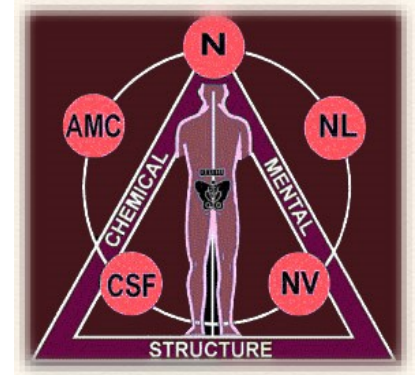


AK

Applied Kinesiology



Kinesiology (ki-ne'-si-ol-o-gy) is the study of the anatomy, physiology, and the mechanics of body movement in humans. It is used to evaluate and treat muscular imbalance or derangement.

Chiropractic also has its own brand of Kinesiology called Applied Kinesiology (AK). This science is very different in its application from the kinesiology that is taught in conventional colleges. AK is a post-graduate specialty in Chiropractic and is the system that forms the foundation for evaluation and treatment methods at Integrated HealthCare.

Chiropractic focuses on the nervous system, which is a communication "highway" that literally governs and controls all body systems. It is through this system that the body knows itself. The basic purpose of chiropractic is to remove any interference to the transmission of this "nervous impulse" so that the message of life can reach every cell. Every muscle has a nervous system component, which is its connection to action and relaxation. AK has evolved immensely in the last 50 years and is now used to tap into the body's "information superhighway". Its discovery has revolutionized the art and science of natural medicine and is practiced throughout the modern world. By isolating and testing the individual muscles, much can be learned about the body and the mind. AK can help find the answers.



- * Which system of the body is disturbed? - chemical, structural, or mental/emotional?
- * What connection to the nervous system that governs and regulates function, is disturbed? -vascular, lymphatic, motor, sensory?
- * Are there toxins disturbing regulation of function?
- * Is one system of the body inhibiting another? For example, is the jaw disturbing the function of the stomach? Or are the feet causing a shoulder problem that won't heal?
- * Is there one nutritional supplement that will work better than another?
- * Is the patient tolerant of one food and intolerant of another?
- * What will strengthen a muscle that is causing pain and disability? Is it a spinal segment out of place, emotional fixation, nutritional insufficiency, organ disturbance, toxic substance, or an allergy?

Treatments may involve specific joint manipulation or mobilization, myofascial therapies, cranial-sacral techniques, acupuncture, nutrition and diet, toxic load reduction, and various reflex procedures.

With a skilled practitioner using AK, the patient's innate intelligence becomes the authority for what needs to be supported. The doctor taps into the database of natural medicine to ask the question for what modality or medicine is best suited to support this patient's health – the innate intelligence of the body answers the question. Thus the patient and the doctor have teamed up to bring resolution and the best health outcome.

Please read more [Applied Kinesiology](#) and [SkaSyS](#), or set an appointment please call the office at 303-652-6475 or email Postmaster@IntegratedHealthCareClinic.com

