

## **Excerpts from Health Kinesiology by Jane Thurnell-Read**

### **Chapter 1: What Is Kinesiology?**

The original work in this field was done by an orthopaedic surgeon, R.W. Lovett, in the 1920's. He developed a system for testing and grading the strength of muscles. This work was further developed and systematized by Henry and Florence Kendall, who published a book in 1949 entitled *Muscle Testing And Function*. In the early 1960's George Goodheart, an American chiropractor, developed this work further, when he realised that muscle weakness could often be rectified, at least temporarily, by massaging the beginning and end of the weak muscle, a procedure that came to be called the origin/insertion technique. Goodheart also recognized that particular symptoms were often related to particular muscle weaknesses. He then integrated his insights with the work done in the 1930's by Frank Chapman and Terence Bennett. Chapman had found that, if he massaged certain tender places on the body, the area would stop being tender and people's health often improved. He related these to the lymph system of the body. The lymph system is part of the immune system of the body: massaging these points leads to an increase flow of lymph. Bennett found specific points (mainly on the head) that, when held, would lead to an increase in blood flow in the body. George Goodheart recognized that massaging Chapman reflex points and holding Bennett reflex points could also affect the response of the muscles. He now had three different ways of strengthening muscles: massaging the beginning and end of weak muscles, massaging points to increase lymph flow and holding points to increase blood flow. Goodheart also found that, if he worked to strengthen muscles, other health problems would improve or even disappear.

### **Chapter 2: Introduction To Health Kinesiology**

**Why Do People Consult A Health Kinesiologist?** They may be physically ill and want some help with their problems. Health kinesiologists have successfully treated people with a wide range of physical problems. Clients may have been through a whole range of medical tests and have no diagnosis for their symptoms. They may be anxious to reduce their dependence on drugs. They may be emotionally distressed and want help with depression, anxiety, panic attacks, lack of self-confidence, etc. An athlete may be seeking to enhance performance. A parent may be worried about a child's poor school report. A manager may be stressed by his or her workload. An accident victim suffering pain and emotional trauma, or a person who cannot see the way forward may follow up a recommendation and consult the nearest HK practitioner. People from all walks of life find an answer within health kinesiology for their needs. They respond to a system that respects the body's own inner knowledge about itself and its problems.

### **Chapter 3: What Happens In A health Kinesiology Session**

**How Does The HK Practitioner Decide What To Do?** One of the fundamental differences between health kinesiology and many other therapies, including many other kinesiologies, is that there are no set procedures for particular problems. For example, for one person with chronic fatigue syndrome the practitioner might find they are mainly working to improve the client's ability to cope with electromagnetic pollution; with another the work might centre on allergies and psychological issues; for another powerful detoxification procedures for viruses and heavy metals might be what is needed, and sometimes a combination of all of these might be appropriate.

Sometimes the choices that the body makes show the practitioner clearly how the body sees the origin of the illness, but sometimes it does not make any sense in rational terms. At this point the practitioner and client have to trust that the body's inner wisdom knows what is needed. Even two members of the same family with the same symptoms will probably receive completely different treatment. This is part of what makes HK such an intriguing and sensitive therapy: it truly respects the individual and treats him or her as unique.

#### **Chapter 4: Organising The Work**

When the practitioner is working according to an issue title named by the client (client specified issue), or a priority issue chosen by muscle testing (HK tested issue), practitioners will generally then use facet analysis. This ensures that the questioning as to what techniques and procedures to carry out or recommend is as thorough as possible.

Facet analysis is another of the great strengths of health kinesiology. It is a way of making sure that every aspect of a problem is considered, so that the practitioner does not unwittingly impose limits on what is to be done, by having a limited concept and using restricting questioning.

For example:

- It is no use getting rid of someone's asthma if they develop migraines instead, or suppressing an irritating rash so that they develop months or years later a distressing and possibly even life-threatening disease.
- There is some success in stopping a ten-year-old wetting the bed, but it would be even better if the therapist also dealt with the lack of self-confidence and the shame that has built up over the years as a result of this problem.
- It is good if we can stop arthritis getting worse, but It is better to address the whole problem, so that the symptoms are completely cleared, rather than dealing with only the symptoms.

HK practitioners are trained to be aware of these potential traps and, by using facet analysis, avoid any possibility of falling into them. HK facet analysis makes sure that all aspects of the problem or illness are considered, so that problems are not suppressed or ignored. The HK practitioner looks at the issue from five different viewpoints or facets:

- The cause facet.
- The process facet.
- The effect facet.
- The symptom facet.
- The repair facet.

#### **Chapter 5: The HK Menu**

Having decided with the aid of muscle testing which of the five approaches to use, the practitioner is then able to offer the HK menu of techniques and procedures, which

will allow the focus chosen by the energy system to be addressed. Again the practitioner will use muscle testing to establish which techniques are needed and in which order to carry them out.

The possibilities are divided into five distinct categories or factors:

- Energy correction factors.
- Energy redirection factors.
- Energy toning factors.
- Adjunctive factors.
- Environmental factors.

### **Chapter 6: The Energy Control System**

Fortunately, using the rather fearful-sounding electric current correction, the health kinesiologist can usually solve the problem caused by amalgam and dental braces. The correction is very simple. It involves placing several magnets around the mouth and rebalancing the system by holding acupuncture points, or placing cosmic batteries on the client's body. The electric current correction does not seem to stop the battery-effect being there, but it does stop the client being excessively disturbed by it.

I had treated two children in a family with great success, so, when one of the children suddenly became dyslexic overnight, the mother decided to consult me. When the child came in to my office, I noticed that she had a brace. I asked her mother how long it had been since the dentist had fitted the brace. Her mother told me it was six weeks. I then asked when her daughter had suddenly become dyslexic. This was also six weeks previously. Through muscle testing I established that my surmise was right – she needed a simple electric current correction. This took a maximum of ten minutes. That evening her mother telephoned me - she was very excited. She told me that she had gone to pick her daughter up from school as usual, and the child's teacher had made a point of speaking to her. He told the mother that it was as though a switch had been thrown, because the child's sudden dyslexia had completely disappeared. He asked her what had happened in the morning, when the mother had taken her daughter out of school – he was in no doubt that this was the cause of the child's dramatic transformation.

### **Chapter 7: Psychological Corrections**

The thought could take one of many forms. They may need to think about something or someone, or to repeat a specific key word or words to themselves. I have had a client who had to think about tapioca pudding – evocative of school dinners and childhood unhappiness - and clients who have had to think about dying. The possibilities are endless. It is often impossible to find the items intellectually, although they often make perfect sense once they have been found. So the HK practitioner needs a systematic way of narrowing down the possibilities.

Many psychological corrections that involve the client thinking a word or phrase are categorized according to their grammatical structure. This categorization is not

arbitrary: it is clear that different types of grammatical structures work in different ways. These different types include:

- Being/not being corrections (see page 77).
- Gerund corrections (see page 78).
- NV (I) item corrections (see page 79).
- Imperative corrections (see page 80).
- Linked opposite corrections (see page 81).
- Phobia corrections (see page 83).

### **Chapter 8: Allergy And Tolerance**

When people have tolerance problems, the quantity they consume is important – they only have a problem when they exceed their tolerance, whatever that happens to be. Because this is a different process to allergy, there is a different way of testing for it, although there are also certain similarities.

Once again the client is balanced, and the substance is placed just below the navel, but this time the quantity used is important. A specific place on the back of the client's head is touched at the same time as the muscle is tested. If the muscle tests weak, this indicates that the quantity of the substance being tested exceeds the current tolerance level. Quantities can be decreased to determine exactly at what point the tolerance level is exceeded.

### **Chapter 9: Detoxifying The Body**

If the energy system miscategorizes a toxic substance, the physical body will not be as efficient at breaking down and excreting the toxic substance, as it would be if it were recognized correctly. In fact, the body may even store the toxin, causing all sorts of problems. The SET correction does not make toxic substances harmless, but it does enable the body to deal with these substances as efficiently as possible.

The SET procedure may be needed for substances that are being regularly encountered or for toxins that were stored in the body years ago.

When I was first introduced to the SET technique my oldest son was eight years old. One of the first things I had to do for him was an SET on general anaesthetics. Jon had had a major operation when he was eight hours old, a minor operation when he was six weeks old and another major operation when he was eighteen months old. Over six years later muscle testing revealed that he needed an anaesthetic detoxification. As a result of this SET, his reading age went up yet again dramatically.

## **Chapter 10: Energy Flow Blancing**

Whenever I read about someone killing a baby because it would not stop crying, I wonder if an EFB correction for the sound of a baby crying carried out on the person responsible might possibly have averted a dreadful tragedy.

Some years ago a woman came to see me with her small baby, who had eczema. At one point the baby started crying, and the mother immediately became very agitated. Unable to calm her down, I stopped working on the baby and asked if I could check her out. Sure enough she needed an EFB correction for the sound of a baby crying. We completed the correction – she had to listen to her baby crying. A few weeks later at another appointment for the baby, she told me that I had transformed her life. Now, when the baby cried, she did not get upset and confused, but could think about the problem logically and decide what needed to be done.

## **Chapter 11: Emergencies, Accidents, Operations And Scars**

Scar corrections can produce some very dramatic results.

A twenty-nine-year-old woman came to see me about a spectacular skin rash. It had started with a few spots on her chest and two days later spots had developed all over her body. Eventually the spots had dried and crusty scabs had formed, leaving her skin looking as though she had a bad case of psoriasis. Her GP and the skin specialist were mystified and finally attributed the problem to a course of sunbed treatments she had just completed. When I take a case history, I always ask about operations and accidents. The client told me that a mole had been removed from the inside of her right thigh ten days before the skin problem started. The scar was very small and neat, but it ran directly across the liver meridian. Through muscle testing I established that the scar was disturbing her liver meridian energy and was causing her physical liver to function less well. This meant that metabolic by-products normally broken down by the liver were instead being excreted through the skin leading to the severe skin rash. I used corrections to rebalance the energy around the scar and to support her liver, and the rash disappeared very quickly.

## **Chapter 12: Homework: Helping People To Help Themselves**

HK can help a person to become less sensitive to electromagnetic pollution. The client with chronic fatigue syndrome described on page 98 came to see me to get her allergies fixed, but the primary work focused on making her less sensitive to electromagnetic pollution. When we did this, her allergies completely disappeared. This happened very quickly after the first session, but it can take some people a long time to become robust in the face of this new and insidious form of pollution. For those people a temporary solution is provided by eliminating residual electromagnetic fields in the body, or ‘degaussing’.

Degaussing involves a simple but seemingly odd procedure where a small electric motor is passed briefly over the whole of the body. For most people a hairdryer provides a suitable motor. This usually needs to be done on a regular basis, often once a week. It takes only a few minutes and people often report feeling more ‘awake’ when they start doing it regularly. Problems with static electric shocks seem to disappear and people often become much less ‘addicted’ to television and video games.

