



INTERNATIONAL COLLEGE
OF APPLIED KINESIOLOGY UK

Email Newsletter Vol. 1 Number 1
May 2011

Introduction

Upcoming Seminars

Muscle of the Month: Psoas
by Jeffrey S. Kurtz, DC, CCSP

The Fitness of Human Nature
by Timothy D. Francis, DC, FIACA, DIBAK, MS, DHM

Introduction

Dear Colleague,

It is my pleasure to introduce the International College of Applied Kinesiology UK Newsletter. Each edition may include case studies, published papers, clinical applications of Applied Kinesiology, and tips on AK fundamentals. It will prove to be enlightening and will provide something for the beginner to the advanced practitioner. If you wish to contribute to the newsletter, have comments, or you would like to ask a question, please email the ICAK-UK at: icak-uk@hotmail.co.uk.

Regards,

Jeffrey S. Kurtz, DC, CCSP
Development Officer, ICAK-UK

Upcoming Seminars

2011-2012

If you would like to be added to our email list or you would like more information regarding seminars, please email the ICAK-UK at: icak-uk@hotmail.co.uk.

7 May 2011 – AGM + Seminar on Advanced Injury Recall, London, Martin Brunck + Dieter Becker

25-26 June 2011 – AK and Neurology, Southwater, West Sussex, Hans Garten

Sept 2010 – April 2011 – 100 hour course, Tracy S Gates

14-16 September 2011 – Bordeaux International Meeting – www.icakbordeaux2011.com

7-9 October 2011 - AK + Peripheral Nerve Entrapment, Oxford, Clive Lindley-Jones

AGM 2012 – topic, date tbc

June 2012 - Special Needs Seminar, Tracy S Gates

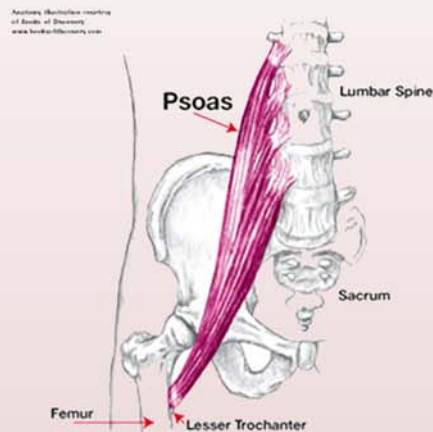
Late 2012 – Ligament Interlink, Joe Shafer

Muscle of the Month:

Psoas

Written By:

Jeffrey S. Kurtz, DC, CCSP



The psoas is a complex muscle that has an impact on several functions of the body. In gait it is the prime mover for bringing the leg forward during swing phase, it supports the lumbar spine, and when it is not working correctly, it can cause a myriad of problems.

The psoas can be weak for several reasons including:

- Any of the 5 factors of the IVF
- Occipital fixation (bilaterally weak)
- Lateral talus subluxation
- Reactivity with contralateral neck flexor and adductors
- Dehydration
- And several other causes

When the psoas is weak on one side, it can contribute to a lateral curve of the lumbar spine. It will also create a short stride on the side of weakness. Weakness bilaterally can create instability of the lumbar spine and can contribute to disc problems.

Muscle testing is a science and an art.

Some tips when testing the psoas muscle:

--Stabilising the contralateral ASIS can sometimes be sensitive to some patients and actually give a false positive due to a painful contact. In these cases, contact just inferior to the ASIS over the soft tissue with a broad contact.

--Insure that the patient does NOT dorsiflex the foot; if there is a talus subluxation, dorsiflexion can stabilise the talus and give a false negative.

--Part of the art of the test is to gradually apply pressure to the leg and feel the muscle activate or fail to hold. Applying pressure too rapidly and forcefully will give a false positive as the long lever arm the doctor is using puts the patient at a large disadvantage.

For more information on the psoas and other muscles, I recommend the following references as they were referenced in the writing of this article:

Applied Kinesiology Synopsis, 2nd edition
by Walther Schmitt

AK Muscle Tests at a Glance
by Ivan Ramsak and Wolfgang Gertz
-Translated to English by Tracy S. Gates

AK Flow Chart Manual
by David Leaf

This must be ordered from the USA and can be found on the ICAK-USA website: www.icakusa.com

The Fitness of Human Nature

By Timothy D. Francis, DC, FIACA, DIBAK, MS, DHM

Abstract

Human nature is the epigenetic rules that bias cultural evolution in any one given direction. It is the summation of individual's most basic beliefs that determine our attitude towards each other. If our basic belief systems are reversed, that is; an individual weakens (utilizing manual muscle testing) to a positive life statement and strengthens to a destructive life statement, then across evolutionary time the composite choices of many individuals determine the fate of the planet, the human species, culture, and all other life as we know it towards eventual extinction.

Introduction

It is now recognized that biological expression is actively determined by the perception of its life experiences. Resulting learned experiences have been observed to pass to future generations as modified behavior. Thoughts are extremely powerful in determining behaviors as well as physiology. Thoughts act as filters through which we perceive ourselves and the world around us.

If our basic belief systems (thoughts) are in essence reversed, then our response to environmental stimuli will also be switched. Growth behaviors are associated with attraction whereas protective behaviors with repulsion. This analog response may be thought of as love (attraction) and hate (repulsion).

Umbilical reversal (UR) was first introduced by John Diamond, M.D. If the individual tested positive for UR then all his/her basic belief systems were switched. That is, love is reversed to hate, good for bad, etc. This is very profound since a mother's perceptions directly impact the selection of gene programs, which have been established to effect subsequent generations altering the phenotype. The future for human civilization may be viewed as the archaeology of these fractal patterns.

Discussion

The umbilicus test (John Diamond, M.D.) is performed by testing a subject's strong indicator muscle, placing his/her right fingers into his/her umbilicus, which should test negative. The doctor's left hand's fingers when placed into the subject's umbilicus should also test negative. The subject's right palm is placed on the doctor's left palm which should also test negative. A positive umbilicus test is with the test subject's right palm on the doctor's left palm up with his/her fingers inserted into the umbilicus of the test individual and a strong indicator muscle weakens.

A test subject displaying a positive umbilicus test will weaken to positive (constructive) life statements such as God is good (if they believe in God), I am good, love is good, clean air is good, pure water is good, etc. These same individuals will strengthen to a negative (destructive) life statement such as God is bad, (if they believe in God), I am bad, hate is good, polluted air is good, pure water is bad, etc. It's as if their most basic belief systems necessary for growth and survival are reversed. Originally Dr. Diamond recommended R.N.A., choline, inositol, and a brain tissue extract as a nutritional approach to this positive umbilicus test.

This is very profound since culture is created by the communal mind. The mind grows by absorbing parts of the culture from birth to death with selections guided by the epigenetic rules. These rules then display in the species via prepared learning, meaning they are predisposed to learn certain behaviors while prepared to avoid others. This bias forms a subclass of the epigenetic rules.

Memory may be divided into episodic and semantic. Episodic memory recalls the direct perception of concrete entities whereas semantic memory recalls meaning by connecting concrete objects to ideas and symbols denoting the objects. This may be defined as a concept. The adaptiveness of human behavior arises from these concepts that we call reference points. Altered reference points change the direction of culture.

So what happens if our most basic reference points are reversed? In what direction will the ship of humanity fail? Primary epigenetic rules are automatic processes that extend from the filtering of stimuli to perception of same. Secondary epigenetic rule are the integration of this information. Culture arises from human action, and human action arises from culture. Construction of the environment is what culture does by the summation of individual behavior. Moral concepts are defined from innate feeling. Insanity is the inability to choose among false alternatives.

A positive umbilicus test which denotes what I will label Umbilical Reversal involves the basic concepts of money (material), love (immaterial), prejudice (bias), and addiction (obsession).

The original tokens of money were copper, silver, and gold. These metals are related to brain function as mid-line, right brain, and left brain respectively. This also relates to Goodheart's idea of vivaxis (all muscles weakening when the test subject faces a particular direction – often times towards the birthplace).

Love is an attractor field whereas hate is repulsive. Attraction leads to growth and repulsion to protection. These two polarities which are relevant to all living system's survival is based upon its perception of the environment. Signals of love (nurture) encourage growth, threat signals (hate) encourage a Darwinian response of combative behavior (survival of the fittest) and stunts growth. Generations will respond in the same way as they are born in via their developmental programming.

Prejudice is a preconceived notion leading usually to intolerance and revulsion. This revulsion causes excitement. Excitement often provokes feelings of impending harm. Fear is the result which may lead to protective behavior and extends to its offspring extremely biased learning.

Addictions are the persistence of harmful learned habits in spite of damage to the subject. This implies some sort of memory that enables recognition of stimulus to be classified as safe or unsafe. This is dependent on resonance of the subject with his/her past patterns of behavior as well as those whom they imitate (the hundredth monkey effect).

Brains that choose wisely display superior fitness and a high biological imperative. This fundamental drive for survival will depend on the function of dynamical systems that are adaptive to environmental stimuli and capable of choosing wisely to accommodate to change in one's own arena of life. Attraction towards clean air, water, food, and healthy lifestyle with repulsion from life threatening behavior is fundamental to healthy growth.

However, if our most basic points of reference are reversed involving money, love, prejudice, and addictions; the ability to choose wisely is not possible. This analog response is what occurs when an individual has umbilical reversal. Umbilical reversal involves all emotional beliefs and includes the two ways humans learn: reason and revelation. Three muscles will always test weak in these individuals; pectoralis major clavicular, supraspinatus, and the abdominals tested as a group. These muscles will respond structurally to sacral wobble, nutritionally to sesame seed oil perles, and homeopathically to Momordica, in a homaccord form. This com-

combined structural, nutritional, and homeopathic approach appears to help prevent the recurrence of umbilical reversal, but will not cure it.

Four homeopathic medicines in a potency of 1M each, not to be administered at the same time, but usually waiting a six month period between doses seems to treat deeply enough to effect a cure. These four remedies are (not in order necessarily of prescription) Anthemis Nobilis, Spiraea Ulmaria, X-Ray, and Zincum Muriaticum.

Anthemis Nobilis is the common chamomile. It is clinically useful with colic, dyspepsia, liver congestion, ascarides, and headache. Spiraea Ulmaria is meadow sweet. Clinically we find a morbid disposition, convulsion, epilepsy, afflictions of eyes, hydrophobia, urinary deposits, fearful quams of conscience and loathing of him/herself. X-Ray has been used successfully for skin lesions, distressing pain, sexual dysfunction, anemia, leukemia and burns which refuse to heal. Zincum Muriaticum which is zinc chloride, has clinically useful properties in kidney dysfunction, constipation, convulsions, cramps, hiccough, hydrocephalus, smell and taste perversion, wounds, and excessive nervousness, anxiety, and depression. For a more detailed clinical picture of these four remedies, please refer to Boericke, Herring, and/or Clarke's Materia Medica. A single dose is all that is required. Wait approximately six months before testing the other three remedies, proceed with what tests in succession.

Many times a patient is highly suspect to have umbilical reversal and yet upon testing this is not found. Additional research revealed that if the subject therapy localized (TL) the governing vessel/conception vessel pulse point, with flexion (females) or extension (males) then a positive TL would occur. This could be negated by the wearing of violet colored glasses indicating the involvement of the negative feelings of guilt and/or shame. After positive TL to the fourth pulse point in flexion or extension, then a positive umbilicus test would display in the clear. The feelings of guilt and/or shame appears to cause a covert umbilical reversal which is brought to the surface with this additional procedure.

Will power will also be restored to these umbilically reversed patients. This is easily tested with statements such as I'm okay without tobacco, alcohol, sugar, drugs, etc. Indicating an attraction towards life enhancing (positive) habits and a repulsion away from life compromising (negative) behavior. Interestingly, these same products will now weaken a strong indicator muscle as opposed to strengthening a weak muscle.

Conclusion

The fitness of human nature which in essence is instinct that is evoked by environmental cues and is controlled by prepared learning creates human action which directs culture either into growth (love) or repulsion (hate) is dependent upon reference points (basic beliefs). If these basic beliefs are reversed, then bias free learning and hence appropriate life enhancing responses are not possible. Emotion driven epigenetic rules involving all categories of behavior under the combined influence of heredity and environment operate innately from the summation of individual intention which if umbilically reversed works against the best interests of society.

A story is often told of a little girl who was vying for her father's attention. The father was engrossed in a championship football game that was on the television. The little girl asked her father if he would play question and answer where she would ask him questions and he would answer them. Questions like ...why is there world hunger? Why is there pollution? Why do people hate each other? Why do people take drugs? Why is there war and fighting in the world and so on? The father just wanted to watch the football game. In hopes that his daughter would let him do that, he took a picture of the planet earth cut out of a magazine, tore it into about forty pieces and told his daughter that this was a puzzle of the world and when she was done

assembling it he would answer her questions. He figured it would take her at least two hours if it was possible at all to assemble the picture of the earth. Five minutes later the little girl returned to her father with the puzzle completely assembled with every piece perfectly placed. Stunned at what she had done, he turned to her and asked, how could you have possibly done this in only five minutes? She went on to tell her father that on the other side of the picture of the earth was a picture of a man. I figured that if I could fix up the man and put him back together, then the world would take care of itself.

Resources (not referenced in text)

Boericke, William, *Materia Medica With Repertory*, Boericke and Tafel Inc., Santa Rosa, CA (1927).

Clarke, John Henry, *A Dictionary of Practical Materia Medica*, B. Jain Publishers Ltd., New Delhi India (1992).

Diamond, John, *The Collected Papers of John Diamond, M.D., Volume 2*, The Diamond Center, South Salem, New York (1980).

Francis, Timothy, D., *The Holographic Spine, Experimental Observations of the ICAK-USA, Volume 1*, (2002-2003).

Ibid, *Applied Kinesiology and Homeopathy: Muscle/Organ Remedy Correlation*, Proceedings of the summer meeting of the ICAK-USA Volume 1 (1997-1998).

Gerber, Richard, *Vibrational Medicine*, Bear and Company, Santa Fe, New Mexico (1998).

Goodheart, George J., *You'll Be Better, The Story of Applied Kinesiology*, AK Printing, Geneva, Ohio.

Herring, Constantine, *The Guiding Symptoms of Our Materia Media*, B. Jain Publishers Ltd., New Delhi India (1993).

Hills, Christopher, *Nuclear Evolution*, University of the Trees Press, Boulder Creek, CA (1968).

Keyes, Ken, *The Hundredth Monkey*, Vision Book, Coos Bay, Oregon, (1987).

Leaf, David, *Applied Kinesiology Flowchart Manual*, Privately Published, Plymouth, MA (1995).

Lipton, Bruce H., *Fractal Biology*, Privately Published, Santa Cruz, CA (1998).

Sheldrake, Rupert, *A New Science of Life*, Park Street Press, Rochester, Vermont (1995).

Ibid, *The Presence of the Past*, Park Street Press, Rochester, Vermont (1995).

Wilson, Edward O., *Consilience: The Unity of Knowledge*, Vintage Books, NY (1998).

Yasgur, J., *Homeopathic Dictionary*, Jhy Publishers, Greenville, PA (2004).

Yogananda, Paramahansa, *Autobiography of a Yogi*, Self Realization Fellowship, Los Angeles, CA (1993).