



Peak Performance Therapies: Applied Kinesiology

NAME:

DATE:

This worksheet is a supplement training guide to “Peak Performance Therapies: Applied Kinesiology” video published on May 18, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

This guide is the fourth video of our peak performance video series. We believe on having a team of highly skilled and experienced practitioners servicing all of your health requirements and needs. In this video, we discussed about applied kinesiology. What is it? How it can help you?

Download our FREE WORKSHEET for this video here:

<http://journeytopersonalgreatness.com/greatness-training-guide/>

What is Applied Kinesiology?

Applied Kinesiology (AK) muscle testing is a diagnostic system that is used to evaluate the individual's structural and chemical. Found by Dr. George Goodheart in 1964, AK employs muscle testing with other standard methods of diagnosis.

Applied Kinesiology muscle testing is performed using many specific muscle tests to see a real-time sensory-motor (input-output) response, along with a thorough patient history, neurological testing, orthopedic and laboratory work, to get a thorough understanding of a person's health problems and how to best deal with them.

However, muscle testing like arm pull-down test or other various modifications of muscle testing, to diagnose what may be going on with a person's health is sometimes misused and oversimplified. Check out how to do a correct simple test [here](#).

Define your purpose? What is the reason for you to consider chiropractor? Is it to cure pain, increase flexibility, enhance your performance?

Once you have the reason, you can easily build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeytopersonalgreatness.com