

Stopping Bleeding And Healing Rapidly Is At Hand

# KIMA

Issue 1

*The Journal of*  
The King Institute Method® Association  
A Publication of the King Institute, Inc.

## Surgery with TKM®



The New Epidemic Masquerading As Severe Illnesses  
TKM® Saving Thousands Of Dollars On The Farm  
Lyme Disease, Bi-Polar, M.S. ... And The Bacterial Connection

**Extraordinary Alternative Medicine for Extraordinary Results**

## KIMA Journal

The King Institute Method® Association  
Journal

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**Cover Photo by: Ben Glass**

See back cover for additional information about this gifted photographer.

*The body is more than organs, muscles, blood and nerves. It is the flesh of the Words!* 

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## Notes from the Director

This summary is from a three page email to our listserve. We received unanimous agreement in responses.

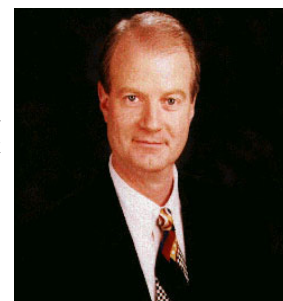
We are finding "KI" used to refer to "The King Institute Method®" by many people, mostly for convenience. I'm sure many don't cringe the way I do when reading or hearing it. This is probably due to not understanding the confusion it causes people who don't understand the intended reference and associate it with the most common references. When the term "KI" alone is used, it makes no distinction of what we're referring to.

I truly believe there needs to be a clear and important distinction between what we're blessed with knowing and working with compared to a multitude of other things which we don't want to be associated or identified with (esp. as discerning Christians). Not everyone shares the same faith, but using only the term "KI" with its connotations makes no distinction between "TKM" or The King Institute Method" and other methods which cannot accomplish what TKM does so uniquely.

So, I simply ask everyone to please understand the reasons why it is very important to make a distinction when referring to this method or the abbreviated "TKM" when writing. Let's help one another get back to the correct reference, in a loving way. Thank you for all the support, encouragement and cooperation!

God Bless each of you!

Glenn King, Director







Raleigh, NC Class Sept. 14 - 17

The Level 3 class this month (September) which was followed by a special topic class of Body Biography and Pulses in Raleigh, NC, was an exciting time with a wonderful group of dedicated students sharing their experiences and enjoying fellowship throughout the class.

The Level 3 classes are always such a special time just like the levels above it, due to the camaraderie of students from around the country and the world coming together to learn more about TKM.

These classes have no introduction at the beginning. Everyone has already attended TKM classes and have returned to learn more and share testimonies and special experiences with each other.

Breaks are a joyous time, like old friends reuniting, even though many have not seen each other before. They all have a common interest and experience with TKM that opens up great conversation.



The photo above is an example of the great time we enjoy with each other, as we gathered for lunch across from the hotel. It seems like the 1 1/2 hour lunch is short when you're among wonderful people and that we all have something in common, like TKM and helping people.

Derenda, Jim and Ralph, who are TKM instructors, also attended this class with some other TKM veterans. We will have another and more advanced special topic class in Dallas this December. We hope to see you there. Remember, if you have attended this level class before, there is a 40% discount for review. See you in Dallas, TX.

## Change Is Good!

By Derenda Pitzelle

After the class in Raleigh, North Carolina this September, I felt it was important to express my excitement about some current and coming changes.

We have all seen the recent correspondence from the Institute and Dr. King about changes that are coming about at the Institute. As someone who has been studying with Dr. King for several years now, and has seen firsthand the power of TKM, I have to say I am excited about the changes.

The biggest changes at this point are that the Self Help and EMT trainings are becoming more closely associated with the Institute itself rather than freelanced. I believe that this adds integrity, professionalism and accountability to the organization.

How many times have we all heard Dr. King say that TKM works and that you can do no harm as long as you use it the way it is taught? We've heard him say that many times because it is true! Doesn't it make sense then, that we be diligent and attentive to HOW it is taught?

As an instructor for both the Self Help and the EMT courses, I welcome the overseeing eye of the King Institute, Inc. I also realize that as a teacher, I am held more accountable, a fact that is heavy on my heart every time I teach, whether it is TKM, a lesson to one of my children or a Bible study. I would much prefer to be accountable to the King Institute and my fellow teachers than to be off on my own, with a greater risk of getting off-track.

I am also excited about having a support system! I live in Massachusetts. Until I moved up here, I wasn't aware of TKM being taught or even practiced up here. We now have several people that have taken the Textbook class. However, I still feel the need for a connection to The Institute for guidance and help.

The changes will enable me to stay up-to-date with information, training tips, technology and the latest research. This will enable me to be more professional, which will in turn reflect favorably on TKM.

None of us that have used TKM can deny the power of this work, and the fact that it is very badly needed in our world today. I see people everyday that need this work, and my heart cries out for them.

I love my work! I love that what I do helps people, and even more that it helps people to help themselves and their loved ones.

How many other methods do you know of that give people the knowledge of how to help themselves and others, with nothing else but their hands and a willing heart? I know of none, other than prayer. 🙏

- Derenda Pitzelle

# Surgery

## with TKM® (Cover Story)

During the last 13 years, Western medicine has been at the center of my surgical nursing career. I have seen improvements in surgical technology but was always searching for improvement in total patient care. Over a year ago, I took a giant step forward to the world of holistic medicine. While practicing another form of energy work, I discovered TKM®, which has allowed me to help people in ways that before were unimaginable.

Efforts to unite both Western and Eastern medicine have been a unique and difficult task. I have been fortunate to work with the very talented and dedicated Dr. Henry G. Glass, a general, thoracic, and vascular surgeon who has given me the opportunity to introduce TKM into our surgical practice.

I have used TKM for bleeding in herniorrhaphies, cholecystectomies, breast biopsies and many other major and minor procedures. While there are factors such as metal surgical instrumentation and scar tissue that can interfere with the results, the outcome still remains phenomenal.

My first use of TKM was during a laparoscopic cholecystectomy (removal of gallbladder with use of a scope). The liver bed was lacerated during the procedure, but before the surgeon used the cautery to stop the bleeding, TKM was applied. The bleeding stopped and the laceration closed. This incredible feat took about 3 minutes and was witnessed by an astounded surgical team.

Most laparoscopic cholecystectomy patients have recovered much faster after use of TKM during the procedure. With extensive cauterization to the liver bed, patients can experience more pain than usual. However, by using TKM to control bleeding, the liver bed is spared additional trauma.

TKM applied during shoulder surgery.



In the post-operative period, when TKM has been utilized, patients experience less pain, inflammation and the benefit of a faster recovery period.

In one case, scar tissue posed a less-than desired outcome during the insertion of a new port-a-cath (catheter used for chemotherapy) and the removal of an old one. The side where the new port was placed had no bleeding. However, the side where the port was removed kept bleeding and cautery was used. The culprit—post-surgical scar tissue!

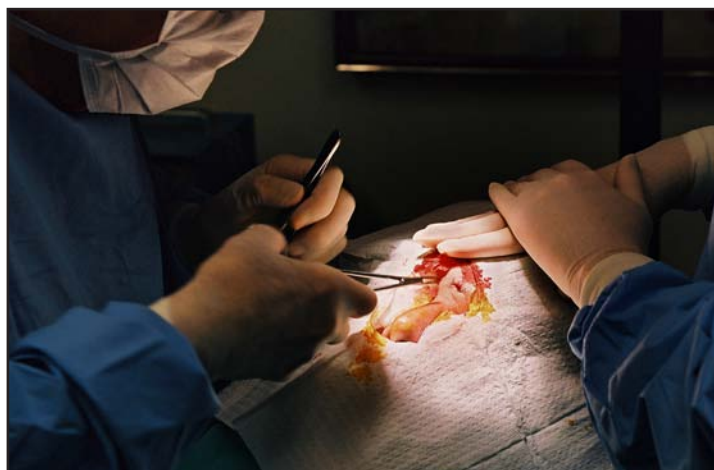
The surgeon who has been practicing for 47 years has observed numerous TKM successes and is now an educated believer.

Although surgery at times is necessary, it continues to pose other health risks. Healing and recovery without conventional medicine or surgery is a new and exciting arena that must be explored. Skepticism must be put aside as we learn a holistic approach to total patient care. Could TKM be your answer? 🎯

*By Jana Carswell, RN, CNOR, CRNFA*

*ldrubia@yahoo.com*

TKM applied during facial surgery.





## Putting TKM® to work on the farm

It is very exciting to work with horses using TKM®; they're very sensitive to energy movement and respond very quickly. However, caution must always be used when working around horses, especially on the "Fingers & Toes." They will often stomp their feet to try and get rid of that "pesky fly" sensation when they feel energy move.

When you live and work with animals, you become very aware when something in their behavior isn't quite right. We knew our horse, Patrick, had something going on: a slight tremor of his lips, a hoarse whinny and simply "talking" a lot, which is out of character for him. By the next day, he showed major symptoms of a neurological nature. Panic attacks, shaking as if cold, not taking full steps, a very stiff neck that couldn't reach the ground to graze, irregular breathing with a strong, painful response, and anger at being touched.

We started with the E.S. #20-21-22 Sequence. He had violent, painful reactions to the application of TKM. On touching the right E.S. #15, he spun quickly to the right and struck out aggressively to the side, trying to stomp at what he perceived as the source of his pain (totally out of character!). By that afternoon, he didn't have enough strength to step into a trailer, and he was absolutely going crazy with panic attacks at the slightest movement or noise.

Eight hours later, he was already calmer, and though he stood for the next application, he still trembled like he was freezing. For the symptoms of breathing, brain dysfunction, hoarse voice, and stiff neck, we did the #10 Sequence.

The following day, Patrick had calmed down tremendously. Not knowing yet what we were dealing with, possibly West Nile virus, we worked on his immune system with the #3 and #13 Sequences. That day, his left foot wasn't trailing properly and his right side and hip reacted negatively to pressure. His whinny was better and he was able to graze most of the day with only a gentle quiver in his lips. He became *so* calm that we really wondered if he was becoming lethargic.

By the fourth day, he was very calm and acting pretty "normal" with just a slight lip quiver. At that point, considering the possibility of a parasite, we did the #23-25 Sequence. Five days after the first symptoms, he was well enough that we could trim his hooves, which requires balance, a calm mind and an absence of pain. We repeated the #10 Sequence and left him in the pasture.

Two days after he recovered, we received blood test results revealing we were dealing with Equine Protozoal Myeloencephalitis (EPM). The vet offered us \$700 worth of drugs to give him over a period of a month. When we told the vet that the horse was back to normal, his surprised response was, "That's great.

His body probably walled it off, but it will come back." EPM is caused by the Sarcocystis Protozoa (microscopic parasites) that can make its way to the nervous system, where it can affect the brain and/or spinal cord and cause lesions. Behavioral change is often the first noticeable symptom, particularly irritability or easily spooked. Lab tests are known to not be reliable, costly and take up to a week for results, which is too long to wait with neurological symptoms.

Two weeks later, a second horse started exhibiting the same symptoms and, knowing what we were dealing with this time, we skipped the vet call and immediately started TKM sequences. She didn't get as bad and recovered faster. The best part about TKM is that you can begin to help the horses right away, before the symptoms become bad.

We didn't even wait on the third horse. We just started work on him to avoid the rush. With TKM, we saved \$1400 and a real possibility of \$2100 in drugs, enough to cover our family's TKM classes.

After recovery from the major symptoms of EPM, Patrick was often very irritable and would not accept pressure on his back, either from leaning or a rider. Liver sequences helped the irritability and returned to us a good-natured horse. We had to repeat this often over a period of time.

Studying nutrition to improve the health of our animals, we have corrected some of the mineral imbalance in their feed. It has been a long time since we've had to deal with an irritable Patrick, and pressure on his back no longer brings a negative reaction.

God is good and He blessed us with the knowledge of TKM. We were told the EPM would come back, but it has now been two years and no signs or symptoms have returned. If it should ever come back, we know what to do for it: TKM! 🐾

By Sharla Paoge



Rebecca and Racheal Paoge and Patrick

# LYME DISEASE

## The New Epidemic Masquerading as Severe Illnesses

By William Lee Cowden, M.D.

Lyme Disease was first recognized in the USA in the summer of 1975 following an outbreak of juvenile rheumatoid arthritis in Lyme, Connecticut. In 1982, Willy Burgdorfer isolated from the midgut of deer ticks a *Borrelia spirochetal* bacteria which reacted with the immune serum from Lyme patients, thus proving the infectious etiology of Lyme disease. Subsequently, researchers have concluded that *Borrelia* and several co-infecting microbes like *Babesia*, *Bartonella*, *Ehrlichia*, etc. are also transmitted by mosquitoes and certain other biting insects, as well as by blood transfusions, sexual intercourse, drinking unpasteurized, contaminated milk from humans, cows, goats and other animals, and transplacental transfer from mother to fetus.

Lyme Borreliosis has been reported in patients on all six continents and has reached epidemic levels in many countries. Borreliosis is under-recognized in the USA with several researchers estimating that it effects more than 15% of the world population. A 1998 study in Switzerland showed that only 12.5% of people testing positive for Borreliosis in their blood had clinical symptoms of Lyme disease. A German report concluded that the latency period between *Borrelia* exposure and symptom development may be up to five years (or longer).

Dr. Paul Fink, former president of the American Psychiatric Association, has said that Lyme disease may contribute to every psychiatric disorder in the DSM-IV Manual. A new exhaustive literature search has shown that Lyme Borreliosis causes, mimics or contributes to more than 300 medical conditions. Some conditions included in this list are various allergic conditions, Alzheimer's, ADD, Autism, Crohn's, MS, ALS, Juvenile Rheumatoid Arthritis, Lupus, Parkinson's, Schizophrenia, TMJ disease, Trigeminal Neuropathy, Irritable Bowel, Bipolar Disorder, Fibromyalgia and Chronic Fatigue Syndrome.

One study showed 90% of Chronic Fatigue Syndrome patients were *Borrelia* positive. It has been estimated that less than 25% of Lyme patients have ever had a Bull's-Eye rash (which many clinicians still believe is a requisite for diagnosing Lyme).

Many studies show that standard antibiotics are ineffective for eradicating either *Borrelia* or some of the other co-infecting microbes in second stage or third stage Lyme disease, because the microbes form cysts and spores resistant to the antibiotics. The adult microbes are reproduced from the spores and cysts once antibiotics are stopped. A pilot study on advanced stage Lyme patients in Dallas have shown dramatically favorable results using a special form of Peruvian Cat's Claw bark along with dietary changes, life style modifications, some supportive nutrients, homeopathics and TKM. Additional details of this pilot study and related information will be in coming *KIMA Journal* issues. 🐾

**William Lee Cowden, M.D.**

### Formal Medical Education:

M.D. from University of Texas Medical School, Houston, Texas 1978  
Internal Medicine Residency, St. Louis University Hospitals, 1978-81  
Cardiology and Critical Care Fellowships, St. Louis University Hospitals, 1981-84

### Medical Board Certification and Licensure:

Active Texas Medical License since 1978  
Internal Medicine Certification (ABIM) 1984  
Cardiovascular Disease Certification (ABIM) 1985  
Clinical Nutrition Certification (IAACN) 1991

### Medical Experience and Activities:

More than twenty years experience treating cardiovascular diseases, cancer and other chronic diseases, primarily with alternative/Integrative medicine. Proficient in electrodermal screening, contact reflex analysis, psychoneuroimmunology, nutritional therapy, herbology, homeopathy, reflexology, electroacupressure and biofeedback, as well as photonic, neural, magnetic, electromagnetic and detoxification therapies.

Chairman of Humanitas Research Institute, a company specializing in medical consulting, medical education, clinical research, lay public and professional seminars and evaluation of medical products, primarily in the USA, Central America, South America, Asia, Europe and Australia.

Co-Founder and President of the Academy of Bio-Energetic & Integrative Medicine of North Texas.

Guest on many radio and television programs in the USA, and teaches nationally and internationally on alternative and integrative medicine.

### Publications:

Co-author of *An Alternative Medicine Definitive Guide to Cancer*, Future Medicine Publishing, 1997; Co-author of *Cancer Diagnosis: What to Do Next*, published by Alternative Medicine.com, Inc., 2000; Co-author of *Longevity: An Alternative Medicine Definitive Guide*, published by AlternativeMedicine.com, 2001; Contributor to, and on the editorial board for, *Alternative Medicine, The Definitive Guide*, Future Medicine Publishing, 1993; Contributor to, and on the editorial board for, *Alternative Medicine, The Definitive Guide, 2nd Edition*, published by Alternative Medicine.com, 2002; Contributor to *Alternative Medicine Guide to Heart Disease*, Future Medicine Publishing, 1998.

Author of several abstracts and articles in medical and lay literature.



*Borrelia burgdorferi*, the spirochetal bacteria that cause Lyme disease, seen at 400x magnification.



## Email Response Corner

### Q: A Textbook **Concordance**?

**A:** A concordance and possibly creating one, for the right purpose, is a good idea! In fact, I worked on a concordance for several months intensely and then I set it aside and really haven't looked at it since. Why? Well, let's talk about it.

Let me share some history. I have many concordances which students have provided over the years and no two are the same, nor are they even similar in size. Why? It is perspective mostly and how a person views relations on a symptom level.

What do I do with these? I usually look through it once to see how the person thinks. Then I store it away because if you know the pulses, you never really need it!

One student said on KIMA-Talk, in retrospect, that you eventually discover that it is truly all about pulses. The main purpose, if any, to ever create such an exhausting work is the research. The process of putting it together is a teaching process of correlations. I have never seen this be very effective at all by reviewing someone else's research because they miss the research process. And it is the research that teaches, not the finished product.

This may not be as close of an example as I would like, but here goes. A student studies a complex subject in college, does extensive research, experiments and observations, and finally writes a report on his or her findings. Then another student views the finished report. How much would the second student understand the subject? He or she may see some particular connections that were unnoticed before but would completely miss the hands-on process of how the results came to be. That is where learning happens: during the process.

You may have heard me talk about this before, but I will elaborate more than I did on KIMA-TALK (King Institute Method Association-Talk) :)

As your educator of TKM, I am against making a concordance! Why? It will handicap you. Unless, it is just for the purpose of making correlations. I made one years ago, and I never use it.

If you create a thorough concordance, it would be several times the size of the textbook. If you expounded on it - it would be a library! Hope you remember why from class.

The most important reason: if the concordance is shared, it defeats the purpose!

When it comes to sharing a concordance, I'm absolutely against it. You miss the learning and understanding process! So, if anyone is thinking of creating one - talk to someone who has, before you start. You may change your mind. It is a long and tedious process that will probably take months.

But, if you decide to create one, create a big, thorough one. Set it aside when you get tired. Why? First, you can't finish it if you're expounding at all on symptoms listed. Plus, you learn in the process how much is really connected. You usually come to the question, what do I do now? How do I know which of these many correlations I apply? Guess what the answer is? PULSES! Yes, you've got it! It all comes back to pulses!

**Q:** An email from Esther said, she had a painful bunion on her big toe. She applied #9 Sequence and said "incredibly the pain was gone." She asked what to do to avoid surgery for her bunion and if it will eventually straighten out by itself?

**A:** Well, you are definitely on the right track with the same side of body #9 Sequence, although it is not really going to straighten out on its own. You will need to continue applying that sequence and include the #5,6,7,8 Sequence in chapter 3. Those are the most important! You could support it with the #7, #15, Liver and Spleen Sequences. That way you really have the bases covered. Daily applications is the most expedient solution. Don't contemplate surgery at all - it's not needed. And the surgery could cause additional problems

## Body Biography Tip

After the Body Biography class in Raleigh, NC, we decided to include some tips in each KIMA issue (see below photos).



Photo by Lety

As you can see in the photos, students were very interested in this subject.



Photo by Lety

We will be conducting another and more advanced Special Body Biography class in Dallas in December, 2004. Come join us!

**Body Biography Tip:** When a person is lying flat on their back and you can see or feel a space under the low back (lumbar area), then diaphragm energy is congested. Apply Diaphragm Sequence and the #23-25 Sequence to help correct this issue.

## Pulse Puzzle

Pulse puzzle is a regular part of each *KIMA Journal* for graduates of Level 2 and above in order to help learn more about pulses. The following are some abbreviated examples used in the pulse puzzles, similar to the demonstrations in class.

S = Silent

W = very weak pulse

The numbers (1st -5th) represent the stratum texture.

FWT = Fluff with Tone.

The pulse example to study is on the next page.

## Pulse Puzzle:

The example to study is described below. After thinking of several approaches, you may find suggestions on the next page.

Sm Int.	= 5th
GB	= 5th
BL	= 5th
Lg Int.	= 5th
ST	= S
Dia	= S
<hr/>	
HT	= S
LV	= FWT
KD	= S
LU	= 5th
SP	= 5th
UMB	= 5th

## Flying with Your Baby!

The number one reason babies dislike flying in a commercial airliner is the pressure on their ears when ascending and descending, aside from the cabin pressure. They don't understand the pain and just want help - so they CRY!

I travel a lot and notice that most parents don't have a clue how to help their children during flight when they start crying from the pain in their ears due to pressure changes. Some are probably not even aware of why the child is crying so intensely.

I want to provide some options for different ages, and to use in conjunction with each other if needed. First, TKM provides an easy step to help with pressure on the ears: hold the little fingers! The little finger helps adjust to pressure for the opposite ear. The best way to utilize this application is to hold both little fingers gently when you know that pressure is about to become an issue, like when the plane takes off and ascends or when you feel the plane starting to descend - before it affects your ears.

Swallowing always helps the ears to adjust. Have a bottle of something your baby likes to drink and give it to him or her during taking off and descent. I would not want to let them keep the bottle while the plane is leveled out or they might not want it later when needed.

It is also good to prepare ahead of time for them to need a nap when flying or to have something to occupy them if they're awake. Sometimes, slowly walking up and down the aisle is settling if they become fussy.

Tea tree oil (Maelaleuca) is also good for pressure on the ears. You could have some cotton or a cotton pad to place a couple of drops and breathe it in while ascending and descending to help adjustment to pressure. For children and adults, a deep and long yawn is very good when your ears are not unclogging. Let us know how this works for you. 🐼

## Who's in Charge of Your Health?

By Cleo Carlile,

*Member of the King Institute Board of Advisors*

You can be in charge of your health, if you are willing to invest some time and money. If not, the following groups are in charge of your health.

1. The highly advertised food and snack industry.
2. The highly advertised drug industry.
3. The highly advertised fast food industry.
4. The highly advertised supplement industry.
5. The highly controlled medical industry (AMA).
6. The medical insurance industry.
7. The government who controls Social Security and Medicare/Medicaid.

These government agencies are very large and they deal with illness and death. On March 9, 1998, radio personality Rush Limbaugh spoke at length about the monopoly in the healthcare system and the lack of good healthcare considering the huge amount of money that individuals and the government spends, it seems that we are paying more and more for medical insurance and getting less in the form of quality care without harm. I'm told that we pay more for healthcare than any other country in the world and are the lowest in generally good health.

Are you a person who desires to make good choices based on true information about your health? If the answer is yes, then hopefully this information is for you.

We can't cheat death! Although, we might be able to postpone it and enjoy life more abundantly while we're here. We might be able to get to the root of our illness instead of masking symptoms. We might be able to avoid some illnesses because of our knowledge and life styles. And, be able to live in more harmony with people and nature. If we get sick, we may learn ways to help our body heal without using synthetic drugs and having invasive tests run on our bodies all the time.

Mankind has lasted at least 5,900 years without drugs and invasive tests. The last 100 years have changed the way Americans and the Western world treats the human body. Are these changes good? Some are and some are not!

Research shows that immunization vaccinations are consistently damaging to a child if given before one year of age and yet they still do it. A child's body has not completely developed, especially the brain, liver and other vital organs, to the point that severe damage can occur in these vital organs from immunizations that are required by law.

Think a moment about how many diet pills and programs have hurt and killed people.

*Continued on page 12.*



## TKM® Textbook Classes NOW THAT TRAINING IS OVER THERE'S KIMA-TALK !

We've all experienced it. Training is over! We're on TKM (The King Institute Method®) overload! We're excited! We are ready to go. Then it hits us – we no longer have someone to talk with about TKM. What do we do when we have questions? Once we start working on people, we start having incredible results. Where do we share all the exciting, great reports? Myself, I wanted to talk about TKM® morning, noon, and night. I wanted to talk with someone who understood, who would be encouraging, who would be supportive. I wanted to talk with someone who could brainstorm with me about TKM®. I wanted to talk with someone who was also doing TKM and was as excited about it as I was.

Good news. For those who have attended a Level 1 and 2 training, there is a forum where people like you are talking with others about TKM. Members of the forum say it feels like your training seminar never ended. It is a great way to share, question, learn, problem solve projects, rejoice, and pray with over a hundred people who have a passion for TKM®.

Join today! Contact the King Institute to be added to KIMA-Talk. The discussions are great. The camaraderie is excellent. And the thirst for more talk about TKM is quenched.

**Note:** When you email the Institute, include your Level 1 and 2 training class location and approximate date and your phone number.

Linda Kane – KIMA-Talk Moderator

## QUICK HEALTH TIPS

### Stress is a killer!

It has become common for middle-aged women to have low thyroid. Stress alone can cause low or hypothyroid. Current studies show that there are actually more stress heart attacks in middle-aged women than middle-aged men. TKM not only changes the systemic nature of a person, but the Spleen Sequence helps relieve stress and lowers and regulates stress-causing homocysteine. Plus, the Spleen Sequence supports the heart and helps thyroid function.

For these common issues, I would include the Median Sequence and the Trinity Sequence. The Spleen Sequence can be applied more frequently when needed and is a short and easy application that is under-rated for all the benefit it provides.

### MORE TIPS

#### Smoking!

I'm sure none of you smoke! Although, I'm sure you probably know people that should know that smoking contains a gas that can damage the retina of the eye. The fact is, smoking effects vision, aside from the deadly effect on the lungs, throat and mouth. Second hand smoke also can damage the retina and affect vision.

#### What are we eating?

Seventy-six million people get food poisoning each year, and that only the reported cases! If you don't get food poisoning and are eating where people have acquired such contaminated food, think about the quality of food you are placing in your body and the potential of disease that the body is susceptible to. Think "good eats!"

#### Gland problems are rampant!

TKM is effective in awakening the glands and ductless glands. TKM affects the chromosomal level to revitalize and regulate their function. Although, if you have gland issues it is very important to stop the intake of processed sugars, which greatly inhibit gland functions.

#### Think about the non-coincidence of Holiday eating and illness!

Did you know that any ingestion of processed sugar lowers the immune system for a minimum of six hours?

#### Sugar substitutes could be deadly!

To date, studies reveal that a single consumption of Nutrisweet causes ninety-two different problems with bodily functions. It is simply not worth the trauma to your system and the risk you place your immune system under.

## Tip on Regulating pH

When the pH is too acidic, the little finger can be held to help correct the problem. When the pH is too alkaline, the thumb can be held to help correct that issue as well. When holding the appropriate digit (finger or thumb), just gently hold all three sections (tip, middle and base) for 5 to 20 minutes for relief.

If you do not remember which finger to hold for a pH issue, simply hold the middle finger. It generally balances pH whether alkaline or acidic.

### Pulse Puzzle Suggestions:

An obvious observation is that 5th stratum texture is in most of the pulses and the descending Sm. Int. has it's own texture. The ascending Heart has a silent pulse representing a problem. Remember the 5-3-4 on your right hand and 2-1-6 on your left hand related to the pulse chart? All of the chest level needs help (AC & DC). Plus the DC pulses on the right fingers have 5th Stratum and the AC pulses on the left fingers need the same help. This means the right anterior of the body (Surface) and the left posterior of the body (deep) need help. They actually need the same help from 5th Stratum.

### Options:

Right Supervisor Sequence will help the right front and left back of the body, as you can read on your class handout on Correlations of Organ Energy.

The Sm. Int. Sequence will help itself and the GB, BL, and Lg. Int. Sequences. Include the Heart Sequence to help itself and LU, SP, and Umb.

Of course there are many more choices and I hope you have already thought of several before reading these. If you have any pulse patterns you would like to submit for a future KIMA issue, please email them to us. It would be nice to include at least one suggestion with the puzzle.

Glenn King, PhD, RD, CN

## Testimonial Corner

After the first time I applied TKM #9 Sequence for my painful bunion, it took all the pain away! Wow, it was incredible!  
E. Mejia

## Neurodevelopmentalist's Experience Helping CHILDREN With TKM®

"The King Institute Method®" is an amazing gift that's been given to us. I can't imagine life without it. My first experience with TKM was in May 2000. I was not the least bit interested. I wasn't at all interested in something that sounded so far out. However, the first fifteen minute experience left me without back pain for the first time in decades. The back pain was gone for nearly three days before recurring. That definitely got my attention.

Even with that great experience, I didn't feel the cost of a training seminar was something I was willing to invest, especially in something I knew almost nothing about. I basically placed it before the Lord and sought His direction. I attended my first Level 1, 2, 3 class in July 2000.

Midway through the first day, I realized TKM was going to change my life forever. I realized this was something far greater than human "wisdom" and design. I knew I was learning something that had been revealed and given to us from the Lord. I knew it was going to challenge some of my beliefs and mess with my profession as a Neurodevelopmentalist.

I am certified by the International Christian Association of Neurodevelopmentalists. The Neurodevelopmental Approach is a unique holistic approach for working with any individual to achieve their full potential. I work primarily with children who are brain injured, autistic, have sensory integration disorders, genetic syndromes, FAS/FAE, developmentally delayed, visually impaired, hearing impaired, ADD, ADHD, and those with learning disabilities/inefficiencies. The Neurodevelopmental Approach is based on the plasticity and redundancy of the brain. Through properly administered stimulation, you can retrain the brain. You can train healthy brain cells to take over function for damaged brain cells. You can grow connections between brain cells for improved function of the brain. Through proper stimulation, you can organize the central nervous system and eliminate many issues. The role of the Neurodevelopmentalist is to look past symptomatic labels to identify and target the underlying neurological inefficiencies in order to determine the specific, individualized stimulation that will make lasting changes. Then we empower the families with the knowledge of how to work with their loved ones at home to bring about these changes.

As a Neurodevelopmentalist, I believed we're addressing the root causes of issues. Often times we are. However, during that first day of TKM training, I realized there were deeper layers I'd never known about. I'd never looked from the physics perspective at the body. Since all matter is energy, and thus we're energy (basic physics), it would make sense this is a vital component when working with our children. How our organs, blood, muscles, skin, and bones function tie directly

into the physics level of our bodies. The first training was just the beginning. Nearly four years and multiple class trainings later, I can't speak highly enough of this method.

I have families all around the country utilizing TKM. The stories and testimonies go on and on and on. I'm overwhelmed at how much TKM has done in their lives.

**Jacob** is a young boy with **cerebral palsy** and **severe seizures**. His seizures were so extreme that he wound up in the hospital nearly every six weeks because of gran mal seizures that lasted for hours. Since doing TKM, the only seizure he's had in the last year was a reaction to weaning off of a medication. It was brief in duration and didn't require any hospitalization. That was months ago. Jacob has been doing so well and his doctor who specializes in epilepsy declared he no longer needs to see Jacob. The fact is, I have parents stopping seizures, or reducing their intensity and length, all around the country.

**Leslie** is a young boy with a **microcephalic** disorder. He was extremely impulsive, hyperactive, destructive, delayed, and sensory. In fact, he was the most hyperactive child at age six I'd ever worked with. He was in constant motion, even when sleeping. Within two months of implementing TKM, the hyperactivity and impulsivity were greatly reduced. By four months, he was a calm child. Praise God! His mom said it was like finally being able to step off the merry-go-round they had been on for years.

**Stoney** is a young man dealing with **nonverbal autism and seizures**. He became quite violent once in a doctor's lab while having blood drawn. He overturned tables and chairs and created quite a scene. His mom took him out of the office and applied some TKM calming steps. After fifteen minutes, he calmly walked into the lab, sat down, offered his arm and calmly let them draw blood. His seizures are under control. He's happier and he's not violent. Stoney is much more tuned in, interactive, and communicative. His phobias and fright are almost entirely gone.

**Jimmy** is a young man with a **cerebral palsy**. Since applying TKM regularly, he's standing taller and more straight. He's walking better. His cognitive function is improving. His inappropriate actions have decreased and nearly gone.

**Carly** is a beautiful little girl with **autism** who began working directly with Dr. King two months prior to writing this testimony. Carly had always been a real "wrestling" match for her mother. She was in constant, perpetual motion. Mom had to literally follow her around and sometimes wrestle her back into the room we were working if she got out. This time, when she started walking away, her mother would call her and Carly would stop, look directly at her mom, smile, and come back. What a change! Not only is she now following directions better (it had only been a rare moment when she would follow directions before), she is following more complex



directions than I would've anticipated were in her capabilities. She is listening more to all that's going on around her. She is also showing much more desire to communicate and interact. Remarkably, desire for interaction and communication is extending to others even outside of her family. Her visual distractibility is greatly decreased and her eye contact is much improved. The eye contact is almost within normal parameters. Her focus and attention are extremely good - better than ever. She's rarely using her peripheral vision, which had always been excessively enhanced. She has begun to actually play with toys more appropriately. She's no longer "mouthing," or putting things inappropriately in her mouth. All of her tactility, in fact, appears normal! That is quite outstanding for this little girl who experienced major sensory integration issues. The final area of improvement I noted regarding Carly's progress was her sound sensitivity is greatly diminished. That's huge! Rarely do I see progress of this magnitude in such a short period of time.

**Tate** is a young boy who suffers brain injury from **spinal meningitis**. Since working with TKM, he's sleeping better, holding his head and body more erect, drooling much less, more focused and attentive. His constipation is much relieved and his seizures are under control.

**Jaden** is a young boy who thought he would bring his grandmother her cup of hot water. Tripping as he came, he splashed **boiling hot water onto his face**. His skin turned bright red and started showing signs of peeling instantly. After twenty minutes of palming his calves (a TKM application), his face didn't show any signs of being burned whatsoever.

**Ashley** is a young girl who dealt with **horrible acne**. After a couple hour sessions of palming the calves, her acne was a thing of the past.

**BJ** has a diagnosis of **P.D.D. and A.D.H.D.** Being in the **autism** spectrum, BJ had a lot of sensory stimulations that were only exacerbated by his high activity level. BJ's mother recently attended a Level 1 class of TKM and went back home to begin working with BJ. She did three 45 minute sessions per day with BJ. I saw BJ one month after they began this routine. I am absolutely amazed at the changes in his function, ability, and overall appearance. At one point during the evaluation, as BJ just nonchalantly was hanging out, all I could think of was how normal he looked. His mother was beaming from excitement. Not only was BJ doing incredible, she was feeling wonderful too. She had also been working on herself with TKM.

**Phillip** is a young man who is 31 years old. He **lost most of the left side of his brain to a gun shot** incident eleven years ago. The entire left side of his skull is physically sunken all the way in to midline. He was so wonderful and so obviously "in there," despite very limited speech and movement. He has very little movement or feeling on his right side, with the left side not being much better.

We were going to start very slowly with TKM, so as to not overwhelm the little help that he has. The top priority I gave him was Median Sequence and Opposite fingers and toes. While I sat on his bed doing the fingers and toes, it was so exciting. On the third step, all of a sudden, his eyes got HUGE and he started saying over and over "oh, oh....oh, oh....oh....oh." He couldn't articulate more than "oh," but his face told the entire story. He was feeling something in his right leg! He took his hand and kept rubbing that leg in disbelief. The staff working with him was so excited. It was great encouragement for them that TKM was the thing to do.

**Breanna** was a **frustrating child**. Her parents worked diligently with her for years, but all progress was painstakingly made. She almost never smiled, had a gloom and doom look, straw-type hair and a drab complexion. She would never go out to stores or restaurants. She never interacted with people. I saw her, after four months of TKM, and was BLOWN AWAY! She had a beautiful smile. Her face was glowing. I'll never forget her countenance. She held her head up and actually gave me eye contact a good part of the time she was talking with me. She is going into stores, restaurants, and interacting as never before. Her hair has shine and softness to it. She had quit working on math, yet her standardized test results for math computation were a full grade level higher. Her gait and coordination are better. She has a confidence I've never seen. She has a sparkle in her eye I've never seen. She shows much more responsibility. She is helping around the house more (without being asked). She has started cooking things for herself for the first time. She is conceptually thinking things through for the first time. She is playing and roughhousing with her little sister, another first in her life. It is like she has awakened!!!

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**I could insert dozens and dozens of names here.** The moms working with challenged children deal with a lot. I really recommend the Median Sequence for them. The reports are incredible. I always hear the moms tell me they have more energy than they ever have. They are not depressed anymore. They had been having **suicidal thoughts – but no more!**

I have numerous testimonies personally, as well. From rarely having **back pain** (I have had pain since I was twelve years old and diagnosed with deteriorating discs) and headaches to experiencing calm I have never felt. Here are a few of them. Fairly soon after my initial training, I was in Hawaii walking on the beach. I did not realize the **Portuguese Man of War** jellyfish were out in full force. One wrapped itself around my ankle and I was stung severely. My ankle swelled up and it looked as though I had a huge chain around my ankle. It hurt!!! It throbbed!!! It was just plain nasty. I was told that it would hurt for two or three days. Then it would start scabbing over. The scabbing could last two or three weeks. I was told sometimes people wound up being hospitalized after the first exposure to this toxin. Praise the Lord I had just learned TKM. I applied the "pull out toxin" technique, while

praying, for 20 minutes. After 20 minutes it had decreased in size dramatically, but was not gone and still hurt. However, the jelly fish also got my big toe of the other foot, and it was throbbing and hurting beyond belief. So, I did TKM on the big toe for 10 minutes. It was totally healed in the 10 minute session. Then, I went back to work on the other leg's ankle for another 20 minutes.

It was almost gone after that 20 minutes, and the pain was totally gone. However, I didn't want to take any chances, so another 10 minutes was applied, and it was healed. There was BARELY a sign left (there was a faint, dotted pinkish line left - a reminder that it had really been there). What should've been two to three days of pain, and then two to three weeks of scabbing was gone with 50 minutes of TKM. Not bad!

**Our son, Scott**, who is twenty-six and has some complications because of Down Syndrome, had major dental surgery once. Eight hours worth! I was able to be in the surgery the entire time, in order to offer him the best help, via TKM, during the surgery.

He had eight extractions and two crowns. There was still one old amalgam and an old stainless cap to remove. There were a couple of crummy root canals to remove. All the rest of his teeth had resurfacing and major work. He had gum surgery on all four quadrants. It was basically a mess.

TKM was so easy to administer. And, it was such a NATURAL thing to do. When they were cleaning out and removing, I simply applied the left hand down/right hand on position to help draw out any infection and debris. When they were just doing some of the resurfacing work, I moved through different anchor steps as I felt the Holy Spirit's prodding. When he woke during the fifth hour of surgery, in a panic, I was able to do some of the calming steps. I held the index fingers associated with fear and worry at appropriate times. After they had completed extractions, it was time for S&S (the stop-bleeding step).

The anesthesiologist was quite concerned about the amount of blood he expected from the upper extractions. Smiling, I knew it would not be a problem. It was just too fun to hear him say when the anticipated pools of blood (that he was sure would interfere with the rest of the work to be done) did not come, "Well you can put a piece of gauze in there if you want. But, you really don't need to use any gauze. This is most unusual!"

My husband and I continued to do TKM the rest of the evening. I fell asleep holding the right on/left over hand position on him (we were working to prevent the bruising that should have occurred from all the rough work).

He went back to the dentist less than thirty hours later, and the dentist was AMAZED. Scott's gums were almost completely healed. He said he had never seen anything quite like it. There

was no bruising, no bleeding, no problems! He kept saying, "We just did this surgery, right? It looks like we did it two weeks ago."

When Scott started having some stomach issues from the extensive amount of anesthesia, my husband simply did the stomach sequence (both left and right), and the problems disappeared.

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April 24th, I was able to **stop a heart attack in progress** using TKM. Without knowing the emergency procedure for stopping heart attacks, I would've been a helpless wife, most likely watching her husband die. Isn't God great? It was serious and doubtful my husband would've survived long enough for the ambulance to come.

We called the ambulance. However, we were able to cancel it after the procedure totally took care of the immediate need. I've always known TKM to be incredible, but now there is a deeper appreciation and respect for it. I also have a new desire for people to know these simple emergency procedures. TKM SAVES LIVES. I encourage you to let everyone you have contact with know of these procedures and access the TKM video which teaches them.

I've always said if anything serious came up with my health, I would be on the first plane to Dallas and the King Institute. I didn't plan to go traditional routes with my health. Little did I realize it would be my husband taking that plane trip.

We booked the first available week in May for him to go to Dallas. The plan was to have two sessions per day for a week as well as nutritional/natural remedies course of action.

Before the week was even half over (and prior to starting any nutritional/natural remedy program), my husband found himself walking malls without any problem and even running down stairs, which he didn't even do before. He surprised himself! He was sleeping better than he had in years. He felt good and had the fruit to prove it.

Since returning home, and faithfully continuing TKM, he has energy levels I've not seen in years. He keeps going and going and going. I am amazed. He feels great. His blood pressure, which had been elevated, is staying normal. He no longer loses feeling in his left arm and hand while sleeping at night, which was a nightly occurrence. He is breathing better.

He even had to get his **eye glass prescription reduced significantly**. The eye doctor couldn't believe it and had no explanation why his eyes had improved so much. I've known my husband for thirty years and his prescription has only steadily gotten worse every few years. But not anymore!

I encourage you to have those emergency steps memorized. I would not have had time to go find the emergency card in my



purse. Because it was locked into memory, I was able to not panic and simply do what I knew would help.

God is so good! We're so fortunate to have this information. Thank you Dr. King for being there and sharing this information with us. Thank you Glenn and Hillary for walking in God's plan for your life and for all you do and sacrifice. We love you!

I cannot imagine life without TKM. The most exciting part is how everyday normal it has become. It has become our automatic, natural response. Praise God! Linda Kane 🙏

## An Energetic Fountain of Youth, which has shown to overcome Fertility, Hormone & Emotional issues.

This Procedure is from the TKM Textbook and is one of the extraordinary applications for a multitude of health issues. It is simply named the #13 sequence. The first step of the sequence is in the EMT (*Emergency Integrative Medicine techniques*) book for hysteria, because it has shown to be so profound in calming emotional issues.

This sequence is also the most effective in helping to resolve fertility issues, whether male or female and has a direct affect on all hormones of the body. It has been nicknamed the “energetic fountain of youth” due to retarding and partial reversal of the natural aging process. It helps the imagination of the mind and promotes more joy.

This is a part of the main protocol for resolving all addictive patterns, whether the addiction is food, substance abuse, emotional or mental addictive patterns.

It is not an application that can properly be applied on one's own body, therefore it is a great sequence to just relax and allow someone else to help you.

**Preparation:** The recipient should comfortably lay flat and simply relax or go to sleep during application. The person applying the sequence should sit comfortably on the person's right side. For best results both persons should remove all metallic objects from the body and from clothing. 100% cotton clothing is best suited.

**Length of time:** Hold each step (location) an average five minutes or up to twenty minutes if needed.

**Application:** Use the pads of the fingers (palm side) of the first three (index, middle, & ring) to apply contact with each location. Or, you may use all fingers (pads) if you wish.

**Always** hold two locations when applying a sequence, one with each hand. **Important:** Pressure is not necessary to achieve results, in fact, it may inhibit the process. Contact is all that is needed to stimulate energy circulation (conductivity).

**When to apply:** Once daily is suggested, unless more is needed. The sequence usually takes 30 - 45 minutes for proper results.

## Sequence for the Energy Sphere number (13).

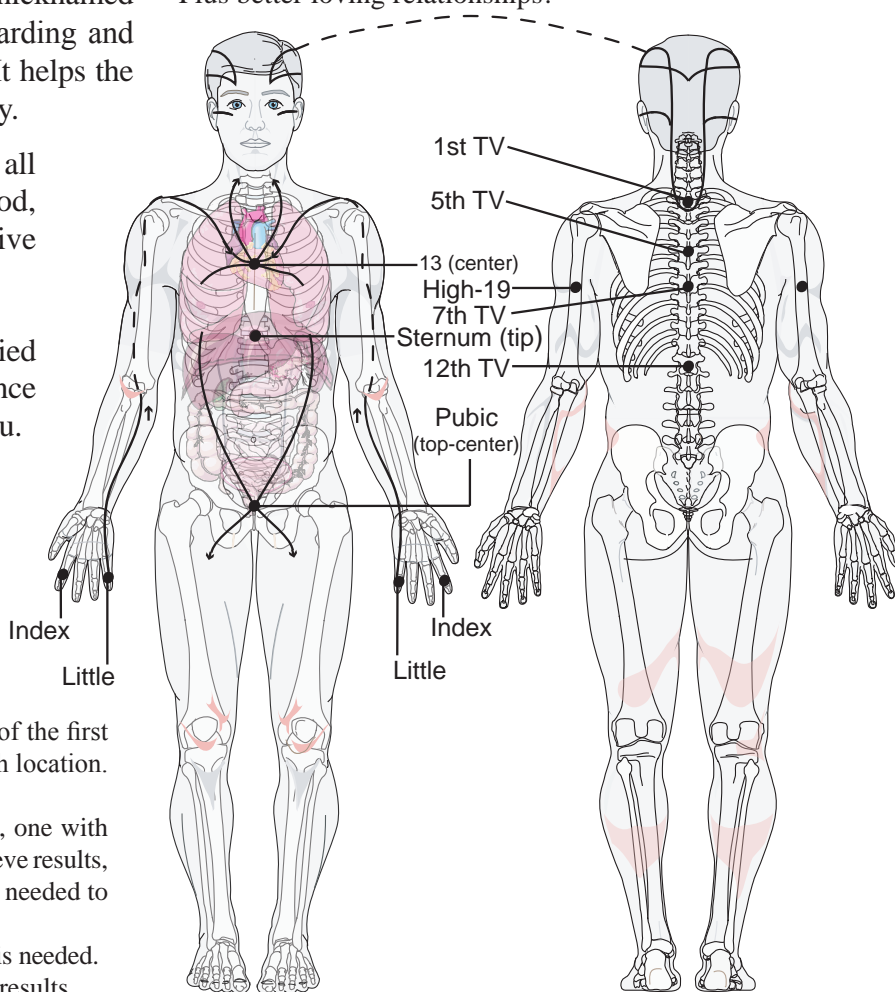
This diagram illustrates one sequence that accomplishes both left and right revitalization. Refer to Figure A-13.

LEFT & RIGHT Sequence, **sit on the Right side** of their body.

Procedures For Hands	(to)	Positions On Body E.S.'s
step 1 right and left	to	13 (center on midline)
step 2 left	to	5th Thoracic Vertebrae (T5)
step 3 right	to	1st Thoracic Vertebrae (T1)
step 4 right	to	right high-19 (pos/back)
step 5 right	to	left high-19 (pos/back)
step 6 right	to	sternum (Tip of Xiphoid process)
step 7 right	to	right fingers (index & little)
step 8 right	to	left fingers (index & little)
step 9 left	to	pubic bone (center)
step 10 left	to	7th Thoracic Vertebrae (T7)
		12th Thoracic Vertebrae

### Additional Related Symptoms

All dermis issues, lung, lg. intestine, lack of imagination or creativity, emotional distress, appetite imbalance, all reproductive system functions (male/female), mental stress or dysfunction, chest congestion, nausea, pain in occipital region; neck or shoulder issues, ovary bleeding, leukorrhea discharge, senility, coughing, herpes, and other slow viruses. Plus better loving relationships!



*Continued from page 7.*

Think about how many people have died from invasive tests, experiments, and surgeries. Think about how many people have become sick and crippled before they are old. Think about how overweight our population is. Something is wrong!

In the past 20 years, the three best places to put your money to get a high return in the stock market have been in popular fast-food restaurants, drug and medical companies, and high-tech companies. Do you think there might be any correlation between the rise of fast-food and the need for more drugs to attempt to solve the rise in illness?

The problem is that drugs are sometimes as deadly as the illness itself. Read a drug ad in any magazine. The first part of the ad is about the potential benefits of taking the drug and the remaining space is where you find the fine print disclosing the possible side effects (direct effects). Listing possible side effects is now required by law. But who reads the fine print? I'm afraid that not enough people do, and the drug companies are counting on it.

Dr. Bruce West, author of "Health Alert" newsletter, states that, "Medicine is the science of masking symptoms. Medical diagnosis is nothing more than naming a set of symptoms." He goes on to say that, "there is not one medical diagnosis or treatment that names, addresses or treats the underlying cause of anything!"

What makes people sick? The three "P's":

1. Poor nutrition/water and poor assimilation into our cells.
2. Pollution.
3. Parasites.

Think about plants and animals. It is the same for them, too. Since we depend on plants and animals for our health, it should be important to us to help them be healthy. They are our food chain.

Let's take a moment about the three "P's" of the illness. The reason you are reading this is to improve your understanding of health, and I applaud you for it.

Our bodies do not deal well with synthetic *anything*. This includes:

1. Synthetic food and food that was grown with synthetic nutrients.
2. Synthetic drugs - do you know of any organic drugs? (herbs)
3. Synthetic vitamins, minerals, co-factors (CoQ10, etc.) most are synthetic.
4. Synthetic light - fluorescent, tinted, glass, etc.
5. Synthetic materials that some garments are made of.
6. High-powered frequencies of electric current around us. Transformers, electrical wires, TV's, radios, phones, computers, appliances, microwave ovens, clocks, automobiles, etc.

Microwaving alters food's molecular structure, plus it heats food unevenly. Other concerns include electromagnetic radiation in our homes and in our food and seepage into food of synthetic estrogen found in plastic containers used in microwave cooking. Ann Louise Gittleman stated in the Nov. 1997 issue of "Health Sciences Institute Newsletter": "If I could convince my readers and patients to make one change in their cooking habits, it would be to throw away their microwave ovens!"

7. Synthetic oils - even most essential oils are deluded and polluted before they get to the consumer who is trying to use natural therapies. Our bodies need at least 1 tbsp. of good oil a day to perform its bodily functions.
8. Synthetic water such as colas, coffee, beer, wine, etc. used as a substitute for water.

What groups of people in America have longest lives? They aren't found in any particular location or region, no particular race or occupation. It is determined by their way of life because of their religious beliefs. They are the Mormons, the Seventh Day Adventists, the Mennonites, and a few other small, conservative religious groups.

I hear more and more people say, "I quit cooking; we just eat out most of the time."

When this happens, you can be sure that you are not getting good, clean, nutritious food to keep your body healthy. The purpose of any business, even restaurants, is to make a profit.

The way you increase profit is by cutting costs and selling your product faster to more people. Unless you eat in the very expensive restaurants, you will get the cheapest food the restaurant owner can find and he will hire the cheapest labor force he can get. What quality of food would you expect them to serve to you?

Just look at the use of margarine as an example. It is one of the leading causes of early death in humans, in my opinion, and yet it is used by most restaurants for cooking even after the news media has finally exposed its harm to the human body. Why do they continue to use it? Because it is less expensive than other oils and butter. It has an indefinite shelf life. Almost every packaged food product you buy in the grocery store, such as cookies, chips, crackers, and so on has hydrogenated or partially hydrogenated fat in it. This is very harmful to the human body!

When you think about the people factor, it's really scary! CNN reported that restaurant employees are among the lowest paid and unhealthiest people. Due to lack of knowledge, they generally have poor sanitation habits and are usually the least educated in our communities. They cook the food, clean the kitchen, clean the silverware, and serve the food. Many of these hard workers come from other countries and this is their first job, and some have unknowingly brought foreign parasites from their homelands.

Research shows that most parasites enter our body orally via our food, water and even our fingers. Most of the germs that enter the body come from under our fingernails. Many women and some men have long fingernails and many of them prepare our food. We've found an antidote for this problem, developed in Australia. It is a soap that you stick your fingernails into that kills the germs. Keep your fingernails short. It really helps! 🍌

*This story will be continued in the next issue of KIMA Journal.*



# Healthy Eating

## “Healthy Food Doesn’t Have to Taste Bland”

Recipe for Pho Ga (Fə - gə) - Vietnamese Chicken soup.

As a matter of fact this is very delicious!

Whether you practice healthy eating habits, this is one recipe you will enjoy adding to your diet.

Good food usually requires much time to prepare, and I’m very aware of the busy life that most of us are living. But as a mother and wife, I like to feed my family with good cooking whenever possible. My family favors this soup recipe very much and I would like to share it with you.

As I was growing up, this is one of the dishes my mother would prepare for us daily because it is simple and good. We still love it today!

### For preparation you will need:

1 whole chicken (natural grain-fed, no antibiotic, no preservatives added)

6 qt. cooking pot (not aluminum)

4 qt. filtered water

Sea salt (to individual taste), recommend 3 1/2 - 4 tbs.

1/4 teaspoon of ground cinnamon

1/4 tsp freshly ground black pepper

4 - 5 aniseed

1 large onion (cut in four quarters)

1/4 cup of fresh sliced ginger root

1/2 bunch of Cilantro (fine chopped)

1 small bunch of green onions (fine chopped)

Fresh basil leaves (as much as you desire - may use whole leaf or coarsely chopped)

1/2 (8 oz.) pack of rice noodles (recommend My Tho Noodle brand. You may find it at any Oriental grocery store or Central Market, Whole Foods or similar market.)

To prepare, first put the whole chicken (rinsed off very well) into the 6 qt. cooking pot, then fill it up with 4 qt. of filtered water. Then add the spices: cinnamon, aniseed, ginger root, salt, onion and black pepper. Bring it to a boil, then repeatedly scoop out the white bubbles and the brown thin layer floating on top. After about 15 - 20 minutes, reduce to medium temperature and slow cook.

Average cooking time is about two hours. While the broth is preparing, you may want to start cooking the noodles. To obtain the best texture of the noodles, boil the water first (3 quarts in the 6 qt. pot), then add the noodles. Cook for 8 minutes from the boiling point, then pour out into a strainer under cold, running, filtered water to separate the noodles. Drain all the water before placing 1-1 1/2 cups of noodles into a deep soup bowl. Then cover the bowl (to prevent noodles from drying) and set them aside for now.

Now you can prepare the fresh herbs. Start by chopping the cilantro, green onions, basil leaves and put them in separate bowls.

When the chicken is thoroughly cooked, remove it from the pot and remove all the chicken bones. Then, pull the chicken meat apart (shredded is best, although you may slice it if preferred).

Now you are ready to serve! Uncover the bowls with noodles and add the desired amount of chicken on top, then garnish with chopped cilantro, green onion, basil leaves and pour 1- 1 1/2 cups of broth over the ingredients in each bowl. Cover the ingredients of the bowl entirely with broth. You may add some fresh ground pepper at this point.

**NOTE:** For those who don’t want meat, you may leave the chicken out of the bowl and prepare everything else the same way.

Allow a few minutes for the broth to loosen the noodles and steep in the herbs before eating!

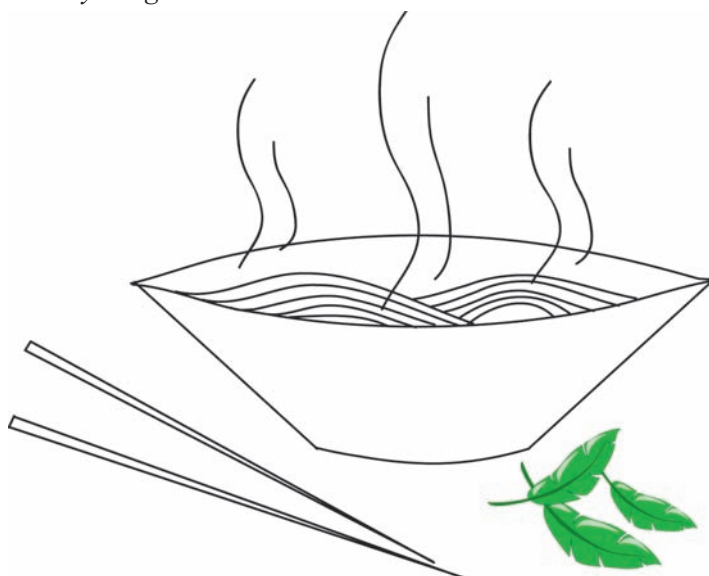
You may eat this dish with any utensils you wish, although an Oriental soup spoon and chopsticks are best.

Aside from this dish being delicious, it is very healthy. This is an excellent dish for those who are ill. It’s gentle on the digestive system and is a natural anti-inflammatory. This dish is often used for nourishment and to treat a cold, flu or mild infection.

I truly hope you try this delicious and nourishing dish and share your experience with us. Looking forward to hearing from you.

May God bless you always!

*Hillary King*





## My recent experience with TKM in the Land of the Midnight Sun

By Pam Gorman

Approximately three years ago, I was introduced to the King Institute, Inc. and TKM by our son's neurodevelopmentalist. She felt sure that we would embrace this method to control seizures and severe learning disabilities in our son, Drew, who was then 13 years old, and use it as part of his ND program. She was right! We are very grateful.

As believers in Christ, my husband and I needed to get our own "witness of the Holy Spirit" about the method. We first took Drew to the Institute for a session with Dr. King and assistants and immediately saw their approach, their heart for God, and their care for us. Thus began another phase of our journey into alternative healthcare. We both took Level 1 classes within a month or so of the initial meeting, and I began using TKM daily on our son, having previously removed him from anti-convulsants. At the time, we were using only herbal tinctures prepared for us by an herbalist friend in a Christian college community in Alaska.

Shortly after taking TKM Level 2, we traveled to Alaska to be with our two older children, both of whom had attended college and later worked there. I was very excited about this new method and the results we had seen from personal experience. Of course, I was passing on my new-found knowledge to anyone who was interested or would even listen. Many in the community were already open to and using natural healthcare alternatives and were gracious enough to listen with interest at the time. I provided a TKM Self-help book and TKM Textbook to our children, checked pulses and encouraged them to at least treat with TKM when they had ailments.

Our college-age son said he could only feel pulses in the #25, which he attributed to "sensitivity training as a child." But he did use it periodically for small personal projects. The seed had been planted and God was going to bring the increase.

On a subsequent trip to Alaska for our daughter's wedding, there was a flu bug going around. I treated several with a generous portion of #3 Sequence, including the maid of honor who bounced back immediately. She only spent one day in bed while the non-TKM recipients were down for several days.

During this past spring, I took the Level III class. I share information about TKM anytime I meet someone with a need. Shortly afterward, we planned another trip to Alaska in August. I was asked to spend some time during our two weeks to work on people and share a little of TKM. After approval from TKI, I went armed with my book, TKM Video, and some experience. I saw different families and briefly shared my experiences with TKM. This generated a great deal of excitement.

Initially, there were some specific needs we were addressing, one of which was childhood diabetes caused by a Hepatitis B vaccine shot administered two years ago to a 10 year old. She has been using natural as well as traditional medical approaches in attempt to control the diabetes, and there was concern she was becoming insulin resistant. I explained to her very committed mother how to do #9 Sequence, which she did that evening. The next morning, her normally high blood sugar numbers had dropped to the lowest they had EVER been. At least four were doing sequences after that initial exposure.

I was later asked to help two midwives and three pregnant women, and I told them about the "pregnancy chart" that Dr. King provided as a handout.

Everyone was blessed, receptive, and I actually did some sequences on the pregnant women. The midwives loved the idea of turning a breech baby, stopping labor pain as well as the tips to stop bleeding.

It's amazing how a little information could be so effective. It was like the five loaves and two fish all over again! The husband of one midwife saw the video and said that he was struck by the peace on Dr. King's face. Someone told him it would work on his cows and calves!

During the next few days, we did sequences on several people, including some rather serious cases. One young woman with Graves disease never slept through the night because her rapid heart rate woke her up. We showed her how to do the Median Sequence on herself. That night, she fell asleep at about the third step and slept through each night. It tends to make one a believer in TKM.

There was a great deal of excitement about adding the Median Sequence and the finger holds to the pre-school program.

Before I returned to Dallas, we helped a 12 year old child with down syndrome. Her mother and two teachers do a neuro program with this child daily, and they are planning on adding TKM to her therapy regimen.

Upon arriving home, I immediately received an email. The lady who arranged all this had cut her finger preparing dinner and had grabbed someone to stop the bleeding with TKM. But she miscommunicated it and put right over left and didn't get the right result. Another tried left over right and got immediate clotting. When I explained why the first attempt hadn't worked, they were all quite relieved and excited that both techniques had proven true!!!

Considering the volume of information we receive in each TKM class, I knew if anything could make a difference it would only be because God was doing something. He had stirred the interest and planned on making this effective for those willing to try it. It was quite an exciting time for us all and I was very thankful to be used in such a way. I am willing to give all the glory to Him for this awesome technique. I do believe there will be an interest in conducting a class in Alaska very soon. Thanks Dr. King, for allowing me to share. 🙏



**TKM® STUDENTS**  
willing to help those in need.

Please be aware that those listed may not be available when you attempt to contact them, as the listings change. Also, these students may not be efficiently trained to handle the health recover required. In such a case contact the Institute's office at 800-640-7998.

The list below are students who have given permission to be listed in order for those needing help to know who is in their area. They are listed alphabetically by state and city. The last column contains a code which identifies what classes they have completed.

The code is: **E** = E.M.T., **S** = Self Help, **A** = Advanced class; each number **1** through **7** represent the level of Textbook class(es) they have completed, i.e. **1** = Level 1; **SP** = Special Topic class. When a letter or number is repeated, it signifies the number of times that class has been reviewed for higher learning. When you see "x's" it means multiple times or for example **5x** means the class was completed 5 times. If a "2" is in the code, they have attended a pulse training class to better understand what applications to apply for the cause of an issue.

### Alabama

Decatur, AL	Dr, Jewel E.B. Euto	256-340-9429	E,SP
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### Arkansas

N. Little Rock, AR	Jean Riley	501-753-5194	E,SP
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### California

Anderson, CA	Jesama Mullen	530-365-9007	S,1,2,3,4
Anderson, CA	Laurel (Iori) Collins	530-378-1214	S,1,2,3,4
Chico, CA	Loring L. Hammer	530-345-8600	1,2
Chico, CA	Sherrie Line	530-343-4836	EE,S,1,2,3
Davis, CA	Christy R. Friederich, MS	530-758-9339	E,S,1,2
El Dorado, CA	Judy Ann Major	530-620-2233	E,S,1,2,3
Healdsburg, CA	Trisha Brunelle	707-483-8793	S,1,2
Redding, CA	Constance Kay Wallace	530-222-4378	E,S,1,2,3
Redding, CA	Susan Herriott Smith	530-223-3484	EE,S,1,2,3,4
Santa Clara, CA	Karen Elliott	408-247-5144	E,S
Santa Rosa, CA	Robert Rowen, MD	707-5717560	E,1,2

### Colorado

Colorado Springs, CO	Maria Irizarry	719-310-8209	E
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### Florida

Clermonte, FL	Barbara Perry	352-242-1375	S,11,22
Dover, FL	Ann Souther	813-659-0349	S,1,2
Miami, FL	Lisa Heath	305-279-2620	E,S,1,22
Palm Beach G., FL	Tom Slider	561-627-4909	E,S
Sebring, FL	Jim Robertson, MS, ND	863-314-8482	E,S,11,22 TKM Associate Instructor

### Illinois

Grayslake, IL	Gerlinde O'Halloran	847-543-4424	1,2
Mahomet, IL	Julie Percy	217-586-2568	1,2

### Indianana

Bloomington, IN	Stephanie Miller	812-327-3206	EE,1,2
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<b>Indiana</b>			
Crawfordsville, IN	Judith & William Bol	574-583-4492	1,2
Indianapolis, IN	Carl Blackwood	317-357-9561	S
Indianapolis, IN	Cheryl Adams	317-351-5908	1,2
Indianapolis, IN	Marcia Blackwood	317-357-9561	S,1,2
Kokomo, IN	Debbie Henderson	765-453-1696	S
N. Manchester, IN	Gee-Gee Tharp	260-982-6549	S
Wabash, IN	Linda Rumpf	260-563-4321	EE,S,1,2,3,SP
<b>Kansas</b>			
Arkansas City, KS	Sharla, Rebecca & Rachel Poage	620-442-1850	E,S,11,22,33,SPx's
Inman, KS	Connie Newcome	620-585-2556	E,S,1,2,3
Inman, KS	Myrna J. Schmidt	620-585-2222	1,2
Shawnee, KS	Kelley Gripe	913-268-3367	S
Ulysses, KS	Janet Pucket	620-356-3306	S,11,22
Winfield, KS	Becci Rochat	620-221-3438	S
Winfield, KS	Lindsay Rochat	620-221-3438	S
Winfield, KS	Pat Rochat	620-221-3438	S
<b>Kentucky</b>			
Grayson, KY	James D. & Joann Riggs	606-474-5947	E,1,2,3
Hazard, KY	Claudean Oakley	606-436-3530	E,1,2
Talcan, KY	Mildred Ritchie	606-436-3530	
<b>Louisiana</b>			
Lafayette, LA	Robin Harwell, PT, MS	337 289-2903, ext.5	E,S,11,22,33
Grafton, MA	Deborah N. Walker	508-826-3903	S,11,22
<b>Maine</b>			
Spruce Head, ME	MaryAnn Greiner	207-594-7659	11,22
<b>Maryland</b>			
Annapolis, MD	Julie A. Meekins	410-975-0295	1,2
Davidsonville, MD	Ellen Moran	410-798-1942	S,1,2
Elkton, MD	Wendy Winstead	410-398-8727	1
Grantsville, MD	Rosie Cupler	301-895-5544	E
Leonardtown, MD	Steve & Inga Wieser	301-475-3394	1,2
Millersville, MD	Donald & Doris (Dee) Scheller	410-987-6522	1,2
<b>Massachusetts</b>			
Shrewsbury, MA	Derenda Pitzele	508-868-7929	TKM Provider
Lansing, MI	Kathleen Couzzins	717-323-3264	S,1,2
Waldron, MI	Ann Wade	517-567-4364	E,1,2
<b>North Carolina</b>			
Rutherfordton, NC	Joanne Burch, ND	828-287-4265	E
Wilmington, NC	Rose Matthiae	910-313-1277	1,2
Yanceyville, NC	Rebecker G. Saunders, RN	336-421-9753	11,22



**New York**

Brooklyn, NY	Anna Wisniewska	718-389-2828	S
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**Nevada**

Carson City, NV	Linda Sparks Jenks	775-882-3030	E,S,1,2,3
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**Ohio**

Carrollton, OH	Jane Smith Grezlik	330-735-2426	S
Chillicothe, OH	Carol Recob	740-774-4378	S
Chillicothe, OH	Karen Crocker	740 474-0216	E,S
Chillicothe, OH	Michael E. McCorkle	740-774-2582	E,S,111,222,33,4,SP
Columbus, OH	Sheryl Badoux (nurse)	614-855-0888	S,11,22,3,4,5,SP
Troy, OH	Howard J Cooper	937-339-2017	EE,1,2,3,SP
Springfield, OH	Brent Miesse	937-325-2173	E,S,1,2,3
West Union, OH	Susan Lebovitz, LMT	937-544-5685	EE,1,2,3

**Oklahoma**

Oklahoma City, OK	Paula Jo Scott	405-634-4372	EE
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**Oregon**

Beaverton, OR	Linda Chitwood	503-244-2650	S,3
Lake Oswego, OR	Louise Georgen, DNH	503-635-4612	S,1,2,3

**South Carolina**

Loris, SC	Ann Lill	843-756-8889	1,2,3
Loris, SC	Victoria Hunt, CNHP	843-241-0807	1,2,3

**Tennessee**

Dover, TN	Patricia G Hutcheson	931-827-2028	1,2
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**Texas**

Anna, TX	Debbie Hill	972-924-3737	E,S,1,2,3
Conore, TX	Jeanean Boyd	936-539-9600	EE,SS,1,2
Carrollton, TX	Lynette Hoyt	972-418-1188	1,2
Conroe, TX	Wanda Loggins	936-441-3139	E
Dallas, TX	Pamela Relyea, Therapist	214-642-4680	Ex6,Sx10,1x15,2x15,3x15,SPx's,AA +
Hearne, TX	Teresa Gregurek	979-279-2861	E
Hideaway, TX	Charles & Janell Klemme	903-882-3126	E
Houston, TX	Jana Carswell	713-254-2714	S,1,2,3,SP
Irving, TX	Linda Tingle	972-259-3058	S
Red Oak, TX	Carolyn Johnson	972-617-2350	E,S,1,2,3
Richardson, TX	Pam Gorman	972-690-1398	1,2,3

<b>Utah</b>			
Ogden, UT	Linda Kane, ND	801-395-1979	E, S, 11, 111, 22, 222, 333, 4, SP
La Venkin, UT	Ilene Church	435-635-2470	E
<b>Washington</b>			
Anacortes, WA	Ronda Dupea	360-293-6284	E, SS, 11, 22, 33, SP
<b>Wisconsin</b>			
Appleton, WI	Scott and Sue Reineck	920-993-8098	S, 1, 2, SP
De Pere, WI	Judith A. Van Caster	920-336-1238	E, S
De Pere, WI	Sheila M. Flynn	920-983-0408	1
Green Bay, WI	Carla J Luedeman	920-437-9524	S, 1, 2, 3
Green Bay, WI	Angelica Pattison RN, ND	920-564-2254	E, SP
Kaukauna, WI	Susan Klingeisen	920-766-7208	E, 1
<b>International</b>			
Athens, GREECE	Rodiani Voreadou	+ 30-210-6458761, + 30-210-6522226	S, 1, 2, 3, 4, 5, SP
Tel-Aviv, Israel	Daniela Giladi	+ 03-523-4805 + 054-8000989	S, 11, 22, 3

**A Request for TKM Students:** If you are not in this list and have completed at least Level 1 and 2 introductory classes, we hope that you will participate in this effort to supply a source of help for someone that is traveling or in your area that needs assistance with TKM. This is not just for those who have a practice, but those who are willing to help if someone is in need. Please contact us with the required information at: [info@kinginstitute.org](mailto:info@kinginstitute.org) or call 1-800-640--7998. Thank you for your help!

## What is The King Institute Method® (TKM®)

It is a complementary form of natural medicine from a physics understanding of the bioelectromagnetic systems and functions of the human body. This gentle method is a non invasive, light touch approach to reestablishing homeostasis in the body that even a child could apply. Use of this nurturing practice restores bioelectromagnetic energy circulation (conductivity) and balance (coherence).

It promotes rapid healing and has shown to be highly effective to help reverse critical health issues and chronic diseases as it activates a resurgence of vibrant health. The King Institute, Inc. embraces its client as a “whole person,” addressing the cause. From a physics point of view rather than symptoms of disease or pain (which is simply bio-energy that is not circulating properly). This approach produces measurable and remarkable improvement in physical, mental, and emotional health. I believe our greatest handicap is lack of knowledge and the lack of acting on correct knowledge!

### Our Mission Statement

*“Dedicated to serve as Ambassadors bringing Restoration, Healing, Truth, and the Love of Christ to the World, giving all the Glory to God.”*



## THE CLASS / EVENTS SCHEDULE

Additions and changes in schedule are subject to change without prior notice.

Please check the up-to-date schedule online at: [www.kinginstitute.org](http://www.kinginstitute.org)

You may register for the Institute's classes / events online at [www.kinginstitute.org](http://www.kinginstitute.org)

Or, you register or inquire about any events by calling the King Institute, Inc. at

**1-800-640-7998**

Thank you for stretching yourself to learn valuable information!

### Your Help Is Needed!

Although we charge a fee for most classes, sessions, products and materials, in the USA, due to high costs of the organization's operations, we offer many services and products free that take much time and money. We also have a sliding scale fee for special needs concerning sessions and classes, if the situation qualifies. We'll always continue to do all we reasonably and sometimes unreasonably can to help.

We placed a request on our web site for donations (as a 501 (c)(3) non profit organization) and created a page for people to easily make a one time contribution or a monthly recurring contribution for a choice of one year or until they terminate it.

We can't keep seeing the need for help while people and children are dying and not doing all we can.

Let me ask a simple question. Have you been blessed at all by TKM? Then, now is the opportunity to be a blessing in return. If you haven't been blessed by what TKM can do for you, then you can start first, by helping others in need which will be a blessing to you in return.

Your contributions are needed. Those who choose not to contribute will miss out on the great blessings which come from helping others in need. Don't miss out, and help others so they don't miss out on recovering their health and life, our most precious possession. I invite you to go directly to our web site and make a monthly recurring contribution or make out a check for a one time contribution and send it in today. If given joyfully, it will be noticed immediately in your heart. And, the gift of health for others is immeasurable!

God bless you for your kind and generous response.  
Your servant in Christ, Glenn King, PhD, RD, CN

#### Just go to:

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Or, you may mail your generous contributions to:

**King Institute, Inc. (c/o Help)**

**PO Box 118495 Carrollton, TX 75011**

If preferred, call in credit card contributions at 800-640-7998.

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We hope you have enjoyed this issue of the *KIMA Journal*. We welcome your comments and suggestions, which can be directed to Christine Dao, Editor, at: [tiki@kinginstitute.org](mailto:tiki@kinginstitute.org)  
Good Health and God Bless!



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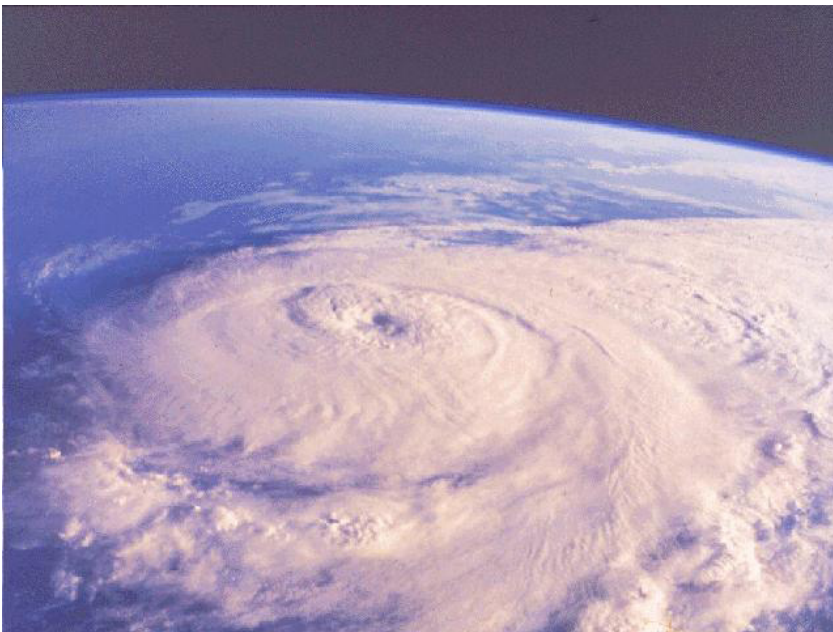
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## Cover photo, cover story photographs and video is provided by Ben Glass

**Ben Glass** has been shooting celebrity photographs for more than 15 years. Born in Houston, Texas, he moved to New York to study acting and photography. Ben now lives in Los Angeles, where he works on feature films as well as national and international ad campaigns. His credits include such films as the Academy Award® winning film *Dances with Wolves*, *My Cousin Vinny*, *The Body Guard*, *Water World*, *Dante's Peak*, *Thirteen Days*, and *A Lot Like Love*. Several photographic books have been published featuring Ben's work, most notably *Wyatt Earp's West* (Newmarket Press, 1994). Last year, Ben was the production designer for the feature film, *Whirlygirl*. Currently, he is producing and shooting a documentary on the retired Racing Hall of Fame jockey Laffit Pincay Jr. He continues to capture celebrity portraits, adding to a list that includes such artists as Paul Newman, Kevin Costner, Pierce Brosnan, Isabella Rossellini and George Clooney. Ben's work can be viewed at [www.benglass.com](http://www.benglass.com).



This satellite photo of hurricane Ivan is an example of the awesome power of nature and vulnerable we can be. We truly need to depend on God in this world to survive and overcome the many obstacles.

The USA has been hit by four hurricanes this September and many people have died and many more need our prayers and help. Please pray for those who are affected and reach out to help in some way if you can.

We pray this season will pass without more devastation, although more storms are forming as we send this issue out. Jeanne is not finished and Lisa is a potential threat.

### Cat's Eye

Taken September 10, 2004 **Credit: NASA, ESA, HEIC, and The Hubble Heritage Team (STScI /AURA)**

Explanation: Staring across interstellar space, the alluring Cat's Eye nebula lies three thousand light-years from Earth. A classic planetary nebula, the Cat's Eye (NGC 6543) represents a final, brief yet glorious phase in the life of a sun-like star. This nebula's dying central star may have produced the simple, outer pattern of dusty concentric shells by shrugging off outer layers in a series of regular convulsions. But the formation of the beautiful, more complex inner structures are not well understood. Seen so clearly in this sharp Hubble Space Telescope image, the truly cosmic eye is over half a light-year across.

