

# **Introductory Guide To Kinesiology**

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# Kinesiology

## *Introduction to kinesiology*

Kinesiology is a natural healing therapy that seeks to maintain physical health in the body by ensuring that all the muscles are functioning correctly. Kinesiologist believes that each muscle in the body relates to a specific part of the body, such as the digestive system, the blood circulatory system, and specific organs. They also believe that if the muscles do not work properly, this can create problems in the related area, organ, or system.

Kinesiology seeks to stimulates the flow of the lymph, by massaging the pressure points connected to muscles, along the meridian, which is the path along which the lymphatic fluid flows. When the lymph flows freely, pain is alleviated.

The natural healing therapy of kinesiology is closely related to the science of kinesiology, which is the study of human and non-human body movements. Applied kinesiology is presented as a system that evaluates structural, chemical, and mental aspects of health by using a method referred to as muscle response testing or manual muscle testing. While the science of kinesiology studies the mechanical laws concerning the movement of organism and how the parts function interrelatedly with the mind.

## *Brief history of kinesiology*

Kinesiology originated from the Greek word kinesis, meaning motion.

Kinesiology was developed in 1964 by American chiropractor George Goodhart. Mr. Goodhart, while treating a client for severe leg pain by massaging a muscle in the upper thigh, realised that the client's pain significantly decreased, and the muscle strengthened. Mr. Goodhart tested his finding on other patients but failed to get the same result.

Finally after testing the work of Dr. Chapman, who claimed that there were pressure points in the body connecting to particular muscles, and the work of Terrence Bennett, who claimed that there were similar pressure points located on the skull, Mr. Goodhart concluded that by massaging a particular pressure point, located along the meridian, the related muscle could be strengthened and the lymph flow restored, thereby easing the client's pain, and restoring good health.

*George Goodhart*



## *The thinking behind kinesiology*

Kinesiology holds that each muscle is connected to a certain part of the body, such as particular organs and glands. If the muscle is not functioning correctly this will cause problems in the related part of the body such as nerve damage, reduced blood supply, chemical imbalances, dysfunction in the related organ or gland, or weakness in the specific corresponding muscle.

Kinesiology believes that by massaging the pressure point associated with the weak muscle, or affected organ or gland, the flow of lymph can be restored.

Lymph is the body's natural filtering and waste drainage system. When lymph becomes backed up or congested in various areas of the body, it can cause problems in the organs, glands, and muscles in that area.

Lymph back up is often due to irritation or inflammation in the related organs or muscles.

When lymph flows freely pain is eased, the muscle strengthens, and health is restored to the client.

Lymph, or lymphatic fluid, which can be described as pure water, is a colorless fluid containing white blood cells, which take toxins from the tissues, bathes the tissues, and drains through the lymphatic system into the blood stream.

Kinesiology treatments include manipulation and mobilization of muscle, proper nutrition and some form of counseling.

### *The difference between blood and lymph*

POINTS OF DIFFERENCE	BLOOD	LYMPH
<b>Description</b>	Blood is a specialized body fluid in humans and other animals that transports oxygen and nutrients to the cells and carries away carbon dioxide and other waste products.	Lymph is a clear fluid that flows through the lymphatic system whose main function is to return proteins and excess interstitial fluid to the blood stream.
<b>Colour</b>	Blood is red in colour.	Lymph is colourless.
<b>Circulation System</b>	Blood circulation system consists of blood, arteries, veins, and heart.	The lymphatic system consists of lymph, lymph capillaries, lymph nodes and lymph vessels.
<b>Function</b>	Function of blood includes: Transport of nutrients and oxygen from one organ to another. Transport digested food materials, respiratory gases, and waste materials. Regulation of body temperature	Function of lymph includes: Transport digested soluble fat, vitamins, and other materials. Storage of lymphocytes carries absorbed fats and lips from small intestine to the blood in the form of droplets known as chylomicrons.
<b>The Flow</b>	The flow of blood in the blood vessels is fast and in circular motion.	The flow of lymph within the lymphatic system is slow and in single direction.
<b>Nutrients and Waste Products</b>	Blood contains more nutrients and wastes.	Lymph on the other hand, contains fewer nutrients and wastes.
<b>Protein and Mineral Elements</b>	Blood plasma has proteins, calcium, and phosphorus.	Lymph's plasma has fewer proteins, less calcium, and less phosphorus.
<b>Purification</b>	Purification of blood happens in the kidneys.	The purification of lymph happens in the lymph nodes.
<b>Clotting</b>	Blood clots rapidly due to the presence of fibrinogen.	Lymph clots slowly due to the presence of less fibrinogen.
<b>Movements</b>	Movement of blood in the body is due to the pumping mechanism of the heart.	The movement of lymph throughout the body is due to the normal functioning of the body.
<b>Components</b>	Blood contains plenty of white blood cells, red blood cells and platelets.	Lymph contains plasma and lesser number of white blood cells and platelets.
<b>Description</b>	Blood is the main transporting fluid of the body.	Lymph is the parallel transporting fluid, which connects tissue fluid to the circulatory system.
<b>Visibility</b>	Blood can visibly be seen in case of damage or injury to the vessels.	Lymph cannot be observed with naked eyes.
<b>Diseases</b>	Diseases of blood include anaemia, polycythaemia, and thalassemia	Diseases of the lymph include lymphedema, and lymphoma.

## *How to perform a kinesiology treatment*

A kinesiology treatment should be conducted by a trained and experience kinesiologist with least 200 hours of supervised training.

The room where the kinesiology treatment is taking place should be warm, comfortable well lit.

There are several methods of performing an applied kinesiology treatment. The following are of self-kinesiology treatment /test.

### **Method 1**

*Step one:* So that your thoughts do not affect your answers, set the intention to keep yourself clear by making the following statement.

“I intend to stay clear and accept the answers provided.”

*Step two:* Place the tip of your tongue so that it is on the roof of your mouth just behind your front teeth.

*Step three:* Place the tip of your index finger and thumb together and form a circle.

*Step four:* Loop the index finger of the opposite hand through the circle created in step two above and touch the tip of that finger to the thumb of the same hand forming a chain effect.

*Step five:* Ask permission to ask questions about the specific subject you want to check on by stating, “I have permission to ask questions about \_\_\_\_\_.”

*Step six:* Attempt to pull the chain apart by pulling one of the circles against the opening of the other.

- a. If it stays strong the answer is yes.
- b. If you can pull the fingers apart, the answer is no.

*Step seven:* To verify that this method works for you do the following check.

- a. State your name as follows: “My name is \_\_\_\_\_.”
- b. Using the method above, check to see that the loop stays strong.
- c. State your name as someone else’s name “My name is \_\_\_\_\_.”
- d. Using the method above check to see that the loop is weak since it is not your name.

If this works for you then you can check other things as well with this method.

### **Method 2**

A second method is to see if you can notice a difference in the feeling when rubbing your thumb and index fingers together making the same statements. If you can clearly distinguish a different feeling between the yes and no, then you can use this method.

### Method 3

In method three you will be testing whether a finger stays strong and in position or slides down the other finger.

*Step one:* Place your middle finger on top of your index finger, just above the top edge of your fingernail.

*Step two:* Press forward on your index finger with your middle finger.

- a. If the index finger does not slide down the finger, it indicates a yes answer.
- b. If the finger slides down the index finger, this indicates a no answer.

Follow the steps listed in method one to determine whether this method works for you or not.

### Method 4

In method four you will be testing the strength of your index finger.

*Step one:* Place your middle finger on top of your index finger, just above the top edge of your fingernail.

*Step two:* Press down on your index finger with your middle finger.

- a. If the index finger stays strong it indicates a yes answer.
- b. If the index finger goes weak this indicates a no answer.

Follow the steps listed in method one to determine whether this method works for you or not.

### Method 5

In method five you will be checking the strength of hold two fingers pressed together while attempting to pull another finger through the circle and breaking the connection.

*Step one:* Place the tip of your index finger and thumb together and form a circle, then insert the index finger from the opposite hand into the circle.

*Step two:* Slide the index finger quickly toward the place where the index finger and thumb are joined to make the circle.

- a. If the fingers joined together making the circle stays strong, it indicates a yes answer.
- b. If the index finger breaks through the circle, this indicates a no answer.

Follow the steps listed in method one to determine whether this method works for you or not.



## Method 6

In method six you will be checking the strength of a leg muscle.

*Step one:* While sitting down, lift one foot approximately 6 inches off the floor, while keeping the other foot flat on the floor.

*Step two:* Place the palm of your hand at the top of your knee.

*Step three:* Press down on your knee with the palm of your hand.

- a. If the leg stays strong and the foot does not move toward the floor it indicates a yes answer.
- b. If the leg goes weak and the foot goes down toward the floor this indicates a no answer.

Follow the steps listed in method one to determine whether this method works for you or not.

Reference:

[Microsoft Word - Self Administered Applied Kinesiology.doc \(oneminuteenergytuneup.com\)](https://oneminuteenergytuneup.com/microsoft-word-self-administered-applied-kinesiology.doc)

### *Example of muscle testing in Kinesiology*





## *Benefits of kinesiology*

Kinesiology is how it helps balance the lymphatic system for improved health and wellbeing.

Kinesiology will enhance the body's natural healing ability. This is achieved by releasing energy blocks, clearing the mind, eliminating toxins, and stimulating lymph and vascular flow.

Kinesiology is a whole exercise program which can reduce symptoms of depression and lower the risk of cardiovascular and metabolic disease.

Kinesiology can help to improve the quality of life and improve sleeping habits.

Kinesiology enhances the immune system and improves body composition.

Kinesiology helps alleviate irrational fears and phobias.

Kinesiology helps the sufferers of food allergy which may cause other problems such as headache, tension, colds, tiredness, and general susceptibility to acquiring infections.

## *The limitations of kinesiology*

One of the main limitations of kinesiology is that it focuses on the flow of lymph, which is colourless and unseen by the naked eye.

Kinesiology deals with massage of pressure points, of which to date there is still no imperial data to show the existence of these pressure points in the body.

Kinesiology can be said to be a slight variation on any number of natural healing techniques which focuses on massage to stimulate the flow of blood, lymph, or energy.

As with many non-evasive and nonchemical treatment, kinesiology is viewed with scepticism and considered pseudo-science with no real empirical evidence to substantiate its effectiveness in curing illness and healing the physical body.

Compared to traditional medicine which deals with the symptoms of illness and disease, kinesiology, as do other natural healing therapies, deals with the actual problem, however it still does not deal with cause of the problem which the thought pattern of the individual.

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Browse available products, treatments, therapists or book a stay at New Thought Movement UK's World Natural Healing Centre. (Subject to availability.)

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Read our vision and support the movement financially.

Much love and gratitude from me.

Joyce



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