

Specialized Kinesiology

Private Sessions

Seminars & Training

Kinesiology is the study of how muscles act and co-ordinate to move the body. *Specialized Kinesiology (SK)* takes those concepts and applies them to the individual, using muscle checking as a form of body/mind biofeedback. In this way, muscle checking becomes a very effective and versatile tool for detecting and correcting various imbalances in the body, which may relate to stress, learning challenges, attention disorders (ADD/ADHD), injuries, retained primitive reflexes / under developed postural reflexes, and other physical or emotional difficulties which keep us from functioning at our full potential.

Clients remain fully clothed for Specialized Kinesiology (S/K) sessions.

Modalities marked * are advanced forms of S/K and require Touch for Health levels 1 to 4 or the K-Power Manual Therapy seminar series.

TOUCH FOR HEALTH™

Touch for Health developed from the Chiropractic's Applied Kinesiology and is a proven process of health management and improvement which helps us achieve our goals in health, performance, work, and relationships. It is a system of muscle checking and balancing that uses principles of

- Chinese medicine
- massage
- energy work, and
- postural alignment

in order to

- enhance strength
- improve energy, and
- release physical and mental stress, as well as pain.

Touch for Health (TFH) works by balancing the structural, bio-chemical and emotional elements of our bodies.

Rather than massaging painful, tight or strained muscles, in TFH we use light-touch muscle checking to locate and strengthen the weak muscles which are doing the opposite action to the tight muscles. Once balance is regained, tight muscles can relax.

Because muscle strength is lessened by anything that causes stress, muscle testing can also be used to evaluate:

- food sensitivities
- emotions
- exercises, and
- any life situation.

Wendy is a TFH Instructor / Assessor / Practitioner and teaches TFH Levels 1-4 twice each year, plus Top 10 Pain Releasers, Top 10 Stress Relievers, Kinesiology for Kids, Putting out the Fire of Fear, & K Power: Tibetan Energy & Vitality, Stress Release Made Easy + more.

RHYTHMIC MOVEMENT TRAINING Int'l™

a Brain Gym® - related system

(training counts towards Continuing Ed. credits for re-licensure as a Brain Gym Instructor/Consultant)

Developers: Dr. Harald Blomberg, Psychiatrist, Sweden
Moira Dempsey, Kinesiologist / former Teacher, Australia

This system of simple rhythmic movements can be done passively or actively. The movements mimic the developmental movements that

babies and infants automatically make as they grow. According to Dr. Blomberg, RMT affects the brain/body system by:

- Establishing links from the brainstem and cerebellum to higher brain centers for impulse control, thinking, and emotional balance
- Increasing nerve nets for faster processing of sensory input
- Balancing neurotransmitter output
- Enhancing coordination between the sensory, motor and nervous systems
- Uplifting mood
- Enhancing health, posture and stamina

RMT has multiple benefits: Dr. Blomberg now has a long track record of success (over 25 years) in Sweden helping children and adults overcome such challenges as ADD/ADHD, dyslexia, severe motor and learning difficulties, Autism / Asperger's, dyspraxia, sensory processing disorders, developmental delay, cerebral palsy, Parkinson's, and brain damage from injury or stroke.

Developmental Delays are linked to Stress: Dr. Blomberg says that one main cause of developmental delays is stress in utero, delivery, infancy or childhood. Stress can disrupt the automatic rhythmic and reflexive baby movements. Among their many "jobs," infant rhythmic movements and reflexes facilitate the growth of brain and nerve networks, develop the sensory systems, and train the body for coordinated balance, posture and movement—all basic building blocks for later learning skills.

- RMTi – 1 = RMT for Focus, Organisation & Comprehension
- RMTi – 2 = RMT for Emotions, Memory & Behaviour
- RMTi – 3 = RMT for Reading & Writing

Wendy is a RMTi Provider/Instructor and currently teaches RMTi levels &2, RMT for School Readiness, + Rhythm, Movement & Play. She sponsors **level 3** and **Face the Fear**. *Classes are open to parents & educators and health professionals (Physiotherapists, Occupational Therapists, Optometrists, Chiropractors, Psychologists, ND's, Nurses)*

S.I.P.S. KINESIOLOGY *

Stress Indicator Point System

A Revolutionary Way of Balancing the Body's Electrics - Muscles, Tendons and Ligaments of the Joints and more...in fact, there are SIP Points for every part of our Anatomy, as well as for Physiological Processes. The basic protocol is based on Ohm's Law of Amperage x Resistance = Voltage.

SIPS Kinesiology is one of the most innovative and powerful S/K techniques to be developed in recent years. It is a brilliant breakthrough that enhances a S/K practitioner's existing clinical skills.

Like Applied Physiology and LEAP-Brain Integration, this is an Advanced Kinesiology system. The techniques allow a session to explore a client's issues more deeply - physically, mentally, emotionally and/or spiritually – in an extremely gentle manner and with no real need to re-experience a past trauma.

In addition to offering powerful tools to release physical pain and increase range of motion, SIPS is a wonderful system for overcoming emotional trauma / Post Traumatic Stress effects **without having to talk about the event(s)**. Of particular use in cases of PTSD for Emergency / Police / Armed Forces personnel who cannot discuss cases yet can be deeply affected by events in their professional lives.

Wendy teaches Levels 1 & 2 and has taken SIPS Body Alignment Protocol, Physical Connection, & levels 3-7 (the complete SIPS series).

The above SK systems are ones which Wendy teaches. She also sponsors the N.O.T. and K Power systems and works with the following systems of SK:

APPLIED PHYSIOLOGY (AP)*

Applied Physiology is a comprehensive system that represents the state-of-the-art in this cutting edge field of Specialized Kinesiology, offering the means of addressing the most complex of health issues a practitioner might come across. AP can be used for pain, neurological disorders, emotional issues, or just everyday balancing for stress.

An Applied Physiology "session" - done fully clothed – involves:

- gathering information through talking, observation, and the use of light touch muscle monitoring, as a form of body-brain biofeedback (no machines);
- determining *Powers of Stress*, which can offer an indication of the amount of stress held in the body;
- the use of *Hand / Finger Modes* as the electro-magnetic language of communication between the brain-body system via muscle monitoring;
- applying energy balancing techniques to assist the person in healing themselves.

Correction Techniques may include:

- *Sound Hologram* (with Meridian Tuning Forks for correction)
- *7 Element Acupressure Hologram*
- *Neurolymphatic & Neurovascular Holograms*
- *Reflexology (Hand / Feet / Ears) Hologram*
- *Tibetan Figure 8's – Regular or Balancing with Meridian Tuning Forks or 5 Element Figure 8's* (using Chinese command points)
- **7 Chi Keys** – the "Crown Jewel" of Applied Physiology. It is a system of balancing the major nerve plexuses / endocrine glands using Acupressure (no needles) Command Points, AP Meridian Tuning Forks. Extremely effective for stroke, ABI, MS, pain, etc.
- *Specific Organ Hologram* – working directly with an organ system and its related stress – to clear acute, compensated and degenerative stress.
- *Multi Organ Hologram* – accesses a broader spectrum of stressed / dysfunctional states.
- **Flower Essence Hologram** – identifying and balancing emotional components of disease with Thought Forms, Feelings and Attitudes with Essences (specifically with the Bach Flower Essences, the Australian Bush Essences and the Desert Alchemy Essences). **NB.** Wendy works with **over 250 essences**.
- **5 Houses of Chi** – which moves chi on a very deep level.
- **Polarity & Advanced Polarity**
- **Centering** – *Hyoids, Gaits & Cloacals & Amino Acids*
- **Blood & Cell Holograms**
- **Anatomy & Physiology of the Applied Physiology system**

L.E.A.P. BRAIN INTEGRATION*

(Learning Enhancement Acupressure Programme)

Created by Charles T. Krebs, PhD whose work is now being researched at Harvard University

A QUANTUM LEAP in Understanding and Correcting Specific Learning Difficulties such as Dyslexia, Attention Deficit Disorder & Autism!

The Learning Enhancement Acupressure/Advanced Program, or LEAP[®], has been developed since 1985 in conjunction with clinical psychologists, speech pathologists, neurologists and other health professionals, as a very effective program for the correction of most learning difficulties. LEAP[®] is based on a new model of learning which integrates recent concepts in neurophysiology of the brain and uses highly specific acupressure formatting to address stress within specific brain structures. The application of specific non-invasive acupressure and other energetic techniques can then resolve these stresses resulting in a return to normal function. [See Dr. Krebs' article: *When is a dead cell not a dead cell? When it is idling.*]

Based on the hierarchy of brain function, **LEAP has been recommended by psychologists, teachers and other health care professionals because it consistently produces improvements measurable by standard psychological tests.** Because LEAP is based upon the hierarchy of brain function involved in the learning process, each step in LEAP has a reason both for its exact location in the Programme and its inclusion in the Programme.

Wendy has taken LEAP-Brain Integration courses: Levels 1-4, Environmental Factors, and Glial Cells.

NEURAL ORGANIZATION TECHNIQUE (N.O.T.)*

(NOT is open to medical professionals & practitioners of advanced systems of Specialized Kinesiology)
Created by the late Dr. Carl Ferreri, DC, PhC, SK

This system takes into account all of the various circumstances under which we live and recognizes that these circumstances influence the way the body responds to stress of any kind. It examines how these stresses register in the central nervous system.

The principles of N.O.T. are based on the primal survival systems of the species, each named for its primary function known as Feeding, Fight/Flight, Reproduction and the Limbic system. Dr. Ferreri considers the Limbic system to be a combination of the immune, repair, controlled growth and cellular reproduction systems, and is the internal system which ties the other 3 systems together into a cohesive life force.

N.O.T. specifically reorganizes your nervous system to that you can function in the way you were designed to function...as a self healing, self regulating and self perpetuating (tissue regeneration), integrated and organized organism.

What others have said about Wendy as a Practitioner:

"2 weeks prior to my cancer diagnosis, I was in excruciating pain - even on morphine. I'd tried everything. In one session, you got my pain level from 8/10 to 2/10 and it remained for the 2 weeks when I went in for my surgery. Thank you." Retiree

"After 6 months of working with my PT after knee replacement surgery, my knee could not bend on its own. At the end of my session with you [Wendy], my knee bent naturally. Thank you!" Retiree

"My brother had had a stroke 11-1/2 months before seeing you. His right leg was paralyzed, the right side of his mouth drooped, and his right arm and hand had no strength. After you worked with him, the right side of his mouth no longer drooped, his speech was clearer, and he was able to walk. Seven months later, my brother is working back in the field as a geologist and has a new wife. Thank you for your life changing work." Retiree

"I banged my head quite hard. Having had 2 brain surgeries, I knew my 11/10 pain would mean hospitalization & Demerol. Instead, you did an Applied Physiology session for me and got the pain to 0/10!"

Wendy Humphreys Tebutt

Educational & Specialized Kinesiology Instructor / Practitioner

Certified as a S/K Instructor / Practitioner in 1992, Wendy has taught S/K certification courses across Canada, special interest seminars at U of TO, & served as president of the Canadian Assoc. of S/K for 3+ years.

Wendy's view of S/K as a complementary therapy: "S/K makes the work you've done with your physiotherapist or massage therapist blossom exponentially! S/K's gift is that it honours the client's inner knowing."

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