



Friday, February 5, 2007

Health News Updates are a free service provided by King Institute, Inc. Please feel free to print and give these to your family, friends and clients and let them know they can receive them direct.

KIMA to get revamped in 2007; How can you help?

What's \$20 a month to you?

Is it four cups of coffee? How about a nice meal at your favorite restaurant? Maybe it's all that loose change cluttering up your car ashtray or weighing down your purse.

When you really think about it, it's not very difficult for the average American to find \$20 somewhere.

The Purpose

Have you ever planned on attending a TKM class, only to find out later that it was cancelled because not enough people were registered to attend it?

How about wanting to purchase some books and videos using a KIMA Journal coupon only to realize that you've already used yours for the quarter?

Or, have you ever needed to visit the Institute for an evaluation or treatment by Dr. Glenn King, but simply didn't have the funds to afford the trip to Texas?

For those who may have forgotten, the King Institute, Inc. is a nonprofit health organization, that was originally designed to operate using financial contributions from generous sponsors. These contributions will enable the Institute to fund more projects and support the growing number of those who desperately need help but can't otherwise afford it.

We truly appreciate the sponsors we have that contribute on a regular or one time basis. Although, the demand for help is rapidly increasing and it is now coming from around the globe. Four countries in just one month seriously requesting our help. The need for

projects planned to be completed in order to provide proper help have increased. **We are facing an opportunity to help people on a much larger scale and serve the main purpose God placed on Dr. King's heart years ago.**

We understand that most of you paid for your classes, sessions and materials, and feel you have completed your support, but there is a much grander perspective to see for those who what to be a part of something much larger. These tuitions and fees have been to keep the Institute operational. **That's why it is necessary to charge for sessions and class tuition in order to keep the Institute running.** Many times, when necessary, the Institute's practitioners and instructors have forgone session fees and class tuition payments for individuals who need the help but simply can't pay, another flexibility afforded due to our nonprofit status and your support.

Time and again, God has been faithful in providing the funds the Institute needs to maintain itself. However, its mission and ministry were meant to accomplish so much more. This is evident in the recent pre-sale of the new Textbook, a project that has been in the works for a very long time.

The new Textbook was incepted years ago. However, projects of that magnitude require substantial capital to even get started. Software must be purchased and computers upgraded or purchased. Many were involved and thousands of man-hours must be put into designing it, write it and edit it. And that's all even before printing and binding costs are factored in.

Another monumental project was the Energy Sphere DVD, which was also

promised sooner but unable to manifest until last year. Production crews had to be hired and equipment rented.

All of this requires money, even before the finished products are available for purchase. The original TKM® video took five years of sales to pay for production costs. But with so much need at our current support level, the Institute's hands are tied as to what projects it can afford to take on at a time.

The Philippines trip is an example of serving needs that are increasing. We thank everyone who sponsored Dr. King to travel to the island nation and share TKM®. The Filipinos' response was phenomenal, and they have requested him to return several times to spread the much needed help throughout the country.

Made possible by a committed support team. It all depends on the support team that will rally for the need of others. More countries are also calling for similar help. There is a need to bring other instructors or assistance for some of these trips to provide help for the demand. This organization has had a vision to reach the world since the beginning, and our ability to help those around the world depends on committed support team members like you!

KIMA 500

You've seen what TKM® can do. You know how it has helped you and your loved ones. And you know that this knowledge is priceless.

That is why, starting in September 2007, King Institute Method® Association (KIMA), is going to do what it was originally designed to do. Next year, KIMA will become KIMA 500.

We've done the math. If 500 people contribute \$20 or more per month, then the Institute will have sufficient funds to

Upcoming TKM® Classes

Classes subject to change without notice.

For more information on classes or to register, visit the Calendar page at www.kinginstitute.org.

NEW TKM®: Level 1 and 2

based on the NEW TKM® Textbook

Date: Feb. 13-17

Location: Carrollton, TX

Instructor: Dr. Glenn King, PhD

Tuition: \$800 Deposit: \$400

TKM®: EMT

Date: Feb. 16

Location: Sebring, FL

Instructor: Dr. Jim Robertson, ND

Tuition: \$175 Deposit: \$85

TKM®: EMT and Self Help

Date: Feb. 23-25

SPACE LIMITED!

Location: Columbus, OH

Instructor: Dr. Glenn King, PhD

Tuition: \$400 Deposit: \$200

NEW TKM®: Level 3 and 4

based on the NEW TKM® Textbook

Date: Mar. 6-10

SPACE LIMITED!

Location: Carrollton, TX

Instructor: Dr. Glenn King, PhD

Tuition: \$800 Deposit: \$400

TKM®: EMT and Self Help

Date: Mar. 8-10

Location: Westminister, MA

Instructor: Derenda Pitzele

Tuition: \$400 Deposit: \$200

NEW Special Topic TKM®: Charts

Date: Mar. 16-17

SPACE LIMITED!

Location: Carrollton, TX

Instructor: Dr. Glenn King, PhD

Tuition: \$300 Deposit: \$150

TKM®: EMT and Self Help

Date: Mar. 29-31

Location: West Palm Beach, FL

Instructor: Dr. Jim Robertson, ND

Tuition: \$400 Deposit: \$200

TKM® Missions: EMT, Level 1 & 2

Date: April. 14-18

Location: Quezon City, Philippines

Inquire at Institute

cover its annual basic operational needs and more. Not only will we be able to cover the essential overhead, but we can start taking on more projects, such as the children's book, the music therapy CD, and translation of all the materials into foreign languages, and the original Japanese documents into English. Although we have wonderful volunteers ready to translate, the need to purchase the necessary compatible software and equipment for them to use. And, with the volume of work, the need to hire more full time staff arises.

This foundational support will free the Institute from current restrictions, such as allowing us to lower the required minimum number of people to hold a class outside of the Institute (the current minimum is 25 registered students). This will also allow the Institute to keep its current class tuition prices and not have to raise them (our tuition has been the same since 1995, and we don't want to raise it if we really don't have to!).

And, most importantly, it will allow us to help more people who can't afford it.

People who are sick just want to get well, and we want to help them without burdening them with financial strain. TKI has a heart to reach out to these people and we often reduce or waive their session fees or class tuition. We want to be able to do this for every single person who comes through our doors in that situation, and the ongoing support of members from KIMA 500 will allow us to do so.

What's \$20 a month to TKI?

Twenty dollars a month can help us help those in need, and by contributing financially, you are a part of our mission as much as we are: helping people restore their health through TKM.

With your \$20 a month, we can get the books published and sent to people around the world to help themselves get well. With your \$20, we can take the mission trips to the Philippines and other countries whose people can't afford any type of health care. With your \$20 a month, we can properly train more practitioners who we can send to help those who cannot make it to the Institute.

Your \$20 can do a lot.

The Benefits

We haven't set in stone what the exact benefits for a KIMA 500 member are yet. Much of it will depend on the responses that we receive from you, so please take the time to send us a letter or e-mail us to let us know what you think.

But here are some of the options we are seriously considering.

Members will receive a free T-shirt as well as the KIMA Journals every quarter. Not enough, you think? How about FREE SHIPPING on ANY TKM product that you buy? KIMA 500 Members can also have access to a special online message board like KIMA-Talk, our online community, where you can bring all your TKM and health related questions and share your stories.

And best of all, members will have a new special discount percentage off classes across the board. No more having to worry about coupons. You'll automatically receive the percentage off the tuition balance (anything owed beyond the nonrefundable deposit) of any class you take for just being a member!

And, as long as you are a member, NONE of these benefits will expire or be limited. And, your contributions are tax deductible. Although, I hope the motivation is for a higher purpose.

Time for Action

If you believe in our cause and our work, then we encourage you to join our support team. And please send us a letter or e-mail to let us know that you will become a member of the KIMA 500 and to share some of your ideas as well. And tell others about it and encourage them to support this organization's outreach as well.

We invite everyone to join the team and altogether we can make this happen.

Send a letter by e-mail to

info@kinginstitute.org

or mail it to

King Institute, Inc.

P.O. Box 118495

Carrollton, TX 75011

Caffeine can elevate PMS

By Christine Dao

Women may have another reason to request flowers instead of chocolates for Valentine's Day this year. Caffeine could elevate the symptoms of premenstrual syndrome in most women. In fact, many doctors in the U.S. recommend for their women patients to abstain

from consuming caffeinated products days and even weeks prior to their period.

This is not new news, considering that an article published in a 1989 issue of *Psychology Today* cited research conducted in Chinese women for the effects of caffeine on PMS.

One hundred eighty-eight Chinese nursing students and tea factory workers were the ideal subjects for the study since the only source of caffeine came from tea. Other factors, such as exercise and diet, could be ruled out since 90 percent of Chinese women rode bicycles daily, and none of them used alcohol, tobacco or oral contraceptives. They also ate mostly vegetables, rice and pork versus beef and refined sugar products. The nursing students did not consume any tea containing caffeine while the tea factory workers did.

The researchers found that 40 percent of the nursing students reported symptoms of PMS while 80 percent of the factory workers reported the same.

A large majority, 74 percent, reported the symptoms as mild while about 25 percent reported moderate or severe symptoms. They also found that women who drank more than four and a half cups of tea a day were 10 times more likely to suffer from PMS than women who didn't drink any.

Caffeine, found in a variety of consumable including cola drinks, coffee, tea, chocolate and some over-the-counter medications, is a stimulant that essentially attacks the body.

The body naturally defends itself by activating the adrenal system, which is why we feel more "awake" after we've consumed caffeine. Because of this effect on the adrenals, which will affect hormones,

caffeine can create and exaggerate PMS symptoms such as insomnia, anxiety, nervousness and irritability.

Caffeine also depletes the body of essential vitamins, such as vitamin B, in the same way that nicotine and alcohol do so (alcohol also puts stress on the liver so that it can't metabolize carbohydrates or hormones). And when combined with refined sugar, which wreaks its own havoc on the body, it can add other symptoms such as cravings for sugary treats and other simple carbohydrates, which can lead to unwanted weight gain.

TKM® is an essential component to helping relieve PMS symptoms. The #13 along with the #23,25 Sequences are both excellent applications for before and during a period.

The #13, which *TKM® Text Book: Volume 1* calls the "fertility specialist," helps to balance the body's energy bilaterally. It can relieve mental stress and address emotional issues on the mental/emotional level while regulating and relieving pain associated with menstruation on the physical level.

The #23,25 Sequence also addresses mental and emotional stress, and it directly addresses PMS on the physical level. The *Text Book* suggests the #23,25 Sequence can also be used in concert with the #13, #23, #9 and Mediator Sequences. But for most cases, one or two applications of the #13 and the #23,25 Sequences may be enough to help.

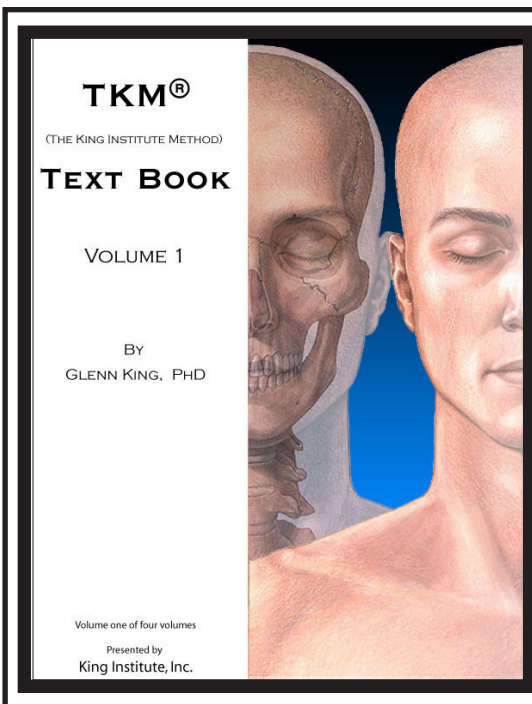
Along with TKM®, nutritionists and even some medical doctors suggest that a proper diet can help relieve some of the suffering associated with PMS. Reducing or eliminating the intake of foods containing caffeine, refined sugar and excessive salt

can help the body regulate its metabolism and curb the cravings for unhealthy foods. The same goes for reducing or eliminating alcohol and nicotine, both of which can do irreparable damage on the body. For those who choose to keep caffeine in their diets, some experts suggest to stop consuming caffeine products anywhere from three days to two weeks prior to your period.

Consuming more complex carbohydrates, which are found most popularly in potatoes and other root vegetables as well as fruits and other vegetables, along with proper supplementation, can maintain your body's essential minerals and vitamins. Fruits and vegetables also add moisture and enzymes to help digest other foods and clean the colon. Drinking more water helps the body regulate and purify itself to eliminate toxins that hormonal changes can stir up, which can cause a variety of reactions from cramps to acne breakouts.

Many women also found exercise helps relieve some PMS symptoms as well as contributed generally to health. Exercise relieves stress. Vigorous exercise such as biking, running, swimming, aerobics, racquet sports and the like can improve mood and alertness while calisthenics and body-building can tone muscles and build strength. An ideal workout regiment would include a healthy balance of both. And, exercise helps to control your appetite.

But as we like to say, don't take our word for it. Perform your own experiments and see if reducing or eliminating caffeine from your diet prior to your period can help relieve the symptoms of PMS. You might be surprised as to what you discover, and the people around you might also appreciate it as well. ♀



NOW AVAILABLE

The NEW 4-Volume TKM® Textbook!

We are excited to unveil to you this latest project from the King Institute, Inc., with all new updated graphics, applications, descriptions and much more!

This new Textbook corresponds to the new Levels 1 through 7 class format (the old Textbook will no longer be used). Volume 1 is available for anyone to purchase. Although, it is not recommended unless attending a Level 1 class. The following three volumes are available to those who qualify, and new students can receive them when they attend the corresponding class.

Call or visit us online to order your copy today!

Vol. 1 Only \$79.95 plus \$9.75 S&H

Vol. 1-4 \$316 plus \$24.50 S&H

(U.S. only. Call for international shipping charges)

Order online at www.kinginstitute.org or call 1-800-640-7998