



CARI WRIGHT HHP
really relevant health care

Kinesiology

It is my priority to work directly with the body's intelligence. I use kinesiology to obtain information directly from the body. The body needs to be energetically balanced in order to collect accurate information from testing. In the Studio, I have reliable ways to assess if the body is in balance and therefore giving accurate information regarding one's stress and its resolution. We attain accurate and intelligent data through objective testing to create a customized treatment plan based on the most relevant priorities. No "one size fits all." This is the desired goal of clients seeking insight from their healthcare team. It is vital for an individual healthcare plan to be successful. Not only do we want to know what your specific needs are across time but what are your specific needs at this specific time regarding your chief complaint, today. What is the body priority regarding the therapeutic approach and resolution of your chief complaint? Then, how does this join up with the larger picture across time?

George Goodheart, Jr., D.C. was the first Westerner to document the intimate connection between the muscles and the meridian system and developed the pioneering system of Applied Kinesiology. He found that each muscle is directly associated with a particular meridian and realized that muscles and meridians are verified as an integrated system capable of delivering accurate, objective and timely information related to one's level of function and core stressors. For example, a weak middle deltoid muscle is correlated with a lack of energy in the lung meridian. Dr. Goodheart's discovery confirmed that the physical body and the Chinese meridian pathways are indeed integrated, and that manual muscle testing can monitor this integration effectively.

In more recent years, several schools of kinesiology have emerged. I am trained in a modality called Health Kinesiology developed by Jimmy Scott. I also use a different system of acupoint resonance testing called Quantum Reflex Analysis (QRA), which employs Dr. Yoshiaki Omura's Bi-Digital O-Ring Test (BDORT).

The science that supports the effectiveness of this technique is extensive. Dr. Omura applied for a patent in 1985, but the U.S. Patent Office took more than seven years of vigorous evaluation before officially granting a patent for his Bi-Digital O-Ring Test in 1993. The first patent application was almost rejected because the application seemed too unbelievable to be true. After three years of extensive research, additional supporting evidence was presented to the Patent Office. Upon review, the Patent Office agreed Dr. Omura obtained enough evidence and the clinical results he had claimed on his patent application; however, they wanted further evidence that other qualified medical doctors, dentists and scientists could obtain the same results. Therefore, unlike most U.S. patent applications, independent evaluations of the validity of the methods of Dr. Omura's BDORT were conducted by M.D.s and D.D.S.s with well-established reputations in their specialties and by professors in medical and dental schools. These independent evaluations took another three years to complete. After studying and repeating the experiments, the 11 experts confirmed the validity of Dr. Omura's patent claim, and his patent was granted! (Patent 5,188,107 - February 23, 1993)

Since those days there have been over 23 university studies done confirming the efficacy of the Bi-Digital O-Ring Test. Later in the 1990s, Dr. Marshall, Founder, President and CEO of Premier Research Labs and developer of QRA learned of the BDORT and adapted it in light of



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the discoveries in quantum physics by German scientists in the 1970s to form the testing component of QRA.

The Cortical Homunculus

The Physiology that supports the efficacy of BDORT can be demonstrated by something called the Cortical Homunculus. “We all know what bodies look like from the outside. This cortical homunculus is how your brain sees your body from the inside.”(Esther Inglis-Arkell) “It demonstrates how your brain sees your body according to the neural importance of various parts of your body. Researchers have mapped which parts of the brain control various parts of the body by stimulating the sensory or motor cortex of the brain with a weak electric current. The stimulation often produces tingling or movement in a certain part of the body. They discovered that the brain devotes large amounts of its cortex to the mouth, hands and feet.” (Dr. Forbes)

“In the 1930s, Wilder Penfield performed surgeries on patients with epilepsy. While he had a live brain on the table, he figured he might as well poke around a bit. The doctor gathered data, determining the specific aspects of the cerebral cortex that control specific voluntary body functions and feeling. What he discovered was a vastly distorted view of the human body: the cortical homunculus. There is little need for the brain to know what's going on in the arms and legs. All these limbs need to do is stay out of an open flame and get your hands and feet to the right places. The hands, the tongue, the genitals, and the facial features are extremely important, and give people a ton of sensory information. As a result, they take up a lot of brain space. Although the cortical homunculus is a curiosity, Penfield's work in mapping the brain's relationship to the body was invaluable”. (Esther Inglis-Arkell).



“This figure is an example of what the body would look like if you weighted how much control the brain devotes to various parts of the body. As you can see, the hands, feet and mouth areas are greatly exaggerated” (Dr. Forbes).

In other words, “The cortical homunculus represents the importance of various parts of your body as seen by your brain.” (Esther Inglis-Arkell)

This is the scientific and anatomical proof behind the value of the BDORT. The hand captures an enormous amount of real estate in the brain and creates the mechanism behind it's precision as a health instrument fueled by the bodies intelligence.

Kinesiology via use of BDORT is an excellent tool to analyze one's healthcare situation in order to best create an effective and relevant treatment plan in the least amount of time.