Correction Procedures.......

When muscle testing reveals a weakness, muscles can be strengthened, tension and/or pain can be relieved, with one or more of the following procedures:

1. Neuro-Lymphatic Massage - Massage points are located mainly on the chest and back. They are usually tender spots and the tenderness is greater on the front than on the back. Using the fingers, the therapist massages each point for 20-30 seconds. The tenderness decreases as balance returns over several days.

It is interesting to note that the lymphatic system is often referred to as the "garbage disposal system" of the body. And it is true it detoxifies and drains undesirable fluids, but its good points need to be recognized as well. It carries proteins, hormones and fats to the cells, it makes one quarter of the white blood cells and aids in the production of antibodies. There are twice as many lymph vessels and lymph as there are blood vessels and blood in the body!

2. Neuro-Vascular Holding - Meridian points are located mainly on the head. Using a light touch, the therapist locates a slight pulse. This pulse is not related to the heartbeat, but is believed to be "the primitive pulsation of the microscopic capillary bed in the skin." After the pulse has been located on both sides of the skull, the points are held for 20 seconds up to 10 minutes. Muscles are strenghtened, circulation is improved and the related organ also benefits.

3. Acupressure Holding - In this case pressure is applied at traditional acupuncture meridian points...substituting pressure for puncture, fingers for needles! Two points are held at the same time on the same side of the body, an arm point and a leg point. Light pressure is maintained for about 30 seconds or until a pulse is felt in the leg.

There are other strengthening techniques to follow if the energy balancing has not produced the effect desired, i.e., the weak muscle now tests strong. And there are procedures to affirm the therapist's conclusions. All of these are outlined in detail in the textbook Touch for Health.