients mark on a drawing of a body anywhere they have been injured. Then check all these areas for possibly needing Injury Recall technique.

EMOTIONAL STRESS RELEASE & CREATIVE VISUALIZATION

This technique is tremendously effective in releasing all forms of emotional stress including overcoming fear, anxiety, overwhelm, self-doubt and anger. It can be used before an event to free ones mind of fear and to create a mental blueprint of the desired outcome. It can also be very effective for reducing pain.

The below procedure is how to use it for releasing emotional upset related to a past event. You can adapt it for present and future situations. Clearing stress related to an event is referred to, but you can adapt it to a person if that is what they found stressful.

The key to this technique is to have the person relax and breathe as they simply notice or witness whatever is present from a state of relaxed awareness, rather than react to it. By allowing themselves to observe whatever is there from this state of pure awareness and not resisting it, they are releasing energy blocks. When the neurovascular points on the forehead are touched, it stimulates blood flow and cortical activity in the frontal lobe of the brain to clear old negative neuro-associations and replace them with positive ones.

1. Test a strong indicator muscle (IM) while the person is thinking about a past event or person they experienced as stressful. If the muscle unlocks it indicates that ESR (emotional stress release) would be helpful.

2. Ask them whether they are thinking of a person or event, so you know which to refer to. Let them know that they do not have to tell you any details for the technique to be effective. If they choose to, they can talk about it while you hold the points.

3. Lightly touch the neurovascular points on the frontal eminences (NV #11) and slightly tug upward. The person can do this for themselves, especially at home skipping step 1. As you lead the person through the steps, you can say the words in bold or just paraphrase.

4. While holding the points tell them, **"Relax your entire body and breathe slow, deep breaths letting your belly rise as you breathe in, and fall as you breathe out."**

    A. Have them review the situation either to themselves or out loud, simply noticing what is present rather than reacting to it by saying, **"Notice what you saw, and heard in the situation."** Pause, then ask them:

    B. **"Notice what thoughts you had about the situation and what you told yourself."** Pause giving them time to reflect on this.

    C. **"Notice what emotions you had and relax and just observe them."** If they emote, tell them that it is safe to do so, as this helps to release the stress and energy blockage. Whatever you can feel and express, you can heal. Give them time then say:

    D. **"Become aware of what body sensations you had and where you feel tension. Notice those sensations as you breathe and relax."** Have them let you know when they have covered all of the aspects.

5. For a past situation, ask them, **"How would like to feel about this event?** They may say, accepting, peaceful, courageous, or something positive. Tell them to **"Feel these feelings spread through your entire body as you breathe in deeply."** When they have a deep sense of this have them:

6. "**Review the situation again as it occurred, this time feeling the positive emotions."** They can speak about it or do it silently. Have them tell you when they are done doing this.

7. If they are dealing with a person where they will have contact with them in the future or they will be in a similar situation again have them do the following:

   With a person**: "See yourself being with that person, feeling the way you want to feel and communicating in the way you want to communicate."**

   For an event: **"Picture yourself doing the event optimally, feeling these positive emotions and telling yourself how well you are doing."**

   Have them **focus on what they <u>see</u>, <u>hear</u>, <u>feel</u> and <u>say</u> to themselves and others**, noticing their breathing and their posture when they are in this positive state.

8. Ask them to let you know when they have completed their visualization, and then retest the IM as they think about the original situation or person to see if it now tests strong. If it is not, then repeat steps 4 - 6 in silence. Then retest. When the indicator muscle tests strong, it indicates that thinking about the situation no longer interferes with their energy flow causing neurological disorganization. The creative visualization creates a mental blueprint for them to perform at their best.

To do this technique by yourself, get into a relaxed state and notice how you have composed the stressful situation in your mind. It may be that you had a painful or disappointing experience in the past and you are now generalizing that it will happen again. By noticing what you **see, feel and tell yourself** about the event while you are in a relaxed state, lightly touching the points on your forehead, you are freeing yourself from the power those thoughts have over you, breaking their negative pattern.

After you have focused on the negative aspects, **visualize your desired outcome** in vivid imagery, seeing it clearly, noticing the sounds and voices that inspire you as well as what you tell yourself to instill confidence, and a feeling of strength, power and success. This neurologically programs your brain with a mental blueprint, giving the biocomputer instructions to carry out.

Touching these points on the forehead in this manner activates the centers in the brain that are involved in creative choice in present time awareness. Instinctively people put their fingers there when they are under stress.

For read about programs in Applied Kinesiology to further your knowledge, click the below links.

You will see videos giving you more techniques and understanding of this powerful system.

AK Fundamentals

In this course you'll learn how to do accurate muscle testing to assess and correct structural and energetic imbalances to alleviate pain and stress, plus optimize health and performance.

Gain many practical skills to set yourself apart from other therapists.

Sports Kinesiology

In this course you'll learn many practical skills to enhance athletic performance and increase recovery time.

Used by massage therapists, personal and sports trainers to give their clients an edge over the competition. This is also valuable for dancers.

Structural Kinesiology

In this course you'll learn how to assess and correct many physical conditions people commonly experience that cause pain and range of motion difficulties.

Become adept at testing all the major muscles of the body and learn signs of physical imbalances to become more confident and successful in your practice.

Energy Kinesiology

This course gives you in-depth knowledge and skill to quickly eliminate pain by balancing the acupuncture meridians, chakras and other energy systems.

Learn how to make fast, profound shifts in people's vibrational frequency to transform and affect all levels of their being.

Psychological Kinesiology

This course will give you several advanced techniques to clear deep seated psychological challenges and attain emotional mastery.

You'll find and clear root issues and know which techniques to use to provide fast and long lasting results.

Expect to gain powerful skills to help transform people's lives by resolving major emotional problems, as well as further your own personal growth.

Biochemical Kinesiology

In this course you'll learn several protocols to find and correct many common biochemical conditions that cause major health challenges for people.

Help people balance their biochemistry to positively affect both their physical and emotional state, as well as eliminate, pain, stress and depression.

KinesiologyInstitute.com