

INTEGRATION KINESIOLOGY SESSION: Complete Demonstration & Protocol Guide

INTRODUCTION & WARM-UP TECHNIQUES

Morning Routine Recommendations

- **K27 Points** - Rub to activate energy
- **Brain Neural Lymphatics** - Stimulate lymphatic drainage
- **Ear Unrolling Technique** - Switches on auditory input, boosts energy
- **Sagittal Suture** - For energy/narcolepsy (breathe in and pull apart, exhale and relax)
- **Thymus Thump** - Activates the immune system, stress relief
- **Frontal Eminences** - Daily stress release

Morning Miracle Practice (SAVERS)

- **S** - Silence (meditation, 3-20 minutes)
- **A** - Affirmations (tap in positive statements)
- **V** - Visualization (touch frontal eminences, visualize success)
- **E** - Exercise (strength training, yoga, stretching)
- **R** - Reading (educational/inspirational material)
- **S** - Scribing (gratitude journal, daily reflections)

SESSION PREPARATION

1. GOAL STATEMENT

- Have the client state the goal in the present tense
- Example: "I have abundant energy, and my circadian rhythm is in check."
- Test the goal statement (baseline measurement)
- Re-test at the end of the session to confirm improvement

2. PRE-CHECKS

Indicator Muscle

- Establish a strong indicator muscle
- For new clients: Test switch on/switch off with magnet or true/false statements

Hydration Check

- Have the client tug on the hair while testing an indicator muscle

Switching Check (Shortcut Method)

- One hand up, test
- Switch polarities, test
- Both hands up, cross over
- If switched, will go weak on one test

Additional Pre-Checks (Ask the Body)

- "Are further pre-checks needed?"
- Can include: ionization, polarity tests

EMERGENCY MODE TESTING

Purpose

Determines which major system needs attention first

Hand Positions & Testing

1. **Structure** - Both arms straight out, push down
2. **Biochemical** - Arms at sides, test
3. **Psychological/Energy** - Arms up overhead, test

When Weak Response Found

- Step out with the right leg (puts the body "in circuit")
- Creates an indicator muscle for further testing
- Keep in the circuit while testing that category

BIOCHEMICAL (When Weak in Emergency Mode)

Testing Protocol (In Circuit)

Ask the body about each area - strong response = needed:

Primary Areas

- **Diet Addition** - Foods to add
- **Diet Deletion** - Foods to remove
- **Supplement Addition** - Nutritional support needed

Additional Biochemical Testing

- Clearing parasites
- Clearing candida
- Clearing SIBO (Small Intestine Bacterial Overgrowth)
- Clearing leaky gut
- Clearing heavy metals

Making Statements (Not Questions)

- "Delete sugar" (test)
- "Delete wheat" (test)
- "Add more alkalizing foods" (test)
- "Add more fiber" (test)

FINDING UNDER/OVER ENERGY MERIDIANS

Finding UNDER Energy (Head Points)

Test with light pressure at each point:

1. **Wood** - Temples
2. **Fire** - Forehead center
3. **Earth** - Bridge of nose
4. **Metal** - Cheekbones (common weak point)
5. **Water** - Chin
6. **Central** - Top of head
7. **Governing** - Back of head

Clarify specific meridian when element found weak (e.g., Lung vs. Large Intestine for Metal)

Finding OVER Energy (Navel Tugging)

Client tugs around the navel in different directions:

- **Up** - Fire
- **Earth angle** - Earth
- **Down** - Water
- **Side angle** - Metal
- **Opposite side** - Wood

Use verbal testing or alarm points to clarify specific meridian

ACUPRESSURE POINT SELECTION

Five Element Theory Application

- **The under energy meridian** needs tonification
- **The over energy meridian** determines the element point to use

Key Point Selection Rules

- **Yin meridians:** Water points at elbows and knees
- **Yang meridians:** Different locations (consult charts)

Example from Session:

- Under: Lung (Metal element)
- Over: Kidney (Water element)
- Point needed: Water point on Lung = **Lung 5** (at elbow)

MUSCLE TESTING FOR CONFIRMATION

Test Muscles Related to the Weak Meridian

Lung Meridian Muscles (tested in session):

- Anterior Serratus
- Middle Deltoid
- Posterior Deltoid
- Coracobrachialis
- Diaphragm (touch lightly, don't push)

Priority Mode Check

- Test weak muscle
- Hold priority mode (touch the area lightly)
- If the muscle goes strong = priority to correct
- If it stays weak = not a priority right now

HAND MODES FOR BALANCING

With the Indicator Muscle Established

Test which corrections are needed:

1. **Structure** - Structural corrections needed?
2. **Nutrition** - Nutritional support needed?
3. **Psychological** - Emotional/psychological work needed?
4. **Electrical/Energy** - Energy work needed?

Structural Techniques to Check

- Neurolymphatic reflex points
- Myofascial release
- Origin insertion
- Spindle cell technique

Nutritional Specifics

- Vitamin C (Riddler point test)
- Water intake
- Zinc
- Caprylic acid (for candida)
- Homeopathics

Energy Techniques to Check

- Tibetan Figure 8s
- Chakra balancing
- Meridian trace
- Beginning/End points

CORRECTION TECHNIQUES DEMONSTRATED

1. TIBETAN FIGURE 8s

- Test direction (cross-pattern vs. same-side)
- Correct in the opposite direction if weak
- The client should notice energy shifts

2. NEUROLYMPHATIC REFLEX POINTS

- **Location for Lung:** 3rd and 4th rib space (front and back)
- Rub firmly while the client breathes deeply
- Check for tenderness (indicates needed)

3. NEUROVASCULAR POINTS

- Hold lightly, don't rub
- Can combine with neurolymphatic for more power
- Works for muscle balancing and energy

4. ACUPRESSURE POINT (Lung 5)

Ask the body HOW to stimulate:

- Touch lightly?
- Tap?
- Rub firmly?
- Use a method that tests strong
- Have the client breathe deeply during treatment

5. MERIDIAN TRACE

- Trace the meridian pathway
- Lung: Lung to thumb
- Watch for emotional releases during tracing

USING VIALS FOR TESTING

Vial Testing Protocol

- **Candida vial** placed on the body
- Test different locations:
 - Left lung
 - Right lung
 - Neck
 - Brain (common location)

Supplement Dosing with Vials

- Place the supplement (zinc, vitamin C, caprylic acid) on the body
- Test: "More than one per day?"
- Test: "More than two per day?"
- Continue until you get a weak response
- Determines optimal dosage

PSYCHOLOGICAL ASPECTS

Leverage Technique

Ask: "Why is this really important to you?"

- Connects the goal to deeper motivation
- Example: "I feel dead every day" → Want to feel ALIVE

Psychological Reversals

- Have the client state a positive goal
- Have them think about addictive food
- Test - if weak, shows psychological reversal
- Food creates an addiction that sabotages health goals

Emotional Release

- Emotions may surface during corrections
- **Lung emotion:** Grief, regret
- Allow the client to feel and release
- "Whatever you can feel and express, you can heal."

LEG LENGTH & STRUCTURAL CHECKS

Leg Length Assessment

- Check with the client lying down
- Observe how the ankles flop inward
 - Same angle = check for shorter leg (adrenal weakness)
 - Different angles = longer leg side has weak psoas

Key Muscles for Pelvic Balance

- **Gracilis** - Push straight out
- **Sartorius** - Pull at an angle
- When weak: Creates posterior ilium, Category 2 issue

SI Joint Check

- Have the client touch the sacroiliac joint
- If tests are weak AND it is a priority = correct immediately
- If weak but not a priority = will correct with other work

RE-TESTING PROTOCOL

Check Everything That Was Weak

1. **Muscles tested** - Should now be strong
2. **Head points** - The under energy point should be strong
3. **Navel points** - Over energy point should be balanced
4. **Alarm points** - Should be clear
5. **Leg length** - Should be equal
6. **Adrenal muscles** - Should be strong

Emergency Mode Verification

- Re-test all three positions
- All should be strong
- Confirms comprehensive balance

HOME PROGRAM DEVELOPMENT

Ask the Body

"Is a home program indicated for this session?"

Determine Specific Actions

For each technique, ask:

- "More than once a day?"
- "More than twice a day?"
- Continue until a weak response

Example Home Program:

- Neurolymphatic lung points: 2x daily (morning wake-up, bedtime)
- Lung 5 acupressure: 2x daily
- Diet changes: Delete sugar and wheat, add greens/meats/fiber
- Supplements: Vitamin C (3x daily), Zinc (2x daily), Caprylic acid (2x daily)

Follow-up Timing

Ask: "Another balance helpful for this?"

- Within 3 days?
- Within 1 week?
- Within 2 weeks?

ADDITIONAL CORRECTIONS

Circadian Rhythm/Time of Day Balance

1. Have client think of current time
2. Test indicator muscle
3. If weak: Correct with Spleen 21 (left side) + ear unrolling

Finding Body's Internal Clock

- Have client close eyes, touch eyelids
- Test alarm points while eyes covered
- Weak point = meridian time body thinks it's in

Pharmaceutical Testing (Advanced)

- Place medication over affected organ
- Test for weakness
- Find correction points (beginning/end points, neurolymphatics)
- **Caution:** Legal scope considerations

KEY PRINCIPLES FOR SUCCESS

The 5 Priority Techniques Per Category

Biochemical:

1. Diet addition
2. Diet deletion
3. Supplement addition
4. Microbes - Candida, parasites
5. Heavy metals

Psychological:

1. Emotional Stress Release
2. Video Technique
3. Beginning/End Points (Quick Fix)
4. Affirmations
5. Psychological Reversals

Energy:

1. Priority Under/Over Energy
2. Key acupressure point
3. Meridian trace
4. Tibetan Figure 8s
5. Chakras

Structural:

1. Neurolymphatic reflexes
2. Myofascial release
3. TMJ corrections
4. Pelvic categories
5. Cranial work

Remember

- **Don't treat disease** - Find what's out and balance it
- **Use the sequence the body wants**
- **Priority testing** prevents wasted effort
- **Keep it simple** - Use your favorite techniques
- **Trust the system** - The body knows what it needs
- **Combine modalities** - Structure affects biochemistry and emotions
- **Leverage is key** - Connect health goals to deep motivation

DOCUMENTATION & AI INTEGRATION

Recording Sessions

- Use an audio recording during the session
- Transcribe with an AI tool (e.g., Turbo Scribe)
- Process through Claude AI or similar
- Prompt: "Summarize this session and list all home program actions."

Benefits

- Professional documentation
- Clear home program for clients
- Saves time
- Adds tremendous value
- Clients know exactly what to do

FINAL SESSION CHECK

Goal Statement Re-test

- Have the client repeat the original goal
- Should now test strong
- Demonstrates session success

Subjective Feedback

Ask client: "How do you feel?"

- Physical sensations
- Energy level changes
- Emotional shifts
- Clarity improvements

Energy Scale

- Re-assess on 0-10 scale
- Compare to baseline
- Document improvement

Remember: "The body wants to be fixed in a certain sequence. Use the sequence the body says it's ready for." - Sheldon Deal