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Applied Kinesiology

What Is Applied Kinesiology?

You know your body is different from everyone else's body. Wouldn't it be great if there were a doctor who has the ability to find out what is unique about you and your problems? Wouldn't it be great if that same doctor could give treatments and lifestyle recommendations which are specific to your particular needs? There is such a doctor available and that doctor is one who does ***Applied Kinesiology***.

Applied Kinesiology (AK) is a form of diagnosis using muscle testing as a primary feedback mechanism to examine how a person's body is functioning. The outcome of an AK diagnosis will determine the best form of therapy for the patient. Since AK draws together the core elements of many complementary therapies, it provides an interdisciplinary approach to health care.

In general, the Applied Kinesiologist finds a muscle that tests "weak" and then attempts to determine why that muscle is not functioning properly. The practitioner will then evaluate the therapy that will best eliminate the muscle "weakness" and help the patient.

Therapies utilized can include specific joint manipulation or mobilization, various myofascial therapies, cranial techniques, meridian therapy, clinical nutrition, dietary management and various reflex procedures. In some cases, the examiner may test for environmental or food sensitivities by using a previously strong muscle to find what "weakens" it.

Applied Kinesiology based procedures are administered to achieve the following examination and therapeutic goals:

- ◆ Provide an interactive assessment of the functional health status of an individual which is not equipment intensive but does emphasize the importance of correlating finds with standard diagnostic procedures
- ◆ Restore postural balance, correct gait impairment, improve range of motion
- ◆ Achieve proper neurologic control and/or organization of body function
- ◆ Achieve homeostasis of endocrine, immune, digestive, and other visceral functions
- ◆ Intervene earlier in degenerative processes to prevent or delay the onset of pathologic processes.

Applied Kinesiology can provide valuable insights into physiologic dysfunctions.

Dr. Barry and Dr. Brian Sunshine are both certified Applied Kinesiologists with a combined 52 years of clinical experience.

Our treatment is designed to facilitate the body's natural ability to heal itself. We treat the patient as individuals, not as an average or a deviant from the average. The Sunshine's and their staff are committed to the art and science of natural healing. Applied Kinesiology is just one of the tools we use to achieve this goal.

References: International College of Applied Kinesiology

Questions or comments? E-mail us at clinic@sunshinehealthclinic.com or call (865)984-6850