

**Nutritional Testing  
For  
Kinesiologists  
And  
Dowers**

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**Jane Thurnell-Read**

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## Introduction

This book started out in life as a workshop for kinesiologists. I was struck that a lot of practitioners had completed some nutrition training, but could not see how to integrate it into their sessions with clients. In consequence many were offering very little nutritional advice. So I set out to design a workshop that would teach them this very special skill. The workshop was very successful, but eventually I decided to stop teaching and concentrate on writing and other projects. A book based on the material from that course was a natural outcome of that decision.

This book is different from most nutrition books. It does not set out to teach you a lot of nutrition knowledge and facts. It sets out to teach you how to use your skills as a dowser or kinesiologist in the most effective way possible in this important area. Inevitably, in doing this, I will be presenting some nutritional knowledge, but this is not the main aim of the book. This is a companion book to all the information-dense books you have on nutrition already. This book alone is not enough for you to give sound advice to your clients on nutrition, supplements and diets, but it will allow you to access and act on this information in an efficient and comprehensive manner.

One of the fundamentals of kinesiology and dowsing is that everyone is individual. Of course, we do share much in common – our genetic makeup ensures that – but the variations in what is right for people are significant. This is particularly true in the area of nutrition and diet. Because of this, nutritional knowledge can only be a guide not a prescription. Putting nutritional knowledge together with kinesiology or dowsing provides an amazingly accurate and versatile system.

As ever, the real test of our work is what happens to real people in the real world. I hope that this book will give you the confidence to go out there and do it.

Using this book practically means that you will be using verbal questioning. My book *Verbal Questioning Skills For Kinesiologists* gives a lot more information on how to perfect your verbal questioning skills.

## How To Use This Book

I have written this book to be used practically in a particular way. Faced with a client I envisage you will go through the following stages:

1. You decide on which way you will work (see pages 18 to 21).
2. You test from the nutritional menu (pages 32 to 41).
3. Having found a category (in bold with a number against it), read the different possibilities listed below the bold entry. If you have been using this system for a while, or know a lot about nutrition and nutritional testing you may feel able to test straight away. Otherwise, go to (4)
4. Turn to the correct pages and read what it has to say before testing. You may also want to refer to other books and manuals too. Remember the nutritional information in this book is not intended to be comprehensive or sufficient in its own right.

## Walking Your Talk

As with so many other aspects of our life, it is important to walk our talk in respect of our own diet and nutrition.

For many years I was an avid tea drinker – I drank far more than was good for me, but I did not want to stop. Because I was not prepared to reduce or eliminate my tea consumption, I was not prepared to recommend this to clients either. I subconsciously excluded this from my testing, although I would say vaguely to clients sometimes something like: “It seems like a lot of tea isn’t likely to be good for your health, so you might like to think about cutting down.” Obviously a really positive and clear message! Eventually I realised that I needed to cut down on tea not only for my own sake, but also for the sake of all my clients. Once I had done that I was able to add the possibility of drinking less/no tea into the equation for my clients.

Doing what you advise is also important for other reasons. It is clear to me from teaching students to muscle test for nutritional advice that if your own diet is poor your energy knowledge of a good diet is likely to be poor too. As you improve your own diet, you will be better at testing for the subtle nuances that are needed by different individuals. You will also have more practical knowledge about a whole range of nutritional issues. Encouraging a client to try a particular fruit because you know it tastes good, can massively increase compliance.

The best reason of all for sorting out your diet and nutrition is, of course, that you will almost certainly as a result live a healthier, happier life. We often think of the quality of our diet affecting our health, but it also has a profound effect on our happiness. It has an indirect effect in that if you have arthritis or migraine as a result of what you eat, it will be difficult to be happy. It also has a direct effect too. For example, the B vitamins, and the minerals calcium and magnesium directly affect our moods, and shortages can lead to anxiety, insomnia and palpitations. A student once said to me that she was only attending my nutrition course because she had to in order to meet the requirements of the professional association. She told me she was not interested in nutrition – she was interested in psychological issues. I tried to explain to her that diet and nutrition impacts on all areas of our lives, and that she was doing her clients a disservice if she was not prepared to recognise this. I tried to convince her, I think without success, that she needed to know something about nutrition in order at the very least to be able to refer clients on to a practitioner who was interested in this topic. I also thought she would benefit from knowing more about nutrition for herself, so that she could have the information she needed to make the right choices for herself.

## Nutritional Knowledge

Nutritional knowledge is important, and if you want to do good work in this area, you need to spend time understanding the existing information provided by science, medicine, naturopathy, etc.

It is important to study nutrition – I see this as a way of calibrating our measuring instruments – muscle testing or dowsing. For example, it is useful to know what the recommended intake of vitamin A is, or what the problem is with saturated fats, or the current thinking on the benefits of probiotics. This helps us to have a clarity when we test that may otherwise be missing. Yet it is important not to blindly accept current scientific and medical knowledge in this field. The history of science and medicine is a tale of many ‘facts’ being over-turned. So your testing may produce advice that does not appear to make sense in terms of current knowledge and your understanding of it. This could be, of course, because you have made a mistake in your testing and are coming to the wrong conclusions, but it can also be that the current scientific understanding is incorrect, or your own factual knowledge is limited in some way, or that this person is an exception to a generally accurate piece of nutritional knowledge.

I had a good example of this some years ago. I was doing a lot of allergy testing and finding many children allergic to artificial food colourings. I was delighted when natural food colourings were introduced by many manufacturers. But I was then totally taken aback when kinesiology testing showed that many children were allergic to the natural food colourings as well. This was not at all what I had expected or what had been suggested by advocates of natural food colouring. I often tested the food that the colouring was manufactured from (e.g. beetroot, tomato). Sometimes it would be a problem too, but sometimes it would be OK. This made no sense at all to me, but after careful retesting, I would go with what I had found. It was several years later that I began to understand about industrial solvents – chemicals that are used industrially to break down the cell walls of plants to extract the maximum amount of colour pigment from the plant. Then my findings with the children made sense – the ones that did not react to the fruit or vegetable source of the natural colouring must be reacting to minute traces of the solvent left behind by the industrial process. I was glad that I had stuck by what I had found even though it did not initially make sense.

### **Assessing Nutritional Advice**

A report from Mintel, a UK market research company, found that 69% of 988 adults interviewed felt that it was hard to know which foods were healthy, because expert advice was always changing.

Of course, there are some nutritional recommendations that have stood the test of time and should be applied by everyone. Undoubtedly some people also use the changing expert advice to justify appalling eating habits on the grounds that nutritional advice is always changing so it is not worth following.

So, in the midst of all this we need some way of judging all this information and advice – from ‘experts’, the media, web sites, other therapists, books, etc., and deciding which is likely to have validity.

When I review nutritional information, advice and guidelines, I always review it in terms of the conditions that humankind have evolved in and the changes in the environment since then.

For example, people have survived well without nutritional supplements. Mankind has not evolved with a health store or pharmacy around the corner, so to argue that we all need to take supplements does not make sense from the viewpoint of mankind as hunter-gatherers.

It does make sense, however, if circumstances have changed so that life is now so different that supplementation is essential. This is the argument used for taking mineral supplements - the soil has become so depleted through constantly growing foods in the same ground that it no longer contains the nutrients for the plants, and so these are not available for us to access in this natural way.

Food combining (see page 103) does not make sense in terms of how we evolved. A hunter is unlikely to say, “I’m not eating these succulent berries that I have just come across because I’ve managed to slay and eat a deer an hour ago.” (The protein in the deer is believed not to combine with fruit because of the different transit time in the gut for these different categories of food.) This does not mean that some people do not feel better when they food combine, but the fact that they do is an indication that they have some health problems. They may have digestive problems that need addressing, or food combining may have led them to exclude some allergen, or that by focussing on their diet they have realised what rubbish they eat and have stopped doing it. The fact that so many people benefit from food combining is an indication of how unhealthy many people are.

A common recommendation is that everyone should take fish oils, because they contain essential fatty acids (see page 80). ‘Essential’ means that the body needs them but cannot make them itself. So where does this leave vegetarians? Many people have evolved in places that do not have access to fish. There are two possibilities here. People with a genetic mutation that does not require these essential fatty acids have evolved in places where fish oils are not available. The alternative possibility is that there is a non-fish alternative source of essential fatty acids for those in areas with no access to fish. There are several alternatives such as pumpkin seeds and hemp oil. So, yes, an essential oil intake may be necessary for good health, but, no, it does not only have to come from fish.

For many years nutritionists talked about the importance of ‘complete proteins’. Complete proteins contain all the essential amino acids that cannot be made by the human body. Amino

acids (see page 73) are vitally important because they build enzymes, hormones, muscle, skin, hair, antibodies, etc. This was a particular issue for vegetarians because many of their sources of protein were not complete, unlike meat that has a full complement of the essential amino acids. Vegetarians were urged to eat pulses and grains (e.g. baked beans on toast) at the same meal to ensure they achieved that magical complete protein. Scientists have now established that it is not necessary to eat all of them at the same time, as long as they are all eaten. This change in advice is hardly surprising for early man was an opportunistic hunter and forager and may have gone for long periods with no source of complete protein available.

I was listening recently to a radio interview with the author of a book on food cravings. She stated categorically that, after eating, insulin is produced which stops fat burning for 3 hours. She repeated this 'fact' several times, and from this had drawn various conclusions about what and how we should eat. One of the conclusions was that we should only eat three times a day – if we ate more frequently, then the insulin would stop our body burning fat. This information flies in the face of much practical research that suggests that eating frequent smaller meals containing some protein is the best way to reduce cravings and aid weight loss. This does not mean it is wrong – 'facts' do get regularly overturned, but this does not make sense on a lot of different levels. It is a very simple model of the body – hormones such as insulin interact with each other – and anyway there are huge differences between individuals. Also is the body really that precise? She did not say 'about 3 hours'. What happens if the person does something that demands a lot of calories in those three hours? It is difficult to believe that this theory will stand the test of time and be the miracle cure that she thinks.

In recent years there has been a lot of interest in antioxidants (see page 99), and some authorities urge everyone to take an antioxidant supplement. Antioxidants, which counter free-radical damage, are often labelled as the premier anti-ageing supplements, but does it make sense to say we need to take supplements? Excess free radical production can be caused by smoking, sunbathing, frying food, infections, excessive exercise, stress, radiation and environmental pollution. Exposure to the last three is certainly on the increase, and this could be sufficient in itself to support a recommendation for anti-oxidant supplementation. The fact that anti-oxidant supplementation is to counter ageing raises another issue. Evolution and selection is all about breeding. If you have the right gene variations that will allow you to live to a fertile age and breed more effectively, your genes are likely to have a good chance of surviving and becoming the norm. Gene variations that help us to live healthily into old age cannot be selected for in the same way, as it will not affect our ability to breed. Imagine a gene variation that means that women look as though they are 50 when they are 80 years old, with the women having 'normal levels' of fertility. This gene variation is less likely to be passed on than one that has 50-year-old women looking like 80-year-old women, but the women are highly fertile. Evolution does not select for variations that help us live healthily into old age, it selects for fecundity. Because of this, it is not illogical to think that we might need nutritional support to be healthy in old age.

There are a lot of books on the market that propose miracle solutions for health problems. Many of these seem to be of the type 'it worked for me so it will work for everyone with this problem'. These books are clearly genuine and enthusiastic attempts on the part of the author to spread good news and help people, but they do need to be looked at objectively.

Of course, there are also people with vested interests – nutritional supplement manufacturers, book authors, scientists, doctors, etc. – who, for their own reasons, may or may not want you to change what you eat and what supplements you take. But, this does not mean it is necessarily wrong. The reason I sell supplements is because I believe (and have seen the evidence) that people benefit from them.

So, when you are assessing nutritional knowledge bear in mind:

- It could be wrong, even if the book or the person giving the information sounds convincing.
- It could be wrong, even if the person giving the information believes totally that it is true.
- You could have misunderstood.
- It does not necessarily apply to everyone – we are all different.
- Does it make sense in terms of how we have evolved from being hunter-gatherers?
- Is it specifically aimed at improving people's post-fertile period of life?
- Does the person giving this knowledge have a vested interest in your believing it?