

## WHAT IS KINESIOLOGY?

**The following is a paper Juanita received during her first class, given by Loretta Flora.**

### **History of Kinesiology**

Applied kinesiology and biokinesiology - 'bio' means life and 'kinetic' refers to motion.

Bioenergetics is the science of the active force of life. It states that every organism has bioenergy, the energy that makes us alive, that animates us. Every cell in our body and hair contains this energy. Much like a two-way radio that receives frequencies of subtle energy from various sources, energy we cannot see, we also receive bioenergy from everything in our environment. Just like the radio that can transmit its own frequencies of vibration into the environment around it, body and hair send out frequencies. These vibrations are very subtle and invisible to the naked eye, and their existence denied until they could be recorded with sophisticated machines. Biokinesiology is now used in many areas of health care. Among these are veterinary medicine, dentistry, nutrition, osteopathy and herbal medicine.

An article in Systems DC, 1981, titled "Applied Kinesiology in Chiropractic Exams" states, "Not until applied kinesiology has there been an approach to accurately understand the autonomic nervous system, which controls organs."

In this study of the muscles, Dr. George Goodhardt of Detroit, Michigan, found that each large muscle related to an organ in the body, and that a weakness in a large muscle signaled a weakness in the related organ. Over the years, he found that when he treated the muscle with nutritional support, it also helped the weak organ. Even if a patient just held the needed supplement, the muscle and its related organ both temporarily improved. He recognized this meant the body had electrical energy and was much like a magnet.

Science speculates that we are more electrical than chemical. Modern physics teaches that everything in the universe has its own vibrational rate of energy, vitamins, minerals, each organ of the body, even color. Some things, seemingly unrelated, such as plants, food and human organs, have similar vibrational rates of energy. This helps to draw them together, much like magnets. This is most obvious during pregnancy when the expectant mother (whether animal or

human) is drawn to the nutrients she needs by her cravings. In the deep south where minerals are poor in the soil and therefore in the food, pregnant mothers often crave, and eat, river clay. This is where their best source of minerals is and they are drawn to it like a 'MAGNET'.

Dr. Paul Shephard, in his book *Healing Energies*, states, "Within man there is a complex electrical system headed by a computer greater than Xerox and IBM put together, with each cell being a micro transformer/capacitor and even a rudimentary memory chip". According to one holistic health care practitioner, kinesiology can be explained in the equation  $E=MC$ : energy equals mass times the speed of light. All matter comes from energy. This means everything is electrical, whether it is you, the food you eat, or your shoes.

Wayne Cook studied the energy fields of the human body many years ago, before they had been acknowledged by any other field of science. In 1972, he was invited to go to Stanford University and work with the department of Materials, Science and Engineering to prove his findings with the assistance of their scientists. Along with Dr. William Tiller, they proved the body does indeed have energy flowing in and throughout it. What they discovered was that the body has a positive and a negative current, as well as a neutral current. Energy flowing clockwise has a positive current, energy flowing counter clockwise has a negative current, and energy flowing vertically (up and down) is neutral. Everything they found had these energies. Healthy tissue in the body was found to have one type of energy, while unhealthy tissue had another. A fourth type of energy was also discovered: oscillating energy. This kind of energy was found in rodents, swine, poisons, and diseased tissue. Dr. Cook decided to go further in his research of the animals that might have oscillating energy and found that all of the animals listed in Deuteronomy Chapter 14 of the Holy Bible, as "unclean animals" had oscillating energy, with the exception of one that he was not able to locate.

In his study of unclean animals, Wayne Cook found that eating any of these caused disturbing effects on the vibrations of the body. Pork for example, changes the vibratory rates of the spleen, pancreas, thyroid and both kidneys, to an abnormal vibration that will last for several days. This abnormal vibration is friendly to cancer and parasites, thereby leaving these areas of the body hospitable to their infestation. Other food substances that have oscillating energy include pork hot dogs, some lunch meats, some brands of soda pop, lobster, fluoride, red and blue food coloring. On the contrary, healthy food products, he

found, had vibrations similar to particular organs or glands of the human body. As a result, they have an affinity towards these organs or glands. In other words, they help to specifically feed these areas of the body. Examples of these include almonds and the pancreas tail, walnuts and the brain; lemon juice and the liver; golden delicious apples and the bone marrow, wheat berries and the kidneys; beef liver and the pancreas tail.