

# Kinesiology Integration Course: Day 4 Summary

## Introduction: The Triad of Health

This class session focuses on **biochemical assessment** within the broader framework of applied kinesiology. The triad of health — structural, biochemical, and emotional/energetic — must all be addressed in a balanced session. As the instructor noted:

"You could have your whole career mainly doing balance muscles and do myofascial release. And you would be tremendously effective out in the world. But when you do myofascial release, it allows the meridians to flow so much better."

The biochemical dimension encompasses diet, nutritional supplementation, environmental toxins, and how these factors manifest in the body's energy system and musculature.

## Part One: Setting Up a Session

### The Session Record Form

A well-organized session follows a structured record form covering the following areas:

1. **Client's desired outcome** — Ask what they want to improve. This anchors the biocomputer to the priority.
2. **Pre-checks** — Water, switching, and emergency mode
3. **Priority head points** — Over/under energy in the five elements
4. **Navel check** — Tug around the umbilicus in all directions
5. **Muscle testing** — Find weak muscles and test through modes
6. **Riddler points** — Confirm nutritional needs
7. **Modes** — Structural, nutritional/biochemical, emotional, electrical
8. **Corrections** — Neurolymphatics, neurovascular points, meridian tracing, acupuncture points
9. **Re-check** — Confirm corrections held

### Always Start With the Outcome

"What would be your desired outcome? How would you like to improve — in any way, shape, or form?"

You do not need to formally muscle-test a goal statement, but clarifying the outcome focuses the session. Examples from class included: "*getting out of my head and staying in my heart*" and "*full alertness and awareness for learning*."

## Part Two: Pre-Check Procedures

### Step 1 — Water

Ensure the client is hydrated. Dehydration will compromise all testing.

### Step 2 — Hair Pull Test

A quick neurological check. Gently pull a small amount of hair to confirm that the indicator muscle responds appropriately.

### Step 3 — Switching Check

#### Shortcut procedure:

- Get a strong indicator muscle
- Count "one, two, three" while testing — a sudden weakness suggests switching
- Have the client touch Kidney 27 points (below the clavicle) to correct
- Check front/back switching by placing your hand on the client's sternum with the intention of "front/back switching."

**Structural correction for switching:** Pitch, roll, and yaw corrections (tailbone and cross-crawl movements).

"If you were switched and going through here, all your tests could be wrong. You can get false information. That's why we do that."

### Step 4 — Emergency Mode

Test in three directions to identify whether the priority issue is **structural**, **biochemical**, or **emotional/energetic**:

- **Arm straight out** — Structural
- **Arm angled down** — Biochemical (diet addition/deletion, supplements)
- **Arm angled up** — Emotional/energetic

"He had structural issues going on. He didn't have the biochemical. That's where it says diet addition, deletion, supplement addition."

## Part Three: Priority Head Points

After pre-checks, identify which **five-element energy** is the priority.

### Procedure

Touch each suture line on the skull while testing an indicator muscle:

| Head Region        | Element           |
|--------------------|-------------------|
| Front (forehead)   | Fire              |
| Side (temporal)    | Earth             |
| Upper back         | Metal             |
| Lower back/occiput | Water             |
| Central/Governing  | Central/Governing |

Test for **over-energy** and **under-energy** in each element. Note which meridian is involved.

"We had water. So what do we find? Kidney. Bladder. Bladder is under energy."

**To determine laterality on a paired meridian:** Have the client look right, then left while holding the alarm point. The side that changes the indicator tells you which side is involved.

**To determine laterality on a midline meridian (e.g., Bladder, Stomach):**

"If he was over on the left and under on the right, his eyes — when you're holding the alarm point and it's weak — he looks to the left and it goes strong, saying 'yeah, that's where I'm over energy.' That was never ever taught to me. I figured it out."

## Part Four: Navel Check (Five Element Tug)

After identifying the priority head point, tug around the umbilicus to confirm and cross-reference the element:

| Direction   | Element |
|-------------|---------|
| Straight up | Fire    |
| Upper left  | Earth   |
| Lower tip   | Metal   |
| Lower right | Water   |
| Upper right | Wood    |

A change in the indicator muscle reveals the **under-energy element** needing support. Use this to identify the correct **command (distal) point**.

## Finding the Command Point

Using the five-element Sheng (generating) cycle and the memory technique of metal/wooden buckets:

- Identify the under-energy meridian (e.g., Bladder, Water element)
- Identify the element that is out (e.g., Wood)
- Count back through the cycle to find the correct point

**Example from class:** Under-energy Bladder meridian + Wood out = **Bladder 65** (the wood point on the bladder meridian)

"I got 67, 66, 65 — and look at that. Right away I know it's going to be a key point for him."

## Part Five: Testing Through the Modes

Once a weak muscle is found, put it **in circuit** (client separates knees or opens jaw, then brings back together) and test each mode:

1. **Structural** — Index finger touching thumb
2. **Nutritional/Biochemical** — Middle finger touching thumb
3. **Emotional** — Ring finger touching thumb
4. **Electrical/Energetic** — Pinky touching thumb

**The mode that makes the weak muscle go strong** indicates the category of correction needed.

"You can keep testing it as you go through. It's just when muscles are, especially leg muscles like psoas, that might be easier to put in circuit."

## Confirming a Correction is Complete

After balancing, apply the "**more mode**" (both middle and index fingers touching the thumb):

- Weak muscle tested → now strong → apply more mode
- **Stays strong** = correction is complete
- **Goes weak** = more of the same correction is needed
- **Different finger mode goes weak** = a different type of correction is needed

## Part Six: Nutritional/Biochemical Assessment

### Quick Nutritional Need Points

Touch these acupressure points while testing an indicator muscle to identify categories of nutritional deficiency:

| Point                                  | Nutritional Category |
|--|----------------------|
| Stomach 41 (wrist crease, top of foot) | Vitamins             |
| Triple Warmer 4 (wrist)                | Minerals             |
| Tip of the nose                        | Amino acids          |
| Pubic symphysis (pubic bone)           | Herbs                |

"Somebody mentioned garlic — that's herbs. There's a book with 26 herbs in the biochemical course that you can see all the ones that are needed."

### The Three Biochemical Questions

When biochemical mode is indicated, determine which of these applies:

1. **Diet addition** — What foods should be added?
2. **Diet deletion** — What foods should be avoided?
3. **Supplement addition** — What nutritional supplements are needed?

## Part Seven: Candida Overgrowth

### Background

Candida (*Candida albicans*) is always present in the body but becomes problematic when it overgrows. This was described as the instructor's "true pandemic."

"Most people don't have any clue they have it."

### Common causes of overgrowth:

- High sugar and refined carbohydrate diet
- Birth control pills
- Antibiotic use
- Chronic unresolved stress

"The emotional stress is creating the candida possibly more than anything."

## Common Symptoms Checklist

Ask clients about the following — multiple "yes" responses strongly suggest candida overgrowth:

- Indigestion
- Migraine headaches
- Depression or mood swings
- Gas and bloating
- Chronic fatigue
- Mental confusion/brain fog
- Premenstrual tension
- Prostate problems
- Asthma
- Recurring bladder or vaginal infections
- Food and environmental allergies
- Ringworm, athlete's foot, jock itch
- Cravings for sweets, bread, or alcohol

## Testing for Candida

**Method 1 — Finger Mode:** Use the nutritional/biochemical mode (middle finger to thumb) while holding or placing the candida frequency vial (kit #108) on various body areas. Test each region — brain, lungs, abdomen, small intestine, large intestine, ileocecal valve, reproductive area.

### Method 2 — Without a Vial:

"You can just say, ask your body to go to a time when it was present and just intend that it goes back, because sometime in your life you've had a candida overgrowth — and then they go."

**Method 3 — Ileocecal Valve Check:** An open or irritated ileocecal valve frequently accompanies candida overgrowth and SIBO. When candida is present, correcting it often simultaneously resolves ileocecal valve dysfunction.

## Candida Correction Protocol

### Step 1 — Diet Deletion (Foods to Avoid):

- Bread and yeast products
- Dairy (especially cow's milk)
- Potatoes and starchy vegetables

- Fruit (especially oranges, grapefruit — test each individually)
- Grains (rice, brown rice — temporarily)
- Sugar in all forms
- Fermented foods and anything with mold
- Alcohol (especially beer)

"This isn't a life sentence. Once you get your candida down, you can start having maybe grapefruit every other day. That's what you check."

**Step 2 — Supplement Addition (test each for priority):**

- **Caprin / Caprylic acid** (also found in coconut oil)
- **Zinc** — helps knock candida out of the blood
- **Sporax** (Nutri-West — homeopathic factors)
- **Garlic**
- **Saccharomyces boulardii**
- **Oregano ADP**
- **Antifungal homeopathic remedies**

**Step 3 — Meridian Balance:** Identify the under-energy meridian associated with the weak indicator muscle. Use command points and neurolymphatic points to support that meridian.

**Commonly involved meridians:** Kidney, Bladder, Stomach, Liver

**Step 4 — Emotional Component:** Identify and clear the number one stressor. Use frontal eminence holding (neurovascular points), deep breathing, and tapping (EFT-style) on the relevant meridian points.

"Slow, deep breathing... notice what emotions come up and just allow them to be there. And just observe — like you're watching it out on a movie screen."

**Practical Client Guidance**

Use motivational questioning rather than commands:

"What are you willing to do? And why would you want to give it up?"

Offer a one-week experiment:

"If you would be willing to go for one week and just experiment and follow these parameters, see how you feel at the end of the week — then go back to eating the way you did. See how you feel after that."

# Part Eight: Heavy Metals

## Why Heavy Metals Matter

Heavy metals accumulate in the body and contribute to a wide range of chronic conditions, including Alzheimer's disease, autism spectrum disorders, heart disease, cancer, and neurological dysfunction.

"When metals are in there, they don't go away on their own. You need to get them out somehow."

## Common Sources of Heavy Metal Exposure

- Cookware (aluminum, copper)
- Antacids (aluminum)
- Underarm deodorant (aluminum)
- Dental amalgam fillings (mercury)
- Processed foods (Velveeta cheese, frozen waffles)
- Vaccine preservatives (thimerosal)
- Agricultural chemicals and fertilizers
- Industrial and factory workplaces
- Nail salons and beauty salons
- Toxic household cleaners

## Screening for Heavy Metals

### Method 1 — Cross-Midline Test:

- Find a strong indicator muscle (arm or leg)
- Have the client bring the arm across the midline of the body
- If the previously strong muscle **goes weak**, this indicates heavy metal involvement

### Method 2 — Saliva Test:

- Have the client pool saliva in their mouth
- If a strong indicator muscle goes weak, this also suggests heavy metals

### Method 3 — Heavy Metals Finger Mode:

- Place the **thumbnail on the ring-finger side of the middle finger**, between the fingertip and the first knuckle
- This is the finger mode specific to heavy metals
- Test indicator muscle — weakness confirms involvement

#### **Method 4 — Riddler Points on the Pubic Bone (CLAM acronym):**

Reading left to right across the pubic bone:

| <b>Position</b>       | <b>Metal</b> |
|-----------------------|--------------|
| Outer left            | Cadmium      |
| Just left of midline  | Lead         |
| Just right of midline | Aluminum     |
| Outer right           | Mercury      |

- One hand on point = **deficiency** if indicator goes weak
- **Both hands on point = excess/toxicity**

**Method 5 — Vial Kit Testing:** Use bioenergetic frequency vials. Place each metal vial on the client and test indicator muscle response to identify which metals are present and their priority.

### **Heavy Metal Correction Protocol**

**Step 1 — Put in circuit,** then check modes to confirm biochemical/nutritional is the priority category.

#### **Step 2 — Supplement support (test each):**

- **Methionine** — amino acid that supports liver detox; breaks down fat; clears heavy metals. *"Methionine is often a good place to start."*
- **Glutathione** — master antioxidant; methionine and cysteine are precursors
- **NAC (N-Acetyl Cysteine)** — supports glutathione production
- **Glutathione patches** — shown to potentially triple the body's own glutathione production
- **Selenium**
- **Arginine**
- **Chelation (EDTA)** — for severe cases; refer to appropriate health professional
- **Foot bath detox** — effective for gentler ongoing detoxification

#### **Step 3 — Supportive foods:**

- **Cilantro** — well-known chelating herb
- **Chlorella** — powerful binder for heavy metals
- **Spirulina** — supportive for detox
- **Wild organic blueberries** — strong antioxidant and detox support
- **Raw celery juice** — recommended daily for heavy metal clearance
- **Dandelion greens, cabbage**

**Step 4 — Organs of Elimination (SKILL acronym):** Support each elimination organ with neurolymphatic points when heavy metals are present:

| Letter | Organ      |
|--------|------------|
| S      | Skin       |
| K      | Kidney     |
| I      | Intestines |
| L      | Liver      |
| L      | Lung       |

*(Also support the brain if neurological involvement is suspected.)*

**Step 5 — Meridian balance:** Use the five-element head point or five-element mode to identify the involved meridian and its command point.

"You got a weak muscle. You find out the modes. What clears it? And then you chunk it down — if it's electrical, well, five elements. And the large intestine — now what might I ask? Meridian trace? Acupressure points? Just circuit locate."

**Example from class:** Large Intestine 1 was identified as the key point. Large Intestine 11 — the **horary point** (metal on metal) — was also effective.

## Dental Amalgam Consideration

Have the client touch their teeth with amalgam fillings with their tongue during testing. If this causes an indicator change, removing fillings with a biological dentist may be appropriate to discuss.

## Part Nine: Amino Acids & Liver Support

### Methionine

Methionine is one of the most commonly indicated amino acids in kinesiology practice and is associated with the **Liver meridian** and the **pectoralis major sternal** muscle.

#### Functions:

- Supports liver detoxification
- Breaks down and metabolizes fats
- Preserves artery function

- Maintains healthy nails, hair, and skin
- Clears heavy metals (especially mercury)
- **Emergency use:** In acetaminophen (Tylenol) overdose, 2.5g every four hours for four doses can prevent liver damage if given within 10 hours

**Amino acid acupressure point: Liver 1** (inner corner of the big toenail)

"Touch liver one. Hold. Look at that. As soon as I touch it, they can't hold. See, right away I know it's going to be a key point for him."

## Dopamine-Related Amino Acids

Many clients deficient in dopamine self-medicate with caffeine and sugar. Key amino acids for dopamine production:

- **Tyrosine** (L-Tyrosine, 500mg) — direct precursor; *"that's like a dopamine boost"*
- **Phenylalanine** — converts to tyrosine
- **Glutathione** — part of the dopamine metabolic chain

"When people don't have tyrosine, where do they go? The tyrosine store — Starbucks. They're getting their tyrosine fix by coffee and caffeine... then it crashes."

## Part Ten: Blood Sugar & Spleen 21

### Spleen 21 — Blood Chemistry Check

#### Testing procedure:

1. Find a strong indicator muscle
2. Have the client touch **Spleen 21** (under the armpit, four finger-widths below the armpit on the side of the ribcage at a right angle)
3. If the indicator goes **weak**, blood chemistry imbalance is indicated

#### Correction:

- Touch Kidney 27 on the right side while the client holds Spleen 21 — if indicator goes strong, tap Kidney 27 as the correction
- If that doesn't work, try Kidney 27 on the left, or the opposite Spleen 21
- **Tap for approximately 30 seconds**

"Goodhart did tests before and after, and he found that technique will actually normalize uric acid levels, triglycerides, and blood sugar — all these things just from that simple tapping."

#### Important distinction:

- Client touches Spleen 21 themselves → tests **blood chemistry**
- Practitioner touches Spleen 21 on the client → tests **chakras**

## **Part Eleven: Confirming Results & Cross-Checking**

A hallmark of skilled kinesiology practice is **confirming findings from multiple angles**.

"Sheldon Deal says a good kinesiologist will find it some way. A great kinesiologist will find it from another angle or even a third angle to triple confirm."

"The body is simply intricate and intricately simple." — George Goodheart

### **Cross-check methods:**

- Head points confirmed by navel tug
- Navel tug confirmed by alarm point
- Alarm point confirmed by meridian muscle test
- Weak muscle confirmed by vial or finger mode
- Mode confirmed by indicator change in two different tests

"When you think about it, it's fairly new discovery — how many hundreds of thousands of years have we been walking around on the planet? And then they discover: wow, this connects, and this connects."

## **Part Twelve: Working With Clients — Practical Principles**

### **Bio-Individuality**

"One thing that might be Christina's superfood could be poison to you, or vice versa. That's the key."

Test each food individually rather than relying on general dietary guidelines.

### **Client Motivation & Agreement**

Never prescribe rigidly. Ask:

- *"What are you willing to do?"*
- *"Why would you want to give this up?"*
- *"If you experiment for one week, how do you want to feel?"*

### **The Emotional Factor in Biochemistry**

"Excessive unresolved stress — which we specialize in resolving — alone could be an emotional component that's feeding this candida overgrowth."

Address emotional components within the same session framework. Clearing the emotional layer often supports the biochemical correction.

## **The Power of Touch**

"There's a study that showed the hugging group — at least 12 hugs a day — their hemoglobin levels shot up compared to people who weren't touched."

Healing begins with human connection. The empathy and presence you bring to a session is itself therapeutic.

## **Summary: The Biochemical Session Checklist**

1.  Clarify desired outcome
2.  Hydration check
3.  Hair pull test
4.  Switching check (Kidney 27, pitch/roll/yaw)
5.  Emergency mode (structural / biochemical / emotional)
6.  Priority head points (five elements — over/under energy)
7.  Navel tug (five-element confirmation)
8.  Identify weak muscle and test through modes
9.  If biochemical: test diet deletion, diet addition, supplement addition
10.  Screen for Candida (vial, mode, ileocecal valve)
11.  Screen for heavy metals (cross-midline, saliva, finger mode, Riddler points)
12.  Identify nutritional category (Stomach 41, TW4, nose tip, pubic symphysis)
13.  Balance via neurolymphatics, command points, beginning/end points
14.  Address emotional component if indicated
15.  Re-check all weak muscles — confirm strong
16.  Apply more mode to confirm corrections are complete