



Canberra Kinesiology

Radiant Health & Wellbeing

Research Study:

**The Effectiveness of PKP Kinesiology in
Reducing Stress, Anxiety and Depression**

**By Diane Poole
Canberra Kinesiology
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location: Vitality Health Centre Unit 22 Cnr Scollay & Reed St North Greenway | www.CanberraKinesiology.com.au
phone: 61624102 | fax: 61624103 | mobile: 0428 363 010 | email: info@canberrakinesiology.com.au
Consultations and Workshops

The Effectiveness of PKP Kinesiology in Reducing Stress, Anxiety and Depression

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Abstract

This study has shown that the Professional Kinesiology Practice (PKP) protocol of Kinesiology reduced the stress, anxiety and/or depression levels in ten people after they received three sessions of Kinesiology over a 6-10 week period.

Introduction

Kinesiology is the study of muscles and their movement, esp. as applied to physical conditioning. [Gk. Kinesis, movement (kinein, to move) + -logy.]⁽¹⁾ The PKP Kinesiology therapy protocol works with the science of energy balancing and is grounded in the study of anatomy and physiology. The PKP protocol uses muscle testing* and a wide variety of therapeutic techniques to detect and correct imbalances in the body's structural, electrical, chemical, mental, emotional or other energy systems. The manual and non-manual therapeutic techniques re-activate the body's innate healing ability and facilitate improved performance in all areas of a person's life including their physical and mental health and wellbeing.

* **Muscle testing**, as used in Applied Kinesiology, shows that benign physical stimuli – for instance, beneficial nutritional supplements – can increase the strength of certain indicator muscles, whereas hostile stimuli causes those muscles to suddenly weaken. The implication is that at a level far below conception consciousness, the body “knows”, and through muscle testing is able to signal, what is good and bad for it. For example there is universally observed weakening of indicator muscles in the presence of a chemical sweetener; the same muscles strengthen in the presence of a healthful and natural supplement. Indicator muscles also strengthen or weaken in the presence of a positive or negative emotional and intellectual stimuli, as well as a physical stimuli.⁽¹⁾

In Australia the cases of reported stress and mental illness is on the rise. Findings from the Stress and Wellbeing in Australia Survey 2013 undertaken by the Australian Psychological Society⁽²⁾ indicated that:

- *Australians had significantly lower levels of wellbeing and significantly higher levels of stress and distress, and depressive and anxiety symptoms than in previous years.*
- *More than one in ten Australians reported anxiety symptoms in the severe to extremely severe range.*
- *Almost one in seven Australians reported depressive symptoms in the severe to extremely severe range.*

This comes at a significant personal and financial cost to individuals, families and the community. “The national recurrent expenditure on all mental health-related services in 2011–12 was estimated to be just over \$7.2 billion, or \$322 per person, an increase from \$282 per person in 2007–08.”⁽³⁾

With these trends there is a great imperative to raise the profile and validity of Kinesiology in helping individuals and the community to reduce stress, anxiety and depression and to help people with these conditions feel confident that Kinesiology can help them. Many people suffering from stress,

anxiety and/or depression have reported feeling better after receiving a Kinesiology balance, but we need more evidence-based research that demonstrates that Kinesiology is an effective therapy in for improving stress, anxiety and depression. Hence, the purpose of this research is to test the effectiveness of PKP Kinesiology in reducing stress, anxiety and depression levels.

Methods and Clients

There were 10 volunteer participants in the study population - 1 male and 9 female. The mean (average) age of the population was 35.7 and the median age was 35. Participants satisfied the following study requirements:

1. aged 18 or over
2. have self-reported symptoms of stress, anxiety and/or depression
3. not have self-harming or suicidal tendencies or a diagnosed major mental illness
4. attended 3 Kinesiology sessions over 6-10 weeks
5. completed a self assessment form (The Depression, Anxiety and Stress Scale –short version DASS-21) before and after the three Kinesiology sessions.

Each participant received 3 Kinesiology sessions (balances) over 6 to 10 weeks, the frequency depending on what was indicated as best for them using muscle testing. For each session the PKP Kinesiology practitioner protocol was used to balance the volunteer's energy systems in relation to the health and wellbeing goal they wished to achieve. The key elements of the PKP Protocol included:

- Establish an accurate muscle test
- Prechecks eg hydration, ionisation, central meridian integrity etc
- Goal for the session
- Issues in relation to the goal and the priority issue to work on
- Emotion/s on the Goal
- Stress on the goal before and after the session
- Life energy toward the goal before and after the session
- Pretests relevant to the Goal eg Centering, Auricular processing, Visual Inhibition, Body Polarity
- Pre-Activities relevant to the Goal eg an activity/situation/thought that causes stress
- 14+ meridian muscle assessment
- Willingness to release the need for the problem – physically, mentally, emotionally spiritually, socially etc
- Willingness to accept the benefits of the goal – physically, mentally, emotionally spiritually, socially etc
- Determination to do what's needed to implement the goal – physically, mentally, emotionally spiritually, socially etc
- Safety and protection measures during the implementation and outworking of the goal – physically, mentally, emotionally spiritually, socially etc
- Sabotage Programmes on line
- Life Path clearing needed for growth
- Priority corrective techniques (using finger modes**) with emotions, awareness gained, age recession etc
- Acceptance and taking responsibility for implementing the goal/balance
- Home reinforcement/support needed to maintain the goal/balance eg – physical/exercise, mental/emotional/spiritual, foods/supplements, flower essences, other etc

***Finger modes* refer to the PKP 'coded database' of manual and non-manual therapeutic techniques for balancing an individual's energy systems. Techniques are drawn from a variety of

eastern and western philosophies and therapies including – Anatomy and Physiology, Traditional Chinese Medicine, Reflexology, Neuro-Linguistic Programming, Chiropractic, Aromatherapy, Flower Essences etc.

For each Kinesiology session muscle testing was used to identify each participant’s priority therapeutic technique/s, which were then applied by the practitioner. This process continued until, in most cases, the participant muscle tested strong on the Goal they were working towards. **See Figure 1** for the summary of pretests and finger modes used for each participant.

From the completed DASS-21 forms, scores were obtained on each participant’s percentage of stress, anxiety and depression before and after the 3 three Kinesiology sessions.

Statistical Analysis

Fig 1: Participant Pretests and Finger Modes

Participant ID	Pretests used	Finger modes used
SEM04008-1	-	El2halfb Blood Chemistry Sp8f Protection Ritual Em5halfb Conflict Resolution Sp7halfe Life Path Reactive EI Meridians SF7d Cheirology Reactive EI5 Auric Fields El2c Central Meridian El10a Aromatherapy Amygdala Reactive Emotions Em1 Frontral/Occipital Holding Em5halfc Attitude Reversal El1a Specific NV Em12half Gem Em4a Affirmation PE3b Supplement PE6halfa Lifestyle personal
SEM04008-2	Gaits, Visuals Inhibition, Body Polarity	El2c Central Meridian El10a Aromatherapy Em1half Postural Stress Release Em5halfc Attitude Reversal St1halfb Vertebral Reflex-Fixation PE 6c 6 Stages of Nutrition PE 3b Supplement Add Organ Arterial Flow Surrogate Person St 4 Specific Muscles GAI General Adrenal Imbalance PE 4 Specific nutrition St4+ Ligament Stretch Em2a Neuro Emotional Reflex El1a Specific Neuro vascular PE6halfa Lifestyle Personal PE14halfa Exercise Enhancement
SEM04008-3	Gaits, Visual Inhibition	El2halfb Blood Chemistry PE13a Inheritance Factors PE 4- Biochemical Pathways Em5halfc Colour Profile Sp8f Protection Ritual Reactive Emotions El10a Aromatherapy/Amygdala El2c Specific Meridian Sp9a Enhanced Neurological Performance Sp7c Third Eye Beaming Em5halfc Attitude Reversal Em12 Flower Essences Em4halfc Forgiveness Em1 Frontal/Occipital Hold Em2d Neuro Emotional Reflex Em10 Phobia PE Surrogate Gland PE5halfa Voll’s Allergy El13halfa Hypothalamic reset PE3a Food Add PE14halfa Exercise Enhancement
SEM04008-4	Visuals Inhibition, Body Polarity	Reactive PE Gland/Hormone Em1halfa Postural Stress Release St5halfa Quassi Voll Mismatch PE12a Specific Cleanse Reactive EI5 Auric Fields Em12half Gem STPE Learned Belief Em5halfb Conflict resolution Reactive EM14 - Self Image El10a Aromatherapy- amygdala St10 Reactive Chakras Self8e Self concept PE4- Biochemical Pathway Em13b Homeopathic Em5b Colour/Polarised light Pe6halfa Lifestyle changes PE 14halfa Exercise Enhancement PE3b Supplement
SEM04008-5	Gaits	El2c Central Meridian NE Em5halfc Attitude Reversal El10a Aromatherapy Amygdala Em12half Gem St10 Chakra nerve plexus Sp8halfa Bondage Em 1a Frontal/Occipital Hold Em10 Phobia El2c Governing Meridian NE EI5 Auric Fields Em2a Specific NE Reflex Em2halfc NLP eye mode Em 4b Temporal Tapping Reactive Emotions Sp9c Angel Card w/o interpretation PE 6half a Lifestyle change PE 2c Nutrition PE3b Supplement PE 8a Specific NL L Em12 Flower Essence

SEM04008-6	Hyoid	EI2c Central Meridian Em5halfc Attitude Reversal EI10a Aromatherapy Amygdala Em10 Phobia EI1a Specific NV St4a Specific Muscle Diaphragm PE 5+ Intercostal Muscle Reset Reactive St Muscles EI2c Governing Meridian PE 5++ Sustained muscle use Em2b ESR Em5halfb Conflict resolution Em12 Flower Essence Reactive EI5 Auric Fields Em4- Attitude Change PE 8a Specific NL PE 3b Supplement PE6half a Lifestyle Personal
SEM04008-7	Hydration, Gaits	Governing Meridian VR & NE EI10a Aromatherapy Amygdala Em5halfc Attitude Reversal Reactive Neurotransmitters St13half Dysfunctional tissue St+PE Learned belief PEPalm – Organ surrogation PE10a Allopathic Toxicity PE4- Biochemical Pathways Em12 Flower Essence St10 Chakra nerve plexus PE3a Add Food PE 6halfa Lifestyle Em2a NE Reflex Sp6b Spiritual connection Em13b Homeopathic
SEM04008-8	Cloacals, Gaits, Visuals Inhibition, Auricular energy	Em12half Gem Em2a Neuro Emtional Reflex EI 2c Gov and Central Meridians Reactive PE - Gland/ HormoneEI10a Aromatherapy – Amygdala Polarised Acupuncture Em11 Allergies Reactive Emotions EM5halfb Conflict resolution Em2halfc NLP Eye mode Sp8f Protection Ritual Surrogate Electrical Sp7halfe LifepathEM10 Phobia Em1 Frontal/Occipital StPE Thumb – Learned Belief PE6halfa Lifestyle personal Em4a Affirmation PE 8a Specific NL Sp9b Cards without interpretation
SEM04008-9	Cloacals	Reactive Em – Roles Reactive PE – Glands EI2halfb Blood chemistry St5halfa Quasi Volle Allergen St4 Specific muscle PE 14halfa Exercise enhancement Em1halfa Postural Stress release StF 6halfe Foot Reflexology Em2halfc Eye Mode NLP PE3a Food add/Delete St7a Brain-gym Pe6halfa Lifestyle personal PE3b Supplement Em2a NE reflex
SEM04008-10	Auricular energy	Em1halfa – Postural Stress Release Reactive St10 Chakras Em12 Flower Essence EI2c Central Meridian PE13a Inheritance Factors Em10 Phobia EI2c Meridian over energy Reactive EI5 Auric Fields Sp7halfc Lifepath EI10a Amygdala Aromatherapy Sp8half Negative Energy Input Em1a Frontal Occipital hold PE 3b Supplement PE 6halfa Lifestyle Personal

Figure 2: Percentage of Stress, Anxiety and Depression Before and After Kinesiology

Participant ID	% Stress Before Kinesiology	% Stress After Kinesiology	% Anxiety Before Kinesiology	% Anxiety After Kinesiology	% Depression Before Kinesiology	% Depression After Kinesiology
SEM04008-1	71	33	57	29	86	10
SEM04008-2	57	43	48	38	67	33
SEM04008-3	43	19	0	0	29	10
SEM04008-4	76	24	62	24	81	5
SEM04008-5	67	33	43	19	86	38
SEM04008-6	52	33	0	0	5	5
SEM04008-7	57	48	43	38	29	14
SEM04008-8	67	6	33	10	81	33
SEM04008-9	43	5	33	10	24	0
SEM04008-10	100	29	86	19	100	19
Mean	63.30	27.30	40.50	18.70	58.80	16.70
Median	62.00	33.00	43.00	19.00	67.00	10.00

Figure 3: Average Improvement in Stress, Anxiety and Depression After Kinesiology

Measure	Mean Before Kinesiology	Mean After Kinesiology	Difference Between Before and After	% Improvement
Stress	63.30	27.30	36.0	56.87
Anxiety	40.50	18.70	21.8	53.83
Depression	58.80	16.70	42.1	71.59

Results

Results For Stress

The mean stress levels before receiving Kinesiology was 63.30 % and after 27.30%. The study population showed an average improvement of 56.87% in stress levels after receiving Kinesiology.

Figure 4: Histogram - % Stress Before Kinesiology – Distribution Normal

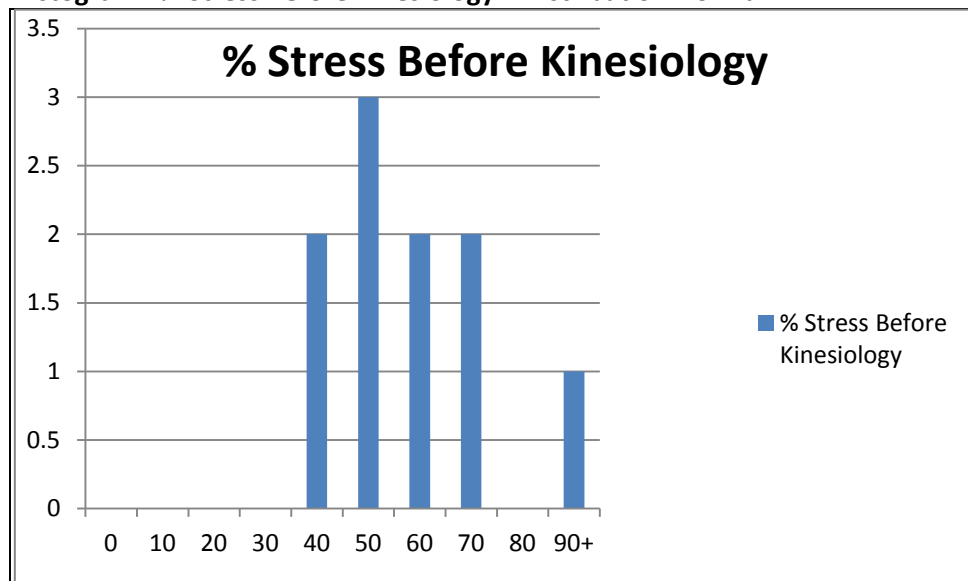


Figure 5: Histogram - % Stress After Kinesiology – Non-normal Distribution

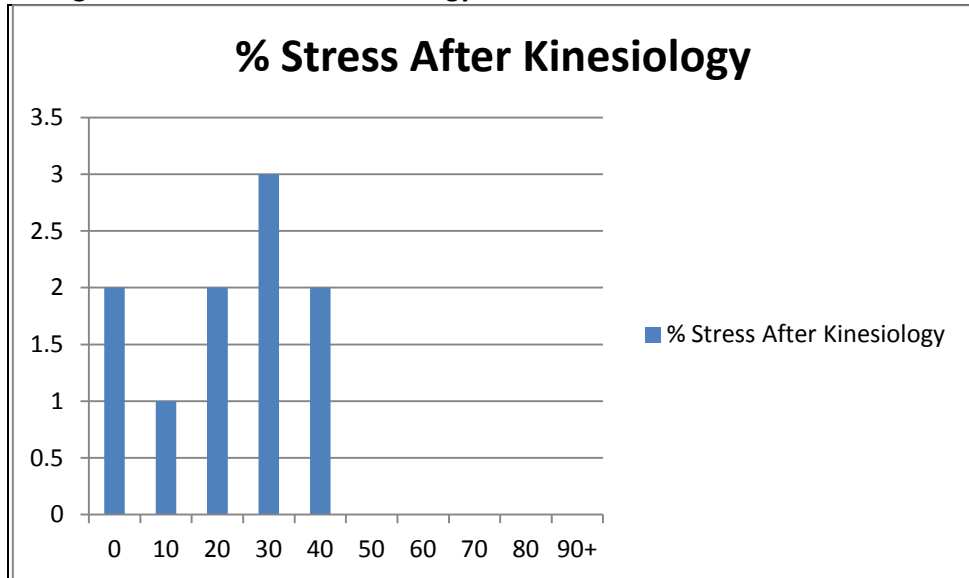


Figure 6: t-Test: Paired Two Sample for Means for Stress Levels Before and After Kinesiology

	Stress levels before Kinesiology	Stress levels after Kinesiology
Mean	63.3	27.3
Variance	291.7888889	200.6777778
Observations	10	10
Pearson Correlation	0.153408686	
Hypothesized Mean Difference	2	
Observed Mean Difference	36	
Variance of the Differences	418.2222222	
df	9	
t Stat	5.257452582	
P (T<=t) one-tail	0.000261249	
t Critical one-tail	1.833112933	
P (T<=t) two-tail	0.000522498	
t Critical two-tail	2.262157163	

Comment: The P(T<=) two-tail is less than 0.05. This shows that the Stress levels before Kinesiology sessions are significantly high compared to after having the Kinesiology sessions.

Results For Anxiety

The mean anxiety levels before receiving Kinesiology was 40.50% and after 18.70%. The study population showed an average improvement of 53.83% in anxiety levels after receiving Kinesiology.

Figure 7: Histogram - % Anxiety Before Kinesiology – Non Normal Distribution

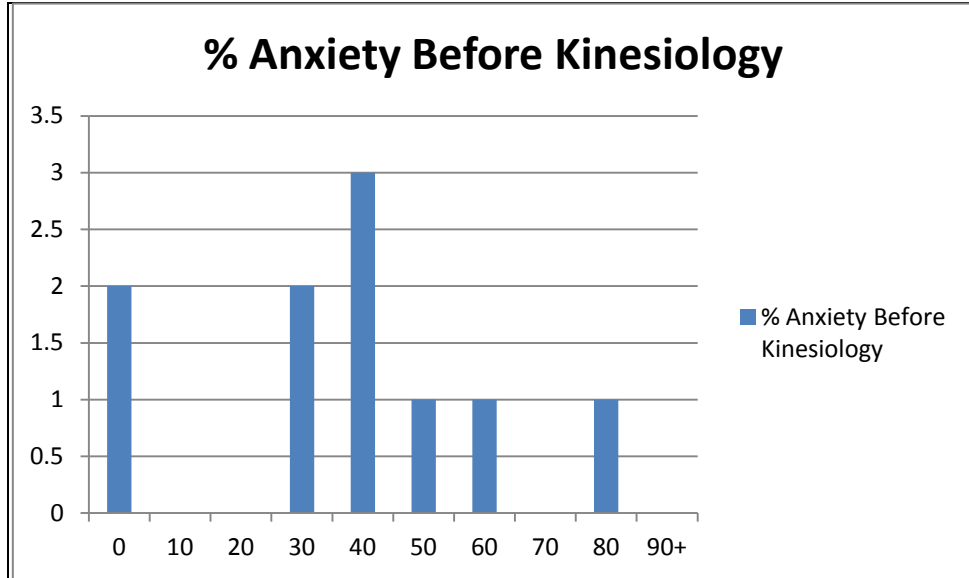


Figure 8: Histogram - % Anxiety After Kinesiology – Normal Distribution

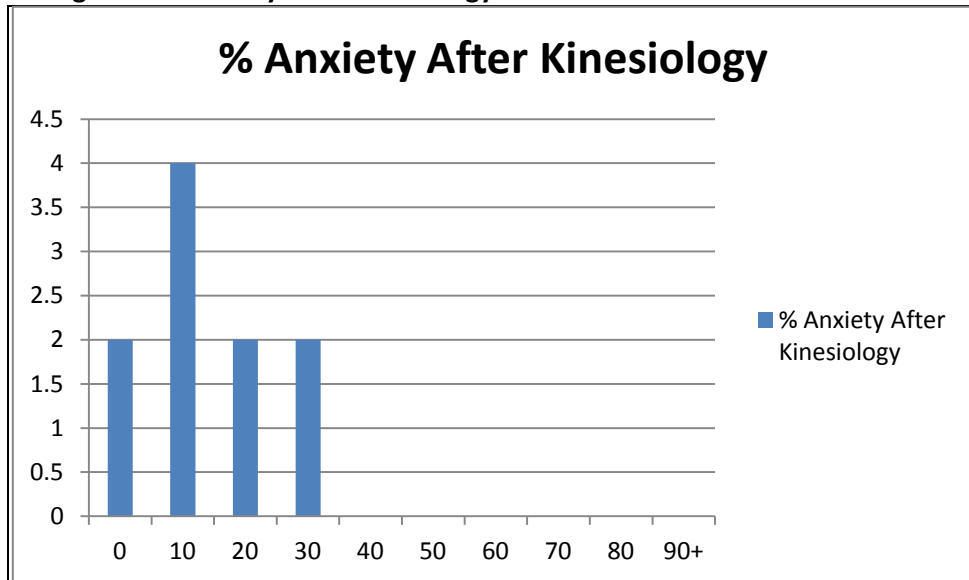


Figure 9: t-Test: Paired Two Sample for Means of Anxiety Levels Before and After Kinesiology

	Anxiety levels before Kinesiology	Anxiety levels After Kinesiology
Mean	40.5	18.7
Variance	696.2777778	192.2333333
Observations	10	10
Pearson Correlation	0.648865632	
Hypothesized Mean Difference	2	
Observed Mean Difference	21.8	
Variance of the Differences	413.7333333	
df	9	
t Stat	3.078257414	
P (T<=t) one-tail	0.006588503	
t Critical one-tail	1.833112933	
P (T<=t) two-tail	0.013177006	
t Critical two-tail	2.262157163	

Comment: The P(T<=) two-tail is less than 0.05. This shows that the Anxiety levels before Kinesiology sessions are significantly high compared to after having the Kinesiology sessions.

Results For Depression

The mean depression levels before receiving Kinesiology was 58.80% and after was 16.70%. The study population showed an average improvement of 71.59% in depression levels after receiving Kinesiology.

Figure 10: Histogram - % of Depression Before Kinesiology – Non-normal Distribution

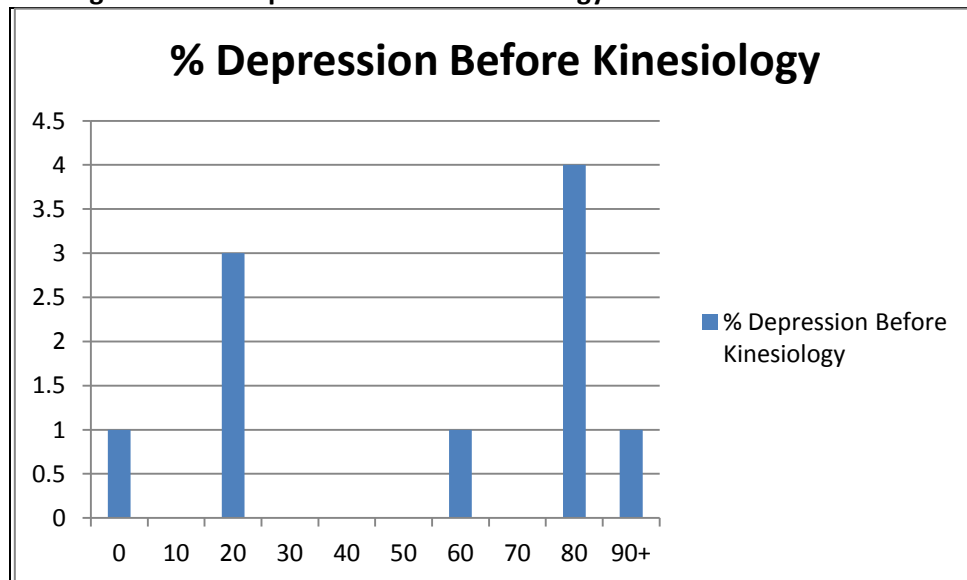


Figure 11: Histogram - % of Depression Before Kinesiology – Normal Distribution

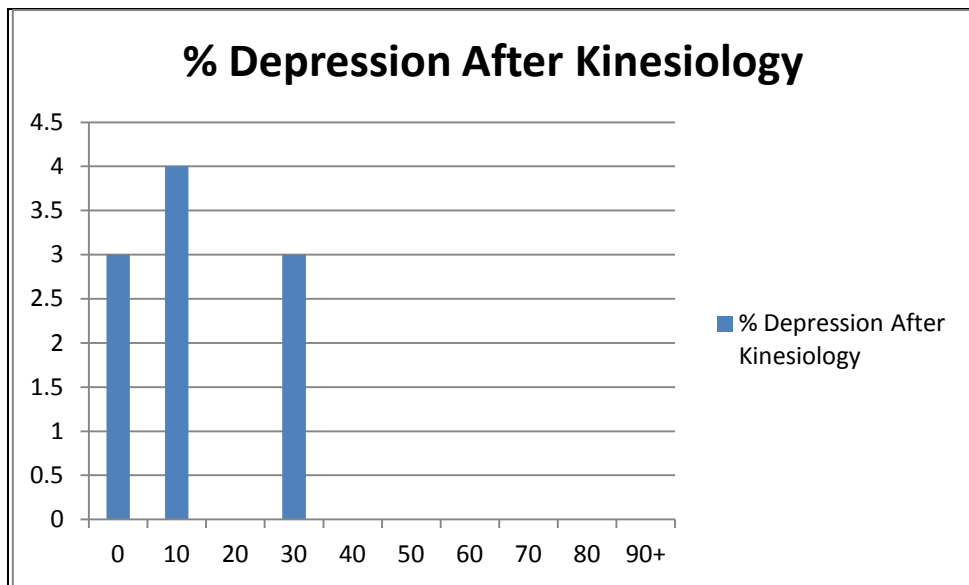


Figure 12. t-Test: Paired Two Sample for Means for Levels of Depression Before and After Kinesiology

	Depression Levels Before Kinesiology	Depression Level After Kinesiology
Mean	58.8	16.7
Variance	1123.511111	182.2333333
Observations	10	10
Pearson Correlation	0.54474688	
Hypothesized Mean Difference	2	
Observed Mean Difference	42.1	
Variance of the Differences	812.7666667	
df	9	
t Stat	4.447965711	
P (T<=t) one-tail	0.000802453	
t Critical one-tail	1.833112933	
P (T<=t) two-tail	0.001604907	
t Critical two-tail	2.262157163	

Comment: The P(T<=) two-tail is less than 0.05. This shows that the Depression levels before Kinesiology sessions are significantly high compared to after having the Kinesiology sessions.

Conclusion

The results of this study clearly illustrate that the level of stress, anxiety and depression before 3 PKP Kinesiology sessions are significantly higher (as shown by the mean and the P values less than 0.05) than the level of stress, anxiety and depression after 3 PKP Kinesiology sessions.

For this study population, after receiving 3 PKP Kinesiology sessions, the average improvement in the stress level was 56.87%, in the anxiety level was 53.83% and the depression level was 71.59%.

The study demonstrates that PKP Kinesiology is effective in reducing stress, anxiety and/or depression.

Reference

- (1) *Power vs. Force*, The Hidden Determinants of Human Behaviour. David R. Hawkins MD PhD 2002
- (2) *Stress and Wellbeing in Australia Survey 2013* <http://www.psychology.org.au/>
- (3) <https://mhsa.aihw.gov.au/resources/expenditure/> source: *AIHW 2013*. Health expenditure Australia 2011–12. Health and welfare expenditure series 50. Cat. no. HWE 59. Canberra: AIHW.