

INTERNATIONAL COLLEGE
OF APPLIED KINESIOLOGY UK

Email Newsletter Vol. 1 Number 2
August 2011

Introduction

Upcoming Seminars

Muscle of the Month: Deltoid
by Jeffrey S. Kurtz, DC, CCSP

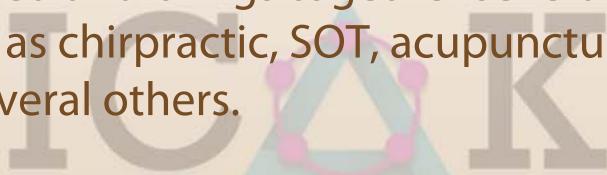
Contribution From Mark O. Mathews, B. Sc. hon, DO
The Body, The Mind, The Osteopath, Science and Ecology

Introduction

Dear Colleague,

If you are thinking about ways to improve your skills and helping your patients by getting better results, Applied Kinesiology is a great solution. Addressing the “triad of health” which includes the structural, chemical, and emotional aspects of health can have dramatic effects on patients. Using functional neurology and several different treatment approaches, treating the cause as we all seek to do becomes the standard.

AK is science based and brings together several disciplines and techniques such as chiropractic, SOT, acupuncture, biochemistry, nutrition, and several others.



This year's Basic 100 Hour course is going to be especially great. Tracy Gates is very knowledgable about Applied Kinesiology and has a lot of experience in treating patients and she has taught the course for several years. This year a couple new teachers will be involved adding new techniques and treatments to an already great course. Every weekend you will be able to easily apply what you learned on Monday morning.

“The more successful you become, the more knowledge you need. The more knowledge you need, the more knoweledge you get, and the more successful you become.”

-G. Goodheart, founder of Applied Kinesiolgy

Find your niche and be exceptional. See you at the course!

Sincerely,

Jeffrey S. Kurtz, DC, CCSP

Upcoming Seminars

2011-2012

If you would like to be added to our email list or you would like more information regarding seminars, please email the ICAK-UK at:
ica k-u k@hotma i l.co.u k.

Sept 2010- April 2011 - 100 hour course, TracyS Gates with contributions from Diplomate Candidates Jeffrey Kurtz, DC, CCSP and James Townhill, DC

--A thorough 8 weekend course teaching doctors the basic procedures of Applied Kinesiology. It includes structural, chemical, and emotional approaches to treating the triad of health for which AK is based. The course integrates neurology, biochemistry, acupuncture, craniosacral therapy, chiropractic/osteopathy, and several other disciplines.

Booking form included in this document.

14-16 September 2011 -Bordeaux International Meeting
www.icakbordeaux2011.com

24th September 2011 -Understanding and Using Your PureBio Test Kit, Tracy Gates, DO, DIBAK --This is the first six independent seminars on different topics (see flyer)

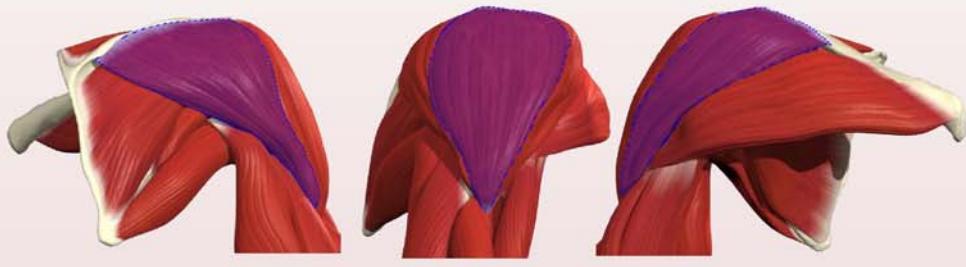
14-16 October 2011 - AK +Peripheral Nerve Entrapment, Oxford,Clive Lindley-Jones (see brochure)
June 2012- Special Needs Seminar, TracyS Gates

Muscle of the Month:

Deltoid

Written By:

Jeffrey S. Kurtz, DC, CCSP



Post. Deltoid

Mid. Deltoid

Ant. Deltoid

The Deltoid muscle is divided into 3 parts: anterior, middle, and posterior. Each division contributes to ABduction of the humerus as well as upward stabilisation of the humeral head in the glenohumeral joint. The anterior division has a flexion component and the posterior an extension component.

The deltoid can be weak for several reasons including:

- Any of the 5 factors of the IVF
- CT fixation (bilaterally weak)
- Subclinical AC joint separation
- Reactivity with contralateral neck flexor and adductors
- Poor scapular stabilisation
- Compaction/Shearing injury
- Reactive muscles
- And several other causes

The shoulder is one of the most complex joints in the body and can be challenging to treat.

Quickfacts about the Deltoid:

- it is one of 3 RNA muscles (with pec minor and suprspinatus)
- It is on the Lung meridian
- It is often involved with the ipsilateral upper trapezius and/or Latissimus Dorsi
- The anterior and posterior divisions can demonstrate reactive patterns especially when there is pain with motion

Muscle testing is a science and an art.

In my experience, muscle testing can be affected by electromagnetic interference (batteries on the body from watches and cell phones), so it is best to have these removed before testing.

Some tips when testing the Deltoid muscle:

This particular muscle test is one that patients tend to employ several compensatory actions in an effort to resist the test resistance.

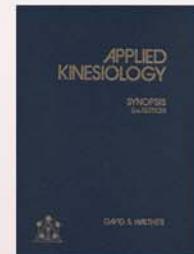
- Insure the patient doesn't hold their breath during the test.
- Insure that the patient does NOT lean or laterally flex the spine.
- Watch for increasing elbow flexion and internal/external rotation of the humerus in an effort to recruit other muscles.

As there are 3 divisions of the deltoid, testing vectors are very important. Test in a geometric fashion with your elbow behind the test; ie. your forearm is along the vector of the pressure of the test. As the humerus moves in an arc during ABduction, the test vector should be along the tangent of the arc as it changes through the ROM. It is fairly easy to get a false negative without proper stabilisation and without the proper testing technique.

--Part of the art of the test is to gradually apply pressure to the arm and feel the muscle activate or fail to hold. Applying pressure too rapidly and forcefully will give a false positive.

A lot of manual therapists including chiropractors, osteopaths, and physiotherapists do not like to treat shoulders as they are slow to respond and results can be frustratingly minimal and short-lived. However with Applied Kinesiology, shoulders respond well and often the results are much more satisfying for doctor and patient. For more information on the deltoid and other muscles, I recommend the following references as they were referenced in the writing of this article:

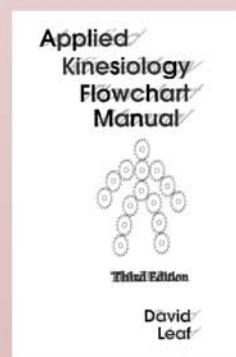
Applied Kinesiology Synopsis, 2nd edition
by David Walther



AK Muscle Tests at a Glance
by Ivan Ramsak and Wolfgang Gertz
-Translated to English by Tracy S. Gates



AK Flow Chart Manual
by David Leaf
This must be ordered from the USA and can
be found on the ICAK-USA website:
www.icakusa.com



The Body, the Mind, Osteopathy, Science and Ecology

Mark O. Mathews, B.Sc. hon. D.O.

Introduction

In reference to Jo Wildy's excellent article 'The Brain, the mind and the Osteopath' (Osteopathy Today April 2011), I was inspired to take the theme a little bit further. The human brain may be "a marriage of two minds" but the human being is very much more than that.

Like the environment itself, our bodies and minds are modular self-regulating systems. They are not separate entities. As James Lovelock suggested in his Gia Theory, the whole planet, together with all the plants, micro-plankton, animals, minerals, and gasses it contains, has evolved into a self-regulating ecosystem with all elements communicating and interacting with each other via many different feed-back loops, on many levels with differing half-lives, which served serve to sustain the health and integrity of the planetary system as a whole.

As knowledge and science has advanced, to keep up with the very extensive increase of information on many fronts, professionals have become more and **more specialised**. We have specialists who know more and more about less and less.

Health is the harmonious functioning of all aspects of a human being in relation to the environment that nurtures them.

Despite all this knowledge, there is a staggering increase in all kinds of health problems and illness in our society. Many more people and children are affected by learning and behavioural difficulties. (Figures of one in five are widely quoted). Concurrently, and sometimes in association, there has been a big rise in incidents of asthma, eczema, and allergies of many kinds. At the same time, heart disease, mental illness and cancer are also on the increase in a way that is not entirely related to the aging of the population, even though billions of pounds of investments have been put into discovering possible cures every year.

From an Ecological perspective, it seems to me that a paradigm shift is needed, if we are to find a way of dealing with the multidimensional nature of these problems which is essentially holistic

- The descriptive labels allocated to various conditions diagnosed are just that. They are not reasons.
- Whatever the label given to each person's condition, they will have it for their own combination of reasons.

- Every person is different genetically, and will have experienced individually Preconception, Conceptual, Birth, Parenting, and Schooling, Dietary, Social, Cultural and other multidimensional Sensory inputs.
- It would seem strange to presume that any one approach or another, however potentially valuable they might be, would be the optimal approach for each and every patient.
- The time cost and conflicts of interests that each patient or child might go through by being shunted around from one specialist to another can be extremely confusing for all involved.
- It does not seem to be a very efficient way of helping many of these people to heal, stay well and to live healthy, active, productive, fulfilling, happy life.
- On what basis can they make a rationally decisions?

Our biological inheritance and responses to modern day life

The human animal is able to experience the same range of feelings, emotions and behaviours as we always have. In a biological sense, we are still driven by the same basic needs and desires.

We still possess the same primitive survival mechanisms. It is called the autonomic nervous system: **when stressed, we are physiologically prepared to run or fight.** Happily, in Europe, at the moment, we do not usually have to do that. Instead, we have to be polite, be patient, write a letter, answer the mobile, send an email, or whatever. **The sympathetic nervous system's stress response is turned in on itself and creates imbalances** which affect the hormonal system, the autoimmune system, the limbic system, feelings and behaviours. Add to this the unnatural life styles that modern technology, business, politics and marketing have produced:

- The fact that our diets have changes very considerably away from what they were when we ate more fresh organic whole foods full of natural vitamins, minerals and enzymes.
- Fifty year ago, as a nation, we ate vastly more fresh fruit and vegetables on a seasonal basis and much less refined industrial foods.
- In England we now consume one third the amount of fresh fish that we did fifty years ago.
- It is reported that we now have a vast array of about 70,000 chemicals that we are exposed to in the modern world that are alien to our evolutionary past.
- Many of us now have to process thousands of bits of information from around the world via all the electronic media, most of which we can little or nothing about.
- We used to sleep a lot more. Since electric lights and central heating have become the norm, in much of Europe at least, we carry on through the winter as

if it was summer time and wonder why so many people suffer from illnesses and Seasonal affective disorders (SAD).

- In many cases, people used to be outside moving about in the daylight for much more of the time. Our skin was helped to manufacture more vitamin D which is also neurotransmitter for the brain and helps us to experience a sense of wellbeing. Now many more people remain statically in doors for much of the time.
- Despite all of our modern comforts and facilities, many people have less time just to be together and communicate in small socially interdependent meaningful family and community groups in which each person could establish their individual identity.
- The electronic stress from all the communication networks, power cables and devices in our offices, homes and vehicles that we are exposed to from day to day, are thousands of times higher than they ever were naturally.
- The economic, educational, political, and cultural pressures to conform to idealised, unrealistic superficial, commercially driven consumerism of fashions and opinions that bare little relationship to what it is to be a balanced healthy human being, impose even greater pressures on adults and children alike.

Over all, human beings have hardly changed in thousands of years. At the same time, we are individually and genetically different and will all have our own unique, personal history. In regard to all this, one would need to be pretty naive to believe in the magic pill, or one size fits all solutions, that are being bandied about by some institutions and people who should know better.

Unconsciously, human beings are all walking miracles. It has taken us millions of years to evolve and we have enough information in every cell in our body to make a few million new varieties of ourselves.

Consciously we are all a bit stupid. Research has shown that the most that most people can think about at one time is just 7 plus or minus two things; less for the male of the species.

Unconsciously, we are processing billions of bits of information via our nervous system and interactive biochemical and electromagnetic communication pathways, every mli-second.

When you walk, you are moving nearly 200 bones and 700 muscles. If you had to think about all those elements individually you would be completely overwhelmed and unable to take a step. It is mostly all done by automated systems. In other words **we are mostly working on autopilot and conditioned or learned patterning.**

We are a product and a part of nature, not more than nature. Our existence and survival is intimately tied up with our primitive survival instincts.

The development of the ego and self-consciousness would appear to be linked up with our primitive survival instinct.

The world is a complex and variable environment. In order to survive, throughout our history, we have often had to make quick decisions and to take fast actions. To do this, with our limited moment to moment consciousness, **we have had to develop simplistic compromises to enable us to make sense and respond to events around us.**

The contribution of modern day science

Science, in its true sense, would seem to be an attempt to understand the nature and workings of the world around us. In essence, it is powered by the need and desire to understand, predict and control our environment and to satisfy our natural curiosity together with the need to feel in control and survive as a species. It works by making observations, collecting data and setting up **hypotheses** about the nature of the relationship between different elements of the matter under study.

By the same rules of natural selection, the hypothesis are then tested in various ways to see how they stand up and are able to be used to predict particular events. The hypothesis that withstands this vigorous scrutiny of many other scientists, through testing it out in different ways, is able to be called a **theory**. This kind of thinking has produced incredible advances in the areas of chemistry, physics, engineering, electronics, medicine, biology, genetics and a multiple of other specialised offshoots of scientific disciplines.

Nearly all scientific hypotheses are couched within the limits of certain precepts. This creates the context in which the science is carried out. In order to separate the many other influences that might corrupt the specificity of the experiments that are conducted on the basis of the hypothesis, the environment in which the experiments are performed, have to be very specifically designated and controlled.

There is often to be found, a kind of intellectual arrogance that pervades many professions where those involved take on the position of gods and impose a rather fundamentalist, uncompromising belief system, or dogma, about their often rather rigid models, of some aspect or reality or another, onto the unfortunate recipients. It seems to me that such **fundamentalism is also rife amongst some practitioners of different branches of the CAM fraternity**, be they Councillors, Herbalists, Osteopaths, Chiropractors, Acupuncturists, Homeopaths, Nutritionists or whatever.

Fundamentalism of any kind is a kind of mental illness. Since ultimately, life is a mystery. **Anyone who thinks they know it all and that they are right, and that everyone else who thinks differently is wrong, is suffering from delusions of some kind.** The world is full of contradictions. We get into trouble when we take them too seriously.

Unfortunately, or not, depending on what your attitude is, in the clinical setting in which one is dealing with an individual patient with a problem, for reason outlined above, such simplistic monolithic conditions are not generally found.

How can we begin to deal with the complex interrelated factors that govern each individual patient in relation to the bigger environment that they inhabit?

On the whole, diseases do not just happen. As Lion Chaitow said in the interview reported in the March edition of Osteopathy today: "People become ill when their ability to adapt to the stresses of life break down"

This is usually the result of many different kinds of stresses, on many levels, over time. This is why **there are no panaceas**: everyone will have their own combination of stresses in their own particular combination in relation to their inherited propensities, past history and prevailing conditions.

Whatever approach to healing you use, the only thing that heals, in the final analysis, is the innate tendency of nature to be whole. This is something that has been selected for in evolutionary time scales in order for the species to survive.

Further to this, it seems that **patients have an innate wisdom** about what is going on and what many of the contributory factors are. This may not exist at a conscious level but at the level of the autonomic brain that is running everything, that we are not conscious of, 24 hours a day for the whole of our lives.

We are essentially emotional beings. At a biological level we are programmed to avoid pain and pursue pleasure. These basic drives are of course filtered through the patterning of values and beliefs. Ultimately who knows? A belief is after all just something we feel strongly about. Does that mean it is true? Who knows? Historically conventional beliefs have been in a state of constant change.

The word emotion comes from the words motion. What moves us are our muscles. We experience our feelings through our bodies. You can get a good idea about people's state of being by the way they stand, move, breath, and look. It is, for example, impossible to feel angry unless you first tense up. How many of our patients express the stresses that they have accumulated from their own combination of factors through their musculo-skeletal system?

Osteopaths are one of the few professions whose members are able to glean hands-on experience of this fact and are in a position to allow some of these stresses to be released. Happily, we are also in a position where we are able to give our patients a sympathetic ear and to respond in a caring sympathetic supportive way to the many worries and anxieties

which may be contributing to their condition. We are also able to find out more about their life styles in regard to exercise, diet and relaxation.

With an understanding of the neurology and physiology, together with an awareness of tissue states, we are in a very powerful position, with compassion and sensitivity, to help facilitate the right conditions to allow the innate healing tendency of nature to express itself more fully.

The attitudes, philosophies teachings and examples of our greatest founders and teachers that form the bedrock on which this profession has grown have provided us with many examples of this holistic whole person approach to healing.

No amount of procedures that are based on a mechanistic, so called 'scientific', theory will do this. Being an osteopath is not a job, it is a vocation and an art. In my view, if it is not enlightened by a bigger vision, and the on-going commitment to do our best to care for and support our fellow human beings, who are each on their own journey through life, it will lose the mysterious, indefinable aspect that has enables us to be a part of a healing profession to be proud of. This kind of relationship is a human one, based on trust and mutual respect. This is not something that can be entirely legislated for or imposed. In doing so, the powers that be, will probably destroy the very thing that they say they are trying to protect.

BOOKING FORM

Name.....

Qualification.....

Address

Postcode

Telephone.....

Email:

Each 2-day weekend, to include module notes and morning and afternoon refreshment:

ICAK-UK Members £225.00

Non-members £250.00

Repeat Course Participants £175.00
(of a Basic Course taught by Tracy S Gates)

10% discount for payment of the entire course in advance.

Please register by 19 August 2011 and send your deposit of the first weekend's module fee (**non-refundable**) to:

Administrator - Basic A.K. Course

Weald House

Worthing Road

Southwater

West Sussex RH13 9JB

Cheques made payable to: **T S GATES**

Further Enquiries:

Tel: 01403 730342

Email: info@purebio.co.uk

Dates of the ICAK Modules 2011 - 2012

Venue: Weald House SOUTHWATER, Nr Horsham, WEST SUSSEX RH13 9JB

SEMINAR TIMES

SATURDAY 10:00AM TO 6:00PM - SUNDAY 9:00AM TO 4:00PM

2011

September 10-11

I - THE DYNAMICS OF AK EVALUATION

The art of precise muscle testing—the importance of stabilisation, positioning, resistance direction and velocity. The proprioceptive model of muscles & muscle testing and developing proprioceptive skill as an amateur. Subluxations & Fixations. The practical testing of main muscles.

October 8-9

II - INTRODUCTION TO VISCERA AND THE EMOTIONS

Emotional stress release & Psychological Reversal. Retrograde lymphatics. Aerobic/anaerobic muscle function. Ileocaecal valve. Diaphragm. Cardiovascular system. Digestion. Neurological organisation and cortical dominance. The testing of more basic muscles.

November 12-13

III - EVALUATION OF STRUCTURAL IMBALANCES

The importance of searching for the weak muscle pattern. Pelvic categories. Sacral & iliac fixations. Disc lesions. Foot pronation and Gait testing. Muscle lesion patterns related to the golgi apparatus, fusi cells, fascia and trigger point problems.

December 10-11

IV - ORTHOMOLECULAR PRINCIPLES IN AK

The role of vitamins and minerals. Acid and alkaline metabolic states. Macro vs micro nutrients and AK testing. Essential Fatty Acids. Prostaglandins and their role in almost everything. Homocysteine; and the cholesterol myth.

2012

January 14-15

V - GLANDULAR/HORMONAL

Analysis of the endocrine system and the dynamics of glandular interaction. Evaluation of the pituitary, thyroid, adrenals, pancreas and reproductive system; and the use of AK to diagnose and treat the endocrine system as a whole entity.

February 11-12

VI - A RETURN TO STRUCTURE—STOMATOGNATHIC I

The cranium and craniosacral diagnostic principles and treatment. Classification of lesions. Review of the pelvis.

March 10-11

VII - STOMATOGNATHIC II & PERIPHERAL JOINT DYSFUNCTION

The TMJ & Hyoid. Tooth proprioception. Neurological tooth. Bite plates and splints. Peripheral joint dysfunctions and peripheral joint muscles.

Mar 31-Apr 01

VIII - THE ACUPUNCTURE MERIDIAN SYSTEM

Introduction to the Meridians and using AK for evaluation and treatment of the Acupuncture system. CLINICAL COMPETENCE TEST.

AT THE END OF THE COURSE:

Upon completion of the entire basic course and test of Clinical Competence, you will be entitled to one year's free membership within ICAK-UK (current annual dues are £80.00)

ABOUT THE COURSE

This is a clinically relevant and powerful course of study that will expand the diagnostic skills of the young as well as the experienced practitioner.

In each of the eight modules, advanced procedures will be combined with fundamental concepts in AK, so that difficult or more complicated patients may be better evaluated from the very start of your training.

This course has been designed for the thinking practitioner. Those who are or have been searching for the missing tools needed to understand difficult diagnostic situations need search no further:

In a step-by-step learning curve, each session will introduce an ever-increasing number of guiding principles that lead the practitioner to metabolic, structural and / or emotional therapeutic input.

Why, when, where and how to treat are the basic needs of every practitioner—the Fundamentals Seminar Series will provide the necessary tools to achieve these skills!

At the end of the course you will also be entitled to take the test of 'Clinical Competence'. The cost of the test is £30.

The International College of Applied Kinesiology - UK

The International College of Applied Kinesiology (ICAK) is an organisation dedicated to furthering the knowledge of health care professionals in Applied Kinesiology (AK).

AK is a dynamic method that allows a more complete evaluation and treatment of the structural, biochemical and mental aspects of dysfunction in a patient.

It employs manual muscle testing as a complement to other methods of diagnosis, enabling the practitioner to assess the unique needs of each patient.

AK is a valuable clinical tool for chiropractors, osteopaths, physiotherapists, medical practitioners and dentists.

Tracy S. Gates is a registered osteopath of 25 years standing.

Having practised for several years using osteopathy and cranial osteopathy, she studied Applied Kinesiology, successfully achieving her diplomate status in 1994.

As part of her diplomate she made a research study into the use of AK in treating Special Needs children. The research was further backed up by a period of time spent at the Peto Institute in Budapest; as well as study at the Institute for Research into Human Potential in Philadelphia.

Today, Tracy lectures in the UK and throughout Europe. She makes regular presentations of her ongoing research at various conferences in Europe and the USA. She is currently involved in working with and treating athletes competing at an international level.

Tracy is Vice-Chair of the International Committee (I.C.) of ICAK and the International Representative for ICAK-UK.



"AK has opened my eyes to so many potential areas of dysfunction that I would not have considered with only a structural education. It will change the way I work—Tracy, you are an inspiration!"

Ezra Levy MRCP.

"For those wanting to understand and treat the underlying cause of patients' symptom patterns this course covers everything. Tracy's obvious deep wealth of knowledge and clear presentation style really animates the subject matter - with plenty of demonstrations and supervised practical to appreciate the intricacies of this work." *Matt Bourne D.O.*

General Practitioners will find that Applied Kinesiology opens up exciting diagnostic and therapeutic possibilities in the day to day practice of medicine. Tracy's course is both relevant and useful, I recommend it to all GP's.

*Michael O'Beirne M.B., M.R.C.G.P.
General Practitioner, Galway.*



INTERNATIONAL COLLEGE
OF APPLIED KINESIOLOGY UK

2011-2012

**ICAK-UK
presents:**

**The
Fundamentals of
Applied
Kinesiology**

with

Advanced Clinical Applications

**- an accredited Basic Course of the
International College of Applied
Kinesiology—ICAK**

Lecturers:

**Tracy S Gates D.O., DIBAK
Jeffrey Kurtz D.C.
James Townhill D.C.**



INTERNATIONAL COLLEGE
OF APPLIED KINESIOLOGY UK

www.icak.co.uk

July 2011

Dear Colleague

Thank you for your interest in the forthcoming Course on Applied Kinesiology.

Please find attached a flier, providing details of the course and an application form. You can reserve your place on the first module by sending a cheque for £250.00 made payable to T S GATES. This is a non-refundable deposit and it will allow you to participate in the first weekend, and evaluate how beneficial AK is likely to be to you in your daily practice. ***Participation in the first weekend does not commit you to the entire course.***

At the end of the first weekend, should you wish to continue with your education in AK, you will be asked to pay for the next three weekends in advance. Payment can be made by cash, cheque or credit card.

Payment for the final four weekends will then be payable as one sum at the end of the fourth module in December 2011.

If for any reason you are unable to attend specific weekends and these dates are known to you at the beginning of the year, payment can be adjusted for the missed weekends as agreed upon between yourself and my administrative staff.

The venue for the course this year is:

**Weald House
Southwater Business Park
Worthing Road
SOUTHWATER
West Sussex
RH13 9JB**

Upon registering for the first module, you will be sent a map, together with a list of local hotels and B&B's.

You will receive mail-outs from ICAK throughout the year, and we will be able to put you in touch with colleagues using AK in their practice. This will give you the opportunity to see AK used in a daily practical sense, which we have found to be beneficial to past students in AK.

If you have any further questions, please feel free to contact my office on 01403 730342 or at info@purebio.co.uk and ask for Fiona, Juliet or myself.

We look forward to seeing you at the forthcoming seminars!

Yours sincerely

Tracy S Gates, D.O., DIBAK

For further information regarding AK, please visit the UK website on www.icak.co.uk and the international site on www.icak.com



call: 01403 730342

Nutritional Supplements

Top Five Clinical Problems -Tips for Treatment Saturday 28th April 2012

Tracy will reveal five of the most common reasons why patients visit their practitioner. During this most insightful day you will be provided with the information you require to approach the following topics with added confidence and success :

Arthritis—osteo and rheumatoid

Irritable Bowel Syndrome

Menopause

Headache & Migraine

Osteoporosis



Pure Bio - your lifestyle solution

Pure Bio Ltd
Weald House, Worthing Road
Southwater, West Sussex RH13 9JB

Tel: 01403 730342 Fax: 01403 732689
e-mail: info@purebio.co.uk www.purebio.co.uk

Relevant products will be on special offer at each seminar



Seminar Programme 2011-12

A New Series of Six Seminars

It is our intention as a company, not only to provide the highest quality products to our practitioners and their patients, but also to provide training and educational development for practitioners.

We are therefore delighted to announce that, in response to recurrent demand, Tracy S Gates D.O., DIBAK will be starting a new schedule in September of her highly acclaimed seminars.

All of the seminars will be taking an in-depth look at a specific subject; and will include demonstrations with muscle testing .



The venue for the seminars will be:
Weald House, Worthing Road
Southwater,
West Sussex.
Numbers will be strictly limited to a maximum of 25 delegates, so book early to guarantee a space!

Understanding & Using your Pure Bio Test Kit (Part I)

Saturday 24th September 2011

Are there phials in your test kit that you repeatedly glance at and wonder why they are there?! This seminar is an opportunity to gain a fuller understanding of how and when to test for Minerals, Vitamins, as well as support for Intestinal Health & Detoxification.

Test kits will be available for purchase at a discounted price.



Each seminar runs from 10am — 5pm and costs just £125



Complex Phytotherapy from Alfa Omega - Suppliers of Homeopathic Products Since 1984

Saturday 22nd October 2011

This is a clinically relevant and powerful seminar which will guarantee to expand the diagnostic and therapeutic skills of the young as well as the more experienced practitioner!

Tracy will provide an overview of the product range from Alfa Omega - introducing the products and their therapeutic management in muscle testing.



Delegates will learn the many and varied advantages of integrating the "Alfa Omega" range into their treatment protocol using muscle testing; and gain an understanding of using Ultra-Dilute Aqueous Solutions based on homeopathic principles.

Understanding & Using Your Pure Bio Test Kit (Part 2)

Saturday 26th November 2011

This seminar will continue the topic of how to maximize the usage of your Test Kit and will provide you with a fuller understanding of how and when to test for Amino Acids, Antioxidants, support to the organs and anti-inflammatory pathways; as well as how and when to provide support for the musculoskeletal system and, more specifically, for the athlete.

Test kits will be available for purchase at a discounted price.



To book a space on any of the seminars call 01403 730342



Causes and Health Risks of Being Overweight

Saturday 7th January 2012

Excess weight is influenced by a number of complex interventions. These include genetics, the modern refined diet, neurotransmitter function and activity level.

Recent research has shown that the type and amount of carbohydrate and fat you eat can actually turn on or turn off gene expression that either promotes weight gain or weight loss.



If your excess weight centres mainly around your mid-section, you have gained weight in the most troublesome area. This type of fat is called abdominal or central obesity and often surrounds internal organs. In order to lose weight and improve body composition over the long-term, a dietary and metabolic 'return to balance' is needed. Tracy will demonstrate how balance can be re-established.

Allergies

Sunday 4th March 2012

Allergies are one of the most problematic developments of modern day society.

Increasing incidence of intolerance to many food types, topical applications and synthetic odours, as well as a dramatic rise in the diagnosis of asthma, eczema and hay fever are overwhelming confirmation that our bodies are not tolerating the progressively artificial environment we have created.



Tracy will discuss and demonstrate

ways of eliciting the presence of various allergic reactions; as well as look at dietary measures and nutritional support to counteract their clinical significance.

She will also discuss the importance of maintaining optimal function of the glandular system - particularly the immune system in childhood - to reduce the risk of immune overload in later life.

Each seminar runs from 10am — 5pm and costs just £125

Your investment in this course also includes an extensive, unique reference book of functionally specific notes and flow diagrams, that you will take with you and have as an invaluable resource for your work in the future.

Tea and coffee are provided at each break.

BOOKING FORM Return to:

The Administrator: **AK & Nerve Entrapment, Helix House, 15 Warwick Street, Oxford, OX4 1SZ, UK.**

Tel or fax +44 (0)1865 243351

Email:

info@helixhouse.co.uk

Web: www.helixhouse.co.uk

Full Name _____

Qualifications _____

Address _____

Tel: _____

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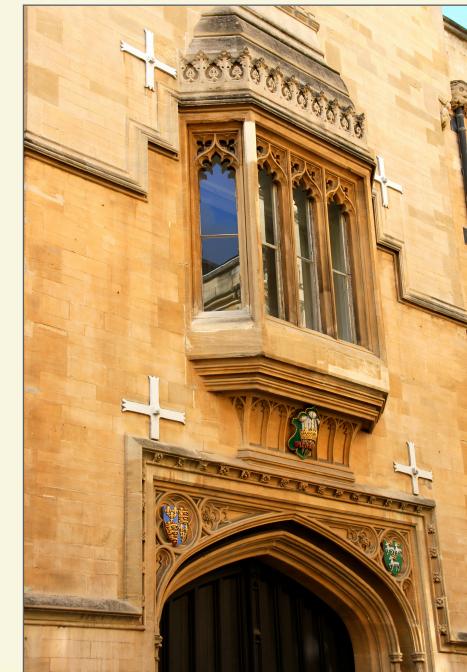
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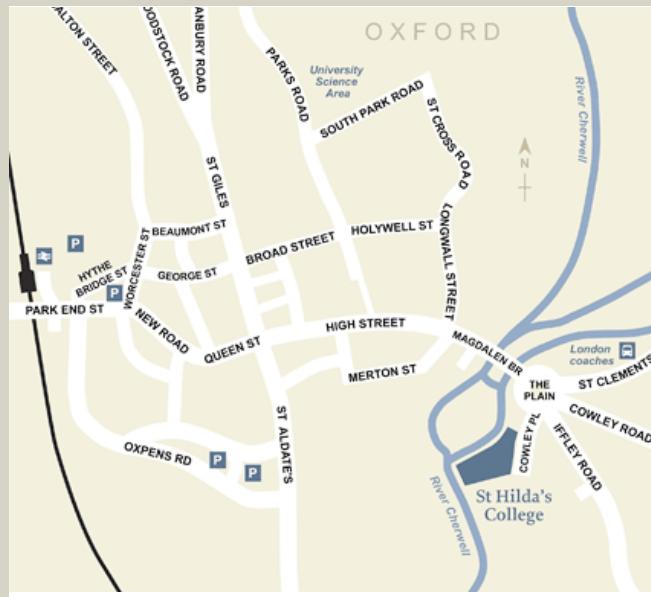
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ST. HILDA'S COLLEGE, OXFORD





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I have been most gratified to see many serious and accomplished students of AK return to take this course numerous times.

There is nothing like revisiting what one thought one knew well, to find deeper understanding and more subtle nuances to the same anatomy & neurology that we work with each day.

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14-16th October 2011 St. Hilda's College, Oxford University.

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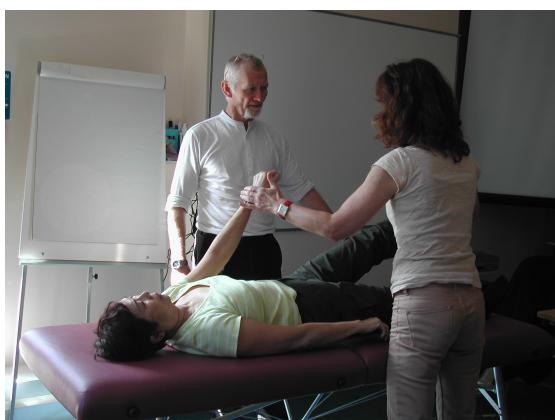
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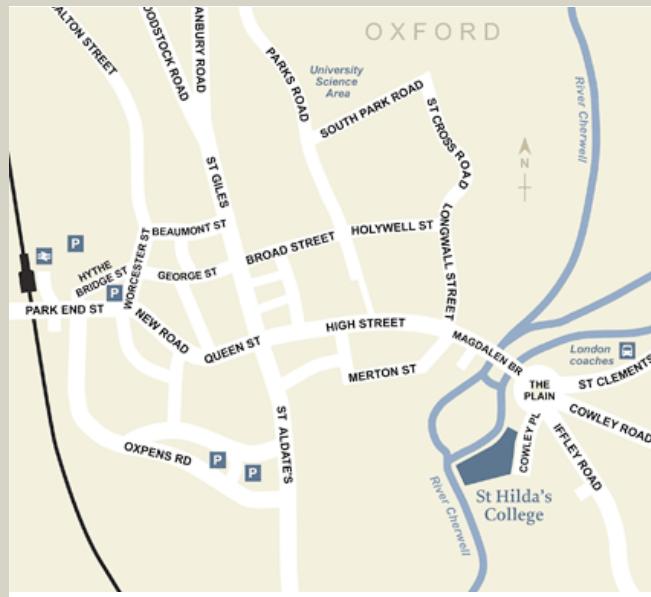
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YOUR LECTURER:

Clive Lindley-Jones B.Ed (Hons) D.O. D.I.B.A.K. is a registered osteopath, a qualified teacher and as well as being a long standing teaching Diplomate of the International Board of Applied Kinesiology, holds diplomas in Psychotherapy, Coaching and Neuro Linguistic Programming. He has been teaching for more than 30 years in both Europe and Japan. For over 10 years he was on the faculty of the European School of Osteopathy where, amongst other things, he taught Functional Anatomy and Palpation into which he was instrumental in introducing advanced muscle testing. Active in I.C.A.K. for over 20 years, he has taught both the basic I.C.A.K. course as well as advanced courses in the U.K., Belgium, Holland and Germany. He is the author of a number of papers on AK and orthopaedic problems published in the AK literature as well as being trainer for the Sunflower Trust using AK & NLP to help children with learning difficulties.



What others have said about this course:

"A very popular AK course - a clear and extremely comprehensive set of notes together with plenty of time for practical application... a highly recommended course."

David H Gutteridge D.O.

"I enjoyed this weekend thoroughly! Information very reliable and succinct...Distinguish muscle testing better to explain syndromes, good quality muscle testing! This course explains the syndromes better i.e. femoral nerve entrapment I particularly appreciated those few nuggets of clinical experience that saves me from experimenting".

Daniel Cheung, BSc, DC

"A lot of positive stimulation... easily translatable to my practice". *Dr Schuleri G.P.*

"Good opportunity to revise and rekindle knowledge by Experiencing a different approach to common problems. Good value for people wanting to utilize AK more fully". *John Stevens, DO*

"Motivational and well-structured course, mixing humour with professionalism. Fantastic revision, good theory; highly practical and able to be implemented immediately. Good humour, fantastic knowledge based". *Tim Chapman, BSc. Ost.*

"Outstanding presentation of anatomy and Neurology". *Dr. Leon - Gynaecologist*

"Specialist courses such as this one help bring all the wealth of information & materials in AK together...Clive puts the material together & teaches it in an easy to understand way so that it can be used back in the consulting room on Monday morning.." *R Michael Basset D.C.*

"It helped me make sense of the vast info I received from the 100 hour course!" *Niklas Fougner, DC*

"Horizon expanding: a very refreshing course for the practice". *Dr Goldman G.P.*

"Very relevant on a practical level ... glad that I did it".
Dr. Lieble. Pain specialist

"The most student friendly course I have attended".
P. Waite D.C. M.C.S.P.

Applied Kinesiology & Nerve Entrapment: How to unscramble Hidden Problems with AK

An ICAK accredited, advanced course



"An excellent integration of a great deal of work in the AK field... Thoroughly recommended...Everyone who is serious about using AK in their practice should do this course. I wouldn't mind doing it a third time!"
Anne Mamok, DO

**With Clive Lindley-Jones
B.Ed. (Hons), D.O., D.I.B.A.K.**



If you want to master some of the best A.K. approaches to uncover common hidden patterns of dysfunction as well as diagnose and treat difficult, though frequently present, nerve entrapment problems, this is the seminar for you.

THE COURSE:

This practical, advanced AK seminar, which has recently been fully revised, reformatted and updated, is a must for any practitioner wishing to deepen their ability to find and treat both common nerve entrapment problems in the upper and lower extremity and find other hidden deficits relating to muscle, ligament and other dysfunction. This course offers you some of the best tools, for finding **hidden** problems that can regularly confound the AK practitioner without such understanding. As the late George Goodheart said, "You can't recognize what you do not know" and "You don't know what you don't know until you know what you didn't know."

This course will help you uncover problems that are only revealed through dynamic examination.

One of the most useful AK insights we will explore in detail is the **cascade of partially hidden muscle weakness** from causes such as reactive muscles, through strain counter-strain to fascial and gait problems, which will uncover many, previously hidden, patterns of dysfunction.

Once we have mastered these, we will go on to see how this knowledge can be vital in uncovering various nerve entrapment syndromes throughout the body. These will be explored in detail, step-by-step with easy to follow flow diagrams for use in the practice on Monday morning when you are under pressure to remember all the details, thus enabling you to more

easily uncover numerous difficult problems with confidence.

You will learn to put any patient through a detailed systematic screen to find what is - initially - hidden from view.

N.B. This is an advanced course; a facility in basic AK will be assumed.

Money Back guarantee: If after the first morning of this course you are not completely satisfied that you are going to learn an immense amount of practical, high quality, usable, AK to help you and your patients, simply hand in your 200 pages of notes and flow-diagrams and your money will be fully refunded.

N.B. This course can be tailored, on request, to run over two separate weekends or as an intensive three day course. To register an interest to attend the next UK course or to arrange for the course to be run in your own country please contact:

Course Organizer
Helix House Natural Health Centre
15 Warwick Street,
Oxford OX4 1SZ
UK
+44 1865 243351
info@helixhouse.co.uk

Just some of the things you will learn to diagnose and treat are:

GENERAL

* Systematic ways of using accurate, advanced muscle testing to gain a detailed analysis of any area of dysfunction going beyond what shows in the clear.

* Understanding how to use AK in evaluating Peripheral Nerve Entrapments that are more common than you thought.

* Uncovering the commonly present but often hidden cascade of partially hidden muscle weakness from reactive muscles, through strain-counter-strain to fascial and gait problems.

* How to put all these tools together in the practice in an easy to a manage manner - and what to do when you are stuck!

UPPER EXTREMITY

* How to uncover and treat the Five Nerve Entrapments of the shoulder and neck area.

* Dealing with the Acromio-clavicular Joint.

* The Slipped Bicipital Tendon of the Long Head of the Biceps.

* Six problems of Nerve entrapment in the Elbow.

* Carpal Tunnel Syndrome

* Quality muscle testing in the hand and how to act on the results.

THE LOWER EXTREMITY

* The Four Nerve Entrapments of the Pelvis.

* Meralgia Paraesthesia & other tough challenges of the pelvis

* Commonly missed dynamic factors that can contribute to knee dysfunction

* The two major nerve Entrapments of the knee

* Three Nerve Entrapments of the Foot.

* Patterns of pain associated with Foot Pronation.

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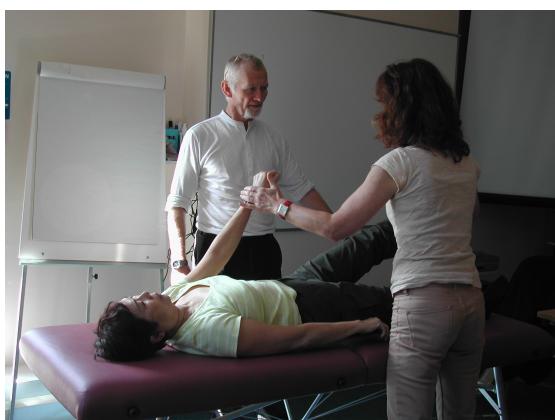
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