

# **Kinesiology**

**by**

**Jane Thurnell-Read**

**(excerpts only)**

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# Excerpts

## Introduction

Let me first tell you how to pronounce it. It is kin-easy-ology, although a few people pronounce it kine-easy- ology. There are many different kinesiology systems, but they all use the same basic tool - muscle testing, also called muscle monitoring.

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, particularly in North America.

Since the 1960's, other systems of kinesiology have evolved from it, based on the work and insights of an American chiropractor, Dr George Goodheart. These are the therapies we will be looking at in this book.

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. The kinesiologist uses this response to access information about what is happening within the body and what is needed to improve health and wellbeing. (See page 14 for a more detailed explanation.)

This amazing tool was developed by George Goodheart into a system that became known as Applied Kinesiology. Subsequently John Thie took elements of it and developed a system called Touch for Health, which was designed for use by people without any formal medical training to use in their homes and with their families and friends in both a preventive and in a restorative way.

Over the years many people in many different countries have learnt Applied Kinesiology and/or Touch for Health. Some of them have gone on to develop their own kinesiology systems either for use by the general public or, more usually, by practitioners. (See page 46 onwards). They offer a wide variety of approaches and techniques but all share the same tool - muscle testing (muscle monitoring). Each kinesiology reflects the experience, knowledge and interest of its creator. All kinesiologies also share many basic concepts and techniques and many of these are covered in this book.

Kinesiology produces more than its fair share of miracles for a therapy that is so casually dismissed by some as being rubbish, bizarre, silly, and only of interest to the gullible and the desperate.

You will read about some amazing things in this book that cannot be explained by current scientific and medical knowledge. Some improvements in symptoms may happen anyway, some may happen because of the placebo effect (see page 44), but there are others that defy any conventional explanation: animals or children too young to understand what was happening or clients who were sceptical or had a rigid scientific background. Kinesiology has attracted practitioners and developers with rigorous scientific backgrounds including doctorates (PhDs) in solid state physics (Diego Vellam, see page 79), in physiological psychology (Jimmy Scott, see page 84), in geology (Wayne Topping, see page 173) and biology and physiology (Charles Krebs, see page 50) and a research scientist in molecular biology (Barbara Grimwade, see page 81). Susan Eardley has been awarded a doctorate by Southampton University (UK) for her work showing the effectiveness of one kinesiology system in the management of chronic low back pain (see page 136). People with a medical background have also become deeply involved and committed to kinesiology, including Bruce Dewe (see page 136), a medical doctor, and Helen Bradley (see page 164), a speech and language therapist.

I have been involved in kinesiology for more than twenty years and during that time I have often met people who have said something to me along the lines of: I'm a scientist so, of course, I can't accept this. What an unscientific attitude to dismiss something without investigation, assuming that it cannot be correct because it does not fit current understanding.

Some critics dismiss kinesiology and similar therapies, claiming it attracts the woolly-minded and will not stand up to real scrutiny. In fact, kinesiology attracts people who are prepared to assess what they see objectively and without

preconceptions.

## **History/Origins Of Kinesiology**

The originator of kinesiology muscle testing as we know it was a US chiropractor called George Goodheart. His work ultimately resulted in a system now known as Applied Kinesiology...

Although Dr Goodheart is recognised as the founder of kinesiology as a therapeutic system, 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 functioning 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 developed this work further. His first major insight was into the relationship between back pain and weak muscles. At that time back pain was understood to occur as a result of muscle spasm. Treatment was, therefore, focused on relaxing the tense muscle or muscles. Goodheart saw back pain occurring as a result of muscular weakness. In his view muscle weakness (or inhibition as it is known technically) results in an associated muscle becoming tight, resulting in pain. From this understanding it follows that the muscle that needs attention is the weak muscle, as the tight muscle is a response to, not a cause of, the problem. As the weak muscle is corrected, the tight muscle lets go of its tension.

Goodheart's next major insight came when he examined a patient who was unable to work because of shoulder instability. He observed nodules in the muscle insertion and he applied heavy pressure with his fingers to reduce these nodules. Immediately afterwards the man was able to move his shoulder in a way he had not been able to do for fifteen years. Goodheart checked other patients and found that many responded to this vigorous stimulation at either the origin or insertion of the weak muscle. At the time it was believed that this was correcting micro-tears in the muscle fibres. This procedure became known as the origin/insertion technique (see page 38).

## **Some Important Concepts**

### **The Triad Of Health**

A central concept of many kinesiologies is the triad of health. This is envisaged as a triangle with three sides labelled structural, emotional (or mental) and biochemical (or just chemical). Each side is equally important and the three sides affect each other. For example, a structural problem such as an injured joint may have emotional/mental repercussions too. A problem in the biochemical area (such as an excess intake of a toxic mineral or an under production in the body of hydrochloric acid) can have structural and mental/emotional affects too. Any problem could have mental/emotional components and structural issues, all of which need to be addressed for complete healing to take place.

The triad of health does not have a place for spiritual considerations. Some kinesiologists see this as a weakness of the triad of health model, whereas others see spiritual issues as being outside the remit of the practitioner.

### **The Holographic Model**

If you have a holographic image and cut it into pieces, each piece contains all the information from the original, so is capable of generating the full image. This contrasts with a normal image, where cutting it up destroys the full image. As you cut the holographic image into smaller and smaller pieces the images becomes less clear and quality suffers even though the full image is still there.

The concept of the person and their energy system as a holographic model reflects the idea that every part of the person has knowledge and understanding of every other part. Even though the practitioner may be focusing on a specific part of the physical body, this is not all that is being considered – the whole person is represented there.

Practitioners who use a holographic model in their work see everything as interconnected. They believe that it is not usually possible to have a simple linear cause and effect, where the cause happens and the effect is inevitably produced. Using the holographic model, the practitioner uses muscle testing to find the pieces - from that person's history, from different body systems, from different subtle bodies (see page 08), etc. - that represent the individual's dynamic needs, bringing them together in a way that gives clarity and allows insight at a deep level as to what is needed for profound and lasting healing.

## **Correction Methods**

Once imbalances have been identified, there are various rebalancing procedures that can be used. Some of these work directly on the body – touching, massaging or holding specific points or areas. Other techniques include the client taking something or doing something in the session or afterwards. The range of techniques and possibilities is phenomenal. It is impossible to cover all of these, but I have endeavoured to include the ones that you are most likely to come across.

### **The Original Correction Techniques**

These standard techniques owe much to the origins of kinesiology within chiropractic and George Goodheart's research and insights:

- Spinal Reflex technique
- Neurolymphatic
- Neurovascular
- Meridian tracing
- Origin/ insertion
- Acupressure Holding Points

Some practitioners will try these procedures one after another until one works. They are usually tried in the order above, because it has been found that it is quicker to use the spinal reflex technique than it is to use the neurolymphatic technique, which is usually quicker than the neurovascular technique, and so on. Quite often several of the different correcting techniques will work, so it makes sense to start with the one which is usually quickest to complete.

Other practitioners use the priority finger mode (see page 21 and 32) or verbal questioning (see page 22) to determine which will be most effective.

At its simplest, once a muscle imbalance is identified the correct technique can be used to rebalance the body. The muscle is then tested again to check that the re-balance has indeed occurred ...

# Books By Jane Thurnell-Read

## **Allergy A To Z**

ISBN: 978-0-9542439-2-0, Life-Work Potential, 2005  
Also available as an eBook from the Amazon store

## **Energy Mismatch**

ISBN: 978-0-9542439-3-7, Life-Work Potential, 2004

## **Geopathic Stress**

ISBN: 978-0-9542439-4-4 Life-Work Potential, 2006  
Also available as an eBook from the Amazon store

## **Health Kinesiology: The Muscle Testing System That Talks To The Body**

ISBN 978-0-9542439-6-8, Life-Work Potential Limited, 2009  
Also available as an eBook from the Amazon store

## **Kinesiology**

ISBN 978-0-9542439-7-5, Life-Work Potential Limited, 2011  
Also available as an eBook from the Amazon store

## **Nutritional Testing For Kinesiologists And Dowzers**

ISBN: 978-0-9542439-5-1, Life-Work Potential Limited, 2009

## **Verbal Questioning Skills For Kinesiologists**

ISBN: 978-0-9542439-1-3, Life-Work Potential, 2004

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