

KINERGETICS UPDATE

Issue 27

www.kinergetics.com.au

Dec 2003



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Testimonials

You Can Make A Difference

Applied Kinesiology Research

Website Update

The Multifidus

New KNA phone / email

Barbara Papillo
bpkinergetics@yahoo.com.au

613 9859 3343

Be a part of the Kinergetics

Golf Improvement Trial

Follow the Golf Format on Page 6 and send in your feedback to Philip by email.

philip@kinergetics.com.au



Unit 5 Queensland

Sat Sun May 1/2 Just before Master Class

Ivory Palms Resort,
Noosaville QLD

Accommodation

\$45 single Queen Bed

\$25 twin share

Contact Glenda Sedgman 07 5477 5141

Master Class

NOOSAVILLE QLD

New
Formats
used
first



Vision
will **BE**
for the
time

Monday May 3rd—Sunday Morning May 9th, To attend you need to have completed Units 1 to 5, and be competent in using Unit 4 (Kinergetics 7).

Unit 5 is being taught just before.

The main focus will be on Balancing Body Composition and improving intracellular water and cell health. Everyone will have the chance of being tested on a Body Composition Analyzer before and after.

Investment

Workshop \$360 includes manual.
Accomm : Twin Share \$200 for 8 nights
Queen Bed Single \$360 for 8 nights
Accomm: Sat night—Sat night

Contact Glenda Sedgman 07 5477 5141

New Address

New address for all mail for Philip Rafferty— the six bedroom house I rent is being sold, so I may be moving soon.

P.O. Box 3000,

Ormond, VIC. 3204 Australia.

Email philip@kinergetics.com.au

Website Update

The Kinergetics website is due for a major upgrade, to bring it up to date with the new system of Units, probably about the end of March.

Public feedback especially useful.

How easy was it for you to find what you were looking for? Re you able to find workshop dates six months ahead?

philip@kinergetics.com.au

For Mercury Detox Information

This is a very comprehensive website for the public, written by a medical doctor, with lots of useful information about detoxing heavy metals.

www.mercola.com/article/mercury/

Air Fare Price War

If you live in Australia or New Zealand and don't have Kinergetics classes near you check out the specials on these airlines—you may be able to get to a class cheaper than you think.

Examples:

Melbourne—Hobart \$60!

Canberra—Brisbane \$55

Melbourne—Brisbane \$89

Christchurch to Sydney, Melb or Brisbane \$99

www.jetstar.com

www.virginblue.com.au

www.flypacificblue.com

Email ideas will be very much appreciated.

philip@kinergetics.com.au

Idea: A workshop that teaches how to do Demonstrations, followed by a public demonstration where everyone does a 5-15 minute demo.

Deep Back Muscles



www.mythos.com/webmd

Brainstorming

An evening where we come up with marketing ideas for all practitioners / consultants and instructors. Some of these ideas we will take to full implementation.

This will be in Melbourne initially, and will then be taken wherever I teach.

All ideas will be considered. Email ideas will be very much appreciated.

My recent six demos and a festival in New Zealand really enthused me, was fabulous exposure, and was inexpensive advertising, generating a great response. *Philip*

philip@kinergetics.com.au

Demonstrating

Is a great form of promotion.

Kinergetics is **visual** and **experiential**.

Idea: A workshop that teaches how to do Demonstrations, followed by a public demonstration where everyone does a 5-15 minute demo. The first demonstration is the most difficult, then when you have gained confidence it actually becomes fun. Please send in all ideas for doing demos, we can put it in the next newsletter

The Multifidus - Test For Hypertonicity

The multifidus is a deep back muscle that runs along the entire spine and lies below the erector spinae muscles. It originates from the sacrum, sacroiliac ligament, mammillary processes of the lumbar vertebrae, transverse processes of the thoracic vertebrae and the articular processes of the last four cervical vertebrae. It consists of numerous bundles of fibers that cross over two to five vertebrae at a time and insert into the spinous processes of all the vertebrae, including the axis. The multifidus is innervated by branches of the spinal nerve and supplied by branches of the aorta. This muscle helps to bend and rotate the spine. www.mythos.com/webmd

All Instructor Enquiries

Becoming an Instructor
Updating Instructor Workshops
Higher Level Instructor Workshops

Barbara Papillo

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613 9859 3343

Website Update

The Kinergetics website is due for a major upgrade, to bring it up to date with the new system of Units, probably about the end of March.

Our webmaster feels that he can do this without dumping workshop dates BUT with any major change there is a slight possibility. It will be fully backed up, and then first be tested on a backup copy.

I have quite a list of small changes that will be made around the same time, including updating the testimonials.

*Update all references to K12345678. Change to Units.

*Add more workshops in the choices for Instructor OR delete the choices and Instructors add this themselves in the Summary if this is too tricky.

*Update Associations you may belong to. **Please send me details.**

*Have some quality FREE stuff as an incentive for other Kinesiologists and the general public to access the site. This may be a mini sample of the manuals, past conference presentations etc.

*Update the 'links' section. Do we list all Kinergetics practitioners / instructors with websites—or is this too much?

*A red arrow and writing saying Click here for next 3 months by each 'next'.

*If possible to have kinesiology conferences listed worldwide.

*Have a demonstration option under Kinergetics and RESET.

*As money becomes available to have complete sections in different languages. This costs several thousand dollars each language plus translation costs.

*Have Instructor Requirements on the website.

*Have some of the terminology from each unit on the website so new students can read up about it first.

NOW is the time to let me know of any other changes you would like.

How easy is it to navigate?
How could it improve?

philip@kinergetics.com.au

Read more at ICAK-USA web site: www.icakusa.com/Research.html

1. Leisman, G., Shambaugh, P., Ferentz, A.

Somatosensory Evoked Potential Changes During Muscle Testing. International Journal of Neuroscience. 1989; 45:143-151. This study measured the way the central nervous system (brain) is functioning when muscles test strong versus when they test weak. Clear, consistent and predictable differences were identified in the brain between weak and strong muscle test outcomes. This supports the idea that manual muscle testing outcome changes reflect changes in the central nervous system.

2. Leisman, G., et al.

Electromyographic Effects of Fatigue and Task Repetition on the Validity of Estimates of Strong and Weak Muscles in Applied Kinesiology Muscle Testing Procedures.

Perceptual and Motor Skills. 1995; 80:963-977. This paper describes the results of six independent studies. The points supported by the research were:

Muscles identified as "weak" using applied kinesiology manual muscle testing methods are fundamentally different state than those identified as "strong;"

b) Muscles testing "weak" using AK are fundamentally different than muscles that are fatigued. In other words, "weakness" is not attributable to fatigue;

c) AK muscle testing procedures can be objectively evaluated via quantifying the neurologic electrical characteristics of muscles;

d) The cause and effect of applied kinesiology treatment can be plotted over time objectively.

3. Perot, C., Meldener, R., Gouble, F.

Objective Measurement of Proprioceptive Technique Consequences on Muscular Maximal Voluntary Contraction During Manual Muscle Testing.

Agressologie. 1991; 32(10):471-474.

This French study measured the electrical activity in muscles. It established that there was a significant difference in electrical activity in the muscle, which corresponded with the difference perceived of "strong" versus "weak" muscle testing outcomes by AK practitioners. It further established that these outcomes were not attributable to increased or decreased testing force from the doctor during the tests. In addition, the Perot study showed that manual treatment methods used by AK practitioners to reduce the level of tone of spindle cells in the muscle are in fact capable of creating a reduction in tone of the muscle, as had been observed clinically.

4. Lawson, A., Calderon, L.

Interexaminer Agreement for Applied Kinesiology Manual Muscle Testing.

Perceptual and Motor Skills. 1997; 84:539-546.

This study demonstrated significant interexaminer reliability for individual tests of the pectoralis major and piriformis muscles, but not for the tensor fascia lata or hamstring, which are essentially tests of groups of muscles at once. The primary importance of this study is that it demonstrates the reliability and reproducibility of muscle testing as a clinical tool, while also highlighting the need for clinicians to be aware of potential inaccuracies involved with the testing of some muscle groups.

5. Schmitt, W., Leisman, G.

Correlation of Applied Kinesiology Muscle Testing Findings with Serum Immunoglobulin Levels for Food Allergies.

International Journal of Neuroscience. 1998; 96:237-244.

This study showed a high degree of correlation between AK procedures used to identify food allergies and serum levels of immunoglobulins for those foods. AK methods in this study consisted of stimulation of taste bud receptors with various foods, and observation of changes in manual muscle testing that resulted. The patient was judged to be allergic to foods that created a disruption of muscle function. Blood drawn subsequently showed that patients had antibodies to the foods which were found to be allergenic through AK assessment.

Clear, consistent and predictable differences were identified in the brain between weak and strong muscle test outcomes.

Muscles testing "weak" using AK are fundamentally different than muscles that are fatigued. In other words, "weakness" is not attributable to fatigue;

This study demonstrated significant interexaminer reliability for individual tests of the pectoralis major and piriformis muscles, but not for the tensor fascia lata or hamstring, which are essentially tests of groups of muscles at once

This study showed a high degree of correlation between AK procedures used to identify food allergies and serum levels of immunoglobulins for those foods. Blood drawn subsequently showed that patients had antibodies to the foods which were found to be allergenic through AK assessment.

My creativity and enthusiasm has returned and my energy has allowed a return to yoga after an absence of 2 years.

"I presented to Suzy in late December 2002 following 7 years of fluctuating Chronic Fatigue symptoms and 14 months of debilitating symptoms. I felt I had lost the ability to protect myself from anything and my body was fragile and weak.

My first session revealed a life-long variety of fears and growing vulnerability. Our second session was a Light Body correction which I felt very positive about receiving. Following this treatment my body felt protected and my mind more functional. My creativity and enthusiasm has returned and my energy has allowed a return to yoga after an absence of 2 years. I am continuing my personal development again and have plans in place to return to work in a different role than I ever thought possible. I thank Suzy for her love and skill which brought together the puzzle of my illness. Her treatment gave me the strength and clarity I needed to move forward with my life again. What a gift!" Carol W. Brisbane 23.02.03.

The first balance was a Kinergetics 16 Muscle Test corrected with in-depth Kinergetics Hydration Balance, identifying heaps of stresses. We also put a specific incident into circuit and balanced with Emotions.

The second balance was a Kinergetics K8 Light Body correction again in-depth. Carol does a lot of intuitive remedial work and I tested that it was appropriate to do the Light Body correction before proceeding considering we had only done one balance previously. Suzy L.

The K7 & K8 in Perth was fantastic. I'm using the new Fast Fix regularly now, when appropriate. I just don't know where I'd be without Kinergetics. I don't want to sound cliché but it really has CHANGED MY LIFE!!!! It's hard to believe that a little over a year ago Kinergetics wasn't a part of my life. I was using flower essences but Kinergetics shifts so much stuff so quickly - it's so fantastic. I could rave on about it all day! It's just given me so much power to bring about the changes I want in my life - on all levels. Thank you for that Philip - you've given the world a truly amazing gift.

Kinergetics shifts so much stuff so quickly - it's so fantastic.

New Practitioner

For myself, I was really impressed with the way that my tooth problem was fixed.

My patients – a number of them have experienced quite dramatic results with Kinergetics – I have done more than 60 hours of it now – and it has worked particularly well with emotional conditions.

It has also been a good alternative to regression in hypnosis, and much less traumatic.

Also, a bowel problem has been relieved for one patient, another has been relieved of migraine, and another has had increased mobility and reduced pain after a treatment. They have all found it difficult to say exactly what has happened to them, but all say that there have been changes in many aspects of their lives. That is why it is difficult to be specific. It is so like spiritual healing, but with the advantage of patient feedback through the body. I have used crystals with it, sound I have used a lot in conjunction with colour, and that has deepened the effect of adding colour.

It has also been good for panic attacks, and the addition of magnesium has really helped there. But what I find is that it really is difficult to pinpoint what has happened, and to describe it, and that makes testimonials difficult not only for me, but for my clients.

Something else that has happened is that one of my patients who had difficulty in decision making has had a big improvement there, and has noticed the difference, but he is unable to ascribe that difference to the treatment, though I know that that was the factor which changed his condition.

I am so impressed with Kinergetics that I shall continue to use it, and develop it in my practice.

I have used it on about 30 patients, most of those more than once or twice, and some people are now beginning to ask for this treatment, which is good.
Ruth, England.



Before coming to the EKA conference in Canada last year, I had a friend who has been battling with cancer for 4 years sent home with hospice, pretty much to die. She really only had 2 weeks to live. She had never asked me for any help, and I do have a law to myself that people must want my work, and ask for it. I learned a long time ago not to jump in and tell people what to do. So they must ask. Well 2 days before I left for Toronto, I went to see her, she could hardly open her eyes, she asked me to help her. I was pretty upset she waited so long, she had been the whole, chemo-route, for the past 4 years, they thought it was in remission, and then she was sick again only to find it was in the cerebral spinal fluid, this time they put a shunt in her head and poured chemo right into her brain. She had leukaemia was only 36, had a 6 year old little girl. Well she was taking absolutely no nutritional supplementation, as her doctor told her "nutrition would make the cancer grow" I did a little muscle work and Kinergetics the next day, and started her on some whole food supplements by a company I use.

I really did not expect her to be alive when I got back from Canada, well she was. Natalie and I went over and worked her together, Natalie came up with a Bach Flower recipe that seem to really help her. I continued to work on Kim, on almost a daily basis, using Kinergetics, we also got enough people together to perform the 10 point energizer, along with some other tools I use, MLD, and Now Now seemed to really help with her balance being as she had the shunt in her head. I also did tuning fork work on her which she loved (so did her little girl) But routine was always Kinergetics to keep her hydrated. I also had her mother who, was familiar with my work energize her kidneys daily, several times a day.

She kept progressively getting better, even was able to get out of bed and walk around, to the point where she was able to go out to dinner with her family. Sometimes she would be up with her makeup on and everything in the morning when I would get there. This went on for 2 and half months. The Doctor would call, ask the hospice nurse for her vitals, and wanted to make sure they were speaking of the same patient.

After coming home , and still being here for 2 and half months she took a turn for the worse, and finally died. I know that Kinergetics helped her, and turned her around for a time. A lot of people thought some of what I was doing was bizarre, but they could not deny that it worked, and improved her state of well being. Kim was not ready to die either, and it gave her a few precious moments in the end that would have otherwise been extremely painful for everyone. I feel privileged to have worked on her, (almost every day) I was there the morning before she died, I told her Kim just go to sleep , and wake up in paradise. I look forward to seeing her again one day, when the torture of disease and sickness in this world as we know it is no longer tearing her young body apart. *Angel Lyn Horner*

Pimples! My son (who doesn't like long balances) was getting a lot of pimples. His diet was good but being a teenager liked his chocolate milk after school. It took him a year of these pimples before he decided enough was enough and wanted a balance. I got as much information that I could on pimples, acne etc and started his balance. No information was required for this balance. So much for all the information that I had gathered. One five minute K7 fast fix with pimples in circuit. I tested to see how long before the pimples cleared up and it was 3 days. 3 days later the pimples were gone. They stayed away for about six months and then they returned with the same K7 fast fix required for this lot of pimples as well. Needless to say I have a pretty happy son who now happily has his pimple balance when needed. *Debbie McIntosh 2004.*

Are You Integrated?

This is one of the strangest things you will ever encounter.... re: Left brain / Right brain

While sitting at your desk, lift your right foot off the floor and make clockwise circles.

Now, while doing this, draw the number "6" in the air with your right hand.

Your foot will change direction and there's nothing you can do about it !!!

I got a laugh out of this one.

Caro Trengove

A lot of people thought some of what I was doing was bizarre, but they could not deny that it worked, and improved her state of well being.

One five minute K7 fast fix with pimples in circuit.

3 days later the pimples were gone.

14 students graduate Unit 5 in Auckland

Kinergetics is now firmly established in New Zealand. Demonstrations in Warkworth, Auckland, Hamilton, New Plymouth, Palmerston North and Wellington created a lot of interest, with several workshops soon to be scheduled.

I also presented at an Auckland Health Festival and worked on almost 30 people in less than an hour with great success.

A ten day intensive followed, at Swanson, Auckland, in the hills overlooking the city, with 14 students graduating Unit 5.

One RESET instructor has since had a class of 14 students, and planning regular classes.

The North Island is different from the South Island, but every bit as beautiful. The drive from Hamilton to New Plymouth is spectacular, with rainforest and mountains that takes your breath away. I didn't have time to see much of the mountains around Wellington, except where I was stuck by the roadside and couldn't escape because of landslides and floods, so had to go back to Wellington after midnight and then head north the next day. Warkworth was really pretty, with a river flowing through. *Philip*

USA CEU's

In Tallahassee Natalie Nehman and Sharen Berry have just finished teaching a class of 12, four of which were men. And in conjunction with the class Jackie Jefferson taught a RESET class of 8.

In Orlando Natalie has already taught 18 people RESET.

The NCBTMB has awarded Sharen approved provider status to teach RESET, Unit 1, 2, & 3 to Massage Therapists for CEU's. RESET is 3 hrs and each Unit is 14 hrs. There are only a few states requiring license that will not recognize the CEU's approved by the National Board. Florida is one of them. Mississippi and Texas are two others but they have a simple process for approval where Florida's application is as complex as the NCBTMB's. Natalie is working on the Florida process and the other states will just have to wait until enough people request classes for CEU's to make the application and fee cost effective.

Well done Sharen, this is a huge step for Kinergetics, and makes it easy for other instructors to follow suit.

New workshop prices in the US

Effective May 1st 2004

The price for each unit will be USD \$250



Golf Improvement Trial

A combination of Kinergetics and Hyperton-X has helped numerous golfers. I hope to research on several golfers to find the most effective way of improving accuracy and distance.

This is the sequence:

TEST:

- * Flexibility:
- * Hamstrings, Touching Floor etc.
- * 16 Muscle Test.

CORRECT:

- * Hydration (preferably Unit 4).
- * TMJ—All (Unit 2, K3).
- * Hypertonic Muscles (Unit 2, K3).
- * Correct any muscles still out of balance.
- * Retest flexibility.
- * Torso Rotation—Stack and Correct with Fast Fix.

I use Unit 4 corrections where possible.

If you do all of the above you should have a very high success rate.

There are machines that measure the distance and accuracy of golf shots. There are sensors in the mat that are then fed into a computer which gives the distance and accuracy and shows the shot on a fairway. As these machines cost about \$30,000, I hope to use one from the golf shop. I would like to test the techniques separately to see which are the simplest and which are the most effective.

Once I find the most effective way we can start to market it to golfers as a choice between several packages, a simple 30 minute correction or for a longer lasting correction, the whole works, which could take from two-four sessions.

Be part of the trial, send in your results.

The NCBTMB has awarded Sharen approved provider status to teach RESET, Unit 1, 2, & 3 to Massage Therapists for CEU's. RESET is 3 hrs and each Unit is 14 hrs.

New workshop prices in the US

Effective May 1st 2004

USD \$250 per unit

Balance your Greenhouse Gases

Instead of complaining about global warming and deforestation you can now do something really positive about it!

With The Tree Totaller, you will be able to calculate the exact amount of greenhouse emissions that your particular car produces, as well as the emissions from your air travel and household energy use.

Test out the calculator at

www.greenfleet.com.au/signup/subscribe.asp

This is an Australian website, and some other countries have similar schemes.

New Car Choices

The new generation of cars are here. The brand new Honda Civic Petrol/Electric is now an affordable option for new car buyers. I saw one at an expo in New Zealand, and talked with the NZ General Manager of Honda. The price reduction from the previous model and the technology advancement is impressive.

From Media Website:

At \$29,990, the Honda Civic Hybrid - distinguished only by a subtle badge on the back - is \$3000 dearer than a similarly-equipped, regular Civic sedan. It would take about six years to pay off its price premium in fuel savings.

The Civic Hybrid officially sips 5.2 litres per 100 kilometres.

Over a year, the petrol-electric would use about a third less fuel than the petrol-only model. Based on the national average of 20,000 kilometres travelled each year, that would mean an annual saving of about \$500.

The Civic uses a revised IMA system, which scooped two categories in the 2003 International Engine of the Year awards. It combines a petrol engine with an electric motor to create a hybrid system that boosts performance, fuel economy and reduces emissions.

The Civic Hybrid's petrol engine is 1.3-litre 4-cylinder i-DSI VTEC ULEV (Ultra Low Emission Vehicle) and has an ultra-thin electric motor located between the engine and transmission.

The Hybrid's compact battery pack is mounted to the rear seat bulkhead with minimal intrusion into the boot.

The system works by capturing energy during braking or deceleration, and storing it in the battery for later use. The electric motor also assists the engine during acceleration - as the Civic Hybrid accelerates, the stored energy is directed to the high-torque electric motor to supplement the engine's performance. All of this takes place automatically without additional input from the driver.

Can't See The Wood For The Trees?

That becomes clear when (Bob) Brown leads the way through an extraordinary gallery of lanky tree ferns with patterned trunks and umbrella-like fronds that cast an eerie soft green light. We round a bend in the track and Brown says casually: "Here it is. It's called the Chapel Tree." A prodigious mountain ash suddenly towers 85m up from the forest undergrowth into the wide blue yonder.

The impact of this sudden apparition is stunning. It's as if you've been having a quiet swim in the sea and a mighty whale has unexpectedly surfaced beside you. Only this thing is bigger than any whale or any dinosaur that ever lived, taller than most trees on the planet. Its 6m wide buttressed base - sporting mosses and ferns and intriguing burls like gargoyles - gapes open on one side, revealing a cavernous hollow interior that could hold a football team. We step into its belly and the senses jangle: the eyes widen in the gloom, the skin goose-bumps in the coolness, heady scents of damp earth and crumbling wood fill the nostrils and a blowfly's drone resonates like a didgeridoo. It is indeed a soulful place and a source of wonder. The thing is that this very tree - officially the third largest in Australia - would have been destined for the woodchip market some time soon, mashed into a million pieces and shipped off to Japan to be made into paper. And the tree ferns, the dogwood, the possums ...

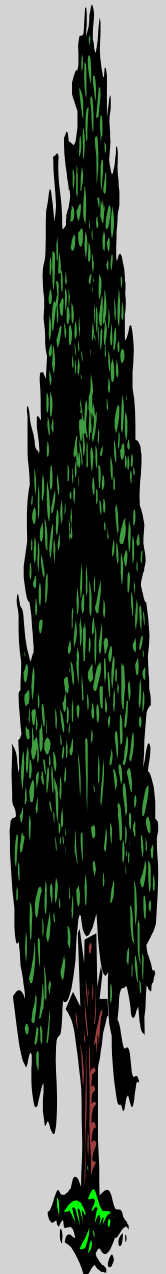
But Geoff Law, the Wilderness Society's veteran Tasmanian campaigner and former Brown staffer, got there first in 1999, admired the tree, measured it, named it then drew so much attention to it that Forestry Tasmania had to change its plans. Last July, some 4000 people rallied here on Skeleton Road to lend their weight to the protest movement.

Growing public awareness of exceptionally tall trees like this, or exceptionally massive trees such as Australia's largest, El Grande (accidentally burnt and killed by forestry workers last year in a public relations disaster), prompted FT to introduce special preservation policies for them. But few meet its criteria of being 85m in height or 280 cubic metres in volume: like the RFA boundary between "wilderness" and "forest", the dividing line between the two seems arbitrary and unscientific.

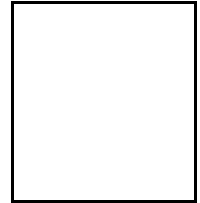
It's hard, too - when the world faces a huge biodiversity crisis - to understand why killing native animals is deemed to be a reasonable or acceptable way to protect regrowth and plantation seedlings.

www.ninemsn.com

It's hard, too - when the world faces a huge biodiversity crisis - to understand why killing native animals is deemed to be a reasonable or acceptable way to protect regrowth and plantation seedlings.



Kinergetics Update
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