

ESSENTIAL EVALUATION TOOLS FOR THE KINESIOLOGY PRACTITIONER

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Abstract: Kinesiology muscle checking protocols will be demonstrated and work shopped on how to identify overwhelming physiological stress and to differentiate between central nervous system and physical body involvement. Additional evaluation tools will be demonstrated to differentiate 5 levels of emotional involvement, new ways to quickly identify digestive problems and test for heavy metal (mercury toxicity). Two 5-minute videos will be played showing how mercury vapours from leaking amalgam fillings cause brain neuron degeneration.

To be an effective and successful professional energy kinesiology practitioner, one must be able to combine both innovative and traditional methods. The healing arts community is maturing and growing at exponential rates in a desperate attempt to keep pace with the ever-growing list of maladies that besiege mankind.

As a professional kinesiology practitioner, one is often called upon to not only provide these health care services but to succeed where others have failed. To meet this challenge one must have in their kinesiological toolbox "a repertoire of methodologies that is both effective and cost efficient. To accomplish this I propose some additions to our toolbox."

How to quickly screen the body.

One of the most useful and efficient screening methods is evaluating the neurological integrity of the right and left jaw. From the work of Dr. Carl Ferreri's Neural Organization Technique (N.O.T.), one can demonstrate that a simple therapy localization of the masseter muscle of the jaw will elicit a weakness in any indicator muscle if there is overwhelming emotional or physiological stress.

Method:

1. Therapy localize the left jaw (placing practitioner or clients hand over the masseter muscle). If an immediate weakness is elicited with any strong indicator muscle, it is highly suggestive of overwhelming physiological organ stress or overwhelming physical pain.
2. Therapy localize the right jaw (placing hand over the masseter muscle). If an immediate weakness is elicited with any strong indicator muscle, it is highly suggestive of overwhelming emotional stress.
3. Therapy localize the parietal/temporal suture utilizing a two-handed imbrication test. If an immediate weakness is elicited with any strong indicator muscle, it is highly suggestive of overwhelming stress in the central nervous system.

Heavy Metal Toxicity Screening:

Heavy metal toxicity (HMT) or primarily mercury (Hg) toxicity from leaking amalgam filling(s) is in this author's opinion, the most common and debilitating condition prevalent in middle-aged adults. If present, it will always play a factor in one's health and often the number one reason why a client fails to respond to other therapies.

Method:

1. Utilizing one or both hands test the thumb and 5th digit (pinkey) in an opponens type test for strength. Repeat this test in both prone and supine positions. If there is no weakness, proceed (any marked weakness suggests a wrist/elbow problem and voids the test). Next open and close the hand moving all fingers especially the thumb for at least 15 seconds. Next re-do the opponens test. If one has HMT there will be a marked weakness in the opponens test that 100% disappears after resting the hands without any movement for 15 seconds.

A classic example is a re-occurring left and slightly less frequently right non-responsive shoulder problem. Although a client may have received the usual and customary chiropractic, physical therapy or orthopaedic care, a chronic painful shoulder condition persists for months and often years. What's wrong? The traditional therapy is not working. An innovative *kinesiology* approach is necessary.

Rule #1 if a musculo-skeletal problem fails to heal up in the usual time (8-weeks for fractures and 6-weeks for soft tissue injuries) think systemic.

Rule #2 if an organ is severely stressed (utilizing a scale of mild-moderate-severe) then its corresponding muscle(s) will test weak in the clear.

Rule #3 if the heart or central nervous system is stressed at a moderate or severe stress level, there will be a reactionary response from the gall bladder. Remember the meandering pathway of the GB meridian?

With heavy metal toxicity what organs are

stressed? How will the body respond via muscle testing?

- CNS stress will result in bilateral Supraspinatus weakness.
- Liver stress will result in PMS & Rhomboid weakness.
- Gall bladder stress (see rule #3) will result in bilateral anterior deltoid weakness.
- Heart stress will often be present (due to the high concentration of nerve tissue in the organ) resulting in vague but persistent shoulder arm pain and bilateral weakness of the subscapularis muscle.

Four major shoulder muscles in a weakened state, (two of which make up the rotator cuff muscles), plus hyperirritability of the peripheral and central nervous system, can any (original) shoulder injury heal in this environment?

Rule #4 the quadriceps muscle is an excellent muscle to evaluate the integrity of the digestive system. The key is to test the muscle while chewing or with the eyes closed.

The quadriceps and the tensor-fascia-lata muscles are excellent muscles to evaluate the digestive system. Not just because of the organ muscle involvement as discovered by Dr. George Goodheart, father of Applied Kinesiology (A.K.), but because their organ relationship is governed by the enteric nervous system (ENS). Dr. Ferreri in his early work realized this important relationship and routinely utilized eyes closed and or chewing in treating the digestive system.

Although rule #2 certainly applies, when an organ is stressed the corresponding muscle will mimic the stress pattern, but what is not well understood is the role of the enteric nervous system. When testing the quadriceps muscle by itself one is evaluating the integrity of the muscle and any joint it

crosses. Closing the eyes (or chewing) i.e. activating the enteric nervous system tests the organ relationship.

The quadriceps muscle check should be done in both eyes open and closed modes which in turn will offer the practitioner valuable information about the general status of the digestive system and be able to differentiate it from a simple quadriceps muscle sprain/ knee strain. One can certainly see the usefulness of this test to quickly screen for common digestive problems such as parasites, candida, colon toxicities etc. I believe this modified quadriceps muscle test is reliable it is my hope that it will become common knowledge and make its way in the Touch for Health teaching format.

Screening for emotional overload.

The following method of evaluating emotional stress is a simple and informative process that I commonly employ in my practice.

Method:

1. Using any indicator muscle (IM), commonly the anterior deltoid, check to see if the ESR reflex (stomach neuro-vascular points) is active. If a weak muscle response is elicited then proceed to next step.
2. Check the right jaw as previously described. If a weak muscle response is elicited then proceed to next step.
3. Check if the sphenoid is tilted inferiorly on the right due to the prolonged facilitation of the right masseter and its related reactive muscles. Therapy localize the lateral ridges bilaterally for this distortion. If a weak muscle response is elicited then proceed to next step.
4. Check the heart by therapy localizing directly over it. You can also verify this weakness by checking the gall bladder via the anterior deltoid muscle bilaterally as per rule # 3.

5. Check to determine if the crown chakra is distorted.

As with the chronicity of the emotional stress so will the weaknesses in steps 1-5 be apparent. Findings at level 3 are consistent with depression, mania and anxiety disorders. It should be noted that if one is taking the appropriate anti-depressant medication at an appropriate dosage, step #3 should be clear. You will be surprised at the frequency of this finding.

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