

ARTICLES

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

Applied Kinesiology / Kinesiologic Medicine Research

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.

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

Sekebal

How is it applied?

SeKeBal is generally best applied sparingly to the base of the feet and over and between the toes once daily after a bath or shower. It is equally effective if applied to the entire surface of the hands or the base of the spine. It can be applied directly to the affected area in cases of localised eczema or acne. It is fully absorbed by the skin within five minutes, after which it can safely be washed off. If you need to prove to yourself that a substance applied to the feet can be readily absorbed, try having someone rub a clove of garlic onto the bottoms of your feet!

The use of SeKeBal will often result in rapid improvements in functioning, but it is used most effectively to balance the system over a period of several

months. Research indicates that a period of approximately six months is ideal for children. 2 fluid ounces will be sufficient for many weeks.

What is in it?

The ingredients of SeKeBal include sea kelp, minerals, bentonite and montmorilite clay, camine pepper, aniseed oil, orange and lemon oils and fish oil.

How does it work?

SeKeBal supplies the full range of vitamins (except vitamin E), minerals and amino acids in micro-element form. Micro-elements are the "wavelength" or "fingerprint" of each substance and it is this which is absorbed and facilitates absorption of that element by the body. The essential frequency is transmitted to the body's cell structure, and this helps to restore balance and cellular integrity.

Montmorilite clay supplies iron, which helps to produce red blood cells. Manganese builds the mitochondria on the cell walls and keeps them healthy. The high oxygen content in the manganese and iron allows more oxygen to the body and produces conditions which are not conducive to the continuing presence of candida and parasitic toxins. Bentonite clay helps the removal of toxins from the colon. Silica produces healthy hair, nails, skin and synovial fluid in joints. Niacin assists essential fatty acid metabolism.

How does it support learning?

Recent research indicates that children with any form of learning difficulty or behavioural disorder are commonly found to be deficient in certain vitamins, minerals or essential fatty acids, to be sensitive to certain foods or additives in their diet, and to have brain processing deficits linked to toxicity. It has been shown that supplementation with SeKeBal is effective in balancing vitamins, minerals and essential fatty acids, helps with food intolerances and toxicity.

As a result, children perform better in tests of speed of processing and auditory memory, and developmental intervention programmes aimed at improving auditory and visual processing and brain integration are much more effective.

What benefits should I expect?

Clients report better general health, less fatigue, clearer skin, a reduction in food intolerances and greater mental clarity. Research indicates that symptoms of candidiasis generally disappear without any special diet or assistance with detoxing. In children, marked

improvements are often noticed in skin conditions, behaviour and attention span and young children are more content. Dichotic listening tests confirm improved auditory processing speeds, order threshold tests show quicker processing on the fast auditory and visual processing circuits, and short-term auditory memory skills often show a dramatic improvement if performance has been affected by toxicity.

Is it safe to use for long periods?

SeKeBal has been examined by the Laboratory to the Chief Government Chemist in the UK and deemed to be non-toxic. There should therefore be no reason for a build-up of toxins to occur as a result of prolonged use. Intolerance of the product has not been reported, but some individuals could be sensitive to lemon or orange oils or sea products. In very rare cases an individual may need extra help with ridding the body of toxins.

What other supplements should I use?

SeKeBal is often sufficient by itself, but current supplementation can be continued without any risk of overdosing. If children are stressed they often benefit from additional B vitamins, vitamin C or zinc in the first two months, and some may need essential fatty acid supplementation. If candida is suspected, it may be useful to give a suitable probiotic after two or three months to restore the balance of gut flora.

Is a special diet required?

Research with children suggests that SeKeBal is very effective against **candida** without the need for the anti-candida diet. It is a good idea to make sure that sugar is not a major part of their diet, but it can be very stressful to remove sugar totally, and it has not been found to be necessary. If children have concentration or behaviour problems it may be helpful to investigate food intolerances, and to remove offending foods or additives for a while. It has been observed that foods can be re-introduced more quickly if children are being given SeKeBal regularly.

INTRODUCTION

Over the past year SeKeBal has been used by therapists and other practitioners in the United Kingdom with children displaying a wide range of learning difficulties and other conditions and in that time some very interesting results have been observed.

The key areas where SeKeBal appears to be effective are:-

In supplying vitamins, minerals and amino acids in a form which is readily absorbed

Helping with toxicity affecting brain processing

Helping with food intolerances

Controlling candida without the need for dietary changes

Assisting the metabolism of essential fatty acids

SeKeBal has been used successfully with children with a range of Learning Difficulties, including Dyslexia, Dyspraxia, Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Asperger's Syndrome, Autism, Speech and Language Delay and Social Communication Disorders.

Jane Lloyd BA M.Ed. AMBDA Educational Therapist writes :-

I have been using multidisciplinary home programmes combined with monthly therapeutic intervention for several years to help with all forms of learning difficulty.

The following notes and observations are mainly confined to children who are in mainstream education and able to cooperate with testing. The metabolic factors apply even more to children with more significant difficulties and are potentially even more important as a preventative measure for babies and young children, since they are often a major root cause of subsequent learning difficulties.

The main planks of the therapeutic approach I use are:

- 1) Sensory integration exercises from various disciplines.
- 2) A number of different forms of sound therapy.
- 3) Metabolic intervention.
- 4) Complex homeopathy and flower remedies.

THE METABOLIC FACTOR I have not always achieved such impressive results and I believe it is no coincidence that there was a very dramatic improvement in my success rate as soon as I introduced the capsules which were the forerunner of SeKeBal.

Initially my main reason for doing this was that I had for a long time identified **candidiasis** as one of the major threats to the success of the programme and up until that time I was unable to recommend a course of remedial action to the parents which did not involve removing sugar from the diet, careful monitoring of the build-up of toxins

and the use of an expensive programme of supplements.

Using the capsules I found it to be unnecessary to use the anti-candida diet or remove yeast with the programme I used, but just removing sugar is a very difficult thing to do with a stressed child who feels a failure, and it also encourages the use of aspartame, which can have more serious consequences than candidiasis.

With a significant number of children I had also encountered major problems with **parasitic toxicity** affecting brain processing - the effect on auditory sequential memory I found quite startling. I then found a natural supplement in capsule form that was very successful with candida without any change of diet and was also effective against parasitic toxicity. At the same time it provided the full range of vitamins, minerals and amino acids (except vitamin E), helped with food intolerances and sensitivity to environmental chemicals AND normalised essential fatty acid metabolism. It sounds far too good to be true, but when I began to use it I found that it really did do what was claimed in so far as I was able to test it - and did it quite quickly. However, very many of my children would not swallow the capsules, the contents was a black mineral-looking substance which could not be disguised in anything, and it certainly could not be described as the way forward as far as school programmes and self-help was concerned.

There was clearly a need to develop a more readily accepted form of supplement and this led to the liquid known as SeKeBal. After nearly twelve months of testing with my clients, I am able to say with absolute certainty that SeKeBal works even better than the capsules - and it has the distinct benefit of being applied EXTERNALLY.

SeKeBal ---How It Works

SeKeBal is absorbed in micro-element form. For children who have absorption problems in the gut (many autistic children would fall into this category) there are tremendous advantages in supplementation which bypasses the gut. I see a little boy with cerebral palsy who began to put on weight at last when he started on SeKeBal, however I do not see enough children with this condition to make valid comments on the effects of SeKeBal use. The fact that SeKeBal appears to supply amino acids effectively suggests that it has the

potential to de-calcify the brain in these cases, but I am unable to confirm this. I also have a little autistic boy who was on a secretin programme when he first came to see me. Since he started using SeKeBal he has needed no more doses of secretin and his behavior has improved markedly. This would imply that SeKeBal might help stimulate the production of digestive enzymes, but this would have to be tested on a large sample of children with similar problems. SeKeBal Ltd. would welcome suitably qualified researchers to look further into this area.

I have been checking for food intolerances, toxicity, vitamin, mineral and amino acid imbalances in all the children I see for several years now and my observations are as follows:

Initially I used hair analysis, then applied kinesiology and more recently the BEST System, which is a computerised health screening system using acupuncture techniques. In many cases children have been tested elsewhere using vega testing, blood tests or stool sample analysis. No matter what testing system is used, the same picture emerges.

Should You Get The Flu Shot

By Dr Sherri Tenpenny

News reports have been flooding us with articles warning that the impending flu season may be the worst in years. Even though it is difficult to separate the facts from the hype, a close evaluation of the flu vaccine will reveal that serious questions must be raised about the recommendations that are routinely touted, namely high efficacy with little risk. Anyone considering a flu shot should become informed about the substances coming through that needle, and should be determined to investigate the safety and efficacy issues that are still unresolved.

The vaccine virus. Each year, a new vaccine is developed that contains three different viruses (one influenza B and two influenza A strains). CDC officials select the new viruses based on which viruses were prevalent during the flu season in China and Australia the previous year. The CDC admits that the viruses selected for the new vaccine are chosen on the basis of an "educated guess." [i] What's in a flu shot? The influenza virus is grown in "specific

pathogen-free" (SPF) eggs. Eggs are tested for a variety of agents-usually between 23 and 31-to confirm the absence of those specific pathogens. Laboratories limit the number of agents that are screened due to the sheer abundance of potential viruses and/or bacteria to choose from. In addition, screening for every potential agent would be cost prohibitive. [ii] If none of the tested agents are detected, the vaccine is reported as "pathogen free." However, it should be understood that there is a distinct difference between "pathogen free" and "specific pathogen-free." In its July 1996 report, the Institute of Medicine acknowledged that "although it is not possible to produce a completely uncontaminated animal, it is possible to produce an animal [or egg] certified to be free of specific pathogens." [iii] Viruses that are harmless to their animal host, however, may be potentially harmful to humans.

During the manufacturing process, antibiotics (neomycin, polymyxin B and gentamicin) are added to eliminate stray bacteria found in the mixture. The final solution can contain the following additives in any combination: Triton X-100 (a detergent); polysorbate 80 (a potential carcinogen); gelatin; formaldehyde; and residual egg proteins. In addition, many of the influenza vaccines still contain thimerosal as a preservative. Thimerosal (mercury) is being investigated for its link to brain injury and autoimmune disease. Does the flu shot protect? There are no guarantees that the influenza viruses selected for the vaccine will be the identical strains circulating during a given flu season. In fact, it has recently been announced that this year's flu vaccine does not include the strain that is being reported by doctors in the community called the "A Fujian" strain. Outbreaks have been reported in Texas, Colorado and elsewhere [iv] that involve strains that do not match the current flu vaccine. CDC tests have confirmed that more than 80 per cent of the 55 strains of influenza virus isolated thus far are the A Fujian strain. Even so, the CDC still maintains that the current vaccine could provide cross-protection against the new variant, but the fact is, no one knows for sure. Moreover, the majority of illnesses characterized by fever, fatigue, cough and aching muscles are not caused by the influenza virus. Non-influenza viruses (e.g., rhinoviruses respiratory

syncytial virus [RSV], adenoviruses, and parainfluenza viruses) can cause symptoms referred to as influenza-like illnesses (ILI). Certain bacteria, such as *Legionella* spp., *Chlamydia pneumoniae*, *Mycoplasma pneumoniae*, and *Streptococcus pneumoniae*, have been documented as the causes of ILI. [v].

Notably, these microbes are not part of the flu vaccine. Unless an organism's antigen is contained within the vaccine, there is no protection conferred by the vaccine. It is estimated that most adults will average 1-3 episodes of ILI, and most children will average 3-6 episodes. The CDC also admits that "many persons who have been vaccinated against influenza can still get the flu" [vi]. Targeting the elderly. The flu vaccine is generally recommended for persons aged 65 and older, and those with medical conditions who could experience serious complications from the flu. Medical journals report broad differences in effectiveness for the elderly, ranging from 0 to 85%. The CDC states that 90% of deaths from influenza occur among the elderly. Considering that nearly 65% of all deaths (from any cause) occur in this age group, it is nearly impossible to prove that flu shots significantly increase life expectancy in this group.

The truth is that most people-young and old-will weather a bout of the flu without hospitalization or complications. A serious concern: Alzheimer's Disease—Hugh Fudenberg, MD, an immuno-geneticist and biologist with nearly 850 papers published in peer review journals, has reported that if an individual had five consecutive flu shots between 1970 and 1980 (the years studied), his/her chances of getting Alzheimer's Disease is ten times higher than if they had zero, one, or two shots. [vii].

Dr. Boyd Haley, Professor and Chair of the Department of Chemistry at the University of Kentucky, Lexington has done extensive research in the area of mercury toxicity and the brain. Haley's research has established a likely connection between mercury toxicity and Alzheimer's disease. [viii] In a paper published in collaboration with researchers at University of Calgary, Haley stated that "seven of the characteristic markers that we look for to distinguish Alzheimer's disease can be produced in normal brain tissues, or

cultures of neurons, by the addition of extremely low levels of mercury. "[ix].

Five Point Clearing Balance

by David Neiger

David has been using his Five Point Clearing Balance in Practice for about 15 months now and has consistently achieved good results with it.

Balancing these 5 aspects helps the client take responsibility for their own changes and movement and thus empowers them.

It is very useful to use

when a balance does not hold,
when a client is determined to do / achieve / or change something
when client seems to have some resistance or stuckness
to clear disempowerment

Balance these 5 points on the client in relation to any undesirable behaviour, any change the client wants to move through, eg. a relationship.

1. Check for appropriateness

"It is now appropriate and in my highest interest to _____"

Clear any stresses at this point.

2. Check for willingness

"I <name> am now and always 100% willing to _____"

Clear any stresses at this point.

3. Check for ability

"I <name> am now and always on all levels and dimensions 100% able to _____"

Clear any stresses at this point.

4. Now do it!

"I <name> now and always on all levels and dimensions 100% _____"

Clear any residual stresses.

5. Load a positive payoff

"I <name> now choose to have fun / enjoy _____"

Clear any stresses to lock in the pay-off. I found that the positive pay-off makes it easier for the client to move forwards and tends to eliminate any feeling of resentment for clearing the block.

This 5 Point Clearing Balance works well with these Formats

1. To feel energy through my hands
2. To release the need for <undesired behaviour>
3. To lovingly give unto <person> what is his/hers and take back from <person> what is mine (this format is excellent for clearing disempowerments or releasing "stuck" relationships.)

Vesica Pisces

To ancient geometers, the Vesica Pisces - 2 overlapping circles, symbolized the point of bifurcation, a fusion of apparent two opposites creating a door or portal from the world of pre-existent, into manifest physical creation. The overlay is egg, almond shape, representing the seed of creation. The ancient Greeks understood the numbers 1 and 2, not as numbers, but as the parents of number, the mother and the father (the 2 circles). Three was the first number recognised by Greek mathematicians. It was through the unification of two that the first number, three, or creation emerged (the egg shape) By opening the legs of their compass, the ancients created the Vesica Pisces, and from this perfectly created all shapes. The compass, the chamber of creation, from which the abundant numbers of mankind come forth, with its 2 legs and circular top, visually and symbolically represented the womb of creation.

The numerical value for each letter of Kinergetics when added together total $120 = 3$, - creation.

Kinergetics uses a binary system (lock and unlock), uses the parents of number to arrive at the first number 3 - the point of creation within the individual, and using this pre-number parent system gains access to what the subconscious has created, and then to the fullness of the truth of the being's creation.

Stacking using two legs, represents the compass giving perfect accessing to all geometric shapes that can be created.

Using stacking and a binary system, Kinergetics opens the portals for creation, all that is.

The Kinergetics Butterfly can be superimposed over the Vesica Pisces, with Christian symbol of the fish, (the trinity of heaven and eternity) as the body and feelers of the butterfly. *B. Papillo*

Genetic Engineering

Dr. Bob Anderson.

From a New Zealand Magazine for Global Challenges and Spiritual Evolution - 'In Touch'.

Genetic engineering of crops to produce foodstuffs is not new. It started about 30 years ago. However, the ruthless push involving billions of dollars, by giant corporations for example Monsanto, to get it onto the market, is recent. The American people have been eating GE foods for a few years now, although they were not aware of it until recently.

What is so dangerous about splicing a gene into our vegetables to give them a new 'required characteristic' - say more vitamins?

Firstly - Every plant cell, as with a human cell, has a protective membrane, a skin. In order to get the 'required gene' into the 'host' cell - e.g. apple cell, geneticists require a 'bullet' to fire it in - a vector.

The most effective 'bullet' is a virus, as they are designed by nature to break into cells with gusto.

The virus most commonly used in GE plant work is the aggressive Cauliflower Mosaic virus - CaMV.

In broccoli or cabbage, the CaMV has a protein coat making it 'host specific' for those plants. For this virus 'bullet' to gain passage into the new 'host' the geneticist removes that protein coat leaving the virus's DNA naked. This naked virus DNA is then eaten by humans, where it could enter our cells and cause real genetic disturbance, including cancer.

Secondly - Geneticists need to know which 'host' cells have actually accepted the 'bullet' carrying 'required gene', and for this they use an 'antibiotic marker gene'- usually the antibiotic kanomycin. The 'host' cells are flooded with kanomycin antibiotic solution. The cells that survive contain the 'antibiotic marker gene' and thus the required gene, leaving them unaffected by the solution.

So in the 'host' there is now a virus gene with naked DNA and an antibiotic, which also contains the 'required characteristic'.

Kanomycin antibiotic is often used for tuberculosis. Ingesting this antibiotic quickly renders tuberculosis germs resistant to the antibiotic.

Thirdly - The host cell in the fruit of vegetable does not recognize this strange 'required gene'. It needs a dynamo or motor of some kind to 'drive' it to produce the 'necessary characteristic'. Another virus or a chimeric bit of bacteria is now used to make the host able to accept and use the gene and thus produce the required characteristics.

Some related websites -

www.psrsg.org.nz

biointegrity.org

i-sis.org

safe-food.org

geneticfoodalert.org.uk

gefree.org.nz

bio-gro.co.nz

organicconsumers.org

The History of Kinesiology - Development of a New Science

*By Andrew Verity ND. DI. DH.
Director Advanced Kinesiology Centres
Int. Australia*

*For the International Academy of
Kinesiology Frankfurt.*

As I sit here reflecting on the previous teaching tour, I think of the great people who have influenced my life in Kinesiology and how this influence has affected so many people. I think of the beginnings of Kinesiology and how it was formed as a result of an integration process. Bringing together research from many different areas to create one of the most effective modalities in educating the human neurology.

As I thought about the origins of Kinesiology, I began to see it as both a science and an art. Even though it follows methods, rules, principles and logical techniques, it also involves a direct relationship between practitioner and client. This gives the opportunity for the exchange of intuition and feeling and the ability to challenge, all characteristics of an art form. And I wondered if the original authors had recognized the significance of this art.

Developed in the early 20th century and published in 1932, a Boston orthopaedic surgeon, R. W. Lovett, used his five grades of muscle testing to analyze disabilities resulting from polio and nerve damage. He used muscle testing to trace spinal nerve damage to

be able to know where the problem really was. I thought that this must have been so satisfying to be such an artist at what he did. His contribution to using the muscles as a feedback mechanism continued with Henry and Florence Kendall, who also worked with people recovering from paralytic polio myelitis.

They modified and systematized Lovett's ideas and in 1949 published their pioneering book, 'Muscle Testing and Function.' Imagine their wonder at discovering that each muscle has a unique function. When a muscle was isolated and held in its position of maximum mechanical advantage it was called the prime mover or the agonist. The agonist could thus be tested, manually monitored, for its relative integrity of function. Muscle Testing became a new science in the field of Academic Kinesiology, the in-depth analysis of the exact motion of muscles and the way they move joints.

The one who took a decisive interest in the work of Kendall and Kendall was a chiropractor, Dr. George Goodheart.

He must be one of those rare artists who could make fantastic discoveries by looking at research from a different perspective and synthesizing the information in a new way. It is often not just seeing new things, but rather, seeing known things in new ways that lead to great artistry.

As Dr Goodheart began to increase the use of Muscle Testing in his practice, he found some clients had specific muscles that could not maintain their primary mover position when they had certain types of disease conditions. This both confirmed the relationship between the disease influencing the muscle response, and the efficacy of the change in the muscle response to identify where the disease was affecting the client. It is also an immediate and visible response.

Goodheart would sometimes apply his newly discovered origin / insertion technique to the muscles, which quite often would strengthen the muscle with a concurrent improvement in the causative condition. In short, Muscle Testing was proving not only to be a diagnostic tool, but also to have therapeutic value.

Goodheart was interested in all sorts of different areas of knowledge and research and continually looked for answers. His quest led him to the work of a number of other American doctors,

two especially. An osteopath, Dr. Frank Chapman, observed that many types of pathologies, or the symptoms of disease, had their origins in congested lymph flow, which meant over time, tissues became more toxic and less functional. He developed the 'Chapman Reflex Points' which were first published in his findings in the 1930s. Also in the 1930s another American chiropractor, Terence Bennett, produced his model for restoring health. It was based on proper blood flow, which could set up the prime conditions for disease to take hold. Like Chapman, Bennett had worked out his own set of reflex points. Most were on the head and upper body, with a few points below the waist and on the legs. Unfortunately Bennett died of cancer caused by regular exposure to radiation which he used in his research, but not before he left a legacy of valuable knowledge that became known as the Bennett Reflex Points.

Goodheart had discovered that each Muscle and each Reflex Point reflected the state of balance of a particular organ system.

The synthesis by Goodheart of these discoveries, Chapman's Points for lymphatic function, Bennett's Points for vascular function, and his pioneering work with Muscle Testing itself, for feedback in both diagnosis and therapeutic efficacy, marked the beginning of the new science of Applied Kinesiology.

Applied Kinesiology

In awe of this amazing accomplishment, I continue to wonder about other influences that affected the growth of Kinesiology as we know it today. I remember that George Goodheart gathered together a group of other chiropractors interested in the developing field of Applied Kinesiology, who became known as 'The Dirty Dozen.' They eventually created new streams of Kinesiology after developing their own research.

Goodheart continued to make breakthroughs that remain the foundations of Kinesiology.

In 1966 he wrote a research manual on strengthening muscles holding acupuncture points called Tonification Points. He discovered that when muscles did not respond to either origin/insertion stimulation, Chapman's or Bennett's Reflex Points, that sometimes, by rubbing his hand along the specific meridian pathway in the direction of flow that the Chinese had

outlined, the changed muscles would often go back to normal responses. There was a relationship between a specific muscle response and a specific meridian.

He recognized an extraordinary complex of interrelationships linking muscle response with imbalances in the muscular system, the lymphatic system, the vascular system, and even the less understood energy systems of Chinese medicine.

The brilliant melding by Goodheart of all these observations became the Muscle -Organ/Gland - Meridian Complex, the core concept of Applied Kinesiology.

The Chinese system had given him a layout of thousands of years of empirical observations about energetic system and the principles by which it works. To this body of knowledge Goodheart added the muscle response correlation, which meant the energy balance of these meridians and their associated organs, could be quickly and consistently ascertained by direct muscle feedback. According to Goodheart it remains

one of the West's few contributions to the East in terms of the application of energetic techniques. Goodheart could now access these system very quickly through the instant biofeedback afforded by using Muscle Testing as the diagnostic tool.

Another member of the 'Dirty Dozen' was chiropractor Dr. John Thie, who took the basic techniques that had been worked out in Applied Kinesiology, and with the help of his support group, developed a new system called Touch for Health, which was seen as a radical fringe therapy of the early 1970's due to its concept of touching someone as a healing process. Despite considerable opposition, Touch for health was a means for many non-medical and lay people to be exposed to the benefits of doing and learning the use of Muscle Testing as a tool for re-establishing a balanced energetic state.

One of George Goodheart's most brilliant proteges, Dr. Alan Beardall, made several crucial discoveries that added additional tools to the developing field of Kinesiology. While treating a famous marathon runner, Beardall discovered that individual muscles had functionally unique divisions. He discovered over 250 specific muscle tests isolating divisions of the major muscles of the body, and published his exciting findings in 1980. Beardall also developed several other innovative

concepts that have become fundamental in the application of all Kinesiology systems developed to this day. Once the Muscle Tests, Reflex Points and concepts developed in Applied Kinesiology and Clinical Kinesiology, both chiropractic fields, reached the public through Touch for Health, there was a great flurry of creative activity as new Kinesiology systems were developed by innovative individuals from a diversity of backgrounds.

From these beginnings, Kinesiology has blossomed to become a diversity of different types of Kinesiology-based treatments. These new systems were developed by people who saw the incredible potential of the techniques because of their freedom to use it with what they knew.

I was hit by the realization that the beginnings of Kinesiology had come with relative speed compared to other established modalities. A very young science was developing and I was a part of that. This made me feel humble to know that the small effect I had was some day going to be looked at as the beginning of a wonderful new science.

With all new sciences there are those who are sceptical because their fear is trying to protect them from something they don't understand, and I have found this even within the different types of Kinesiology. But I remember the words a friend who encouraged me to study natural medicine, who said, "Everyone is afraid of something, it is just a matter of making them see the sense in being afraid of the bad things, not the good".

As past president of the International Association of Specialized Kinesiologists, I thought of the world view of Kinesiology and was amazed at the vast expansion of techniques and knowledge that has amassed over the years.

All new learning has come from the human responses to survival. If a person cannot adapt to the change around them in a way that is appropriate, we find changes in the muscle response.

So Kinesiology has become a very easy and subtle way to identify when and where a person cannot adapt in a way that is best for them for their long-term healing.

This access into the usually inaccessible realms of your subconscious is one of the most powerful aspects of Kinesiology as it is now practiced. Something that you think, can be instantly detected as a

stressor within your physical-emotional being and it may be something your conscious brain was never aware of until the muscle response made it apparent.

The subconscious area of the brain that controls or elicits everything we do to keep living, also controls how we feel and even think. Our emotions are located in the limbic brain, which is connected via various pathways that control our muscle tone and tension. Why do you think your neck goes tight when you are anxious and worried? Why does your stomach churn? Why do purely mental events have such a telling physical effect?

It is because the part of the brain that controls our emotional and physical survival programs also subconsciously sets the tone of our muscular system.

Therefore, the emotional tone of a person is directly reflected in their muscular tone.

Clearly, because Kinesiology monitors subconscious muscle tone, it is directly linked to the emotional centres that are setting that tone. When monitoring a muscle, it is possible to get in touch with the interface between the neurological physical body, and the emotions and thoughts that affect that body. Further, the muscle also monitors the interface between the physical body and the energetic systems of Chinese acupuncture. The Chinese recognised that each energy flow was affected by specific emotional states. What Kinesiology adds is the physical response linking energy and emotions.

In my work in Advanced Kinesiology I have authored many Kinesiology courses, and in the process it has become clear to me that we are all too often in a state of defense and survival at the expense of our brain functions. This instant action is really a reaction, or a re-enactment of a survival program that has been successful in the past.

When your brain becomes aware of a threat, within 1/500th of a second the limbic brain reviews all of the experiences you have had that closely match the one you are undergoing. Without your conscious awareness, the limbic brain chooses the past program that had the highest survival value in similar circumstances. This program is then replayed and directs your behaviour. The problem is, that we are also creatures of habit, so we habitualize the process of survival, and as a result we spend most of our time in a defense state, not a living state.

I am comforted by the words of George Goodheart when he said, "The body is simply intricate, and intricately simple".

So as I sit here, thinking of the things I have learned in all my life, I can honestly say that Kinesiology is the greatest thing I, or anyone could ever hope to learn in this lifetime. I am truly grateful for the opportunity to be alive at this time in history and to know Kinesiology.

Andrew Verity

Electrolytes By *Matthew Tim Anderson BIS*

Electrolytes are responsible for the basic metabolism of every cell in the body

Electrolytes are responsible for maintaining proper fluid balance within cells. Every one of our trillions of cells relies on electrolytes for the transportation of nutrients and waste.

Electrolytes are minerals capable of transmitting electrical charges within fluids. Within our bodies they are transmitters for the 100 million or so messages per second relayed within the nervous system.

Electrolytes are responsible for all brain functions and without these electrical transmissions, the brain could not stay in control of the body's many functions.

Every time one of our thousands of muscles contracts or relaxes, electrolytes are in use. Water and electrolytes are excreted through perspiration, urination and through faeces.

Diets of over processed foods and foods grown in mineral deficient soils, are lacking in necessary electrolytes.

Major Electrolytes:

Positively charged ions - Sodium, Potassium, Calcium and Magnesium.

Negatively charged ions - Chloride, Bicarbonate, Phosphate and Sulphate.

Any mineral or trace element in the ionic form is capable of becoming an electrolyte within the body.

Minerals become electrolytes or ionic when they are truly dissolved, not just suspended, in liquid. They are thus completely disassociated from their compounds. They are either missing, or have an extra, electron, giving either a positive or negative charge.

Only minerals that are already ionic, or capable of becoming ionic through digestion, can perform as vital electrolytes.

Magnesium

I read this in the latest Well Being magazine.

'Medical Breakthrough

Magnesium is one of the most critical minerals required for the electrical stability of every cell in the body.' *Another instance of science confirming what Kinergetics already knows.*

'Thus it is a major player in the prevention of heart disease, osteoporosis and diabetes. . . . nearly 80% of Americans are deficient in Magnesium.

A magnesium deficiency can be caused by - over-processing of food and the use of phosphates, some prescription drugs, stress, flouride, dairy products, alcohol, caffeine, excessive fats, mercury, excessive protein, and the Pill. Magnesium absorption is often impaired, and it may need to stay in the Intestines for 12 hours to enable it to be absorbed.

Magnesium is found in leafy, dark green vegs., whole grains, nuts, dates, figs, grapes, bananas, grapefruit, apple, apricots, kelp, soya beans, camomile, peppermint, alfalfa, dandelion, ginger, seeds, corn, broccoli, carrot, celery, avocado.

Barbara Papillo

DETOXING

I found this information to be very interesting. Detoxing seems to be important for us at this time.

Detoxing the physical body helps the mind and spirit rise up out of the quagmire also.

The information comes from a little book by Tom J. Chalko called

'The Joy of Perfect Health.'

All bacteria can very quickly change their form if their environment – their food supply changes. Friendly acidophilus in our intestines can very quickly change if its food supply changes.

Bacteria's survival and reproduction depends on its food supply. No food, no bacteria. Bacteria can only feed on dead organic matter and toxins, no bacteria eat living cells. So if the organism does not supply the conditions for bacteria to multiply, it is not susceptible to bacteria invasion and subsequent illness.

Bacteria can learn to adapt themselves to extreme conditions and go into a hidden state undetectable to even a microscope, waiting for the restoration of favorable conditions which allows it to start multiplying again.

Viruses are not like bacteria, they are not alive, they do not have any attributes of living organisms. They cannot move, they do not have any metabolism, and they cannot reproduce. They are very complex organic compounds, nucleic acids, created and modified by the surrounding cells. Our cells use and produce viruses in its metabolic processes. Some viruses can be very toxic. Bacteria can use viruses as food.

When our body is in a healthy state, viruses and living bacteria are part of the perfect balanced functioning. In health and balance there is hardly any food for bacteria except in our intestines where bacteria work for us by helping our system to break down and absorb complex compounds and dispose of toxins.

Bacteria and viruses are not the cause of disease. They are under the strict control of our mind-body system.

When our body becomes damaged or overloaded with toxins, the body's aim is to dispose of, and / or break down dead matter and toxins, where ever they have been deposited in the body. Bacteria from the intestines are sent to these sites and they quickly adapt to the local conditions. If the toxic site is large the population of bacteria explodes, and there will be many different types of bacteria. Bacteria in large amounts may then create additional toxins causing identifiable symptoms, but it is not the bacteria that have caused these symptoms. Killing bacteria with antibiotics only gives relief by giving your body time to catch up on the toxin removal and excretion.

So disease can be seen as poisoning of the body beyond its capacity of poison neutralisation.

The body tries to metabolise and excrete everything. Toxins that cannot be excreted are placed in areas of our body where they accumulate while they are waiting to be excreted. Eg.

Propyl alcohol accumulates in the liver. Wood alcohol – methanol - accumulates in the pancreas and eyes.

Benzene accumulates in the thymus gland.

Toluene & xylene accumulate in the brain.

Fluoride accumulates in the bones & joints.

Mercury affects the functions of the brain.

These sites of toxic deposits have bacterial activity. When the body is overloaded with toxin removal, parasites can be undetected, and allowed to get into the blood stream and they too can accumulate in these sites of toxin deposits.

Sources of some toxic substances.

Propyl alcohol, Propanol, Isopropanol.

Cosmetics, perfumes, deodorants, shampoo, hair spray, mouth wash, body lotions, vegetable oils, antiseptic, and shaving creams. Watch for 'prop' in a name.

Benzene.

Used in the process of extracting food additives, flavours and as a cleaning agent. It is very toxic. Food with added flavours or extracts can have traces of it. It is also added to unleaded petrol.

Xylene and Toluene are solvents.

Used in paint, cleaning agents, petrol, coloured marker pens. *Barbara*

The Power of Now Cards

By Eckhart Tolle

'A very effective way to become conscious of being is simply to take the focus of your attention away from your thinking and direct it into your body, where Being can be felt as they invisible energy field that gives life to what you perceive as the physical body.'

'As you listen to the thought, you feel a conscious presence - your deeper self - behind or underneath the thought, as it were. That is the beginning of the end of involuntary and compulsive thinking.'

'See if you can catch yourself complaining, in either speech or thought, about a situation you find yourself in, what other people do or say, your surroundings, your life situation, even the weather. To complain is always nonacceptance of what is.'

'Keep some of your attention within. Don't let it flow out. Feel your whole body from within, as a single field of energy. It is almost as if you were listening or reading with your whole body. Let this be your practice in the days and weeks to come.'

Eckhart Tolle wrote -

'You are here to enable the divine purpose of the Universe to unfold. That is how important you are'

www.namestepublishing.com

Hyperhealth CD

Do you look for something on the internet and spend hours trying to sort out the wheat from the chaff?

The sorting is already done for you on this CD!

This CD is so good that I have been buying it in large quantities so all students can benefit.

The CD has over one million words related to health and nutrition.

Some students use it for Scanning. One student brought her son to see me who was suffering from migraines. Hydration and TMJ didn't help. She used the CD to scan for causes and it came up caffeine. I had tested coffee, but it didn't show, maybe not enough quantity. He didn't drink coffee, but had caffeine in other food and drink. He cut out caffeine and is now migraine free!

It is extremely useful for working with Clients, as it has all the latest information and test results.

Keeping it updated and current is a huge task. The author collates all the latest scientific and medical research.

Hyperhealth is updated regularly.

The latest edition now has online registration.

Philip Rafferty

DID YOU KNOW?

That low Zinc is the cornerstone for many nutritional deficiencies as it is required for making stomach acid. If stomach acid is depleted, the pancreas is unable to help in the absorption of zinc, which in turn depletes stomach

acid. The body uses up its supplies of zinc when under stress or to combat infections. Tea, coffee, alcohol, and the food additive tartrazine lower your zinc levels. Zinc deficiency is associated with depression and disrupted sleep cycles as you need it to make serotonin and melatonin.

Nutritional Medicine, by Dr. I Tabrizian

RECIPES FROM SMEATON MASTER CLASS

Baked Vegie Salad with Spinach
Serve Warm

Ingredients:

Pumpkin, Sweet Potato, Ordinary Potato. Optional - Parsnips, Carrots.

Olive Oil, Marjoram and other chopped Herbs to taste, Sea Salt.

Optional - Soya Sauce, Garlic Chunks, Sesame Seeds, Sunflower Seeds.

Dressing: Balsamic Vinegar, White Vinegar, Olive Oil.

* Trim and chop equal quantities of chosen vegies to desired size, 2" square cubes.

* Toss in bowl with Olive Oil, chopped Herbs especially Marjoram, Salt, and any extras - Soya Sauce, Garlic, Seeds.

* Bake Vegies until cooked, not soggy or overcooked.

* Wash Spinach well. Break into chunks and drain well.

* Tip cooked vegies into Spinach.

* Pour dressing over and toss through while vegies are still hot.

* Add walnuts while tossing if you added soya beans or garlic.

To make a One Bowl Meal, at tossing stage add -

* Tofu Chunks, that have been soaked in Soya Sauce, and fried.

* Cooked Chicken Chunks, that have been marinated in Soya Sauce.

* Cooked Chick Peas and par boiled broccoli single flowerettes.

Barbara's Spinach Triangles

Ingredients:

Puff Pastry.

Cheese - 2 parts Ricotta to 1 part Fetta. Spinach.

* Pre heat the oven to high.

* Prepare pastry into sheets - defrost.

* Mix cheeses together in a large bowl.

* Add Spinach that has been washed thoroughly and finely chopped to the cheese and mix and blend into the cheese mixture. Hands are best for this. Mix in enough spinach to have more green than white in the mixture.

* Place portions of the mixture onto pastry squares and fold each pastry into a triangle.

* Cook until pastry is browned.

Lemon Rassam -

Hot / Sour Red Lentil Soup

Serves 6 - 8 People

Ingredients: Red Lentils - 350 to 500 gms,

Fresh Garlic - 2 big cloves chopped,
Medium Onion cut into slithers, 1 and 1/2 Carrots grated, Vegie Soup Cube, Juice of at least 2 Lemons, Olive Oil.

Spices: Red Chilli powder, Ground Cumin, Ground Coriander, Tumeric, Fresh Ginger.

* Cover the Lentils well with water.

* Add 1 heaped tsp of Tumeric and 3 to 4 slices of Ginger.

* Cook until Lentils are soft and fluffy and most of the water is absorbed - 20 mins.

* In a saucepan add spices and enough oil to make them wet -

1/4 tsp Chilli Powder - more for hot

Heaped tsp Cumin

2 tsp Coriander

Chopped Garlic Cloves

* Lightly Saute Spices - 1 min or so, medium heat, to release flavour, do not burn

* Add slithered Onions, Stir and slightly brown.

* Add Grated Carrot, stir fry for 2 - 4 mins.

* Transfer Spiced Vegies to cooked Lentils.

* Add enough water to make a soup.

* Add Stock Cube and Salt to taste.

* Simmer together for 15 - 20 mins.

* Add Lemon Juice to taste and chopped fresh Coriander to taste, just before serving.

* Garnish with a blob of Yoghurt and fresh Coriander.

Green Salad

Serves 6 - 8 People.

Dressing:

1/3 tsp honey, 1tsp boiling water, 1 tsp whole grain mustard, 1 capful balsamic vinegar, 2 caps white vinegar, pinch of

salt, olive oil - ratio of 2:1 with vinegars, 2 parts oil to 1 part vinegars. Shake and taste.

* Salad Lettuce - gourmet lettuce mix.

* 1 peeled Cucumber thinly sliced.

* 2 Tomatoes - thin wedges.

* 2 Avocadoes sliced.

* Optional: Alfalfa sprouts, Parsley.

* Toss all ingredients with the Dressing.

• Serve.

By Annie Slaughter – Thanks for the memories Annie!

Book Review

The Invitation

By Oriah Mountain Dreamer

This book expands upon the poem 'The Invitation' first published in Dreams of Desire, a collection of poetry written by Oriah.

'The Invitation' is a declaration of intent, a map into the longing of the soul, the desire to live passionately, face-to-face with ourselves and skin-to-skin with the world around us.

This is a timely book, as it is extremely practical in helping us to face ourselves and the world fully so that we can fully experience our soul, and have a life full of energy and passion, and incorporate our spiritual ecstasies and insights into our day-to-day reality. As Kinesiologists the concepts are extremely useful for working through issues and beliefs with Clients.

There are practical meditations at the end of each chapter which are beautiful for helping to expand and live more intimately with ourselves and the world.

The book moves chapter by chapter through the poem very personally and practically, so we can see our own lives within the invitation -

Accepting the Invitation - '...each moment in which we love well by simply being all of who we are and being fully present allows us to give back something essential to the Sacred Mystery that sustains all life.'

The Longing - '...I have faith in longing, wherever it finds me. And often it finds me at unpredictable and inconvenient moments. To taste our longing, to feel the ache, we risk finding our soul's desires. We risk falling short of fulfilling those desires. We risk living our desires fully.'

The Fear - 'We are not offered guarantees..... We are offered knowledge of life and ourselves....'

Desire lived brings the ecstasy of falling more deeply in love with my own life every day.'

The Sorrow - 'When we learn to be with our pain, we retrieve the parts of ourselves we have attempted to leave behind, and we are able once again to love those parts of ourselves.'

The Joy - 'To find those places, inside ourselves and in the world, where we belong, to find that for which we were made and to recognise it - this is joy.'

Betrayal - 'Can you make the choice that's for life even when the choice is hard, when doing so means others will see you as faithless without putting yourself or the other person out of your heart?'

Beauty - 'I want to be awed every day by the truth - pretty or painful - and let it open me to The beauty that surrounds me and draws me deeper and deeper into my own life.'

Failure - '... the failure I find hardest to live with is the one that I made because I lacked the courage to let love take me where it will. ..I sit and wait for love to find me, to come and take me home to the place where I will be welcomed.'

The Commitment - '...who have met within themselves the abilitywho have with great humility tasted their own nobility.'

The Fire - 'I can stay awake and let the sorrows of the world tear me apart and then allow the joys to put me back together, different from before, but whole once again.'

Deep Sustenance - 'The intimacy, the interconnectedness of all life that is the love to which we all belong, can only be given and received. It cannot be taken. And when it is given and received, we are sustained.'

Finding our Way Home - 'In the moments when we have come home to ourselves and the world, there is no fear, because we know what we belong to and what belongs to us.'

If you want to live more deeply, honestly, and passionately - read this book.

Barbara

Menopause - Or Just Emotional Stress?

During February I received an energy balance (not Kinergetics but similar) which dealt with emotional issues connected with being raped when I was 21. The physical symptoms were mostly in the lower back.

Within the following week I started getting hot flushes. They didn't come on gradually, but were absent one day and full on the next. The practitioner I had seen indicated that he had released all the stuff in the sacral chakra which brought on menopause because now my system could work correctly. I'm 51 years old and he figured that I should have had symptoms before this.

I told him that he'd better balance my hormones now as I didn't feel like putting up with the hot flushes any longer than I needed to.

He astounded me by telling me that they were a normal part of a woman's life and were to be expected and tolerated. I couldn't believe that such a talented man could say such a thing.

I subsequently had a very heated discussion with him about not EVERY woman suffering symptoms and that any dis-ease in the body (which hot flushes certainly are) is an indication that something is not balanced. I couldn't convince him to even try so I went home and did some study.

I chose to concentrate on a K4 Format to make sure all the hormones etc. connected to the subject were covered.

I went to the Endocrine System and made sure that all parts under the headings

Hypothalamus, Thyroid, Parathyroids, and Adrenals were showing no IM change.

I then put in and corrected each part of the following pathway:

Adrenals - Cortex - Progesterone - Corticosteroids - Aldosterone - Cortisol

I needed each one of these corrected with emotions, all related to being abused, used etc

The hot flushes dwindled away over the next week or so and I haven't had one since, or any other menopausal symptoms. The correction took place in mid April.

My friend was also suffering different menopausal symptoms and had been using HRT for some time. We followed the same pathway, but not all of them needed correcting in her case. She went off HRT immediately and hasn't been bothered by any emotional traumas since. Prior to this she became an emotional wreck without the HRT.

A week or so following our corrections we also worked on a friend who suffered with both hot flushes and emotional trauma. Her family didn't

quite know how to handle her at times. She has been symptom free since.

We noted that all three of us had huge emotional trauma earlier in our lives to do with sexual abuse.

I daresay we need to work on a lot more women to come to any real statistical findings, but we three, who have suffered the ravages of menopause, are well and truly convinced that we are on to something really big.

I'd appreciate some feedback when you get the opportunity of trying the Format yourselves. Glenda Curr

Contact Philip 03 9846 8432

What is Total Fitness?

Article from www.totalfitness.net By Catherine Carrigan

* It is a state of well-being that enhances mental, physical and spiritual health.

* It means excellent strength, integrating all the muscles in the body.

* It includes flexibility - of the physical body, and also of the mind and spirit.

* It reaches your maximum aerobic power.

* It provides for endurance throughout your daily life.

* It allows you to achieve a healthy body composition easily, without deprivation, according to your metabolic body type.

* It means mental fitness, the ability to focus and achieve goals with a balance of grace, relaxation and determination

It's not just that many clients overeat when they're stressed - long-term stress changes your metabolism. That's a medical fact.

Consider what happens:

As our bodies endure long-term periods of stress, our ability to process carbohydrates may decrease (please refer to my book, *Healing Depression: A Holistic Guide*, for an in-depth discussion of this fact).

Our bodies may start to retain water, become sensitive to sodium and our ability to digest all kinds of food may become impaired.

Those who ignore their bodies' signals to slow down may go into adrenal failure.

If you are deficient in zinc and/or selenium, your body starts to produce reverse T3, a hormone that actually LOWERS your metabolism. Meanwhile, because you are energetically depleted, your nutritional needs increase dramatically while your ability to digest food further deteriorates.

Many clients complain that although they are eating very few calories and exercising hours every day, the scale isn't budging.

As a trainer with compassion, I have made myself an expert in nutrition, metabolism and stress in order to restore hope.

Here are a few suggestions:

1. Ask me to help you understand which stage of stress you are in and go over the effects on your individual metabolism.

2. Remove as many stressors in your life as possible.

3. Stop working ridiculous hours. Take time off. Rest daily. Take naps.

4. Question your priorities. If you are unable to get out of situations (I.e., a challenging job or tough marriage), reframe your attitude so you realize you always have choice.

5. Explore adaptogens. These include supplements to support your adrenal glands - the tiny glands that sit on top of your kidneys that help you respond to stress. The older we get, the more important it is for us to have healthy, strong adrenals.

Why? There's something called the cortisol STEAL. When you endure long periods of stress, energy in your body switches over to producing mostly the cortisol hormone at the expense of other hormones. Take heed, all premenopausal and menopausal women and even men with lagging libidos - if you are exhausted, not only will your weight loss efforts be difficult, your ability to maintain a health hormonal balance will be impaired.

6. Exercise therapeutically—not maniacally. Use a heart rate monitor. Ask me to help you determine if you are overtraining. Certain regimens - such as running - may be contraindicated, but more often than not, it is HOW you are exercising that may be the problem.

Why Zinc? Let Us Count the Ways

Clients who have eating disorders, imbalances in the pineal gland of the brain, sugar cravings or blood sugar

imbalances would do well to have their zinc level checked. Why?

1. Zinc is important for the maintenance of many enzyme systems, including for protein digestion, energy production, alcohol and amino acid metabolism, immune function and fight against free radicals.
2. Zinc is essential for protein synthesis.
3. Zinc helps in the formation of insulin.
4. Zinc plays an important role in maintaining the proper acid / alkaline balance in the blood.
5. Zinc helps normalize the prostate.
6. Zinc helps the development of reproductive glands.
7. Zinc is required by the brain and for all neurological functions.
8. Zinc is required for the synthesis of DNA.
9. Zinc can accelerate the time for healing both internal and external wounds.
10. Zinc aids in the treatment of infertility.
11. Zinc can help decrease cholesterol deposits.
12. Zinc may protect against the toxic effects of chemical exposures.

Many people take the hormone melatonin to improve their sleep. This is a mistake, for many reasons. Since the pineal gland produces melatonin and needs zinc in order to function properly, a better alternative is to correct zinc deficiencies and get plenty of natural sunlight.

Zinc is included in natural supplements to support the thyroid. Clients under severe stress who are zinc deficient may produce reverse T3, a hormone that lowers metabolism. miracles: learn yoga breathing.

Stress Lowers Your Thyroid Function

Because stress takes such a heavy toll on the thyroid and metabolism, I recommend:

1. Yoga, Qi Gong and Tai Chi. Not only excellent exercise, but calming for the mind.
2. Meditation.
3. Purchase a Mind's Eye machine from www.powerstates.com. to train your brain to produce calming alpha brain waves. It contains about 50 other

programs for mental fitness enhancement.

4. A rocking chair or hammock will balance the second chakra, the energy center in our bodies associated with pleasure.
5. Hike. Breathe fresh air! Sunlight stimulates the pineal gland, resets circadian rhythms, and helps balance hormones.

“Evidence indicates that stress hormones influence thyroid hormone activity both at the level of hormone production, through inhibition of TSH, and through alteration of peripheral hormone metabolism, by inhibiting the conversion of T4 to T3 and favoring the conversion of T4 to rT3.” - Research reported in Endocrinology magazine.

For the rest of this article go to www.totalfitness.net

Client Success: 15 lbs. And Counting

Few things are as satisfying to me as to assist a client overcome unhealthy family and societal pressures about eating and exercise.

Jennifer Wade, a Primary teacher, had faced virtually constant pressure about her weight since she was a child. Many of her thin acquaintances have eating disorders but she herself takes a dim view of the way many women starve themselves to be thin.

We balanced her blood sugar and repaired back and ankle injuries. To date, Jennifer's lost 15 lbs. And is counting, eating five times per day. “I enjoy working out on the ball and using the free weights. I definitely feel healthier and have more energy.”

Book Review

Journey Of Souls

By Michael Newton PhD

Case Studies of Lives Between Lives.

A most fascinating narrative from 29 people who describe, under hypnosis, their existence between their incarnations on earth.

Michael Newton, a hypnotherapist in private practice, has developed his own hypnosis technique which takes his clients beyond their past life experiences to enable access to their more meaningful soul existences between lives.

After reading this book, which I could not put down, I had a feeling of ease, completeness within me. Even if I did not intellectually accept all I read, I

connected with the truth coming from these transcripts of sessions.

I had been given some insight to, and connection with what this life is all about, I could fit it into a grander picture. A subtle weight lifted from me. The transcripts have encouraged me to view each experience as just another chance for me to experience my depth of being, and there is so much more going on than what is presenting to me. The words I have heard many times, ‘there is no judgement, there is just love and lightness’ now have more deeply connected with me. The transcripts connected me with the peace and joy and soul support we have for our earthly lives and our soul existence as we review our life - how we were within it, and as we prepare for our next go at it.

A great read. It is presented as transcripts from sessions and the author's comments.

Barbara

Articles taken from the ‘New Scientist Magazine’

Power Nap

Having an hour-long afternoon nap has been proven to improve performance.

A good nights sleep is known to help us consolidate what we learned the previous day, and volunteers who had the hour nap, spent almost a third longer in ‘short wave’ sleep on their test days, than they did on other days

Thirty volunteers were tested 4 times throughout the day for 1 hr on exhausting tasks involving visual discrimination to access a correct outcome.

The volunteers who had no nap, took just over 50% longer to perform the task accurately in the evening than they had done in the morning.

The volunteers who had a 20 min nap, performed about the same throughout the day on the task.

Those who had a 1 hr nap actually improved their performance in the afternoon and did not deteriorate to the last task session.

Skin Cancer Gene

The gene BRAF, which controls skin growth is mutated in 66% of malignant melanomas, 10% of colon cancers and some other cancers.

The mutation switches BRAF on permanently, so it continually signals cells to grow.

Malignant melanomas account for only 11% of skin tumours, but almost all deaths from them.

Tooth Decay

Most dental cavities are caused by *Streptococcus mutans*, bacteria that stick to teeth and emit lactic acid.

Cold Comfort

A process called Tenderfrost enables fruit and vegetables to be frozen for up to 12 months, and then be sold in the supermarket as 'fresh' produce.

Produce is washed and frozen within a few hours of harvesting, then stored for up to 12 months. They are slowly thawed in containers flushed with nitrogen to remove oxygen and delay decay, and then delivered unfrozen to the supermarket.

Healing Depression

A Guide to Making Intelligent Choices about Treating Depression

By Catherine Carrigan

I came across this incredible book at the home of a friend, who is a Brain Gym Instructor.

The author had suffered from debilitating depression for most of her life. Her recovery included kinesiology, Touch for Health and Brain Gym. The presentation is somewhat like a kinesiology session. Facts are given, and questions are asked of the reader, to help the reader access ways of being that will be beneficial to the attainment of their goals. There is space for your own writing.

The book covers the things that can influence your moods and depression, e.g. diet, weather, physical health, attitudes, do

you believe you deserve joy, medication that can destabilize emotions, environmental allergies, chemical exposure, toxicity from metals, digestive disorders, carbohydrate metabolism, amino acid levels, food allergies, yeast infection - Candida, thyroid function, hypoglycemia, high cortisol levels, stress management, healthy diet, the 10 worst foods, 10 best foods, water, salt, vitamins, minerals, exercise, positivity, and what your depression has to teach you.

Catherine's book has many alternatives to try, to lead you to eventually being un-reliant on drugs. It encourages control of your own life through information and your own beliefs.

It is a great book to use to with Clients as its content is basically medically endorsed reasons for depression, set out by a Kinesiologist.

Barbara

DID YOU KNOW

High dietary acid load is only second to menopause, as a major risk factor for thinning of bones and muscle, not lack of calcium. A diet high in acid producing foods, such as, cereals, bread, pasta, cheese, and meat and low in fruit and vegetables, corrodes our very tissues.

The body's pH must keep very close to 7.4, the alkaline side of neutral. The kidneys remove some of the acid through urine, but when it reaches 7.38, the body breaks down bones and muscle to release carbonates, phosphates and ammonia, bicarbonates which neutralise acid. So one role of bone tissue is to store acid-neutralising minerals.

For our hunter-gatherer forefathers, excess acid in the body was only a short lived problem, as the molecules that were leached from the bones and muscle were quickly replenished. But with our highly acidic-producing western diet it is a chronic problem. Seemingly acidic fruit and vegetables eg. Lemons are alkaline forming as they contain organic salts I.e. Citrates which are metabolised into bicarbonates which are alkaline.

Grain foods e.g. pasta and bread produce lots of acid because they are high in phosphorus which the body turns into phosphoric acid. Our consumption of acid producing protein has increased by 50% in the last 40 years.

Lactic acid build up that occurs after heavy physical activity, can be reduced by taking some bicarbonate before the activity, which will neutralise the lactic acid. *New Scientist Magazine.*

Having a cup of coffee late in the day can play havoc with your sleep.

Caffeine halves the body's level of melatonin, the brain hormone that induces sleep. Caffeine blocks the production of

N-acetyltransferase, the enzyme that drives melatonin production.

Melatonin levels start to rise about 2 hours before bedtime, they peak at 2am and 4am, then begin to fall again. One cup of coffee caused participants to take twice as long to get to sleep, jiggle around in their sleep twice as much,

and sleep for less hours. *New Scientist Mag*