

WHERE NEXT?

- Join Facebook group 'Society for the Advancement of Muscle Testing' and Drannejensen
- www.drannejensen.com
- **Next study needs to be funded!**
[www.gofundme.com/muscletesting.com](http://www.gofundme.com/muscletesting) when Anne plans to study surrogate testing.
- Why we need to support her studies

WHAT TYPE OF MUSCLE TESTING DO YOU USE?

RMT OR MMT?

- What are you testing for – the strength of the muscle or the neural response?
- Use of language:
 - 'strong' or 'locked'?
 - 'weak' or 'unlocked'?
- Accuracy of your test position.

PECORALIS MAJOR CLAVICULAR

- Action: Flexes the shoulder and adducts the humerus horizontally toward the opposite shoulder
- Position: Elbow extended. Arm is maximally rotated inward which points the thumb towards the feet.
- Direction of pressure on arm is applied laterally and slightly inferior.

Courtesy of Robert Frost author of 'Applied Kinesiology – a training manual and reference book of basic principles and practice'.



THE CENTRAL ROLE OF THE PINEAL GLAND IN PSYCHO-NEURO-ENDOCRINE-IMMUNOLOGY (PNEI)

Professor Paolo Lissoni, Rovelli Franco, Giorgio Porro, Sonia Thought, Roberto Trampetii, Monica De Wolf. Inst. of Biological Medicine, Milan, Italy

WHAT IS PNEI?

- A new medical science studying the mutual interactions between these essential regulatory systems:
 - The nervous system
 - The endocrine system
 - The immune system
- Looks at how their chemical mechanisms through which, emotions and states of consciousness affect the biology of the human body by modulating immune system function in an inhibitory and stimulatory way.

nasa
cav

Antony MH. Psychoneuroimmunology of cancer. Brain Behav Immunol 17:84-91, 2003

brain

pineal gland

cerebellum

THE ROLE OF THE PINEAL IN PNEI

- The pineal gland has an essential, irreplaceable role in the integration between the nervous, endocrine and immune systems.
- The only organ able to modulate the biological life in relation to universal energetic conditions such as earth magnetic fields and the circadian rhythm.
- Produces indoles that are cannabinoids that have an action similar to dopamine (pleasure centres of the brain)

THE ROLE OF THE PINEAL

- Produces different hormones (indoles and beta carbolins) at different times of the day
- The 4 main indoles:

Dark	Period of Maximum Light	Early Afternoon	Morning
• Melatonin (MLT)	• 5-methoxytryptofolol (5-MTP)	• 5-methoxytryptamina (5-MT)	• 5-hydroxy-indole acetic acid (5-MIA)

- Also produces tens of beta carbolins main one being **Pinealin (PNL)**

PINEAL HORMONES IN CANCER TREATMENT

- In cancer and other diseases the pineal's endocrinic function fails
- Professor Lissoni and his team use this tumour therapy to replace the lost pineal hormones. No toxic side effects! The anti-cancer pineal hormones given are:

Night	Early Afternoon	Evening
• MLT (Melatonin)	• 5-MTT	• PNL (Pinealin)

- People in a metastatic state show decreased melatonin at night. Melatonin deficiency is key - proved in thousands of cases. Melatonin can be studied through blood and urine.

MELATONIN

- Stimulates the cytokine interleukin 2 (IL2). Melatonin can activate IL2 & 12, that main suppressors of cancer cells.
- Stimulates dendritic cells (initiates an immune response)
- Inhibits inflammatory effects of macrophages (type of white blood cell)
- **Beta blockers** inhibit melatonin production. **Should not be taken in the afternoon or evening!**
- Cot death syndrome - no inhibitory effect of the parasympathetic NS. Therefore Prof. Lissoni feels that blood melatonin levels should be tested
- For melatonin production look at 5 HTP and Methylation
- Fluoride is said to calcify the pineal. Iodine can help also ? Cilantro?

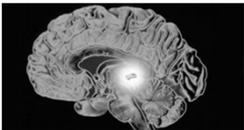
DR. LISSONI'S TEAM'S PROTOCOL

- To correct balance in neuro-endocrine system for cancer

Melatonin	• 100mg daily in the dark period
5-Methoxytryptamine	• 5mg daily in the light period
Magnolia	• 500mg twice daily
Aloe/Myrrh (60:40)	• 10ml TID
Boswellia	• 1000mg day in the morning (In brain metastases)

OTHER ACTIONS UNDER THE CONTROL OF THE PINEAL

- Heart connection
- Gonad connection
- Cannabinergic action affects pleasure, therefore important in depression and anxiety, heart health.
- Maintains the bio -psycho-spiritual unity of a person. Cancer is the disintegration of this unity. **Therefore the pineal should be considered the no. 1 go- to gland to balance!**



HOW DO FINGER MODES WORK?

Professor Charles T Krebs PhD

ACUPRESSURE FORMATTING

- Traditional Chinese Medicine (TCM) combined with mudras from Yoga.
- Dr. Krebs is currently researching acupuncture formatting to access and re-integrate brain function. He here hypothesises why finger modes give us specific information about an acupoint or a point of pain when they are two-pointed together.
- When combined with MRT these modes and specific points when activated together create a frequency resonance pattern of the combined neural flows of a particular area of the brain or pathway.
- Holding combinations of points show two points interacting with each other creating a different frequency related to both. These can then be placed in circuit and balanced.

WHY FINGER MODES WORK

- An area of dysfunction will create a frequency interference pattern in the brain. When CL'd it will usually cause a change in muscle response. A 'loss of synchrony' is detected.
- When specific 'mudras' are activated simultaneously i.e. finger modes, they may create a frequency interference pattern that 'matches' the interference pattern of the brain area or network.
- Note it is when the two resonance patterns of the 'lesion' AND the mudra/finger mode are put together that gives a different frequency that gives us an 'informational' readout. The brain can then identify the disrupted neural flow and find out how to bring the area/neural pathway back into balance.

ADAM LEHMAN SAYS....



- "Muscle response testing gives the body a 'voice' to communicate it's needs
- As we are all "electrical devices" so the body understands and needs that kind of language
- If we use a hand mode together with an acu-point, the body listens and picks up the resonance it needs to stimulate it's own healing potential (a "sympathetic resonance")
- We can reinforce the action of frequency in the body by generating a similar frequency from outside. This can generate healing and destructive depending on the amplification.
- Using finger modes, acu-points, CL we are creating a holographic assessment.

COHERENCE AND RESONANCE

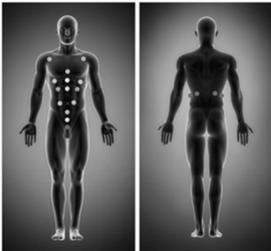
- Frequency and energy that contain information can be used by and for the body to communicate, function, transform and heal.
- A combination of these are used in methods we use to bring about coherence in the body/mind
- For more information about Adam's courses contact him at adam@kinesiohealth.com www.kinesiohealth.com

ORGAN MODE (APPLIED PHYSIOLOGY - RICHARD UTT)

- Thumb and first finger pads together
- Remaining fingers curled into palm



ALARM POINTS



Alarm points and associated meridians

- Lung
- Circulation vein
- Heart
- Stomach
- Liver
- Gallbladder
- Large intestine
- Triple warmer
- Small intestine
- Bladder
- Spleen
- Kidney

Note the difference in resonance patterns when you try the following:

1. Alarm points 'in the clear' – acupuncture meridian information
2. Test the alarm points using the 'emotional' finger mode
3. Re-test the alarm points using the 'biochemical' finger mode
4. Retest again the alarm points using the 'organ mode'

What are your conclusions?



THE MICROBIOME

Andrew Verity
 Director of Neuro-training and the
 College of Neuro-training, Australia
www.neuro-training.com

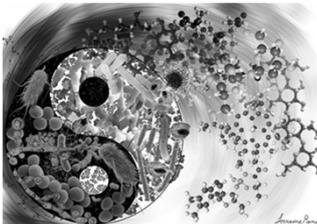
SHORT SUMMARY OF EFFECTS OF THE HUMAN MICROBIOME ON HEALTH

- Affects the MTHFR gene
- Bacteria produce substances that turn off genes
- 3 main functions:
 - Metabolic
 - Protection
 - Structural
- Iridology confirms that a potential genetic weakness can lead more easily to dysbiosis.
- The more dysbiosis the less we feel rewarded by carrying out normal duties in life - the microbiome controls this!
- Herbal formulas can be used to clean out these areas.

Review article *Fron.ccell. Neurosci.*, 14 October 2015
<http://dx.doi.org/10.3389/fncel.2015.00392>

SHORT SUMMARY OF EFFECTS OF THE HUMAN MICROBIOME ON HEALTH

- Testosterone can over-ride the effects of the microbiome on the body so men suppress the microbiome more than women. ↔ Testosterone and the gut wins. (affected by phytoestrogens/xenobiotics)
- The microbiome influences how the brain and gut talk to each other.



www.sainetereee.com

HOW TO ENCOURAGE A HEALTHY MICROBIOME SYSTEM

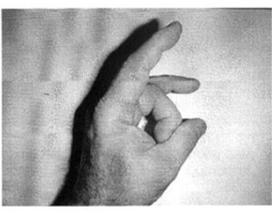
- Omega 3 oils (DHA) often test well in cases of microbiome disturbances. Resets the connection between the ANS and CNS. Helps the brain understand what to do with the probiotics/prebiotics given to help reset gut chemistry, particularly if both are part of the balance.
- Test whether probiotics of prebiotics (fibre etc.) are needed. Change type every 4 weeks so that the bacteria don't get too used to them
- Test herbal combinations for addressing dysbiosis such as candida and parasite/protozoa/bacteria formulas. Change them every 4 weeks for the same reason.
- Diet variation is important. Don't eat the same things every day.



MICROBIOME FINGER MODE

Andrew Verity
 'Nutritional' finger mode touching middle phalanx of ring finger.

MORE FINGER MODES



Middle finger nail lies on distal crease of thumb

MODALITY FINGER MODE

Alan Sales

MODALITY AND PRIORITY – THE DIFFERENCE

Priority Mode	Modality Mode
It's okay to fix next	The customer/balance for the person's highest good
Can be many of them	Priorities of priorities
	Usually only one



COMPLETE MODE - ALAN SALES

- Seems to be more sensitive than the 'more mode'
- If the particular balance in circuit is complete, the indicator muscle will change to unlocked (depending on the sequencing in binary testing) when the work done is complete.
- If the IM doesn't change when activating this mode, there is more needed.
- Thumb lies along medial side of ring finger



Next conference:
OXFORD!
Mid April 2018

International Association of Specialized Kinesiologists



COFFEE BREAK

CONVERSION OF CHOLESTEROL INTO BILE

Synthesis of bile salts

- Cholesterol made in the liver is synthesised into bile salts used in the SI to emulsify and absorb fats, cholesterol etc.
- Fat does not dissolve easily without bile.
- The more bile available the more cholesterol used up.
- Bile acids are conjugated with taurine and glycine



Excretion of bile

- Bilirubin derived from worn out haem (from RBC's) is absorbed from the blood into the liver and secreted into the bile
- NB most of the bilirubin in the bile is metabolised in the intestine, then excreted

OTHER INDICATORS FOR TAURINE

- Taurine deficiency. St 1 bilaterally will unlock IM
- Other therapeutic uses of taurine:
 - Nasal congestion may respond to taurine supplementation
 - Patients with SI problems
 - Taurine is the most prevalent amino acid in the retina therefore can help in eye health



Dietary taurine or glycine supplementation reduces plasma and liver cholesterol and triglyceride concentrations in rats fed a cholesterol-free diet

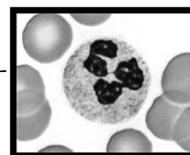
[http://www.nfjournal.com/article/S0271-5317\(99\)00118-9/abstract](http://www.nfjournal.com/article/S0271-5317(99)00118-9/abstract)

INTERESTING FACTS ABOUT TOXICITY SIGNS

- 95% of mercury in the body is recycled in the bile, therefore fibre is very important
- Blood test results:
- Increased bilirubin levels indicates chronic liver dysfunction. In studies significantly correlated with some types of PCBs and POPs (Persistent Organic Pollutants)
 - Increased serum uric acid levels is associated with Poly-fluorinated hydrocarbons (non-stick pans)

Neutrophils

1st line defence 'army'. Acute team management

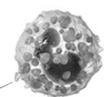


40 – 70% are found in the blood

Levels depleted by:
The 'pill'
Smoking
Most chemical drugs

Basophils

Even high normal levels indicate allergies and the need to detoxify



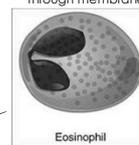
Normally there are none or very few

Secretes histamine

Basophils release histamine at male orgasm.

Eosinophils

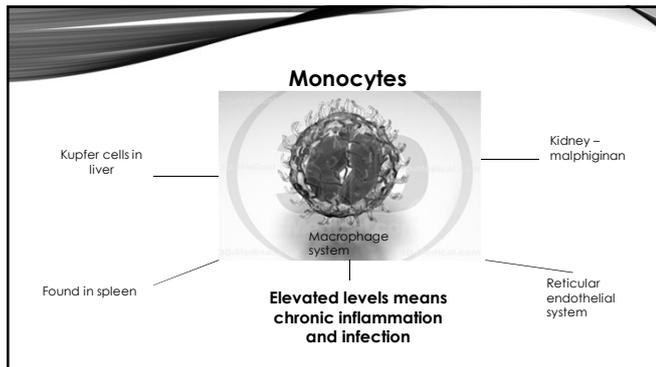
Prevents invaders getting through membranes



Mucous membranes

Skin and connective tissue

Uterus and vagina



TOXICITY

Test: Tap all 5 fingers just below the sternum

THINGS YOU MAY NOT KNOW ABOUT INJURY RECALL

Developed by Robert Crotty D.P.M, Gordon Bronston D.P.M. and adapted for kinesiology by Dr. Walter Schmitt

PAIN CAN HAVE FAR-REACHING EFFECTS

- Any stimuli from an organ/body part is logged by the parietal cortex. This is where you experience the quality and the pain location
- If the pain goes on for a while the temporal cortex gets to know about it and if it carries on long and intense enough and logs this as a memory.
- The limbic system is where we experience the pain in our emotional brain.
- The hypothalamus knows about it too! It's involved in so many regulatory systems that affect for example:
 - Temperature control
 - Heart rate
 - Hormonal responses
 - Digestion



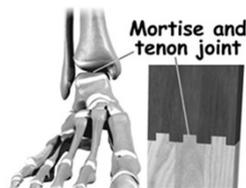
WHEN THE PAIN IS GONE

- Some of those neurological pathways stay switched on
- Brain signals that have helped you adapt and compensate for the pain might still exist.
- Our limbic system is still affected and our new emotional choices may affect the way we do things.
- Adaptation feeds back to the cerebellum that affects our muscle coordination – uneven 'firing' of the neurons affect muscle balance!
- The cerebellum is also involved in sending output to the autonomic NS (digestion, vision, heart rate)
- **Spindle cell stimulation has direct pathways to the cerebellum!**

CROTTY AND BRONSON RECOGNISED

- When a patient explained about an injury they palpated areas on the body that were painful. After performing their technique the former tender spots were no longer sensitive
- They recognised that "history of injury is the single most important aspect of a client's history"
- Dr. Walter Schmitt brought it to the notice of AK. See his 'Quintessential Applications-What to Do First, Next and Last'. He does this first FOR EVERYONE!

WHAT HAPPENS WHEN AN INJURY OCCURS



- Nociceptor pathways stimulate a quick muscle response through the spinal cord – the withdrawal reflex
- Sympathetic fight or flight response
- Some muscles contract and some extend in a survival response pattern
- This contraction pulls our heels up, jamming the talus bone into the mortise joint.
- The cervical vertebrae extend.
- The memory of this remains locked in via this pattern even years later.

SPINDLE CELLS AND THE CEREBELLUM

- Stimulating spindle cells (they respond to the autogenic nervous system)
- Dr. Schmitt realised that if a muscle does not respond to spindle cell stimulation (i.e. strengthen or weaken) then an old injury pattern exists in one or more places in the body.
- Applying the IRT resolves this issue. Therefore this technique can mean that reactive muscle pattern and strain counter-strain becomes obsolete.

LATER UPDATE ON IRT

- It was originally thought that neck flexion was for traumas above the cervical-dorsal junction and the mortise joint tug for everything else.
- Dr. Schmitt invited Dr. Bronson to an I.C.A.K meeting. He demonstrated on patients with IRT by just a little tug on the mortise joint to activate the nerve endings is enough to neutralise the memory of the injury.
- Don't forget IRT on the TMJ!
- Dr. Deal says that it appears that IRT stimulates the sympathetic nervous system

EMOTIONAL QUICK FIX AND IRT

UTERINE PTOSIS

