

# Applied Kinesiology

## Why We Use It and How It Works

Dr. Martin Orimenko has used Applied Kinesiology successfully for over 25 years in his practice. It is an integral tool to help get to the root cause of patients' imbalances as well as to carefully select the appropriate natural supplements and treatments that will get his patients the most efficient results. Some of the benefits of using Applied Kinesiology are that the testing is non-invasive, involves no additional cost, and it provides real-time information. Applied Kinesiology allows the doctor to determine all the various imbalances you may have, whether structural, organ-related, nutritional or even emotional. This information is used to help return your body back to balance. In addition, Dr. Orimenko is able to use Applied Kinesiology to determine imbalances that may be 'subclinical' (meaning a lesser problem than can be detected through blood-work or other lab testing). The benefit is that we can use the information to make corrections before a larger problem develops.

Applied Kinesiology entails testing the integrity of a group of muscles in response to various stimuli. The stimuli may be touching an organ reflex point on the body, or pushing gently on a vertebrae in your spine that may be out of alignment, or placing something you may be allergic to over an acupuncture point, or asking you to think about a specific stress in your life, etc. From a gentle pull on your arm, the response of the muscles will either be locking strong or 'giving out' in relative weakness. This information is then translated into a personalized treatment protocol specific to you, the patient. This approach of checking in with your body to see what it will and won't respond to greatly increases our ability to provide you with noticeable results in an efficient period of time. We find it far superior to giving the same treatment or supplements to everyone with the same condition because every patient is unique.

A more technical explanation of how Applied Kinesiology works is based on neurology. All muscles are controlled by the nervous system. When a muscle, organ, or gland is not functioning properly, the nerves send a message to the brain, which can then alter muscle function. The initial discovery, back in 1964, was that specific muscles would sometimes test weak even when no atrophy or other obvious problem was present. When balance was restored through adjustments or corrective nutritional supplementation for example, the muscle's strength would return. *Muscle testing is a tool used in Applied Kinesiology to test the function (not the strength) of the muscle based on physiological balance.* This allows the doctor to identify any imbalance, including structural faults, improper organ function, dietary sensitivities, nutritional deficiencies, infections, or otherwise, and then restore balance through conservative treatments such as joint manipulation, muscle work, diet, nutritional supplementation, neuro-emotional balancing, and/or exercises.