

**Verbal Questioning  
Skills  
For Kinesiologists**

**by**

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**(excerpts only)**

# Contents

Introduction

Basic Considerations

Finding Thoughts, Words & Phrases

Placement: Where Is It?

Establishing Quantities: How Much? Establishing

Quantities: How Many? Time: How Often? When?

Time: How Long?

Allergy & Intolerance Testing

Nutritional Supplements

Testing For Remedies & Test Kit Vials

Indexes

Managing The Session

Final Thoughts

Appendix 1: Physical Body Systems

Appendix 2: Grammar

Appendix 3: Food Classification

Appendix 4: Emotions

# Excerpts

## Basic Considerations

When Clients Are Pregnant, Extremely Ill Or On Powerful Medication

Many practitioners are nervous about working on people like this, because they are concerned about doing more harm than good, even though they know that muscle testing should take care of this. I tend to preface questions with the phrase 'bearing in mind', when I am working in a situation of this sort, e.g.

- ? Bearing in mind that you are six months pregnant, would it be appropriate for us to work together?
- ? Bearing in mind that you are on tablets for your high blood pressure, would it be appropriate to carry out technique X?
- ? Bearing in mind that you are seriously ill with colon cancer, would it be appropriate for you to take this supplement?

Although this is unnecessary, it does give the client (and me!) an extra layer of confidence.

## Finding Thoughts, Words & Phrases

When looking for words some general categories come up frequently so it is good to ask about these early on if it is appropriate. Common areas are:

- Emotions (e.g. fear, anger, love, happiness, misery, etc.)
- Feelings (e.g. hot, cold, shaky, in pain, etc.)
- Virtues and vices (e.g. honesty, integrity, truth, meanness, greed, adultery, etc.)
- Intellectual concepts (e.g. success, freedom, independence, etc.)
- Physical body (e.g. fat, thin, beautiful, sexy, stiff, in pain, ageing, etc.)
- Health / Ill health (e.g. healthy, fit, energetic, lively, vibrant, ill, unhealthy, dying, decrepit, etc.)
- Relationships (love, intimacy, tenderness, mother, relative, lover, etc.)
- Goals (e.g. future, purpose, intention, dreams, ideals, vision, objective, ambition, or a named goal of the client, etc.)
- Spirituality (e.g. God, spirit, enlightenment, religion, sin, etc.)

## Placement: Where Is It? Locating A Particular Place

When locating a particular place, you need to first find the general area.

This may be clear from the context of the questioning. The place may be very specific (e.g. the client's bedroom, a particular beauty spot, etc.) or more general (e.g. anywhere as long as it is outdoors, by the ocean, in a small dark room, etc.). This needs to be determined first by questions such as:

- ? Is this a specific place?
- ? Is this a general place that has specific characteristics?

## Establishing Quantities: How Much?

Before you ask any of these questions be clear in your own mind if you are asking minimum, maximum or optimum.

- Minimum: if people are short of money or reluctant to do something, you might want to ask for the minimum for the person to receive any benefit.
- Maximum: if you are looking at something that is basically not good for the person, you may want to know what is the maximum they can have / do without experiencing a problem. When you get the result to this, it is important that you explain to the client that the body is not saying they must drink three cups of coffee a day, for instance, but is saying this is the maximum that can be tolerated without harm.
- Optimum: this is for beneficial things where you are finding what will give the most benefit either in general or for a particular problem.

## Establishing Quantities: How Many? Establishing An Exact Number

There are several different ways of phrasing this sort of question. The fastest way to establish the exact number is to ask in one of the following

ways:

- At least X: if you ask Is it at least 4? and get the answer "yes", then the number is 4, 5, 6, 7, etc.
- X or more: this is the same as "at least X".
- More than X: if you ask Is it more than 4? and get the answer "yes", then the number is not 4, but would be 5,6,7,etc.
- Less than X: if you ask Is it less than 4? and get the answer "yes", then the number is 0,1,2 or 3.

## Time: How Often? When?

I used to assume that whenever I was working in this area I would be working according to clock time or calendar time, e.g. at 6.30 p.m., three times a day, every other day, etc. Then one day I was working with a client and had a lot of difficulty establishing when she needed to do something. After a lot of head scratching I realised that there was the possibility of activity time, so that something is done at the same time as another activity. So now whenever I am faced with a time question, I first ask:

. Are we measuring in clock

time? If I get 'no' to this, I ask:

. Are we measuring in activity time?

## Time: How Long? What Happens Then?

It is important not to assume that when the time is over that the activity stops. The activity could:

- Increase (e.g. more repetitions of an exercise or more frequent gym visits).
- Reduce (e.g. take 2 capsules instead of 3).
- Stop.
- Change in some way (e.g. supplement now taken at a different time of the

day)

Alternate (e.g. take a different type of calcium for three weeks, then back to the original one for four weeks and so on).

## Allergy & Intolerance Testing

You then use further questions to narrow down the area, e.g.

- ? Is it a food?
- ? Is it something drunk?
- ? Is it personal care products? (e.g. shampoo, deodorant, toothpaste, cosmetics, etc.) . Is it household products?(e.g. washing powders, bathroom cleaners, etc.) . Is it something the person inhales? (e.g. house dust mite, pollens, perfume, etc.) . Is it something the person touches?(e.g. metal, fabric, wood, etc.) . Is it something the person takes? (e.g. nutritional supplement, drugs,
- ? etc.)
- ? Is it something taken in accidentally? (e.g. plastic sucked on a pen, remains of washing up liquid on cutlery, etc.)
- ? Is it something specifically to do with the person's work?

# Books By Jane Thurnell-Read

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

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ISBN 978-0-9542439-6-8, Life-Work Potential Limited, 2009  
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ISBN 978-0-9542439-7-5, Life-Work Potential Limited, 2011  
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