

Health Kinesiology

**The Muscle Testing System
That Talks To The Body**

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FOREWORD

When I first met 'Isobel' she was about twenty. Her self-esteem was less than adequate - she smoked, ate junk food, and generally did not take good care of herself. Her older brother and his wife, my good friends, were unsuccessful at convincing her to change. The four of us were socializing once, when I discovered that Isobel was missing a little toe – amputated because of injury in an accident. She still had numbness and discomfort in the area, a classic 'phantom sensation'. With her consent I did a few energy corrections. Within about ten minutes all those symptoms had disappeared. For me, it was all very simple and routine. For Isobel, however, things developed rather unexpectedly. She returned home, quit her job, quit smoking, started eating 'real food', and moved to California. What had happened? That little bit of health kinesiology™ energy work with a 'nothing-can-be-done' condition had shown her that she could change. She could have control over her life. She had found hope.

In this book you will find numerous illustrations of how your own energy system is the key to the determination of precisely what is wrong or right for you and your body. In the world of the future I see treatment customized to each individual's specific needs. Gone will be the production line methods where everyone is given the same diet, drug, massage therapy, surgery, nutritional supplements, school program, exercise plan, or whatever. Furthermore, many of you will have learned how to do much of this for yourself. You will discover rather quickly that when you follow your body's true desires you will feel better, have more energy, be happier, be healthier, and function more effectively in every way.

Jane Thurnell-Read has given an overview of parts of my health kinesiology™ system and illustrated the procedures with dozens of real life examples. I hope that this book will inspire you to discover the same sort of life transformation, as have thousands of others. I have found no deeper satisfaction in my life than to see people overcome 'impossible situations' through my work. I thank Jane, and all of the people who have contributed, for helping you learn of the possibilities. You can have the future now.

Jimmy Scott, PhD
Hastings, Ontario, Canada

INTRODUCTION

I became interested in kinesiology (from which health kinesiology developed) in 1981 when my eldest son, Jonathan, was just over a year old. He had chronic diarrhoea, eczema and was hyperactive, in spite of having a whole food diet. I knew what he was going through, as I had suffered with eczema since I was eight years old. As a teenager, when it was particularly bad, I would often wake with blood on the sheets, because I had scratched myself so badly in my sleep. Sometimes my eczema was so unbearable I would cry with the pain and the irritation. Conventional medicine had failed to provide a solution, and I had to some extent 'learnt to live with it'. I was determined that Jonathan should not suffer in his life, as I had. I knew I had to find some way to help Jonathan, and I started reading various health books. Eventually I became convinced he was allergic to something, but none of the books offered a practical way of confirming that for a small baby.

In 1983 I went to the Festival of Mind and Body in London and came across a stand called Touch For Health. (This is a simplified version of applied kinesiology, mainly designed to allow lay people to deal with minor health problems. It can also be used preventively.) At the back of the stand there was a poster referring to something called 'muscle testing', and describing what it could be used for. This included allergies. I became very excited by this and, after talking to the people on the stand, took my son to see a touch for health practitioner based in London. Using muscle testing he found that Jonathan was allergic to wheat. I removed wheat from his diet and very quickly his eczema disappeared and his diarrhoea eased. I was thrilled and booked some sessions for myself. I was delighted to find that my own eczema started to clear too. Shortly after this I started touch for health training. Eventually I began to see clients and, not surprisingly, specialized in food allergies.

My second son, Thomas, was born with severe bronchial asthma. In order to help him I had to learn a lot about inhalant allergies and chemical sensitivities. This information proved extremely useful helping my clients too. I worked on my two sons regularly, and their health improved dramatically. When my youngest son was five years old, my new GP refused to believe he had ever had asthma because he was so well. He only became convinced that this was true when I named the consultant who had made the formal diagnosis.

Between 1983 and 1987 I tested several thousands of clients for suspected allergy problems. I had a very successful and busy practice, but I was becoming bored and frustrated, feeling that allergy problems were in fact a *symptom*

indicating a further underlying problem. There are various other forms of kinesiology – applied kinesiology, three-in-one kinesiology, etc. – and I started to look at some of them. I also started learning about herbalism, iridology and homeopathy, but none of them seemed to be quite what I was looking for. Then, in 1987, I attended the first UK training course in health kinesiology, taught by its founder, Jimmy Scott.

I was very impressed: it seemed to be a thoroughly holistic system with a strong theoretical framework. I went home determined to try it out. I used Jonathan as the guinea pig: he had severe reading difficulties and had been diagnosed as dyslexic. Although he was eight years old, he read as though he had never met any of the words before. He was not very willing to allow me to practice on him, so we compromised with him lying on the sitting room floor watching television, while I scabbled around with my new manual. I did not explain that I was trying to help his dyslexia, only that I wanted to try out some new techniques I had learnt. The session lasted less than an hour, with Jonathan repeatedly asking: “Haven’t you finished yet?” That evening he read in phrases for the first time in his life. The benefit of that session lasted, and in the months that followed, as I learnt more advanced health kinesiology techniques, I did further work on him. His reading ability made further dramatic strides forward. From that very first session with my son I was immensely impressed by the power of this new kinesiology. From then on all my clients got HK, and I have never looked back.

I soon found that by using health kinesiology I could not only detect allergies, but could often correct the problems instantly. I also found that I could help people with a much wider variety of symptoms and problems both physical and psychological. I could also be very effective in helping people who were not ill, but who wanted help in achieving their potential.

Although I have now retired from seeing clients and teaching, health kinesiology still fascinates me. I am still amazed at the power, depth and breadth of HK, and its capacity to help people with a whole range of physical, psychological and spiritual problems.

Of course, the clients who stand out are the ones who benefited in a spectacular manner: the man in his seventies going blind whose sight improved so much after three sessions that he was able to drive his car again; the man who had suffered from depression for thirty years, and told me after one session: “The depression has completely gone; you cannot imagine the difference it has made to my quality of life”, or the girl with severe epilepsy who is now fit-free and drug-free.

The miracle stories are, of course, very exciting and rewarding, but not everyone responds so quickly or dramatically. I gain a tremendous amount of satisfaction in helping people in less dramatic ways: people who need repeated appointments or who are less seriously ill, but who find that HK helps them overcome their problems and feel happier and more at peace with themselves.

When I started to write this book, I asked other HK practitioners for case stories. I was inundated with replies, and many of these marvellous stories are included in this book. There are many more that could not be included, if I were to produce a book of a manageable size. This avalanche of stories is a testament to the power of this therapy. Those included were chosen to illustrate a particular point and are not necessarily the most impressive. However, some of them may seem unbelievable, but they are all factual.

This is not intended as a comprehensive manual of all HK procedures for the student or practitioner. It is intended for the general reader who wants to understand more about this wonderful therapy.

Writing this book is partly a response to my sense of frustration that health kinesiology is not better known. Many people who would benefit from health kinesiology are not receiving it, not because they have rejected it, but because they do not even know it exists. I hope this book will bring the healing power of health kinesiology to many more people.

A glossary is included at the end of the book (see page 164 onwards).

CHAPTER 1: WHAT IS KINESIOLOGY?

Kinesiology is the healing system from which health kinesiology developed. The word kinesiology means 'the study of movement' and was originally used to describe a field of medicine concerned with the working of joints and muscles. There are still people known as kinesiologists who work in conventional medicine, but, since the 1960's, other systems of kinesiology (including health kinesiology) have evolved from it.

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.

Acupuncture Meridians

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. These energy disturbances also have an effect on muscle response, and the term 'kinesiology' has come to mean muscle testing to identify these disturbances.

The acupuncture meridians form part of the underlying energy system of the body. These were identified by Chinese practitioners thousands of years ago. They form a subtle energy grid that supports and integrates the different aspects of each individual: physical, emotional, mental and spiritual. The meridian energy system distributes Chi energy or life force to the body and this energy carries with it (or possibly even is) information to allow all the parts to function harmoniously. Imbalances in this system can lead to acute or chronic ill health as the life force energy or 'Chi' is not fed correctly to the tissues and cells of the physical body. When the meridian energy system is out of balance then this life force energy is not flowing properly.

In classical oriental medicine there are fourteen major meridian lines. There are two meridian lines on the midline of the body: the governing vessel running up the back of the torso, and the central or conception vessel running up the front of the torso. The other twelve meridians all run bilaterally on the surface of the body. These meridians are named after specific organs (e.g. the liver meridian, the small intestine meridian), but are not necessarily on or near the named organ. For example, the lung meridian runs down the inner arm to the thumb. The acupuncture meridians can relate directly to the health of the internal organ associated with it. The meridians are paired together into elements. Each pair consists of a yang meridian and a yin meridian. Yang meridians reflect qualities such as expansiveness, dryness, masculinity, lightness, heat and hollowness. Yin meridians reflect qualities of femininity, receptivity, darkness, coolness and solidity. The yang meridian needs its paired yin meridian for its completion. In HK the focus within the energy system is always on rebalancing the paired meridians.

Meridian Energy System Balance

The concept of balance is central to all branches of kinesiology. Kinesiologists believe that ill health is caused by imbalances within the system not only at a physical level but also emotionally and spiritually. Ideally the meridian energy system is in dynamic balance, changing and rebalancing according to internal and external circumstances. However, for many people the meridian energy is more often out of balance than in balance, leading to health problems. Many things can lead to imbalances in the meridian energy, including psychological stress, pollution, inadequate nutrition, etc. Kinesiologists work to redress these imbalances, so promoting good health and well-being.

There are points lying on the meridians which, if correctly stimulated, can overcome a disturbance and rebalance the energy system. Acupuncturists put needles into these points, but kinesiologists hold or rub combinations of points instead.

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 muscle that is being tested. 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 gain information about what is happening and what is needed to restore balance. 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.

Subtle Energy

Throughout this book you will see the terms *energy* and *subtle energy* used. This is not energy in the sense of calorie-energy. *The Concise Oxford Dictionary* defines *subtle* as: ‘tenuous or rarefied.... evasive, mysterious, hard to grasp or trace... making fine distinctions’. Subtle energy is a loose term used to describe any energy that is not specifically recognized and categorized by conventional scientific knowledge.

Some of these energies are seen as being part of man whereas others are seen as being outside of the individual person and are generated by completely separate sources.

In her book *Energy Medicine* Donna Eden describes this energy as: ‘the common medium of the body, mind and soul. Its wavelengths, rates of vibration, and patterns of pulsation form their shared vocabulary.’

I can say with some certainty that subtle energy shares some of the characteristics of electromagnetic energy, but it is much more than this. This is a less than satisfactory explanation, but it seems that I am in good company. In *Scientific American* March 1999 George Musser writes: “Astronomers...can’t find ninety per cent of the matter in the universe.... Something swirls in the heavens and streams through our bodies without a whisper; it cannot be seen.” He goes on to say that scientists have three different ways of weighing the