

What is Kinesiology?

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To an uninformed onlooker what happens in a kinesiology session seems beyond belief. Because many of the techniques and procedures used interact with the body's subtle energy system rather than the physical body, they often appear bizarre and even laughable. When they come back for their second appointment, some clients state that they left the first session feeling that they had totally wasted their money, but that the improvement in their health and sense of well being speaks for itself.

Case studies

The basic tool "kinesiology or muscle testing" allows the practitioner to access information about the client that neither the practitioner nor the client may know at a conscious level. Kinesiology is in a unique position among alternative and complementary therapies. It can be practiced as a unique discipline in its own right with its own protocols and therapeutic techniques, or else it can be used as a tool to help practitioners in other disciplines, such as NAET, aromatherapy or chiropractic, hone their treatments more accurately.

The word kinesiology means 'the study of movement' and was originally used to describe a field of science concerned with the working of joints and muscles. There are still people known as kinesiologists who work like this, but another type of kinesiology evolved from this.

A process of muscle testing to monitor the effects of disease on muscle response was developed. It was noticed that seemingly healthy muscles would become weak for no apparent reason. It was during the 1960s that American chiropractor Dr. George Goodheart found that massaging specific points on the body not only improved related disease conditions but also improved the response of related muscles. He recognised the relationship between a disturbed muscle response and a disturbance in the related organ or system.

He began to use muscle testing to monitor this relationship. He also used earlier work by Frank Chapman and Terence Bennett to identify a system of specific points on the

body for correcting imbalances. On the basis of this discovery he developed the system of applied kinesiology. He discovered that muscle response might be affected in ways that can only be explained by the traditional acupuncture theory of how the body works.

According to this model there is a system of pathways or 'meridians' running up and down the body through which flows a 'vital energy' or 'life force' which drives and informs all the cells and functions of the body. If this energy system is in balance, health can be maintained. If it is disturbed, then physical or other disturbances may be produced or sustained in the body.

These energy disturbances also have an effect on muscle response, and the term kinesiology has come to mean muscle testing. Muscle testing is a painless procedure involving the practitioner applying gentle pressure to specific parts of the body (often arms and legs) to test the response of the underlying muscle. The particular part of the body involved is placed in a specific position, in order, as far as possible, to isolate the specific muscle that is being tested at that time.

The muscle will either easily be able to resist the pressure from the practitioner or will give way, at least slightly. The kinesiologist uses this response to access information about what is happening and what is needed. Because of the inter-relationship between muscles, meridians and body systems, this information can apply not only to the muscle being tested but also give valuable information about other imbalances within the body and the necessary procedures to correct them.

Kinesiologists generally focus on the acupuncture meridian system to restore the client to good health: they stimulate points lying on the meridians to overcome a disturbance and rebalance the energy system.

All the different branches of kinesiology have originated from the work of George Goodheart. Because of its origins in physical therapy applied kinesiology has tended to concentrate on structural problems and solutions. Other branches of

kinesiology have been developed, such as health kinesiology, educational kinesiology, classical kinesiology, creative kinesiology and 3 In 1 kinesiology. All use the basic muscle testing skills, but each kinesiology very much reflects the interests and personality of its developer.

Some branches of kinesiology, such as health kinesiology, make extensive use of verbal muscle testing. The response of a correctly positioned muscle to light pressure can be either to lock or unlock. The kinesiologist uses this to ask verbal questions: the locked response of the muscle indicates "yes" and the unlocked or spongy response indicates "no". The practitioner will then use systematic questioning with the muscle testing to establish what technique or techniques are needed from the many possible procedures that the practitioner learned during training.

The practitioner can also use verbal questioning in conjunction with muscle testing to establish an exercise or a diet and supplement program for the client. Because of the ability to access information through muscle testing, this program will be tailored specifically for the individual concerned. Some kinesiologists do not use verbal questioning at all or only in a limited way. Instead they rely on accessing information by testing a muscle whilst touching specific points on the body or using a finger mode. Finger modes are specific combinations of finger positions, which relate to specific body systems, correction procedures, and so on.

A homeopath may use muscle testing in a similar way to choose between several equally indicated remedies or to establish which is the best potency for this particular client. Chiropractors sometimes use muscle testing to confirm their diagnosis as to the exact location for an intervention procedure.

Kinesiology has been successful in helping people suffering from physical problems such as eczema, psoriasis, acne, dermatitis, asthma, sinusitis, hay fever, allergies, stress, tinnitus, vertigo, oste- and rheumatoid-arthritis, headaches and migraines, back ache and old painful injuries, periodontal disease, IBS,

hyperactivity, ME, tiredness, epilepsy, PMS and problems associated with the menopause, etc.

Bringing about healthy and lasting change involves re-balancing the person's energy system, re-locating them in a balanced way within their physical, emotional and energy environment. This means that the person is not divorced from their symptoms: the symptoms are seen as imbalances embroidered onto the tapestry of the person's physical, emotional, intellectual and spiritual lives. Each individual has a past that influences the present and a physical and social environment that modifies how the symptoms are presented. Kinesiology can be a vital tool to restore harmony and well-being in a person's life. It does not impose from the outside or follow rigid rules about what is correct. Kinesiology allows the energy system to speak for itself: this combination of innate wisdom and Kinesiology know-how has transformed many people's lives.



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The doctor of the future will give no medicine, but will interest his patients in the cure of the human frame, in diet, and in the cause and prevention of disease!

Thomas Edison