

# **ENERGY MISMATCH:**

**HORMONES, ENZYMES,  
VIRUSES, HEAVY METALS,  
VACCINATIONS, DRUGS,  
ALLERGENS,  
FLOWER REMEDIES,  
HOMEOPATHICS & MORE**

**Jane Thurnell-Read**

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Other books by the author:

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*The Guide To Geopathic Stress*, ISBN 1 84333 529 8, Vega, 2002 (out of print)

*Geopathic Stress & Subtle Energy*, ISBN: 0954243943, Life-Work Potential Limited, 2006

*Verbal Questioning Skills For Kinesiologists*, ISBN: 9780954243913, Life-Work Potential Limited, 2002

*Allergy A To Z*, ISBN: 0954243927, Life-Work Potential Limited 2005

*Nutritional Testing For Kinesiologists And Dowzers*, ISBN 9780954243951, Life-Work Potential Limited, 2009

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The basic procedures shown here are taken from  
Health Kinesiology (HK)  
developed by  
Jimmy Scott, Ph.D.

Jane Thurnell-Read has been a kinesiology practitioner for over 20 years. She has written numerous articles, been interviewed on radio and television, and had several books published.

During this time she has helped thousands of people with a wide range of problems. She considers that the energy mismatch concept is one of the most important factors in her high success rate with clients.

One of her biggest contributions to work in this field has been the development of a comprehensive range of test kits, backed up by extensive research and detailed information for the practitioner. This enables practitioners to take full advantage of the power of the energy mismatch concept.

At one time she taught the material as a one-day workshop, but she has now retired from teaching and seeing clients in order to concentrate on writing and research. There is a continuing demand for this information, so she decided to write this book.

## **How To Use This Book**

Depending on your skills and experience you can use this book in different ways:

1. If you a kinesiologist or TFH'er, you will want to read this book in full and use the protocol as it is described.
2. If you are trained in health kinesiology, you may prefer to use the symbiotic energy transformation (SET) technique instead of the tapping technique, providing the energy system gives you permission to do so.
3. If you use an EAV, Vega or Biocom machine or something similar, you may want to use your normal diagnostic procedures, but still read the information on pages 4 to 6, so that you get a thorough grounding in the concept of energy mismatch. Having used your existing skills to work out the problem items, you can then use the correcting procedures taught here to rectify the situation.

A summary of the full protocol is set out on page 77.

## **What Is Energy Mismatch?**

In our normal lives we encounter many different substances: food, personal care products, household cleaners, things we inhale or touch, drugs and supplements, viruses, bacteria, fungi, and possibly even parasites. The body has to decide how to react to any of these physical substances it encounters. This is a critical process, because it determines the processes that are put in train by the body, and what happens to the substance.

For example, if the body considers a substance in the mouth to be something it wants, it will produce digestive juices, etc., in order to maximise absorption. On the other hand if the ingested substance is viewed as harmful, vomiting or diarrhoea may occur. If something entering the nose is viewed as beneficial, the airways open and breathing becomes deeper to allow easy entry, but if it is categorised as harmful, narrowing of the air passages or copious production of mucus may result, in order to block or hinder entry.

Sometimes, however, the body / energy system seems to mis-categorise something, and this can have serious implications for health.

There are three basic possibilities:

1. Something beneficial is miscategorised as harmful
2. Something harmful is miscategorised as beneficial
3. Something is uncategorised

If the body categorises something harmful as beneficial, it will do its best to enhance absorption of the substance, even though it is harmful. If it categorises something beneficial as harmful, it will do its best to block entry, and failing that to excrete the substance as quickly as possible from the body, minimising absorption. If it is unable to categorise it at all, it will not know what to do with it. All of these situations can lead to all sorts of health problems.

The body also has to categorise and react appropriately to substances produced within the body itself. In many ways the body can be seen as a complex chemical factory, producing a wide range of chemicals. Some chemicals are used where they are produced. Some are produced in one area, but travel around the body either continuously in the blood stream or to target another organ. The body also produces waste products (e.g. ammonia, urea) as a result of all this chemical activity. These need to be either recycled or excreted.

Efficient functioning at this level of complexity is in part dependent on the body recognising the substance appropriately. If it does not recognise a useful substance for what it is, it may try to break it down or excrete it from the body. A metabolic by-product may be stored rather than excreted. These and other problems can result in a whole range of health problems.

The energy mismatch test determines whether or not the energy system recognises the substances appropriately. It checks if the energy system will attempt to use the substance appropriately.

Both the testing procedure and the correcting procedure are very simple, but the results can be dramatic, across a wide range of different complaints.

Here are some comments from kinesiologists who have used this technique very successfully:

“I have had fantastic results with the energy mismatch, particularly with blood sugar problems and hormone problems.”

“I had brilliant results with energy mismatch on a fellow kinesiologist’s horse, who was covered in large hot lumps and had lost all his zest for life. The vet was defeated by it.... The problem turned out to be an ingredient in his feed. For a day or two after the treatment the lumps got hotter and worse and then vanished. He is now a bouncing happy horse as his spirits returned as well.”

The energy mismatch concept is one of the most useful I know: it has broad applications, and the testing and correcting procedures are very simple, and yet the results can be extraordinary.

## **Balancing The Meridian Energy System**

Before checking anything we need to ensure that the client's energy system is balanced. This will mean that answers to our testing are likely to be accurate. Different kinesiologies have different ways of doing this.

In general most people will come in with an unbalanced energy system, and the health kinesiology thymus tap is a quick way to balance the energy system. This works for most people most of the time.

Either the therapist or the client can tap over the thymus area of the client. On an adult this is about 2 inches (5 cms) below the "v" where the breastbone and the collar bone meet. The tapping should be in a counter-clockwise circle, 3 inches (7.5 cms) in diameter. Tap with one or two fingers for about 30 seconds.

Some people find the concept of counter-clockwise difficult to understand in this context, but think of it as 'up from the heart'. The heart is on the left side of the body, so you start on the upper chest on the left side (as the client would name it), tap upwards and over in a circle.

I do not find it matters how many fingers I use when I do this tapping. In general I use three, simply because that is physically what I do naturally. I know some kinesiologists are concerned about finger polarity. If you are one of these, it is a simple matter to tap with two fingers only. Some clients feel that they are being 'poked' if you only use one finger, so I do not advise this.

## **Checking That The Meridian Energy System Is Balanced**

The thymus tap is usually sufficient to balance the energy system. It is important not to assume that is the case, but to run some checks. Different kinesiologies have different pre-checks. Because I only use HK procedures in my practice, I do not know if others are adequate for checking for balance before proceeding with the energy mismatch protocol. The HK pre-checks test different aspects of energy balance. I suggest that when you first work with the energy mismatch protocol you carry out these checks either instead of or in addition to any normal pre-checks you would use.

During this protocol you will be doing a lot of testing, so it is important to find a convenient muscle to use. I usually use the brachioradialis (in the lower forearm) if possible. This is because it is easy to explain to the client what you want them to do. When the client is lying down the lower arm rests on the couch / bench, with the forearm at ninety degrees to the couch. The thumb should be pointing towards the head and the palm facing inwards. Light pressure is applied just below the wrist. The full range of movement takes the arm down to the couch. If this muscle is not suitable for some reason (through injury or because it does not test strong in the clear), I might use the anterior deltoid or the latissimus dorsi instead. It is also possible to carry out this protocol using self-testing or surrogate testing. In which case you would need to adapt the instructions accordingly.

It is important that the energy system ‘passes’ all these checks. If it does not, you stop at the first failure, repeat the tapping procedure on page 7, and then carry out the checks again. If the energy system still fails these pre-checks, you will need to use other techniques to balance the body, and then recheck.

The steps are:

1. Find a muscle that tests strong in the clear.
2. With palm of the hand over the navel, test any muscle in the clear. It should lock (test strong) if the person is balanced.
3. With palm over the navel, pinch in the belly (the middle) of any muscle and test a different muscle. It should unlock (test weak) if the person is balanced. The pinch should be longitudinal towards the centre of the muscle.
4. With palm over the navel, unpinch in the belly of the same muscle and test an indicator muscle. This time you smooth outwards towards the end of the muscle. The muscle should lock if the person is balanced. If it does not lock, the reason is usually because you have not ‘unpinched’ the muscle sufficiently. To unpinch a muscle smooth the fibres back together, going in the opposite direction to the pinching.
5. With palm over the navel, test the indicator muscle, as the client says “no”. It should unlock if the person is balanced.
6. With palm over the navel, test the indicator muscle, as the client says “yes”. It should lock if the person is balanced.

7. With palm over the navel, place the north-seeking pole of a magnet on the belly of any muscle and test the indicator muscle. It should unlock if the person is balanced. The magnets many people are familiar with have the poles at the end. These can be used, but it is a bit precarious to balance the magnet on its end. I use a magnet that has been axially magnetised. This means that the pole is along the flat face of the magnet, so it is much more convenient.
8. With palm over the navel, place the south-seeking pole of a magnet on the belly of any muscle and test the indicator muscle. It should lock if the person is balanced.

Remember that it is important that the energy system ‘passes’ all these checks. The magnet test is particularly useful, because it is possible to do it blind or even double blind. With the pinch test and the yes/no test clients are aware of what you are doing. Experienced clients will often know what the ‘correct’ response is and so try to be helpful and allow their arm to test weak at the appropriate point. However, for the magnet test, they do not know which way the magnet is facing (unless you always do the test in the same order), and so do not know what the ‘correct’ response is. You can make this an even more profound test, by checking the magnet without you or the client knowing which pole is against the body.

Occasionally you will find people who ‘pass’ on all the other tests, but fail the magnet test. If this happens, try getting them to drink water, and then retest. If this still fails, it is likely that the magnet is disturbing their energy system: the client is balanced, but becomes unbalanced as soon as you put the magnet in their energy field. If a client’s own electro-magnetic integrity is not

robust, they will often go out of balance immediately a magnet is put near them. These people are often also very sensitive to electro-magnetic pollution and geopathic stress, and will suffer from static electric shocks. If this is the case, they almost certainly need degaussing (see page 79), so do this and then carry out the magnet tests again.

These three tests (pinching, yes/no and magnet) are checking different aspects of energy balance and all need to be correct. If you get the reverse response from any of the tests, tap the thymus again and re-check.

For steps 2-8 a hand needs to be over the client's navel. It can be the person's hand, the therapist's hand or a third person's hand. In practice I usually use my hand, because by the time I have explained to the client what I want them to do, I could have completed the test if I put my hand over the client's navel. By putting the palm of the hand over the navel in this way, you are covering a combination of points that connect in to all the meridians, so this test allows you to check that all the meridians are in balance without needing to check a muscle connected with each one individually.

I usually pinch the quadriceps muscle, as this is a convenient muscle to use while the client is lying or sitting down. If the indicator muscle does not unlock, this could be because you have not pinched hard enough. If you suspect this, try pinching again. It is important when you pinch the muscle that you really do pinch the physical muscle, because you are definitely testing something about the physiological response of the body, involving the spindle cells in the belly of the muscle. Pinching just off the body or extremely lightly does not affect the muscle fibres, so is not appropriate. To pinch a muscle you must pinch

along the fibres of the muscle. In the case of the quadriceps this means pinching along the leg, not across it. In pinching we are checking that a physiological response from one muscle can be picked up by the indicator muscle.