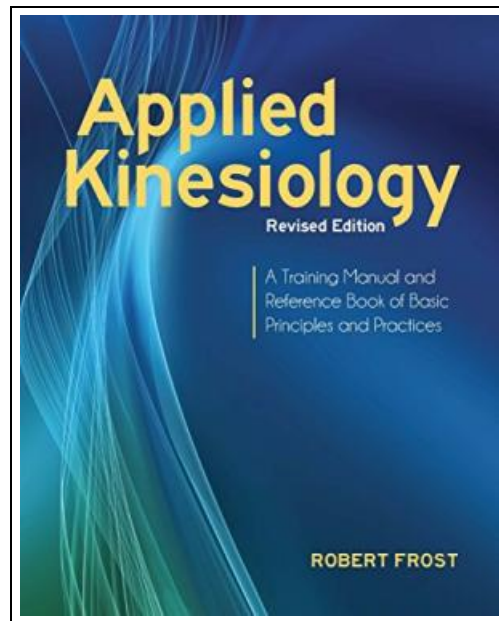


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Reviews

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

(Doris Beier)

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North Atlantic Books, U.S., United States, 2013. Paperback. Condition: New. Revised. Language: English . Brand New Book. The revised edition of the best-selling book on Applied Kinesiology, *Applied Kinesiology, Revised Edition* introduces a diagnostic method that uses manual muscle testing to assess the body's Triad of Health --structure, chemistry, and psyche. To perform a muscle test, the practitioner applies light pressure that the client then resists. If the client cannot resist the pressure, the muscle tests weak, indicating a structural problem or imbalance that needs to be resolved. Further applications include working with a muscle that tests strong in the clear as a diagnostic tool to determine the effect of stimuli including touch, nutrients, medicines, allergens, emotions, poor posture, and stressful memories. Opening with a detailed description of the history and applications of Applied Kinesiology, the book covers the theory, procedure, and interpretation of the muscle test including diagnosis and correction techniques for areas of weakness. Thirty-three muscle tests for different areas of the body are accompanied by instructive photographs with superimposed anatomical drawings that demonstrate the method and various treatment points. A useful appendix includes a glossary of anatomical terms and special vocabulary; a step-by-step plan for conducting a session; and a list of contacts and sources for Applied Kinesiology materials. Offering a new preface and additional techniques in the areas of manual medicine, orthomolecular medicine, and psychology, this revised edition shares the author's discoveries as well as anecdotal observations to stimulate further research. Table of Contents: Foreword; Introduction; Chapter 1: From Biomechanics to Applied Kinesiology; Chapter 2: Scientific Principles of Applied Kinesiology; Chapter 3: The Muscle Test; Chapter 4: Pretests; Chapter 5: Diagnosis and Correction Techniques; Chapter 6: Muscle Tests; Chapter 7: Applied Kinesiology and Manual Medicine; Chapter 8: Applied Kinesiology and Orthomolecular Medicine; Chapter 9: Applied...

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