

# Health Care

## Alternative medicine Q&A Touch For Health is specialized kinesiology

**What is specialized kinesiology?**

The word kinesiology (kin-easy-ology) means, the study of motion and how the muscles act and co-ordinate to move the body.

Used within the framework of natural healing and Touch for Health (TFH), the "muscle testing" becomes a way of communicating with the body, monitoring stress and imbalance as well as determining the corrections that are needed. This exciting aspect of kinesiology is also called "muscle balancing".

**What is muscle testing?**

Muscle testing is a method, which has been used, by physicians and physical education professionals for many years to evaluate the muscles function and strength. The muscles are tested in specific positions that are intended to isolate the muscle from the group that it normally works with. Two pounds of pressure is gradually applied and released. The muscle will either test strong and lock or give way and be evaluated as weak. In some applications, the practitioner will ask a question and read a strong muscle as a "yes" answer and a weak muscle as a "no".

**How did kinesiology begin?**

Kinesiology has its roots in the early sixties with an American chiropractor, George Goodheart, who began to use muscle testing to evaluate and correct the state of various bodily dysfunctions. He formulated Applied Kinesiology and made it available to other chiropractors and professionals. Then in

the early seventies, another chiropractor, John Thie, DC, systemized kinesiology making the techniques simple and practical enough for anyone to learn.

**What happens during a session?**

Through interviewing the client, the TFH practitioner gets an idea of what the client specifically is concerned about on a conscious level. Through muscle testing in a pattern of test correct and retest, first the practitioner will determine if the clients electrical energies are aligned, then another goal is determined that is usually on the subconscious level. The body is then balanced according to the goal. Anywhere from 14-42 muscles are tested and weaknesses corrected using acupressure massage and the chinese meridian system.

**What are some of the results that others have experienced with Touch for Health treatments?**

Touch for Health has been known to have immediate and lasting results sometimes in one treatment, for symptoms of fibromyalgia, depression, anxiety, pain, and hormonal imbalances.

**Where can I find a Touch for Health practitioner?**

A practitioner in your area can sometimes be found in your local yellowpages, listed under "Holistic Health Services".

To find more information check out the Canadian Association of Specialized Kinesiologists website at [www.canask.org](http://www.canask.org)

By *Angela de Haas*  
Touch for Health practitioner



## Curves fits in with Heart and Stroke campaign

Curves, Georgetown recently presented a cheque for \$2,236.75 to the Heart and Stroke Foundation of Ontario following fund-raising activities at its Main St. location. On hand for the presentation were (from left) Annette Ryan, Val Leachman, and Jennifer Harvey of Curves, and Jennifer Tremaine, program co-ordinator of the Heart and Stroke Foundation of Ontario.

Photo by Ted Brown

## Cancer campaign canvassers wanted

Two out of 5 Canadians will be diagnosed with cancer in their lifetime. Help change that statistic this April by joining the Canadian Cancer Society as a volunteer door-to-door canvasser.

Money raised will help fund leading-edge Canadian cancer research, provide information on all types of cancer and deliver community support services.

The Acton Branch of the Canadian Cancer Society is looking for interested volunteers to canvass in Acton at various locations. Please call 519-853-0585 to volunteer.

To walk a block as a volunteer canvasser in Georgetown, contact the Brampton/Caledon/Georgetown/Dufferin

County Unit at 905-451-4460 or 1-866-711-0111 ext 28 or visit [www.cancer.ca](http://www.cancer.ca).

## CAS-hh needs help too

Cancer Assistance Services of Halton Hills is also preparing for its April door-to-door campaign. Funds raised will go help cancer patients who require help with:

- transportation to and from the hospital for treatment and lab appointments
- wigs, turbans, meal replacements, medical supplies, yoga, etc.

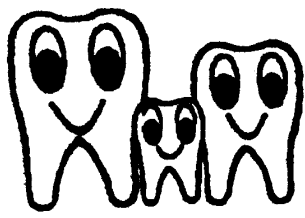
To volunteer call or visit the CAS-hh office, 222 Mountainview Rd. N. (in the Mountainview Seniors Residence), 905-702-8886.

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