

Journey to Healing: The Art and Science of Applied Kinesiology

True health is not simply the absence of disease. It is a state of being in which the miraculous physical and mental forces that make us human work together in proper balance. True health allows us to be ourselves and live every day at our own personal best. Achieving true health is a journey—unique to every individual.

However, many of us do not feel the need to begin this journey until we experience symptoms, such as pain or dysfunction, that interfere with our quality of life. The disruption of our health becomes something that needs to be “fixed.” So we visit our doctors in the hope of finding relief. Traditional mainstream medicine, while immensely helpful in combatting disease and medical conditions, neglects the deeper concept of true health by treating the condition and its symptoms, not the total individual. Under our present system, doctors simply do not have the time to evaluate the overall health of their patients. Therefore, they are forced to focus on the specific symptom or condition, instead of trying to find the underlying source of the problem and treating it with an appropriate therapy to heal the entire body.

The fundamental weakness in this approach is that it doesn’t help the patient achieve true health. It applies general therapeutic procedures proven to address the condition, not the person. Often, what might be an effective treatment for one person might not prove as effective for another with the same condition because of their unique physiology and circumstances. Many patients might get temporary relief, but the underlying imbalance in their system tends to resurface in the future. As a result, too many people end the journey to healing before it has truly begun and never achieve optimal and lasting health.

Applied Kinesiology (AK) follows a different model. It is the science of healing the total person and supporting his or her true health through the study of movement and integral muscle function. Patients often visit an AK specialist after they have run the gamut of traditional medical professionals with little or no success. AK specialists take the time to do an extensive interview with each patient to assess his or her concerns regarding their health. They review the results of any standard tests the patient has undergone. Then, by observing how a person moves and subsequently testing various muscles by hand that are linked to a particular condition or symptom, the Applied Kinesiologist can create a unique treatment plan to alleviate the underlying dysfunction and restore the patient to health.

Applied Kinesiology utilizes a spectrum of noninvasive diagnostic and treatment protocols to restore optimal function to your body. These include various muscle manipulation techniques, chiropractic therapies, acupuncture, nutrition, cranial therapy, specific exercises, and mind/body procedures.

Current estimates suggest that 1,000,000 practitioners worldwide are using some form of AK manual muscle testing, and as more and more patients and medical professionals become aware of its benefits—this number will continue to climb. As its benefits become more mainstream, it is only a matter of time before Applied Kinesiology takes its place as one of the most effective healthcare disciplines in the world today.