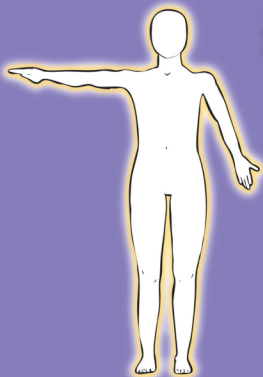


PRINCIPLES OF

# KINESIOLOGY



What it is  
and how it  
works

FOREWORD BY JOHN F. THE

**MAGGIE LA TOURELLE**

WITH ANTHEA COURTENAY

SINGING  
DRAGON 

Revised Edition

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PRINCIPLES OF

# KINESIOLOGY

What it is, how it works, and  
what it can do for you

**Maggie La Tourelle**

WITH **ANTHEA COURTENAY**

Foreword by John F. Thie, DC



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harmonious flow of which is vital to the health of mind and body.

Although it has long been disregarded by modern medicine and science, the existence of subtle energy is coming to be much more widely accepted. This is partly due to Western culture's acceptance of acupuncture, and partly due to technological developments such as Kirlian photography, which produces prints of the subtle energy field and shows variations that reflect variations in the health and energy of the subject.

Today the terms 'Energy Medicine' and 'Vibrational Medicine' are being increasingly applied (by doctors as well as natural therapists) to a whole group of natural healing systems, which include acupuncture and Kinesiology. An excellent and very thorough book has been written on the subject by the American MD, Dr Richard Gerber (1988).

Such subtle energy has always been seen and felt by sensitive people such as healers, and acupuncturists are trained to read the flow of *qi* through 12 specific pulses on the wrists. These are connected with a series of energy pathways called *meridians*, each of which relates to specific bodily organs, glands or systems.

In Kinesiology a further connection has been made between meridians and specific muscles, with which they are 'energetically' connected. Kinesiology uses manual muscle testing to assess the subject's energy, and then applies a range of methods to promote the healthy flow of energy throughout the body.

## **Balance and imbalance**

The ancient philosophy of Chinese medicine states that health comes from being in balance and harmony with all things, balance being a perfect state in which no aspect



is either deficient or in excess. This belief is central to Kinesiology, and is shared by many natural therapists today.

Kinesiologists use muscle testing to discover energy imbalances – that is, deficient or excess energy – that could affect the individual's health, and they draw on theories of acupuncture to understand how these energies can be balanced.

So a Kinesiologist who is not medically qualified to treat physical symptoms will refer to what he or she finds as 'imbalances', and will usually describe what he or she is doing as 'energy balancing'. This eliminates the need to use the kind of terminology employed in medical diagnosis.

### *Reflexes*

These are points or specific areas on or near the surface of the body that are connected with parts of the body not necessarily found in the same area. Stimulating reflexes, for example by gently rubbing them, has an effect on the part of the body in question.

Kinesiology correction techniques include holding or gently massaging a number of these points.

# The Development of Kinesiology

When we truly see and hear and feel, then we see  
and hear and feel the intricate simplicity of man,  
and the simple intricacy of man.

*Dr George Goodheart*

Applied Kinesiology was the brainchild of the late George Goodheart, DC (1918–2008), a highly observant and creative American doctor of chiropractic who began developing this holistic method of assessing and correcting a variety of bodily systems in the 1960s. Since then Applied Kinesiology has spread through the chiropractic and medical professions in America.

In countries other than the USA, the picture is different. Although Kinesiology is becoming increasingly popular among practitioners of natural medicines, it has so far been largely disregarded by the medical profession. Yet, with its roots in chiropractic, it has a solid scientific basis. The training of chiropractors can be as rigorously scientific as that for medical doctors, qualifying graduates to use the title 'Doctor'.

This title is permitted in Britain to chiropractors qualified either in the USA or at the Anglo-European College of Chiropractic in Bournemouth, where the four-year, full-time course is strongly scientific and has been granted degree status by the Council for National Academic Awards.

## The discovery of Kinesiology

After a pre-professional training at the University of Detroit, Dr Goodheart graduated in 1939 from the National College of Chiropractic that, in his own words, produces 'physicians who use chiropractic methods'. In fact the International College of Applied Kinesiology (ICAK) only accepts students with medical or scientific qualifications.

### *The chiropractic background*

Applied Kinesiology (AK) has its roots in chiropractic. Chiropractic, which means 'done by hand', is a method of manual manipulation of the spine and joints invented by a gifted (if somewhat eccentric) American, Daniel Palmer, in the late nineteenth century. Chiropractic is more than a manipulative technique: it is based on the concept that the nerves are responsible for all body function, and therefore interference with the nervous system interferes with healthy functioning. Treating the spine affects the whole person, since the spine encloses the spinal cord and the central nervous system, from which nerves issue to all parts of the body.

Chiropractors are not only concerned with the spine and joints, however; they are also concerned with muscles, since it is the muscles of the body that hold the spine and other bones in position. Weak or over-tight muscles cause deviation in posture and the skeletal system, and can be responsible for problems to recur time and time again after manipulation. It was the underlying need for correct muscle balance that led to the interest in testing for and correcting muscle imbalance and the creation of Applied Kinesiology.

Chiropractic is based on the premise that health comes from within, through the innate intelligence of the body. According to Daniel Palmer, this innate intelligence is connected to the universal intelligence that runs the world;

thus the nervous system provides our link to Universal Intelligence.

Today, chiropractic is the most widely recognized alternative therapy worldwide, and is particularly widespread in the USA, where for many people the chiropractor has replaced the family doctor as primary health care giver. In other countries chiropractic has been gaining wider recognition. A clinical research trial conducted by the British Medical Research Council, in conjunction with the British Chiropractic Association, showed that chiropractic manipulation is a more effective and longer-lasting treatment of low back pain than is conventional hospital outpatient treatment (Meade *et al.* 1990).

Dr Goodheart was the son of a chiropractor who also practised homoeopathy, allopathic (conventional) medicine, osteopathy and naturopathy, and he was influenced by his father's eclectic approach. In 1964, when he discovered Applied Kinesiology, he was already highly respected as a leader in his field, and was giving regular seminars to his professional colleagues on new chiropractic techniques.

### *The first discovery: experiments with muscle testing*

Dr Goodheart made his discovery, as he put it, 'by sheer serendipity'. He was treating a young man who complained that he couldn't get a job involving manual work; he always failed his physicals because his shoulder blade kept 'popping out'. Examining the muscle that pushed the shoulder blade forward, Dr Goodheart was surprised to find that it was not atrophied from disuse, as he had expected. He also found some painful nodulations (tiny bumps) at the point where the muscle was attached to the rib cage. When he pressed on these they seemed to disappear, and when he massaged them deeply the muscle itself became stronger.

This interesting finding led him to further experiments in testing muscles, using standard methods. Dr Goodheart found

that whenever a muscle became weak, the corresponding muscle on the opposite side of the body tended to tighten, 'adding insult to injury'. However, when the weakness was corrected, the tightness or spasm was relieved. This was quite a revolutionary finding: it had always been assumed that muscle spasm came first and caused the weakness on the opposite side. On the contrary, according to Dr Goodheart, muscle weakness often appears first; moreover, this weakness could come about for a number of reasons that had hitherto been unrecognized.

In his muscle testing experiments Dr Goodheart next found that some muscles were weak because there was sluggishness in the lymphatic system (lymph being the organic substance that feeds and cleans body tissues). When the lymphatic system was stimulated by massaging lymphatic reflex points on the body, the relevant muscles would strengthen.

Over time Goodheart tested muscles in relation to other bodily systems. He found that some were weakened through poor circulation, or from a lack of flow in the spinal fluid, from faulty nutrition, or from disturbances in an acupuncture meridian (see 'The acupuncture connection' below). These findings explained why chiropractic corrections did not always 'hold', resulting in some patients having to return for further treatment. More than that, correcting these weaknesses by the appropriate means, such as massage, gentle touch or prescribing vitamins, restored harmony to the body on a more permanent basis. In fact, here was an instant and precise method of both assessing the state of a number of bodily systems and restoring any imbalances found during this assessment.

Dr Goodheart began teaching the techniques of Applied Kinesiology to other chiropractors who adopted them with great enthusiasm.

### *The acupuncture connection*

One of Dr Goodheart's most important discoveries was that there are connections between muscles, organs and the acupuncture meridian system.

The acupuncture system was created by the Chinese and developed some time between 3000 and 25 BC. They discovered that disease occurred when the life-force, or *qi* (pronounced *chi*), is not flowing freely through the body, and they mapped out the *meridians* – the channels or pathways through which this energy flows. Along these meridians lie specific points called acupuncture points, and the flow of *qi* can be regulated and balanced by stimulating them. Each meridian is linked energetically with an organ, gland or part of the body. A malfunctioning lung, for example, would cause an imbalance in the energy flow of the lung meridian, with which it is linked energetically.

The meridian system is closely connected with the function of the nervous system. Interference with the nervous system caused by illness or stress can cause the loss of signals in the body. Correcting the meridian system assists the nervous system, and thereby the body's communications network, enabling the body to function better.

In the early 1970s, after several years of developing and refining Applied Kinesiology (AK), Dr Goodheart was still aware of some unfilled gaps. He began taking a special interest in the medical research of Dr Felix Mann, who had introduced acupuncture to the British medical profession. The connection between meridians, organs and glands was already known; Dr Goodheart's innovation was to find a link between the meridians and specific muscles. He discovered, for example, that a malfunctioning lung would cause an imbalance not only in the lung meridian, but also in its related muscle, the deltoid (the muscle on top of the shoulder, which we use to raise our arm).

Dr Goodheart's finding added a whole new dimension to the diagnostic potential of Kinesiology, since a weak muscle could also indicate an imbalance in its related meridian and associated organ and/or gland. The result was the development of Meridian Therapy, which now forms the basis of AK and many branches of Kinesiology.

Dr Goodheart and his colleagues developed a series of muscle tests, based on the muscle–meridian connection. This added a new dimension to the range of corrective treatments already being used, as meridians and acupuncture points could also be used to strengthen weak muscles. Instead of using the traditional acupuncture needles, this strengthening could be achieved through touch. The process is very similar to that for dealing with electrical circuits, in that touching or stimulating certain acupuncture points will make a muscle 'turn on' or 'off', strengthening or weakening it.

To continue with the example of the lung meridian, when there is disease or an imbalance in the lung, the deltoid will show a weakness in a Kinesiology muscle test. Stimulating or balancing the meridian energy, through working either on the meridian or on specific acupuncture points, is one of the treatments applied to restore energy to the lung itself, stimulating the healing process. Once treated, muscle strength is also restored, providing a kind of biofeedback that shows that the lung meridian energy is now flowing and balanced. This applies to all the meridians and their related organs/glands and muscles.

### **The Triad of Health**

Kinesiology methods can be used in association with a wide number of therapeutic methods, from the physical through to the emotional and mental. Used in this way as a complete therapy, it is truly holistic.