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INTERNATIONAL COLLEGE  
OF APPLIED KINESIOLOGY UK

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Email Newsletter Vol. 4 Number 1  
Q1 2014

Introduction

Upcoming Seminars

Muscle of the Month: Tensor Fascia Latae  
by Jeffrey S. Kurtz, DC, CCSP, DIBAK

Fundamentals Review: Citric Acid Cycle  
by Jeffrey S. Kurtz, DC, CCSP, DIBAK

# Introduction and Course Review

Dear Colleague,

2014 is off to a quick start and a lot has been developing in the UK chapter of the ICAK. There are going to be courses in the north of England as well as the south and also in Ireland. We have more teaching Diplomates now, so we will be offering more courses that are more local for you. We have a lot of advanced courses in the pipeline as well for this year.

AK is 50 years old this year and there will be a golden anniversary international conference June 19-22 in Washington DC, USA. It already has a lot of great speakers on the docket including our own Tracy Gates.

Regards,

Jeffrey S. Kurtz, DC, CCSP, DIBAK

# Upcoming Seminars

2014

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](mailto:icak-uk@hotmail.co.uk).

Click on the titles for links to the course flyers.

The Core Fundamentals of Applied Kinesiology by Tracy Gates DO, DIBAK--March 29-30, April 26-27, 2014, Southwater, West Sussex

ICAK UK AGM--May 10, 2014

Dr. Chris Astill-Smith talks about AK and Heart Math, Jury's Inn, Croydon, London

The Clinical Approach to Acute/Chronic Inflammation and Hormone Dysfunction by

Dr. Eric Pierotti--June 14th-15th, 2014, Southwater, West Sussex

50 Year International Conference, Washington, DC, USA

June 19-22, 2014

Improving Patient Outcomes with Applied Kinesiology: An Interactive Introduction by Jeffrey Kurtz, DC, CCSP, DIBAK

June 28, 2014, Dublin, Ireland

--Fundamental 100 hours to follow in September

Fundamentals of Applied Kinesiology--Basic 100 hours course by Tracy Gates and Jim Townhill, DC, DIBAK--Starting Sept, 2014, Southwater, West Sussex

Muscle of the Month:

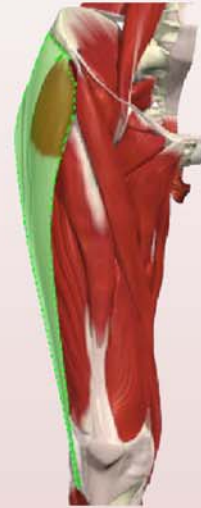
Tensor Fascia Lata

Written By:

Jeffrey Kurtz, DC, CCSP, DIBAK



Tensor Fascia Lata



The TFL starts on the outer edge of the Iliac crest to the iliac tubercle and inserts on the iliotibial band. The iliotibial tract inserts on the lateral tibia and some anterior fibers on the lateral patella. It functions to abduct, flex, and internally rotate the hip and works with gluteus maximus to stabilise the lateral knee. It is associated with the large intestine and the large intestine meridian.

Weakness is often caused either by an ileocecal valve, subluxated cuboid, or visceroptosis of the large intestine. Bilateral weakness is indicative of an Iron deficiency according to Goodheart. Nutrition for TFL includes Vit D, acidophilus, B12, and Folate.

Pain on palpation along its neurolymphatic, which is along the ITB, can be quite tender in patients who are eating a lot of junk foods, foods of which they are sensitive, or who have hormonal issues. Often palpation before and after the treatment of an ICV or visceroptosis will reveal a significant improvement in the sensitivity of the ITB and in the strength of the muscle test.

Testing of the TFL should be done with care not to stabilise the cuboid as that could give a false negative. The ITB can also be shortened on the side opposite a weak gluteus medius or shortened adductor.

This muscle is important to check when treating chondromalacia patella and knee stability problems. When the ITB is too tight, it will pull the patella laterally and with the pressure of the quadriceps tendon, rub the posterior patella with increased friction. Often there is increased pronation in the foot which contributes to the internal rotation of the leg, further exacerbating the problem.

The ITB will also be tender just above the knee on the side opposite a posterior ilium in a Category II. It will be on the same side of a shortened quadratus lumborum.

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

Applied Kinesiology Synopsis, 2nd edition  
by David Walther



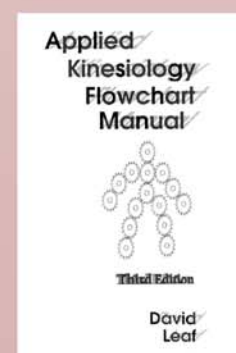
AK Muscle Tests at a Glance  
by Ivan Ramsak and Wolfgang Gerz  
-Translated to English by Tracy S. Gates



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](http://www.icakusa.com)

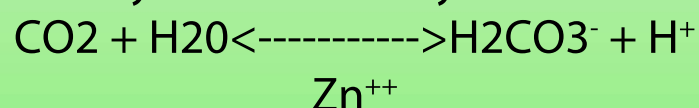


# Citric Acid Cycle Review

By Jeffrey S. Kurtz, DC, CCSP, DIBAK

Energy systems are complex and for a lot of people, just a lot of bio-chemistry that was once known in school but not so much anymore. The citric acid cycle is important in processing the products of glycolysis to produce GABA (gamma-aminobutyric acid), which is a neurotransmitter inhibitor in the brain. When someone has low GABA, symptoms include all of those characteristic of uninhibited sympathetic responses: shaking, anxiety, stress induced exhaustion, and trembling. Many drugs like tranquilizers and anti-seizure meds attempt to control this pathway. Another consequence of an underfunctioning citric acid cycle is the build up of Hydrogen ions and lactic acid in the system. This is especially important in athletes. I tested this recently with professional football players and found a deficiency in all but one of the players. The cause is likely due to training methods that overtrain the anaerobic system. When there is anaerobic excess, the body burns sugar and stores fat. In the aerobic state, fat is burned for fuel after sugar is burned off in the short term.

One of the products of the CAC is CO<sub>2</sub>. This CO<sub>2</sub> is used in the production of bicarbonate ion by Carbonic Anhydrase.



This is one reason why Zinc is so important. This reaction creates buffer for the H<sup>+</sup> buildup during anaerobic exercise. If the CAC is not working properly and Zn is deficient, then ultimately lactic acid and H<sup>+</sup> accumulate and muscle function decreases and performance suffers.

Anaerobic muscles: Pectoralis, deltoids, wrist flexors are fast twitch and relate to flying in the bird, which requires rapid firing and movement.

Testing and Treatment:

NOTE: The muscle used for testing should not be weak in the clear and all factors of the ivf should be corrected before using the muscle as a test muscle.

Rebreathing:

Patient rebreathes into a paper bag 5 times to increase CO2 levels. If it strengthens a weak muscle, test the following CAC factors against the same weak muscle to determine what strengthens it:

B1, B2, B3, Mn, B5, Lipoic Acid

If nothing strengthens the weak muscle, check Biotin and Mg.

If those don't test, check B6 or P5P (important in conversion of Glutamic acid-->GABA)

Anaerobic: Repeat a muscle test at a frequency of 2 Hz(2xsec) for 20 reps. If the muscle weakens, find and treat the neurolymphatic reflex and test Pantothenic acid (B5) on the tongue while doing the anaerobic test to determine nutritional need.

There is also an aerobic test that challenges the breakdown of fats for energy if activity lasts beyond the anaerobic system, but since this review is about the CAC, I will leave that until the next newsletter.

Testing the CAC in the athletes that fade late in the game, and those who have the strength to perform, but have problems with endurance can be the key to whether a team loses in the last minutes of a game.

I wish you continued health and success and if you have any questions regarding Retrograde or other AK principles, email me at:  
drkurtz18@gmail.com

Regards,

Jeffrey S. Kurtz, DC, CCSP, DIBAK

References:

1. AK Synopsis 2nd Edition, David Walther, 2000
2. AK Flowchart Manual, David Leaf, 1995

## BOOKING FORM

Name .....

Qualification .....

Address .....

.....

.....

Postcode.....

Telephone .....

Email:.....

Both 2-day weekends to include module notes and morning and afternoon refreshment:

ICAK-UK Members                   **£470.00**

Non-members                       **£550.00**

Repeat Course Participants       **£420.00**  
*(of a Basic Course taught by Tracy S Gates)*

Please register by **FRIDAY 28th FEBRUARY** and send your payment (**non-refundable, excepting cancellation of the course by ICAK-UK** ) to:

**Administrator - Core A.K. Course**  
**Weald House**  
**Worthing Road**  
**Southwater**  
**West Sussex RH13 9JB**

Cheques made payable to: **T S GATES**

**Further Enquiries:**

**Tel: 01403 730342**

**Email: admin@purebio.co.uk**

## Dates of the ICAK Core Fundamentals 2014

**Venue: Weald House, SOUTHWATER, Nr Horsham, WEST SUSSEX RH13 9JB**

### SEMINAR TIMES:

**SATURDAY 10:00AM TO 6:00PM - SUNDAY 9:00AM TO 4:00PM**

### 2014

March 29-30

#### I - THE DYNAMICS OF AK EVALUATION

The science and art of precise muscle testing—the importance of stabilisation, positioning, velocity, direction and resistance. Developing proprioceptive skill as an amateur. Postural analysis. Local muscle and joint problems. Subluxations & Fixations. The practical testing of main muscles.

April 26-27

#### II - INTRODUCTION TO VISCERA AND THE EMOTIONS

Introduction to the craniosacral mechanism. Pelvic categories. Adrenal stress and the emotions. Retrograde lymphatics. Ileocaecal valve. Diaphragm. Injury Recall Technique. The testing of more basic muscles.

### AT THE END OF THE COURSE:

**Attendance certificates will be issued at the end of the course and the hours covered will contribute to your ongoing education in Applied Kinesiology under the new educational system, so that there will be no requirement to repeat the topics already covered.**

Upon completion of the two modules you will be entitled to an associate membership within ICAK-UK, specifically described as a student of AK, until such time as your total hours of AK education exceed 100. (Current annual dues are £90.00)

## The International College of Applied Kinesiology - UK

The International College of Applied Kinesiology (ICAK) is an organisation dedicated to furthering the knowledge of health care professionals in Applied Kinesiology (AK).

AK is a totally dynamic method that allows a more complete evaluation and treatment of the structural, biochemical and mental aspects of dysfunction in a patient.

It employs manual muscle testing as a complement to other methods of diagnosis, enabling the practitioner to assess the unique needs of each patient.

**AK is a valuable clinical tool for chiropractors, osteopaths, physiotherapists, medical practitioners and dentists.**



## ABOUT THE COURSE

*This course is an exciting new opportunity to learn the absolute fundamentals of Applied Kinesiology (AK), focusing on muscle testing skills and a handful of techniques that will allow you to integrate AK quickly and easily into your existing practice.*

*The course is specifically designed for both those who may feel that the full eight weekend course is more information than is appropriate to their existing clinical environment; as well as for those who are looking for a basic entry-level education of AK which can feed into the full course at a later date if they wish.*

This course is for the thinking practitioner! Those who are or have been searching for the missing tools that are needed to understand difficult diagnostic situations need search no further.

Each session will introduce a practical number of guiding principles that lead the practitioner to metabolic, structural and / or emotional therapeutic input.

*Why, when, where and how to treat are the basic needs of every practitioner—the Core Course will provide you with the necessary tools to achieve these skills!*



**Tracy S. Gates** is a registered osteopath of 28 years standing.

Having practised for several years using osteopathy and cranial osteopathy, she studied Applied Kinesiology, successfully achieving her diplomate status in 1994.

As part of her diplomate she made a research study into the use of AK in treating Special Needs children. The research was further backed up by a period of time spent at the Peto Institute in Budapest; as well as study at the Institute for Research into Human Potential in Philadelphia.

Today, Tracy lectures in the UK and throughout Europe. She makes regular presentations of her ongoing research at various conferences in Europe and the USA. She is currently involved in working with and treating athletes competing at an international level.

Tracy is Vice-Chair of the International Committee (I.C.) of ICAK, Secretary of the International Educational Council (IEC) and the International Representative for ICAK-UK.



*“AK has opened my eyes to so many potential areas of dysfunction that I would not have considered with only a structural education. It will definitely change the way I work!”*

*Ezra Levy MRCP.*

*“For those wanting to understand and treat the underlying cause of patients' symptom patterns this course covers everything. Tracy's obvious deep wealth of knowledge and clear presentation style really animates the subject matter - with plenty of demonstrations and supervised practical to appreciate the intricacies of this work.”* *Matt Bourne D.O.*

General Practitioners will find that Applied Kinesiology opens up exciting diagnostic and therapeutic possibilities in the day to day practice of medicine. Tracy's course is both relevant and useful, I recommend it to all GP's.

*Michael O'Beirne M.B., M.R.C.G.P.  
General Practitioner, Galway*



INTERNATIONAL COLLEGE  
OF APPLIED KINESIOLOGY UK

**2014**

**ICAK-UK  
presents:**

# **The Core Fundamentals of Applied Kinesiology**

**a TWO WEEKEND accredited  
Course of foundational material  
Approved by the  
International College of Applied  
Kinesiology—ICAK**

**Lecturer:**

**Tracy S Gates D.O., DIBAK**



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## The Heart, Perception and Emotions – AK and Heart Math

with guest speaker Chris Astill-Smith

+ ICAK UK AGM @ 230pm



Saturday 10 May 2014

@ Jurys Inn, Croydon, London

Wellesley Road, Croydon

South London, CR0 9XY

# Conference Programme

10 May 2014

930am – 6pm

## Course Overview

We are pleased to welcome Chris Astill-Smith as a guest speaker at our ICAK annual meeting. Chris will be lecturing on the heart, perceptions, and emotion.

Over the last 6 months Chris has been busy developing his own take on phonocardiography and how it integrates with functional biochemistry using Applied Kinesiology techniques. He has found that the heart is intimately connected to the brain and has a profound influence on our perception.

Chris will teach about integrating Applied Kinesiology into what is known as Heart Math. This could be a totally new and unique method of managing the third side of the triangle in Applied Kinesiology.

Below is a little abstract from Heart Math which is a good summary of what Chris will teach.

The heart is the most powerful generator of rhythmic information patterns in the human body. It functions as a sophisticated information encoding and processing centre, and possesses a far more developed communication system with the brain than do most of the body's major organs. With every beat, the heart not only pumps blood, but also transmits complex patterns of neurological, hormonal, pressure and electromagnetic information to the brain and throughout the body. As a critical nodal point in many of the body's interacting systems, the heart is uniquely positioned as a powerful entry point into the communication network that connects body, mind, emotions and spirit. Numerous experiments have now demonstrated that the messages the heart sends the brain affect our perceptions, mental processes, feeling states and performance in profound ways. Research suggests that the heart communicates information relative to our emotional state (as reflected by patterns in heart rate variability) to the cardiac centre of the brain stem (medulla), which in turn feeds into the intra-laminar nuclei of the thalamus and the amygdala. These areas are directly connected to the base of the frontal lobes, which are critical for decision making and the integration of reason and feeling.

This will be a day with plenty of hands on and off practical use to delegates immediately, assuming they are already experienced in muscle testing.

# About Chris Astill-Smith, D.O. DIBAK



Chris is a Registered Osteopath who graduated from the British School of Osteopathy in 1970. He lectured in Nutrition and Dietetics at the British School of Osteopathy from 1973-80 and in Arthrology and Myology from 1981-89. He obtained his Diplomate from the International College of Applied Kinesiology in 1988 and lectures internationally on Epigenetics and Functional Biochemistry on most weekends. He was awarded Assistant Professor status at the Institute for Manual Medicine, Russia in 1992. Chris calls upon 44 years of experience in clinical management,

and will share with you his extensive knowledge in the subject of Heart Math as well as a multitude of other clinical pearls.

## Course Location

Jurys Inn  
Wellesley Road  
Croydon  
South London  
CR0 9XY



Delegate parking is available at the nearby NCP whitgift car park. After the seminar please ask the hotel reception to validate your car parking ticket so that you are charged a maximum of £6 for up to 24 hours. Special delegate hotel room rates are available for £75 per room, inclusive of breakfast.

Tea, coffee and refreshments will be provided on the day, and there are plenty of nearby pubs and restaurants available for lunch.

# Conference Application

Name	
Profession + Qualifications	
Address	
Postcode	
Email address	
Telephone	
Practice Website	
ICAK UK Member ?	Yes / No

## Prices

----- Early-birds get £20 discount -----

ICAK UK Member.....£100 (**£80** if paid before 1 April)

Non Member..... £120 (**£100** if paid before 1 April)

Return your **application form** and payment by 1 April 2014 to receive the early bird discount. Payment is by **cheque**, payable to ICAK UK or by **bank transfer** to ICAK-UK (Account number 91226449, Sort Code 60-17-28, Bank address NatWest Retford Branch 21 The Square, Retford, Notts, DN22 6DL). Please note a completed application form is required in ALL instances. RSVP by 1 May 2014 latest to:

Karen Willis, ICAK UK Chair, Islington Osteopathy Clinic,  
Colebrooke House, 10-12 Gaskin Street, London N1 2RY  
Email: [icak-uk@hotmail.co.uk](mailto:icak-uk@hotmail.co.uk)

Please note that the conference fee is non-refundable for cancellations after 1 May 2014.  
Cancellations prior to this date will incur an administration fee of £50.



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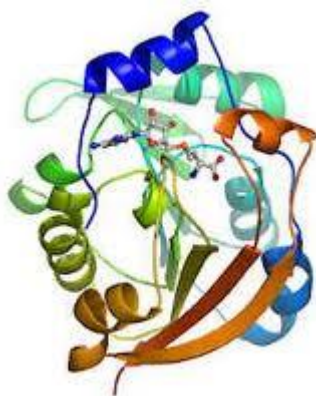
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## **The Clinical Approach to Acute/Chronic Inflammation and Hormone Dysfunction**

**This will be a special event presented by guest speaker  
'Dr Eric Pierotti' from Australia**

Saturday 14th - Sunday 15th June 2014

@ Weald House, Southwater



Weald House, Worthing Road  
Southwater, West Sussex, RH13 9JB

# Conference Programme

14-15 June 2014

Saturday 10am – 6pm

Sunday 9am – 5pm

## Course Overview

Saturday 14 June –

### Male and Female Hormones

This full day seminar explores the production of male and female hormones, how they interact, and the consequences of excess and / or deficiencies. We will review the biochemistry, methylation defects and methods of testing of these hormones, dysfunctions using isode markers, and a spectrum of treatment protocols.

Sunday 15 June –

### Short Seminars on Infant reflux and colic, Inflammation – the silent killer; and energy production imbalances

The second day will consist of smaller modules on:

- Infant reflux and colic, what it is, why it occurs and how to correct it
- Inflammation the silent killer, diagnosis and correction
- Energy production, understanding Krebs' Cycle and how to correct and improve energy production

## Guest Speaker Dr Eric Pierotti – Diplomate of the International Board of Applied Kinesiology



As a 1973 graduate chiropractor, Eric brings 41 years of clinical experience in private practice. He undertook further studies in Applied Kinesiology, Nutrition and clinical biochemistry; teaching these subjects (including Symptomatology) for Health Schools Australia for several years. Eric is the immediate past Chairman of the International College of Applied Kinesiology and has written several original papers, which have been published in the USA Collected Papers for critical review and the International Journal of Applied Kinesiology and Kinesiologic Medicine. He teaches Applied Kinesiology courses both nationally and internationally and is a regular presenter at various seminars.

### Course Location

The course will be held at Weald House in Southwater, West Sussex. This excellent venue is easily accessible by car, and is a short taxi ride way from Horsham train station.

There are lots of nearby options for accommodation, and plenty to do in the evenings with Horsham and Brighton close by.

Weald House  
Worthing Road  
Southwater  
West Sussex  
RH13 9JB





# Conference Application

Name	
Profession + Qualifications	
Address	
Postcode	
Email address	
Telephone	
Practice Website	
ICAK UK Member ?	Yes / No

## Prices

ICAK UK Member.....**£270** (**£240** if paid before 30 April)

Non Member.....**£300** (**£270** if paid before 30 April)

### ∞∞∞∞∞∞ **Early-bird £30 discount** ∞∞∞∞∞∞

Return your application form by 30 April 2014 to receive the early bird discount.

Return your **application form** and payment by 30 April 2014 to receive the early bird discount. Payment is by **cheque**, payable to ICAK UK or by **bank transfer** to ICAK-UK (Account number 91226449, Sort Code 60-17-28, Bank address NatWest Retford Branch 21 The Square, Retford, Notts, DN22 6DL). Please note a completed application form is required in ALL instances. RSVP by 1 June 2014 latest to:

Karen Willis, ICAK UK Chair, Islington Osteopathy Clinic,  
Colebrooke House, 10-12 Gaskin Street, London N1 2RY  
Email: [icak-uk@hotmail.co.uk](mailto:icak-uk@hotmail.co.uk)

Please note that the conference fee is non-refundable for cancellations after 1 June 2014.

Cancellations prior to this date will incur an administration fee of £50.



Dr. Jeffrey Kurtz has practiced AK for over 10 years and is a board certified teaching Diplomate of the International College of Applied Kinesiology. He currently practices in Munich, Germany and has previously practiced in Chicago and in the UK.

Dr. Kurtz is a team doctor for the Munich Cowboys, a professional American Football team in the Bundesliga. He also works with footballers, runners, and crossfit athletes.

Dr. Kurtz has learned from many teachers of AK and is excited to share with you some of the pearls from the days of the old masters to modern techniques of today.

Jeffrey Kurtz, DC, CCSP, DIBAK  
Hirschgartenallee 47  
80639 München  
Germany

[Recipient Name]  
[Address]  
[City, ST ZIP Code]

# Improving Patient Outcomes:

An Interactive Introduction to Applied Kinesiology

June 28<sup>th</sup>, 2014  
The Carlton Hotel  
Dublin, Ireland

A live introduction to basic concepts of Applied Kinesiology that can change your practice on Monday morning

Lecturer:  
Jeffrey S. Kurtz, DC, CCSP,  
DIBAK

Presented by: ICAK-UK



Applied Kinesiology uses functional neurology to diagnose and treat structural, biochemical, and emotional problems. It is a truly holistic approach that treats the patient and not just a "problem."

## What is Applied Kinesiology?

Applied Kinesiology is a diagnostic and treatment tool that uses manual muscle testing and functional neurology to address the structural, chemical, and emotional aspects of health. By addressing the triad of health when treating patients, the patient is treated holistically and the root cause of health problems are determined and managed.

Applied Kinesiology also employs several other techniques under its umbrella including chiropractic/osteopathy, SOT, acupuncture, fascial release, cranial technique, and TMJ treatment.

In this introductory seminar, some basic concepts of AK will be demonstrated and practiced. More detailed explanation and deeper learning come in the 100 hour Fundamentals of Applied Kinesiology course, which will start in the autumn. **Special Offer:** If you register for the autumn course, the fee for this intro weekend course will be deducted from the autumn course fee!

"You cannot recognise what you don't know. You don't know what you don't know until you know what you didn't know."

--George Goodheart, DC, founder of Applied Kinesiology

## Topics of the Intro Course

- Basic AK definition and history
- Basic manual muscle testing
- Concepts of Challenge and Therapy Localisation
- Treatment of Ankle and Foot
- Introduction to biochemical and emotional sides of the triad of health and applicable neurology supporting it
- Treatment of Low Back Pain
- Open Forum—Q&A, Requests, Dx & Tx

## Why you should attend:

- Broaden your expertise
- Fascinate your patients with new procedures
- Increase your patient referrals
- Improve your own health
- Get CPD without traveling to the UK
- Have fun!

This seminar is sure to fill up fast at this special price so register early to get your place!

## To Register

Please fill out the following and email this form to: [drkurtz18@gmail.com](mailto:drkurtz18@gmail.com)

Name: \_\_\_\_\_

Qualification: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Course Fee: €99 euros

Payment can be made in 2 ways:

Bank Transfer:

Jeffrey Kurtz

BIC: GENODEF1SLR

IBAN: DE85830654080004727363

Or

Paypal: [drkurtz18@gmail.com](mailto:drkurtz18@gmail.com)



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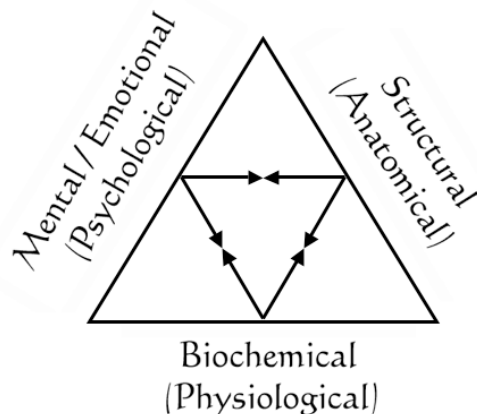
**2014 - 2015**

## **The Fundamentals of Applied Kinesiology with Advanced Clinical Applications**

**An accredited Basic Course of the International  
College of Applied Kinesiology - ICAK**

**Lecturers: Tracy S Gates DO, DIBAK  
and Jim Townhill DC, DIBAK**

**@ Weald House, Southwater**



**Weald House, Worthing Road  
Southwater, West Sussex, RH13 9JB**

# Conference Programme

2013-2014

## **The International College of Applied Kinesiology**

The International College of Applied Kinesiology (ICAK) is an organisation dedicated to furthering the knowledge of health care professionals in Applied Kinesiology (AK). AK employs manual muscle testing as a complement to other methods of diagnosis, enabling the practitioner to assess the unique needs of each patient. AK is a valuable clinical tool for all primary health care practitioners. ICAK members include registered health care professionals including chiropractors, osteopaths, physiotherapists, acupuncturists, medical doctors and dentists.

## **SEMINAR DATES AND TIMES**

Saturdays 10am – 6pm & Sundays 9am – 4pm

### **20-21 Sep 2014 ♦♦♦ I - THE DYNAMICS OF AK EVALUATION ♦**

The art of precise muscle testing—the importance of stabilisation, positioning, resistance direction and velocity. The proprioceptive model of muscles & muscle testing and developing proprioceptive skill as an amateur. Subluxations & Fixations. The practical testing of main muscles.

### **18-19 Oct 2014 ♦♦♦ II - VISCERA AND THE EMOTIONS ♦**

Emotional stress release & Psychological Reversal. Retrograde lymphatics. Aerobic/anaerobic muscle function. Ileocecal valve. Diaphragm. Cardiovascular system. Digestion. Neurological organisation and cortical dominance. The testing of more basic muscles.

### **8-9 Nov 2014 ♦♦♦ III - EVALUATION OF STRUCTURAL IMBALANCES**

The importance of searching for the weak muscle pattern. Pelvic categories. Sacral & iliac fixations. Disc lesions. Foot pronation and Gait testing. Muscle lesion patterns related to the golgi apparatus, fusi cells, fascia and trigger point problems.

### **13-14 Dec 2014 ♦♦♦ IV - ORTHOMOLECULAR PRINCIPLES IN AK**

The role of vitamins and minerals. Acid and alkaline metabolic states. Macro vs micro nutrients and AK testing. The final missing link in nutrition—Essential Fatty Acids. Prostaglandins and their role in almost everything.

### **10-11 Jan 2015 ♦♦♦ V - GLANDULAR/HORMONAL**

Analysis of the endocrine system and the dynamics of glandular interaction. Evaluation of the pituitary, thyroid, adrenals, pancreas and reproductive system; and the use of AK to diagnose and treat the endocrine system as a whole entity.

### **7-8 FEB 2015 ♦♦♦ VI - A RETURN TO STRUCTURE—STOMATOGNATHIC I**

The cranium and cranosacral diagnostic principles and treatment. Classification of lesions. Understanding and treating the ubiquitous intraosseous fault of the occiput. Review of the pelvis.

### **14 -15 MAR 2015 ♦♦♦ VII - STOMATOGNATHIC II & PERIPHERAL JOINT DYSFUNCTION**

The TMJ & Hyoid. Tooth proprioception. Neurological tooth. Bite plates and splints. Peripheral joint dysfunctions and peripheral joint muscles.

## **11-12 Apr 2015 ♦♦♦ VIII - THE ACUPUNCTURE MERIDIAN SYSTEM**

Introduction to the Meridians and using AK for evaluation and treatment of the Acupuncture system. CLINICAL COMPETENCE TEST.

### **AT THE END OF THE COURSE:**

Upon completion of the entire basic course and test of Clinical Competence, you will be entitled to one year's complimentary membership of ICAK-UK (current annual fees are £90.00)

## **Course Location**

The course will be held at Weald House in Southwater, West Sussex. This excellent venue is easily accessible by car, and is a short taxi ride way from Horsham train station.

There are lots of nearby options for accommodation, and plenty to do in the evenings with Horsham and Brighton close by.

Weald House  
Worthing Road  
Southwater  
West Sussex  
RH13 9JB



# Conference Application

Name	
Profession + Qualifications	
Address + Postcode	
Email address	
Telephone	
Practice Website	
ICAK UK Member ?	Yes / No

## Prices

Each 2 day weekend costs £275, and includes module notes and morning and afternoon refreshments.

The first module may be booked as a solo module as a “taster” but to make the course work we ask after that we ask that the course is booked in two blocks.

Repeat delegates may book individual modules

ICAK-UK Members and repeat course participants cost is £250 per weekend.

There is a 10% discount if you pay for the whole course in advance (including the the first module).

### Module 1

Standard Price..... **£275**

ICAK-UK member and repeat attendees..... **£250**

### Modules 2-4 (3 modules)

Standard Price..... **£825**

### Modules 5-8 (4 modules)

Standard Price..... **£1100**

### Full course inc module 1

Standard price less 10%..... **£1980**

Return your **application form** by email as soon as possible to register for the course.

Payment is by **bank transfer** to :-

J.E. Townhill

Account number 00366584, Sort Code 30-12-59, Bank address Lloyds TSB Crewe, Cheshire. IBAN number: GB09LOYD30125900366584 BIC: LOYDGB21521

Please note a completed application form is required in ALL instances.

RSVP to:

Jim Townhill

Email: [info@hanzechiropractie.nl](mailto:info@hanzechiropractie.nl)