# USING APPLIED KINESIOLOGY AS FUNCTIONAL NEUROLOGY

Like any machine, your body runs best when it operates according to its original design.

Applied kinesiology (AK) is a diagnostic discipline used by any healthcare professional who is licensed to diagnose. It originated within the Chiropractic profession by George J. Goodheart, DC, in 1964. AK uses manual muscle testing (MMT) techniques to help determine individualized therapeutic needs. According to AK theory, MMT gives the brain necessary feedback on the functional status of the structural, chemical, and emotional aspects of human function. AK is a practice within alternative medicine uniquely different from "kinesiology", which is the study of human motion.

While it is not a requirement to be a functional neurologist, functional neurology often incorporates MMT and other medically recognized forms of analysis in order to diagnose health problems, including nutritional deficiencies. AK and functional neurology are based on the concept that certain muscle dysfunctions correspond to specific disease states or body imbalances.

Doctors of all kinds who use AK (Professional Applied Kinesiology; PAK®) may use it to help diagnose problems with neurological pathways, organ dysfunction, or allergies (including those to foods and drugs).

Chiropractic is the alternative healthcare profession whose purpose is to diagnose and treat mechanical spine and musculoskeletal problems by influencing the nervous system, thereby improving health. Chiropractors treat the whole body, not just its symptoms. Through a comprehensive diagnostic program, we quickly get down to not only the nature of the problem, but also to its underlying neurological and neuromuscular causes to unleash the power that heals.

Dr. Allen is a leader in the AK and functional neurology worlds. He has been studying AK since 1973 and using it in his clinical practice since first being licensed in 1977. He knows how to evaluate your nervous system and how to set it right. If you have not experienced the health that you desire, perhaps you should give us a call.