

Demonstrating Kinergetics

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Before You Demonstrate

CORRECT AFFIRMATIONS

I am 100% confident in demonstrating Kinergetics.

I am 100% confident in promoting myself.

I am 100% free of all sabotages relating to teaching Kinergetics.

I am 100% free of all sabotages relating to promoting myself.

TEST BRAIN INTEGRATION - CORRECT AS YOU GO WITH FAST FIX

1. Check Brain Integration.
2. Check Brain Integration with client looking at the dot in the centre of the Parallel lines.
3. Check Brain Integration with client looking at the centre of the X.
4. Check Brain Integration while thinking of demonstrating Kinergetics.
5. Check Brain Integration with client looking at the dot in the centre of the Parallel lines while thinking of demonstrating Kinergetics.
6. Check Brain Integration with client looking at the centre of the X while thinking of demonstrating Kinergetics.

VOLUNTEER

Fit, strong person, preferably male, otherwise audience may think you are overpowering a frail person.

TEST

Test 16 muscles in contraction. Note all unlocked muscles.

QUICK TEST

- Supraspinatus
- Middle Trapezius
- Quadriceps
- Psoas
- Tensor Fascia Lata

CORRECTION

- HYDRATION UNIT 1 OR 4
- TMJ – MASSETER / TEMPORALIS
- FAST FIX – NOTHING IN CIRCUIT UNIT 1 OR 4
- CORRECT MUSCLES SINGLY – FAST FIX
- HOLD PRIORITY or MODALITY MODE AND SCAN LISTS

RETEST

Retest muscles to show improvement.

“The muscles relate to the acupuncture meridians and organs and give an energetic readout of the body.”

SCEPTICS

- Test Middle Deltoid Standing.
- Run Lung Meridian backwards several times– Retest.
- Run correct way – Retest.

DIZZINESS. Severe dizziness had been a problem for nearly 2 years and was most inconvenient as well as unpleasant. My G.P. sent me to an Ear, Nose and Throat specialist who ordered a CAT scan, various neurological balance and hearing tests which led him to believe the cause could only be due to the balance mechanism in the right inner ear for which nothing could be done. One visit and I've had no further trouble. *S H 1993.*

DIZZINESS. I was experiencing dizzy spells for approximately two months and had undergone a series of neurological tests including CAT scans and hearing and balance tests at the Alfred Hospital. The doctors could find no explanation for my dizzy spells and prescribed drugs. The drugs made me drowsy and had no effect on my dizzy spells. A one hour session completely eliminated my dizziness and I have been okay for the last month. *E Hasegawa.*

“Both these clients had one thing in common—Kidney muscles out of balance.”

VOLUNTEER

Who isn't happy with an aspect of their life?

Weight / Relationships / Smoking

TEST**STANDING – ANTERIOR DELTOID**

Client chooses topic e.g.

- Weight
- Relationships
- Smoking

Client reads aloud half of the affirmations. Maybe 50% cause IM Change.

CORRECTION

1. CLIENT SCANS WHOLE PAGE
2. VERBALLY CHALLENGE “CHAKRAS BELIEF SYSTEM”
3. FAST FIX UNIT 1 OR 4

RETEST

Retest all Affirmations.

Most should be corrected.

Specific ones may be corrected individually.

“We are correcting stress in the energy fields relating to the affirmation.”

At a large Festival a few years ago a lady told us she had had affirmations corrected for weight the year before—and had dismissed a significant amount of weight without changing anything else.

VOLUNTEER

Several volunteers who have problems learning.
Several who are good learners.

TEST

1. Check Brain Integration.
2. Check Brain Integration with client looking at the dot in the centre of the Parallel lines.
3. Check Brain Integration with client looking at the centre of the X.

CORRECTION

- TMJ
- FAST FIX UNIT 1 OR 4

RETEST

Retest Brain Integration.

“There will usually be a high correlation between poor learners and failing this test. Philip Rafferty has never failed to be able to correct this by balancing the TMJ, showing a link between TMJ and learning problems. Another interesting correction is the sound Om. Tuning Forks set to the Om sound also works.”

LEARNING PROBLEMS – ADHD TRIAL. Concerned with the current trend of ADHD I decided to trial four case studies of teenage children medically diagnosed with ADHD. I offered these children, three boys and one girl between the ages of 11 to 16, four sessions consecutively over one month using solely Kinergetics. In all cases these children showed remarkable improvements after the first session. One boy improved his spelling scores from 3 out of 20 to 17 out of 20. The behavior in all children improved dramatically after the second session with glowing reports from school and home. The parents were extremely relieved to see there was no longer anything wrong with their children and their lives returning to normality. Also two parents were glad to take their boys off medication. It is now 18 months since the trials and all children show continued improvement at school. *Sherril Jepson, Kinergetics Instructor Aug. 1998.*

LEARNING PROBLEMS - DYSLEXIA TRIAL. *Recently I have been working with 48 children ages from 6 to 14 with dyslexic tendencies. I use a combination of Kinergetics, Edu-K and Applied Physiology for corrections with profound results. Before commencing any corrections I always test for T.M.J. (jaw) imbalance. Out of 48 of the children tested, 29 had an imbalance. I balance the jaw using the RESET technique. On 5 of the children I purposely did not correct the jaw, and the dyslexic corrections did not hold. I then corrected the jaw using RESET and got the results I always get. The first part of the corrections is cross crawl (touch left knee with right hand, right knee with left hand in sequence). This particular 8 year old boy could not even start. He seemed to have 6 hands and 4 knees. His mother told me that at 18 months old he had been accidentally hit in the mouth with a railway tie that fell from a pile and the mouth and top gum were badly cut. I did RESET on him and when I had finished he did cross crawl perfectly. Dave Everett Jan. 1997.*

LEARNING PROBLEMS. Last year I was seeing a 7 year old girl who had struggled through Prep, Grade 1 and Grade 2, and who was having a lot of remedial work without any effect. Her teacher then suggested that they try something outside the traditional education methods.

Her mother who had learnt some Kinergetics with me about 6 years ago, asked me if I could help her daughter, because she didn't want to go to school, and had become aggressive and disheartened.

I did quite a few corrections on her over about 4 sessions. I corrected the Hydration Scan List Correction; Advanced Brain Integration; Priority Stress Correction; Stress relating to school and learning; K8 Brain Hydration Formats and lots showed up eg. D.L.S., Logic Processing; and Brain Integration.

I did not see the mother and her daughter again. However several months into grade 3, her mother contacted me for another matter, and so I asked about her daughter. She had not had any remedial work this year, and she amazingly had caught up with the rest of the grade, as if her problems had never existed. When she was having learning problems, she always wanted to sleep with her parents, and this behaviour had stopped also. *GS 2003.*

LEARNING PROBLEMS. *When my son came to Ron last summer, we didn't know what to expect. We only knew years of other therapy (speech and learning) still couldn't get him to where he needs to live a fulfilling life. He couldn't count the days of the week or months of the year, or read anything without skipping, mixing order or changing the words. He had no organisational skill, sequencing or problem solving abilities. His relationship with his father was poor. The Kinergetics work that he received from Ron had helped him overcome all the problems above, most of all he's learning to love himself. Anna D Mar 2000.*

VOLUNTEER

Someone who knows they have a Candida imbalance.

OR –

- Read out Main Causes from Unit 3 manual, and choose highest correlation.
- Read out Main Symptoms from Unit 3 manual, and choose highest correlation.
- Test several volunteers and choose the one who reacts to the vial the most.

TEST

1. Test Candida vial all over body.
2. Test Middle Trapezius and Latissimus Dorsi in Contraction.

CORRECTION

1. UNIT 4 HYDRATION SCAN LIST – UNIT 4 FAST FIX.
2. MIDDLE TRAPEZIUS ALL CIRCUITS – EMOTIONS.

RETEST

Retest vial and Muscles.

If Candida does not show you are finished.

If Candida still shows Retest and Correct All Circuits Middle Trapezius / Latissimus Dorsi.

CANDIDA. I was on a very restricted Candida diet for 4 years. Tired all the time, continuous sore throats, bloating, taking large doses of vitamin C, lots of food sensitivities, tried everything. After 4 Kinergetics sessions with Lotti Young specifically for Candida I was eating bread, drinking good wine, and experiencing unbelievable good health. I have more energy now than when I was 20. I am currently 40 years old. *Sherril Jepson Qld. 1998.*

CANDIDA. I had my first kinesiology session with Philip way back in 1990. At that time, I was working with energy rebalancing and rebirthing. Though getting some results, it was a lot of hard work. A fellow practitioner shared with me his experience with Philip, and highly recommended him to me. So I went along, and found it so helpful that I went to Philip's first Kinegetics workshop to learn how to do it myself. Philip had cleared my body of Candidiasis, and balanced many current emotions for me. Now I was learning how to help others as well as myself in a powerful specific new healing modality. I have been using Kinergetics ever since, and it is the mainstay of my practice. Thanks for your gift, Philip. *Myra 2002.*

CANDIDAI also suffered from Candida which recurs from time to time, so I am used to being on a continuous diet with nutritional and herbal regimes, but it was only improving slowly. After a Kinergetics candida correction, the next morning the changes were dramatic. The fog in my brain had lifted like a veil, I felt so much clearer and lighter. My body no longer ached. My bloated stomach had receded and that vague "off" feeling was replaced with vitality and enthusiasm. *C Boundy 2002.*

CHRONIC FATIGUE. "I presented to Suzy in late December 2002 following 7 years of fluctuating Chronic Fatigue symptoms and 14 months of debilitating symptoms. I felt I had lost the ability to protect myself from anything and my body was fragile and weak.

My first session revealed a life-long variety of fears and growing vulnerability. Our second session was a Light Body correction which I felt very positive about receiving. Following this treatment my body felt protected and my mind more functional. My creativity and enthusiasm has returned and my energy has allowed a return to yoga after an absence of 2 years. I am continuing my personal development again and have plans in place to return to work in a different role than I ever thought possible. I thank Suzy for her love and skill which brought together the puzzle of my illness. Her treatment gave me the strength and clarity I needed to move forward with my life again. What a gift!" Carol W. Brisbane 23.02.03.

The first balance was a Kinergetics 16 Muscle Test corrected with in-depth Kinergetics Hydration Balance, identifying heaps of stresses. We also put a specific incident into circuit and balanced with Emotions.

The second balance was a Kinergetics K8 Light Body correction again in-depth. Carol does a lot of intuitive remedial work and I tested that it was appropriate to do the Light Body correction before proceeding considering we had only done one balance previously. Suzy L.

VOLUNTEER

Fit, healthy, strong energy person, preferably male.

TEST

Psoas – Needs to be very strong. If not, either strengthen fast or find another volunteer.

CORRECTION

1. Client Scans Emotions Chart.
2. CHAKRAS-EMOTIONS CORRECTION UNIT 2.
3. Retest Psoas, should now be unlocked.
4. Place Magnesium on the navel – Retest Psoas, should now be locked.
5. Repeat the test with Magnesium on/off the navel several times for effect.
6. CORRECT WITH ELECTROLYTE CORRECTION – USUALLY MAGNESIUM.

RETEST

Retest psoas.

“We have found that Magnesium strengthened the Psoas, yet we did not give Magnesium to the volunteer; we balanced the energy of the Magnesium.”

ELECTROLYTES. At Easter, I decided to head to Byron Bay for the Blues festival and a well-earned rest. While queuing for drinks tickets, I noticed that a man had collapsed onto the ground and was deathly white. His wife and a security guard were in a panic thinking he had had a heart attack. My intuition told me that this man was severely dehydrated and that an Electrolyte balance out of Kinergetics 2 could possibly be the answer. Hesitantly I approached, introduced myself, and said, "If you would like my help, grab my knee" which he did immediately. I executed the balance using self testing and watched in awe along with the rest of the crowd as the colour returned to the man's face, and the far away look in his eyes disappeared. I gave him a glass of water and made sure he was fine before helping him up.

The power of this particular correction continually amazes me as I have seen it pull people out of anxiety attacks, dizzy spells, energy slumps, blurred vision, headaches, lower back pain, and suicidal situations. It is a tool I use frequently in my practice to counteract the dehydrating effects of looking at the underlying emotional causes of a physically manifest condition. I use it both on my clients and on myself, to ensure the continual protection by the body's energy field. *Maryanne Butler 2001.*

HYDRATION. I had THE COOLEST experience the other day. I was receiving a balance by two other kinesiology gurus. It was a pretty big issue and I could feel that energetically I was out in the energy fields - I absolutely did not want to leave and come into the womb. I felt safe being detached and the more they tried to get me "present", the more I knew I wasn't going to cooperate. They tried many tools to help me out.

Finally, I thought to do a hydration balance on myself. Now I have felt the effects of this great work on other people, and I have felt better after I received the work, but I have NEVER felt what I felt with this. It was a total body, mind, spirit experience because the MINUTE I was hydrated, my energy and I were totally connected. I can't put into words how present I instantly became, how good I felt, and the shift I had.

I just sat there for another 5 minutes saying WOW!!! It was beyond awesome to feel clear down to my toes how my body was protecting itself until it became hydrated. I own hydration on a whole new level. I am not adequately expressing this - it was incredible. This is truly one of the great gifts you bring to this whole field and I really don't believe many of the others really get it yet. It just must be incorporated with all other kinesiology techniques. I check it with every other technique I use. THANK YOU!! *Tawni Lawrence 2001.*

P 6 ELECTROMAGNETIC SUPPORT - ENERGY — 5-10 minutes

VOLUNTEER

“Who uses a mobile phone a lot or spends hours a day on the computer?”

ASK IF THEY HAVE PACEMAKER – IF SO CHOOSE ANOTHER VOLUNTEER.

TEST

STANDING – ANTERIOR DELTOID

1. Monitor IM as you slowly bring mobile phone or magnet towards thymus gland.
2. Note how far away it causes an IM Change.
3. Energise Thymus Gland with five fingers for one minute.

RETEST

The magnet or mobile phone should now go closer before IM changes.

SECOND VOLUNTEER

1. Check Psoas with mobile phone or **weak** magnet on navel.
2. Possible correction energising adrenals.

THIRD VOLUNTEER

Show how crystal switches off IM.

SCEPTICS

- Test Middle Deltoid Standing.
- Run Lung Meridian backwards several times– Retest.
- Run correct way – Retest.

“Everything in the universe is made up of energy – atoms, subatomic particles etc. This demonstration shows how energetic things we can’t see cause stress. As the only correction we use in Kinergetics is energy, these tests helps to show that energy affects structure”

One client who suffered from chronic pain had a steel rod in her spine. Electric trams really affected her She was shown how to support herself by energising her thymus while on trams and was no longer affected by them. Further testing in her house showed something next door was affecting her sleep, so the bed was moved into a position that tested better for her and her sleep improved.

Several students who had major reactions to shopping centres have reported a marked improvement after energising their thymus.

VOLUNTEER

“Does anyone suffer from low back pain?”

“Does anyone drink hardly any water?”

TEST

1. PSOAS
2. UPPER TRAPEZIUS

CORRECTION

- UNIT 4 HYDRATION SCAN LIST – UNIT 4 FAST FIX.
- ELECTROLYTE CORRECTION.

RETEST

Retest muscles.

“This correction finds the stresses blocking the assimilation and utilisation of water.”

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HYDRATION. Philip came to his hydrating technique out of necessity. He had been working on detoxifying heavy metals in clients and had found that some of them were 'spinning out' as he described their condition. He felt obliged to prevent this from happening and developed his Kinergy hydration technique to hydrate them very deeply before he commenced detoxification procedures. Once hydrated, all of the body's channels were opened for speedy elimination of the heavy metal. So what else is new with Kinergy hydration? To my amazement, many of my clients who had been drinking adequate quantities of water along with good hydration formulas showed to be lacking hydration when challenged with the Kinergy procedures. Philip has developed a unique and simple way of opening up areas of the body blocked to hydration. It is not uncommon for clients to need 600 mls or more of good quality water either during or immediately after the Kinergy hydration procedure has been completed. The response to this technique has been outstanding with my clients even though all of them had made great gains with previous hydration strategies. I have yet to find a new client who was truly hydrated in every part of his or her body and who could not benefit from the Kinergy hydration procedure. *M Chaffer 1994.*

HYDRATION. A common problem with clients and people I deal with is a lack of body hydration.

Often clients will tell me that they “just don't feel thirsty”. After only one hydration balance session, one particular client reported to me that she now was able to drink a litre of water a day and was no longer troubled by urinary tract infections. *DM Aug 03.*

HYDRATION. Client had extreme heat in bed at night for nearly 40 years. I corrected Hydration and TMJ. The next night it was improved, the second night was improved more and the third night was totally normal. She still wasn't sleeping well. After the second session she was sleeping normally. *PR 2002.*

VOLUNTEER

“Does anyone have any known Allergies or Intolerances?”

TEST

Test Intolerances Test Kit over organs and glands - Note Imbalances.

CORRECTION

- UNIT 4 HYDRATION SCAN LIST – UNIT 4 FAST FIX.
- ELECTROLYTE CORRECTION.
- TEST SUBSTANCE ON BODY - STACK IM CHANGES - UNIT 4 FAST FIX.

RETEST

Retest Test Kit.

ALLERGIES – FOOD - ENVIRONMENTAL. Kinergetics was the only successful way I found to eradicate my food and environmental allergies. I had been to an iridologist, allergy clinic, worked on by a Vega machine and an acupuncturist. Some helped a bit, others made me worse as I was taken off foods I was allergic to I became more sensitive to them over a 10 year period. Now I can eat what I like and not feel left out when I attend functions with normal food. *LD Nov 99.*

ECZEMA. Peanuts! I had severe eczema on both hands to the point of having to wear cotton gloves to protect them, as I had completely lost my finger pads. Skin flaking and sores blistering continuously was a way of life for my hands for the last 2 years. I had exhausted all professional help and had put it down to a dish washing liquid sensitivity.

I met Raneer at a health food shop doing FREE allergy testing. Within seconds Raneer had narrowed it down to a sensitivity to raw peanuts. I found this hard to believe, as I love peanuts and ate peanut butter constantly. I was very sceptical but realised I had nothing to lose. Raneer told me that I would see a dramatic difference within a week of going off peanuts and increasing my water intake to 2 litres a day. Within days I noticed a difference and within 2 weeks I was completely free of sores, blisters and angry flaking skin. My finger pads have come back too. I have a constant smile from ear to ear and marvel at the simplicity and accuracy of muscle testing. *FK April 2000.*

ACNE. After attending Kinergetics classes I was still somewhat sceptical about both the corrections and my ability to use it, but decided to try and use it on my daughter, as she had bad acne. I followed the corrections from the manual, and she went on holidays to New Zealand. I thought nothing more about it until she phoned me and said she was so happy that her acne had improved so much. I have now gone on to finish the course and am looking forward to many more great results. *PM Nov 2002.*

ALLERGIES – SUNSCREEN. After attending a RESET workshop I treated a friend who had an allergic reaction to sunscreen on her upper and lower eyelids. The eyes were red raw, swollen, sagging and sore. Shortly after completing a RESET 30 minute correction I observed her eyes visibly reducing in redness. The swelling was going down and there was no soreness. All this took place within 15 minutes of completing the procedure. *Lorraine Wise Dec 96.*

ARSENIC POISONING. I have a very interesting case of a 3 year old child, who came to look for me as a lost hope situation. She had not gained weight for the last year and had a fever every 15 days, that lasted for a week or so, and ended up with a very discreet sore throat. After checking for hydration and balancing the muscles, I've decided to check Candida and Heavy metals. To my total surprise she was reactive to Arsenic. So I asked the mother about any contact with agro toxics. The mother denied at first, and then all of the sudden she said: “Oh, maybe it was that once when she took rat poison as if it was a candy! We took her to the hospital and the doctor said that nothing could be done because her mouth glands had already absorbed the toxins.” So, I believe she was trying ever since to take the toxins out of her body but was never strong enough until that day. Now she is just fine. She does not get the fevers and is gaining weight as a child of her age should. *AM—Brazil 2003.*

PIMPLES. My son (who doesn't like long balances) was getting a lot of pimples. His diet was good but being a teenager liked his chocolate milk after school. It took him a year of these pimples before he decided enough was enough and wanted a balance. I got as much information that I could on pimples, acne etc and started his balance. No information was required for this balance. So much for all the information that I had gathered. One five minute K7 fast fix with pimples in circuit. I tested to see how long before the pimples cleared up and it was 3 days. 3 days later the pimples were gone. They stayed away for about six months and then they returned with the same K7 fast fix required for this lot of pimples as well. Needless to say I have a pretty happy son who now happily has his pimple balance when needed. *Debbie McIntosh 2004.*

VOLUNTEER

“Is anyone affected by Microorganisms?”

“Does anyone suffer from Irritable Bowel Syndrome or Colitis?”

TEST

Test Invasive Organisms Test Kit over organs and glands - Note Imbalances.

CORRECTION

- UNIT 4 HYDRATION SCAN LIST – UNIT 4 FAST FIX.
- ELECTROLYTE CORRECTION.
- TEST VIALS ON BODY - STACK IM CHANGES - UNIT 4 FAST FIX.

RETEST

Retest Test Kit.

VOLUNTEER

“Who

- *Ate lots of sugar as a child*
 - *Has had a very stressful life*
 - *Drinks regular alcohol*
- or all three?”*

TEST

Psoas, Sartorius. There must be an imbalance to continue.

Place Magnesium on the navel and retest. If no change, ask someone tall to hold magnesium over the navel and take it slowly up through the navel chakra as you monitor the muscle.

CONCLUSION

“If the IM Changes its very likely that the energy fields are magnesium deficient.”

CORRECTION

Electrolyte Correction.

RETEST

Retest Psoas, Sartorius.

VOLUNTEER

- “Has anyone *EVER* had amalgam and gold fillings at the same time?”
- “Who has the most amalgam fillings?”
- “Anyone whose mother had amalgam fillings?”
- “Is anyone diagnosed with MS, Alzheimers or Parkinsons?”

TEST

1. Psoas
2. Test Mercury Vial over Organs, Glands, TW10, St.36
3. Test Spine for MS or Parkinsons.

CORRECTION

Energise Kidneys—Test for Colour.

RETEST

1. Psoas
2. Test Mercury Vial over Organs, Glands, TW10, St.36 and Spine.

DEEPER CORRECTION

UNIT 4 HYDRATION SCAN LIST
ELECTROLYTE CORRECTION.

CONCLUSION

“The body has changed its reaction to the energy of Mercury. Energising the Kidneys for three minutes several times daily will support the process.”

MERCURY AMALGAM TOXICITY. In 1993 I came down with a severe case of Tonsilitis. I was put on a very high dose of antibiotics. I had never had Tonsilitis in my life. Even as a child I had never suffered from sore throats or ears, or head congestion of any type. I assumed my body must have been very run down. I had just completed a two year bachelor course at Uni, less than 12 months prior, while working and looking after my 4 children. I had never felt sicker in my whole life and I was experiencing a lot of pain. A return visit to the doctor a few days later revealed a swollen liver, a swollen spleen and results of a blood test diagnosing Glandular Fever. I was 42 and had Glandular Fever! For the next two months I hardly got out of bed. I didn't even have the energy to think! My next diagnosis, after weeks and weeks of little improvement, was Chronic Fatigue, with rest being the only line of cure offered. With my body physically not willing to do anything, I had the time and space to re-evaluate my life, and after hitting rock bottom I decided to start working my way up. All I knew was I had to come from my truth, my heart. I was led to various alternate therapists over the next 3 years and my life was moving forward but I knew there was something else, and I still was constantly tired and lethargic. I did a Kinergetics Intro and K1 workshop and I then knew I needed to see a Kinergetics Practitioner. **After having a 16 muscle assessment and a vial scanned over my body for a couple of seconds, I was told that my major imbalance was an energy sensitivity to mercury, and that mercury sensitivity was quite capable of giving me all my past symptoms.** I was disbelieving of this fast and definite appraisal. I thought maybe mercury was his specialty, as a sensitivity to mercury seemed completely unrelated. It had never even been mentioned on my path to health by any practitioner, or in anything I had read. However the feeling of lightness throughout my being as I left the clinic that day will remain imbedded in my memory. My life magically began to change. Physically I dramatically lost my symptoms straight away, and all that took time to clear was a fear of tiring myself and having my symptoms flare up again. That never happened. Eczema which had been a chronic condition on and off since early childhood also cleared up. My energy level remains high. **Because mercury toxicity was the furthest thing from my mind as a precursor to my condition, it wasn't until some months later that I remembered that just a few months before coming down with Tonsilitis, I had had 2 large amalgam fillings removed and replaced, with no protection offered to me by the dentist.** I had no idea of the possible dangers, or that this trip to the dentist would be the catalyst that changed my whole life. *Barbara Papillo Feb 2001*

MERCURY AMALGAM TOXICITY. Before Kinergetics, I was always getting dehydrated in my shoulders, neck aches, and headaches and fatigue. I have been doing emotional coaching for years and yet I couldn't get to the full recovery. Kinergetics, within a short term, took care of all of these problems but also took care of major blockages due to mercury toxicity and other heavy metals. The level of corrections now for me and my clients are at least 10-fold deeper and faster. *RBW Mar. 2000.*

VOLUNTEER

1. How many people have a present headache or migraine?
2. On a scale of 1-10 with 10 being excruciating, is anyone a 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 ?

TEST

1. Psoas
2. Upper Trapezius
3. Structural TMJ
4. Sphenoid
5. Coccyx
6. Alarm points for Over Energy
7. Mercury

CORRECTION

- HYDRATION UNIT 4 - FAST FIX
- TMJ STRUCTURAL
- TMJ SUPPRESSION
- TMJ – MASSETER / TEMPORALIS
- TMJ SPHENOID
- HOLD PRIORITY or MODALITY MODE AND SCAN LISTS

RETEST

Retest anything out of balance.

“There are many causes of migraines and headaches. Kinergetics corrects many of the causes.”

PAIN – HEADACHE. Nothing moves my headaches. This did. (JW.)

PAIN – MIGRAINE HEADACHE. I suffer periodically from migraines, which I have hardly been able to control, even with large amounts of painkillers. With RESET both the frequency/prevalence of my migraines was reduced and usually the migraine symptoms disappear after a RESET session. I've held a couple of RESET workshops now. I love it and the people I've had here, masseuses, physios, etc. have been amazed at this technique! I use it on myself. For a migraine I awoke with I applied RESET and in 20 minutes my migraine was a slight headache gradually disappearing. I haven't used Panadol at all since Kinergetics and RESET. I get a lot from teaching RESET and using it. *D. Palmer Jul 2000.*

PAIN – MIGRAINE HEADACHE. In May 1997, just after learning RESET in WA, my cousin called to say that she was unable to meet up due to a severe migraine that she had had for two days. I offered to do RESET on her to see if it would help-she agreed to it and said she'd try anything. Subsequently I did the simple RESET corrections on her and we were both astounded. Not only had her migraine gone completely, but she said that she felt clearer in the head and more energy in her body than she had experienced in a long time. On my return to WA in 1999 she reminded me of that day and asked what it was that I had done on her to make her feel so good. A convert! *Maryanne Butler Dec 1999.*

PAIN – MIGRAINE HEADACHE. I went to see Brett as I had been suffering from migraine headaches for about 16 years. Doctors had not helped and the attacks were coming every 7-14 days on average, so I had nothing to lose except a headache. I saw Brett for two two hour session. The first session he said he was working on my body's hydration and releasing stress held in my jaw. It seemed a bit unorthodox what he was doing, but I felt good after it. On the second session he pulled up some past emotional issues, which I had not thought about in many years, and I left feeling great, and somehow in my mind I knew the migraines were gone. That was over two years ago and still no migraines. *T. Stacey.*

VOLUNTEER

1. How many people have a present pain?
2. On a scale of 1-10 with 10 being excruciating, is anyone a 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 ?

TEST

1. Quadriceps
2. Sartorius
3. Psoas

CORRECTION

- HYDRATION UNIT 4 - FAST FIX
- TMJ STRUCTURAL
- TMJ – MASSETER / TEMPORALIS
- TMJ SPHENOID
- ELECTROLYTE CORRECTION
- STACK THE PAIN - FAST FIX

RETEST

Retest anything out of balance.

“There are many causes of Pain. Kinergetics corrects many of the causes.”

Philip Rafferty has worked on well over one thousand people at demonstrations and festivals worldwide. The success rate in significantly reducing chronic pain (in about 5 minutes) is about 90%.

CHRONIC PAIN. I have been suffering from osteoarthritis for a number of years in both knees and my left hip. All the doctor could give me to ease the constant pain was Panadeine Forte which I found to be detrimental to my driving capabilities when out with my wife in the car. I was given 15 minutes of Kinergety treatment by Frank Bell. I felt the pain leave my body and have had no pain ever since. I received Kinergety treatment for my right ankle which used to swell up since being a prisoner of war in 1945. (I was given Lazorix tablets by the doctors which released the fluid for that day). Now there is no sign of the swelling. *Frank G Pinfold 1994.*

CHRONIC PAIN. For over 20 years I have suffered constant pain from a knee injury. I had a 20 minute Kinergety session with Frank Bell, and the memory of the pain has been erased. I have operated therapy clinics and have never seen such an immediate result from such a simple technique. *Barbara Mitchell April 1994.*

CHRONIC PAIN. I was in intense pain in the sacrum due to a sciatic nerve disorder. I was to get very short relief from several types of healing modalities but never did I get relief until Kinergetics was performed on me by Ron. Not only did I get the long awaited relief but the problem was gone. Thank you. *DHW Mar. 2000.*

CHRONIC PAIN. In 1979 I went off work due to R.S.I., and in 1982 I was involved in two car accidents. I have suffered from chronic pain since having operations to fuse 2 vertebrae in my neck, and my spine fused from the base to L.5. After my first Kinergety session, I have been walking 100% pain free. As a result of this treatment I have lost my depression, and am now starting to lose weight. *L. Nichol 1993.*

CHRONIC PAIN. A client of mine had chronic back pain since he was in his early 20s. He went to masseurs, tried acupuncture with no results. I worked on him for one session and rang him yesterday to find out how he was going. His wife told me he was "completely cured" and busy weeding in the garden last weekend. Another client had a daughter who woke up with a very stiff and painful neck (pain rating 9/10). She took the daughter to a masseur who managed to get the pain rating down to 8.5/10. After half an hour of Kinergetics dealing with severe dehydration and an emotional issue, I gave the daughter a cup of water...as the daughter turned around to pick up the cup, her mother explained..."that's amazing...you can move your neck again". At the end of the session the pain was down to 2.5/10. *David Neiger. davidn@neiger.com.au*

VOLUNTEER

Who has areas of their life that they are not happy with.

- Relationships
- Health
- Work

TEST

1. Access 100% Spirit on Self.
2. Hold Priority mode.

Visually Scan Sabotage List. Stack all Sabotages.

CORRECTION

Correct with Emotions. See if they can relate to the Sabotage

RETEST

Retest Sabotage.

Use Optimum Support.

“If you believe we create our own reality, then we also create our own Sabotages, which are actually subconscious programmes attempting to protect us.”

Many clients have had major changes in their life after the Kinergetics Sabotages correction. Relationships would be the most consistent. One lady was asked out several times in the next few days, and said she hardly ever got asked out.

STRESS. I went to see Annette (Churchward) with the intention of working on a money issue. The consequences were that I attended a job interview and was selected for a position that pays more than the position I originally applied for. Because I'm less stressed, I sleep better, work more effectively and deal with problems as they arise. *Liz.*

DEMONSTRATING ENERGY

1. Test Middle Deltoid Standing.
2. Run Lung Meridian backwards several times– Retest.
3. Run correct way – Retest.
4. Test Muscle—Place Crystal over muscle and Retest.
5. Test IM as you bring magnet slowly towards Thymus Gland..

REACTIVE MUSCLES

1. Has anyone ever done Bench Presses?

TEST

1. Middle Deltoid
2. Supraspinatus
3. Pectoralis Major Clavicular
4. Rhomboids
5. Rhomboids - Middle Deltoid
6. Rhomboids - Supraspinatus
7. Rhomboids - Pectoralis Major Clavicular
8. They do 10 pretend Bench Press. Test Middle Deltoid, Supraspinatus, PMC.

CORRECTION

STRETCH RHOMBOIDS - Fast Fix.

RETEST - Everything

HOW STRESS AFFECTS MUSCLES

TEST - Psoas – Needs to be very strong. If not, either strengthen fast or find another volunteer.

CORRECTION

1. Client Scans Emotions Chart.
2. CHAKRAS-EMOTIONS CORRECTION UNIT 2.
3. Retest Psoas, should now be unlocked.
4. Place Magnesium on the navel – Retest Psoas, should now be locked.
5. Repeat the test with Magnesium on/off the navel several times for effect.
6. CORRECT WITH ELECTROLYTE CORRECTION – USUALLY MAGNESIUM.

RETEST - Retest psoas.

16 MUSCLE BALANCE

TEST

Test 16 muscles in contraction. Note all unlocked muscles.

CORRECTION

- TMJ – MASSETER / TEMPORALIS
- HYDRATION UNIT 1 OR 4
- FAST FIX – NOTHING IN CIRCUIT UNIT 1 OR 4

VOLUNTEER

- Close your Eyes. Think of a Stress. Rate it on a scale of 1-10.
- Choose volunteer with the highest stress.

TEST

1. Check Brain Integration.
2. Check Brain Integration while client thinks of the stress.
3. Check Brain Integration while client thinks of the stress and looks at the dot in the centre of the Parallel lines.
4. Check Brain Integration while client thinks of the stress and looks at the centre of the X.

CORRECTION**FAST FIX UNIT 4****RETEST**

Check All Brain Integration Tests while client thinks of the stress.

“We are not making you forget the event—we are changing your reaction to it. It is as though the brain files it away in a different area where it is just a fact, not a stress.”

STRESS. In my ten years as a massage therapist, I have always been curious to find out what is behind people's physical problems. In 95% of cases stress, emotions and life experiences are contributing to the physical manifestation of pain and discomfort as well as largely causing it. Kinergetics is a deep and profound experience. I have found it has improved my quality of life immensely. I don't experience the physical pain I used to years ago and feel more in control of my life and where I am going. The reasons why my problems exist are now much clearer and therefore more quickly resolved. I am constantly amazed at the results Kinergetics can achieve with physical and emotion problems. It really gets to the core of the problem and clears the subconscious blocks to healing and issues around life direction, happiness, and fulfilment. There is no limit to its potential as a healing tool. *Trisha Scott 1998.*

STRESS – ANXIETY ATTACKS – SUICIDAL SITUATIONS. The power of this particular correction continually amazes me as I have seen it pull people out of anxiety attacks, dizzy spells, energy slumps, blurred vision, headaches, lower back pain, and suicidal situations. It is a tool I use frequently in my practice to counteract the dehydrating effects of looking at the underlying emotional causes of a physically manifest condition. I use it both on my clients and on myself, to ensure the continual protection by the body's energy field. *Maryanne Butler 2001..*

STRESS – NIGHTMARES – BEDWETTING. An 11 year old boy had great fear and stress around travelling in a car after being involved in a car accident at age 10. He was experiencing nightmares and occasional bedwetting. He also believed he was going to be in another accident.

First session we did RESET. Second session Hydration, TMJ Suppression and released Masseter and Temporalis. I also used an affirmation to help hold the correction.

He no longer has nightmares or wets the bed. The stress has cleared around travelling in a car and he no longer thinks he is going to be in another accident. *LJ Aug 03.*

STRESS – PHOBIA. A 12 year-old boy had such incredible fear of “things” in the river, he could never join in the school sailing lessons. Most “sailing” days he was too physically sick to go to school. After one Kinergetics balance, with this fear in circuit, and many emotions and chakras cleared, he was able to join in a sail happily on the river. He hasn't missed a sailing lesson since. *EC Aug 03.*

STRESS. Having tried various treatments, I felt a little sceptical. I now no longer feel this way at all. The greatest benefit has been in the area of emotional stability and clarity of thought. The ability to get to the root of many of my health problems has enabled me to move more freely. My love of life (which was always there) has increased tremendously and the feeling of bliss and happiness is so wonderful. Thank you Gerald. *B.T.*

STRESS. I use Reset before or at the end of most healing/Kinesiology/Bowen and relaxation sessions and have found clients respond well. *A Cooper Dec 99.*

VOLUNTEER

- Who is unable to touch their toes?
- Who is inflexible?

TEST STANDING

Volunteer attempts to touch toes.

TEST LYING DOWN

1. Test volunteer's flexibility by testing IM as you take Hamstrings to full stretch.
2. Note where IM unlocks and also where the volunteer asks you to stop.
3. Place magnesium on the navel and see if there is an improvement.

CORRECTION

1. UNIT 4 HYDRATION SCAN LIST – UNIT 4 FAST FIX.
2. HYPERTONIC MUSCLES CORRECTION (with magnesium on navel).
3. ELECTROLYTE CORRECTION.

RETEST

1. Volunteer attempts to touch toes. Note any improvements.
2. Test volunteer's flexibility by testing IM as you take Hamstrings to full stretch.
3. Note where IM unlocks and also where the volunteer asks you to stop.

“Many tight muscles are caused by magnesium deficiency. Kinergetics balances hydration and magnesium.”

SPORTS - STRETCHING. 'Joanne' needed stretching. She had attended and practised Iyengar yoga several times a week for seven years. There were many of the positions that were easy to do for her, but Full Lotus position was still a strain. I tested the 16 muscles from Kinergetics and many of the hip muscles as well. Sartorius and Piriformis were unlocked in extension. I checked for muscle jamming and most muscles around the hip were jammed. I tested many muscles for hypertonicity and Piriformis rotated to 45 degrees, Adductors to 85 degrees, which is only average for a female.

I corrected Hydration (K7) with priority emotional corrections. I then corrected the TMJ. There was one suppression in the Lateral Pterygoid, and lots of circuits when I touched the Masseter and Temporalis. She could not move her jaw to the right when we started. We had to move it left, then quickly move it right across, and she held it there, while I touched the tight spots in the muscles. After the TMJ correction she could move her jaw to the right immediately. Tension in the left jaw muscles affects the left hip muscles.

Upon retesting the Full Lotus position she was very pleased to report a 30-40% improvement. She was able to go further into the position and maintain it more easily.

I retested all muscles previously out of balance and all had corrected. Piriformis now moved to 85 degrees and Adductors to 135 degrees-both had improved 40 degrees just by balancing hydration and TMJ. All other muscles previously testing hypertonic had also corrected.

Philip Rafferty 23 May 2001.

SPORTS - STRETCHING. At a recent class a student volunteered for the hamstrings stretch as she had limited range. She had already tried Roling (which she described as one step short of caning) with no success. The Kinergetics correction involved accessing the proprioceptors of the muscle and finding the emotional cause. Her hamstrings stretched 30 degrees further. *Philip Rafferty April 1999.*

30 degrees is the average improvement. If the body is holding deep stress it is much easier to release by clearing the emotions at a brain level. Most of the time only one muscle of the pair requires the correction - the other automatically improves. Kinergetics has been used on several world champions. I was also asked to work on an Australian AFL team by the coach - the team doctors vetoed the idea. Interestingly it was the coach that was later fired, not the team doctors! *Philip.*

VOLUNTEER

Does anyone have

- A Sore Jaw?
- Low Back Pain
- Regular Headaches?

TEST

1. Sartorius
2. Psoas
3. Quadriceps

Stack an imbalanced muscle and find the TMJ connection.

CORRECTION

- HYDRATION UNIT 4 - FAST FIX
- TMJ STRUCTURAL
- TMJ – MASSETER / TEMPORALIS
- TMJ SPHENOID

RETEST

1. Sartorius
2. Psoas
3. Quadriceps

“Tense jaw muscles affect the assimilation of magnesium and water, and at least 90% of the muscles in the body.”

TEMPORO-MANDIBULAR JOINT - CLICKING JAW. I worked on a client, who came to me with a clicking jaw. Three hours later he left with his jaw moving smoothly, silently, and comfortably.

My own testimonial also involves my TMJ. I spent 5 years with dentists and orthodontists correcting my TMJ only to have it go out again when someone hit me in the head right at the jaw joint. Along with the misalignment came a short term memory loss that lasted three years until the TMJ part of Kinergetics was done on me. Instantly, my short term memory returned. I now practice Kinergetics to help effect major life changes in others as it was gifted to me. *AB Virginia, USA*

TEMPORO-MANDIBULAR JOINT (TMJ). Two bad bicycle accidents left my body extremely tense and stressed. One of the worst areas was my jaw, which had been knocked out of alignment due to a neck brace and arm sling. My physiotherapist couldn't help my jaw because the tension in my neck and shoulders was so high that the pain returned to the jaw as quickly as it could be removed. My jaw could barely open and looked swollen on one side. After one simple session (Kinergetics), my mouth was freed. The abrupt pain produced by certain movements disappeared as if it had never been there. Yawning no longer popped and cracked or caused discomfort. The uneven swelling disappeared and I have no reminders of the pain in the area at all. I've been to many healers but this has been the best value. *Dianna Horvath 1997.*

TEMPORO-MANDIBULAR JOINT (TMJ). I fell off a horse and was kicked in the face, resulting in my bottom jaw bone being broken in 3 places. 1 year later, after 2 operations and 3 metal plates, I still had great, deep pain in my upper back and jaw joints. After 2 sessions with Philip, 2 days apart, pain has been relieved in both places. *A May 1995.*

TEMPORO-MANDIBULAR JOINT (TMJ). Over 5 years ago I went for the first time to a jaw surgeon. My jaw was hurting all the time and clicking on both sides. There were a lot of things I wasn't allowed to do and I had to wear a plastic plate in my mouth to keep the jaws together. If it didn't improve in 3-5 years they were going to put the upper and lower jaw together with metal, so I couldn't move at all. I had 2 sessions with Philip Rafferty. After the first the results were amazing. After the second the pain was and still is gone! Thanks Phil. *Kyra Nov. 1994.* Still good 1996.

VOLUNTEER**WITHOUT GLASSES OR CONTACT LENSES.**

- This vision chart goes from 4 point to 18 point. I need a volunteer who can read the 18 point, but is unable to read 15-17.5.

TEST

Note the line they struggle with.

CORRECTION

1. HYDRATION UNIT 4 - FAST FIX
2. VISION CORRECTION—Unit, 2 or Master Class.

RETEST

Vision Chart.

“At some Kinergetics workshops 50% of students notice some improvement in vision, though the average is probably about 20-25%. At the last Master Class, working from a new manual, 80% of students improved.”

EYESIGHT - VISION. Usually about 20% of students notice some improvement in vision after Unit 2 Vision corrections.

EYESIGHT - VISION. Today I did a major vision correction on someone, I have been doing a lot of Kinergetics on her for the last few weeks, today I did the structural TMJ, then the vision with very detailed eye charts from Netters anatomy (5 pages worth). She could read at a distance pretty good, she could read the 6th and 7th lines from the bottom pretty good at about 12 feet. Her problem is close up, she has to hold every thing 3 to 4 feet away, and has glasses for reading for this problem. Before the correction I had her stand 2-3 feet from chart, she could not read the top 3 lines at all, and it hurt her eyes to do so. So we proceeded with the correction. I did not use the K4 correction, when it came time to correct, I followed all the directions, and corrected with K7, including the Annette Noontil parts I corrected with K7. After I was done I had her read the chart, she could read lines 6,7,8, from the bottom very good with a few mistakes (2or 3) here and there. I had her step forward, 2-3 feet from the chart to test her near sightedness, she stepped up, said "Oh my God!" and spewed off the top line with no mistakes, she immediately burst into tears. I was a little beside myself, since she started crying. She could not get over it and kept reading the line over and over, SHE COULD NOT EVEN ATTEMPT TO READ IT BEFORE THE CORRECTION. I do not think I would have believed it if I had not done the correction myself. I am going to have her write a testimonial and I will either fax it or mail it. She is going to get her eyes checked for new glasses, so it will be interesting to see what they say, she wanted the correction before her new glasses, so she would not have to go twice. (I read her the warning). *AH May 2000.*

EYESIGHT - VISION. It was about eight weeks ago that Angel Horner did the vision correction on me. Immediately I could read the smallest print on the chart. My eyes continued to adjust for 2-3 weeks. I proceeded to go to the eye doctor for a new prescription and new glasses. The technician kept checking my old glasses, she and the doctor thought they did not belong to me. They did a retinal X-ray and checked my vision. The doctor said my vision had improved. She told the technician she did not believe the glasses were mine. When the new glasses were made and they checked my vision in them it was 15/15. The young man could not believe my vision. He asked to see my old glasses. He ran back to the doctor's office to check the prescription in the old glasses. I heard the doctor say "I don't think they were her glasses." His response "Yes, I checked our records, they are hers. I told this young man I had a vision correction. He asked if I had laser surgery. I explained the process that was done. I feel 15 years younger being able to see this well. *HKJun 2000.*

EYESIGHT - VISION. My 9-year-old grandson's parents noticed that his eyesight was not all that it should have been after he had a fall from his bike. An optometrist advised that he could not help with the problem and an appointment should be made to see an eye specialist. As I had been trained in RESET I obtained permission from the boy's parents and performed the necessary procedure. Before the RESET, one of the boy's eyes would follow my moving finger while the other eye would not. After the RESET to his jaw, both eyes could follow my moving finger. The appointment with the eye specialist was kept. It was then discovered that both eyes were normal and that spectacles would not be needed. *EJT Dec 2000.*

VOLUNTEER

Has anyone EVER

- Had a Car Crash
- Hit their head hard

TEST

1. Anterior Neck Flexors.
2. Posterior Neck Extensors.
3. Posterior Neck Extensors– STACK—Anterior Neck Flexors.
4. Anterior Neck Flexors– STACK-Posterior Neck Extensors.

CORRECTION

- ENERGISE PNE—CLIENT RESETS BY APPLYING PRESSURE TO ANF.
- STACK ALL CIRCUITS OF ANF/PNE—FAST FIX.
- SWITCH OFF PNE SPINDLE CELLS—CLIENT RESETS.

RETEST

1. Anterior Neck Flexors.
2. Posterior Neck Extensors.
3. Posterior Neck Extensors– STACK—Anterior Neck Flexors.
4. Anterior Neck Flexors– STACK-Posterior Neck Extensors.

“In an accident the neck muscles proprioceptors become confused. They require resetting. Energising the PNE relaxes the muscles and allows them to reset.”

LOCATION

- HEALTH FOOD SHOP
- KINESIOLOGY CLINIC
- FESTIVAL
- SHOPPING CENTRE
- YOGA CLASS

SETUP

1. Brochures
2. Test Kits
3. Manuals
4. Business Cards
5. Website Stickers
6. Candida Diet Sheets
7. Sign / Board

TEST STANDING

- Mercury
- Candida
- Fluoride
- Food / Environmental Intolerances
- Household Chemicals
- Invasive Organisms
- Stress
- TMJ

TEST LYING (IN CLINICS)

- Supraspinatus
- Middle Trapezius
- Quadriceps
- Psoas
- Sartorius

CORRECTION

ONE STRESS

EXPLANATION

- Anything out of balance is usually able to be corrected / improved with Kinergetics.
- Muscle Testing is used as biofeedback from the body.
- The body tells us what is out of balance and how to correct it.
- We highly recommend that you visit the comprehensive website for more information.

GOAL

- To allow the public to EXPERIENCE kinesiology/Kinergetics.
- To show them something out of balance so they may come to see you as clients.
- To get more students.
- To raise the Kinergetics brand awareness.
- To bring more traffic to the website.
- If we charge \$1 it could all go on advertising.

BUMS ON SEATS - We get customers into your venue.

As a group our advertising is more effective.

We will advertise:

- In NOW magazine.
- On the new Kinergetics Website.
- In our Kinergetics Association Newsletter.
- In the Australian Kinesiology Association Newsletter.
- By Posters and flyers.
- In Clinics using Kinergetics.

MORE CUSTOMERS FOR HEALTH FOOD SHOPS

- We give out free Candida diet sheets, most of the food / nutrition would be available in a Health Food shop. You will pick up long-term customers.
- Customers testing sensitive to mercury will be passed on to you for advice re elimination of mercury. Most of us are not qualified in Nutrition.
- Fluoride-free toothpaste is rarely sold outside of Health Food Shops.
- Safe Household Cleaning Products are rarely sold outside of Health Food Shops.

HEALTH EDUCATION FOR THE PUBLIC

Kinergetics is able to show the harmful effects of many common things, leading to lifestyle changes in members of the public.

WHAT WE TEST

- Mercury - Usually from Dental Amalgam Fillings.
- Candida - Tests Candida Sensitivity.
- Fluoride Toothpaste
- Food / Environmental Intolerances - A test Kit of about 20.
- Household Chemicals - Washing up Liquid, Washing Powder/Liquid.
- Invasive Organisms - Bacteria, Viruses, Rickettsia,
- Stress - Client thinks of a Stress.
- TMJ (Jaw) - The client's jaw is tested in six positions. Tight jaw muscles affect 90% of the muscles in the body, and are the cause of hundreds of diverse symptoms.

[Kinergetics Practitioners, Consultants and Instructors Victoria](#)

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www.kinergetics.com.au

MERCURY AMALGAM TOXICITY. In 1993 I came down with a severe case of Tonsilitis. I was put on a very high dose of antibiotics. I had never had Tonsilitis in my life. Even as a child I had never suffered from sore throats or ears, or head congestion of any type. I assumed my body must have been very run down. I had just completed a two year bachelor course at Uni, less than 12 months prior, while working and looking after my 4 children. I had never felt sicker in my whole life and I was experiencing a lot of pain. A return visit to the doctor a few days later revealed a swollen liver, a swollen spleen and results of a blood test diagnosing Glandular Fever. I was 42 and had Glandular Fever! For the next two months I hardly got out of bed. I didn't even have the energy to think! My next diagnosis, after weeks and weeks of little improvement, was Chronic Fatigue, with rest being the only line of cure offered. With my body physically not willing to do anything, I had the time and space to re-evaluate my life, and after hitting rock bottom I decided to start working my way up. All I knew was I had to come from my truth, my heart. I was led to various alternate therapists over the next 3 years and my life was moving forward but I knew there was something else, and I still was constantly tired and lethargic. I did a Kinergetics Intro and K1 workshop and I then knew I needed to see a Kinergetics Practitioner. **After having a 16 muscle assessment and a vial scanned over my body for a couple of seconds, I was told that my major imbalance was an energy sensitivity to mercury, and that mercury sensitivity was quite capable of giving me all my past symptoms.** I was disbelieving of this fast and definite appraisal. I thought maybe mercury was his specialty, as a sensitivity to mercury seemed completely unrelated. It had never even been mentioned on my path to health by any practitioner, or in anything I had read. However the feeling of lightness throughout my being as I left the clinic that day will remain imbedded in my memory. My life magically began to change. Physically I dramatically lost my symptoms straight away, and all that took time to clear was a fear of tiring myself and having my symptoms flare up again. That never happened. Eczema which had been a chronic condition on and off since early childhood also cleared up. My energy level remains high. **Because mercury toxicity was the furthest thing from my mind as a precursor to my condition, it wasn't until some months later that I remembered that just a few months before coming down with Tonsilitis, I had had 2 large amalgam fillings removed and replaced, with no protection offered to me by the dentist.** I had no idea of the possible dangers, or that this trip to the dentist would be the catalyst that changed my whole life. *Barbara Papillo Feb 2001*

ALLERGIES – FOOD - ENVIRONMENTAL. Kinergetics was the only successful way I found to eradicate my food and environmental allergies. I had been to an iridologist, allergy clinic, worked on by a Vega machine and an acupuncturist. Some helped a bit, others made me worse as I was taken off foods I was allergic to I became more sensitive to them over a 10 year period. Now I can eat what I like and not feel left out when I attend functions with normal food. *LD Nov 99.*

ECZEMA. Peanuts! I had severe eczema on both hands to the point of having to wear cotton gloves to protect them, as I had completely lost my finger pads. Skin flaking and sores blistering continuously was a way of life for my hands for the last 2 years. I had exhausted all professional help and had put it down to a dish washing liquid sensitivity.

I met Ranee at a health food shop doing FREE allergy testing. Within seconds Ranee had narrowed it down to a sensitivity to raw peanuts. I found this hard to believe, as I love peanuts and ate peanut butter constantly. I was very sceptical but realised I had nothing to lose. Ranee told me that I would see a dramatic difference within a week of going off peanuts and increasing my water intake to 2 litres a day. Within days I noticed a difference and within 2 weeks I was completely free of sores, blisters and angry flaking skin. My finger pads have come back too. I have a constant smile from ear to ear and marvel at the simplicity and accuracy of muscle testing. *FK April 2000.*

CANDIDA. I was on a very restricted Candida diet for 4 years. Tired all the time, continuous sore throats, bloating, taking large doses of vitamin C, lots of food sensitivities, tried everything. After 4 Kinergetics sessions with Lotti Young specifically for Candida I was eating bread, drinking good wine, and experiencing unbelievable good health. I have more energy now than when I was 20. I am currently 40 years old. *Sherril Jepson Qld. 1998.*

CANDIDA. I had my first kinesiology session with Philip way back in 1990. At that time, I was working with energy rebalancing and rebirthing. Though getting some results, it was a lot of hard work. A fellow practitioner shared with me his experience with Philip, and highly recommended him to me. So I went along, and found it so helpful that I went to Philip's first Kinegetics workshop to learn how to do it myself. Philip had cleared my body of Candidiasis, and balanced many current emotions for me. Now I was learning how to help others as well as myself in a powerful specific new healing modality. I have been using Kinergetics ever since, and it is the mainstay of my practice. Thanks for your gift, Philip. *Myra 2002.*

CANDIDAI also suffered from Candida which recurs from time to time, so I am used to being on a continuous diet with nutritional and herbal regimes, but it was only improving slowly. After a Kinergetics candida correction, the next morning the changes were dramatic. The fog in my brain had lifted like a veil, I felt so much clearer and lighter. My body no longer ached. My bloated stomach had receded and that vague "off" feeling was replaced with vitality and enthusiasm. *C Boundy 2002.*