

KIIMA

Issue 6

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

Top Ten Gifts for the Health Conscious



juicers



beds

and more!



essential oils

Nuclear Contamination in the Evergreen State

Burn Out on Energy Drinks?

Extraordinary Alternative Medicine for Extraordinary Results

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KIMA

The Journal of
TKM® Association

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Published by
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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.”

Notes from the Director

Tis the season to be jolly!

The reason for this season to be jolly is Christmas! I want to take this time to wish everyone a very Merry Christmas and a Happy New Year! We hope you enjoy this issue, which we thought it best to keep a little lighter for this special season.

I'm sure almost everyone has heard of the efforts to nullifying Christmas and its meaning, and many are giving into this dangerous direction. I personally have never come across a person who was offended, no matter what his or her beliefs were, by me wishing him or her a Merry Christmas. I personally think this whole thing is ridiculous! The federal holiday named Christmas has always been the most celebrated time of the year for the masses and businesses. It is a chosen day to celebrate the birth of Christ Jesus. This country is founded upon freedom and now a few minority of misguided people wish to dissolve all that has made this country the greatest in the world. This country has welcomed all people of all faiths and provided help and opportunities unmatched by any country in the world. Except for American Indians, everyone in this country has a heritage from other countries and cultures. In the past, people came for the great opportunities that only America provides or they simply were fleeing oppression to a free world. They came to America to become Americans!

It's different now. Many come to America and don't desire to become acclimated to what has made this country great and eventually lose sight of why they originally came here. Sure, this country has many problems, but it's still the best in the world by far. If you don't think so, then stay somewhere else for more than a week or two. This country remains compassionate and open armed to those seeking refuge in a free country and want to participate in its opportunities and become a benefit to its society. If we allow people, who don't support what has made this country so great, to change the foundation of freedom and honoring God, then this country will soon be just like the ones that many people are fleeing in search for freedom, but there will be none. Therefore, celebrate Christmas boldly, celebrate freedom, celebrate being an American and celebrate for all those who wish to be an American. The type of Americans that have made this country the greatest in history.

If we become passive or indifferent, we shall lose it all quickly. Remember, it's the active minority that always makes changes, not the silent majority. Don't forget the 80/20 rule in all things concerning people. It's always the twenty percent that carries the eighty percent. Be one of the 20 percent that actively protects our unalienable rights stated in the longest standing constitution in history. May God bless each and everyone of you this season in the celebrations of your faith!

Glenn King, Director



Editor's Corner

Seasons greetings and Merry Christmas to you!

This year, I had the privilege to volunteer at an outreach dinner at my church, where we served some 500 people in roughly 170 families.

Of course, the highlight of the evening was giving out presents to the children. Members of our congregation had adopted these children for Christmas back in November, and the presents they had bought filled the stage. There were so many bikes that they had to put them in another area of the building. I'll never forget the faces and the "Oh, COOL!" and "Look at this, Mom!" that I heard all over the room. I didn't get to meet the boy that I bought shoes for, but I did see the one year old for whom my parents bought a bike. She was so happy that her mother nearly had to pry her off of it before they could go home.

All of those children received gifts that their parents couldn't afford for them. And the joy of participating in that will never compare to the joy God has to give us the one Gift none of us can afford. Remember the reason for the season, and may God bless you all in the new year.

Christine Dao, Editor

On a Nuclear Level

They say don't drink the water; but for people who live downwind from Hanford, WA, you may not want to eat the food or breathe the air either

The southeastern corner of Washington State is home to perhaps the most contaminated area in the United States. This same area coincidentally boasts some of the highest cancer rates in the country. Among the 50 states, Washington has the most breast cancer cases per capita.

History teaches us that the Allied forces practically put an end to the Pacific War when an American B29 bomber dropped an atomic bomb over the Japanese cities of Hiroshima on Aug. 6, 1945 and Nagasaki on Aug. 9, 1945. Shortly after the bombings, Japan surrendered, and World War II ended. It would be the first and hopefully only time that nuclear weapons were used in war.

What history doesn't glorify is the weapon of mass destruction's humble beginnings in a place called Hanford, located in south central Washington State.

Hanford and Nuclear Waste

In 1943, the federal government selected Hanford as the site of the world's first large-scale nuclear production plant, which started producing plutonium as part of the Manhattan Project. Plutonium (Pu-239) from Hanford was in the bomb that fell over Nagasaki.

Hanford continued to manufacture plutonium for use in nuclear weapons for the next 45 years. During that time, waste produced from the nuclear reaction to make plutonium had leached into the environment, contaminating the surrounding air, soil and water.

Plutonium production ended in 1990. However, the waste left behind presents one of the biggest health threats ever and has prompted the world's largest environmental cleanup project.

The task is daunting, to say the least. How did the area get so contaminated anyway?

When the facilities were still operating, the Columbia River was used for cooling, and materials in the river water were made radioactive when passed through the reactor. The water and the radioactive materials were then returned to the river, which

traveled downstream and contaminated the aquatic life and surrounding areas. The highest releases into the Columbia River were from 1955 and 1965, which coincides with some of the most intense moments during the Cold War.

Wind also carried airborne radiation throughout eastern Washington, northeastern Oregon, northern Idaho and even into Montana and Canada. The highest releases into the air were in 1944 to 1951, with 1945 being the largest.

Anything from fish in the river to food grown in contaminated fields passed the radiation to the people that consumed them.

But the most urgent, complex and costly cleanup challenge deals with the radioactive waste stored in the 177 underground storage tanks that contain approximately 54 million gallons of toxic waste. The tanks were never intended for long-term use, and some of the older tanks

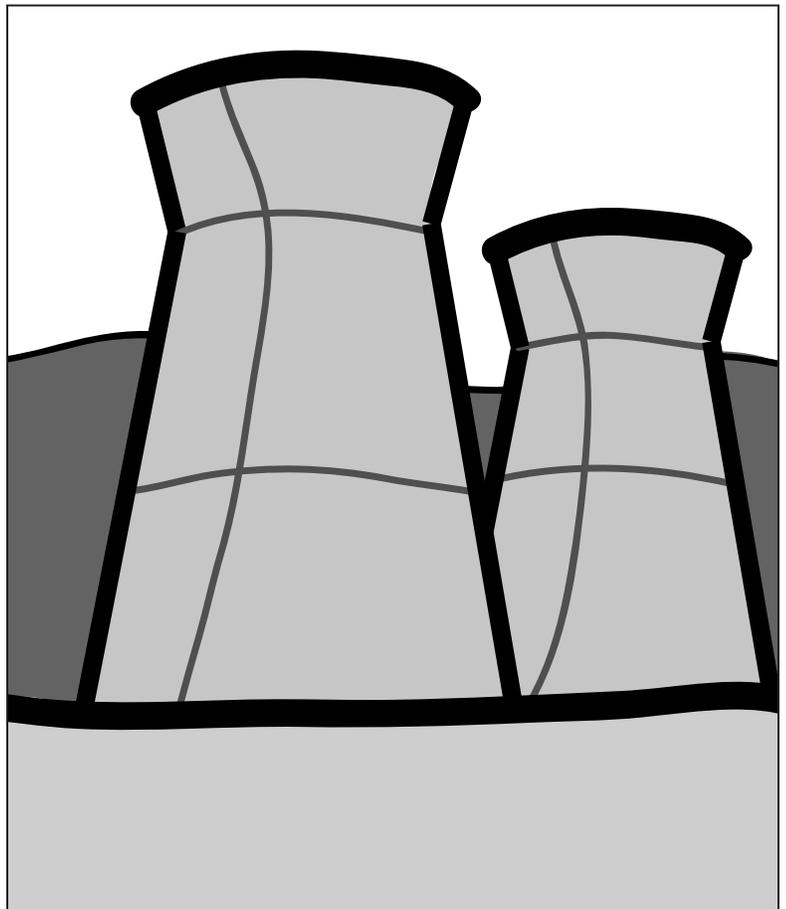


Illustration by Christine Dao

have leaked more than a million gallons of high-level radioactive waste into the ground, some of which has reached the groundwater.

The Clean Up

There is no way to destroy the nuclear waste. Plutonium-239 has a half-life of approximately 24,100 years, and the waste it left behind will remain radioactive for at least that amount of time.

The U.S. Department of Energy manages the cleanup of the 586 square mile area of Hanford, and the current solution is to permanently store the waste and wait for it to lose its radioactivity.

According to the DOE, most of the liquid from the storage tanks has been removed, leaving sludge. Current plans are to take the remaining material and separate it into a waste stream that contains small amounts of radioactivity and another that contains the bulk of radioactivity.

The more toxic material will go through vitrification, a process where molten glass is mixed with the sludge. The glass will cool and harden, solidifying and immobilizing the waste so that it won't leak. The solid waste will then be permanently stored in underground facilities. The vitrification facilities are scheduled to start up by 2009 and be fully operational by 2011.

The Health Risks

Archived information from the Hanford Health Information Network, which shut down in 2000, cites one of many testimonies of "downwinders," or individuals living in

areas contaminated by the activities at Hanford.

The anonymous individual wrote that she arrived in Richland, WA in 1954: "I was healthy, happy, full of energy and a bride of two weeks."

Soon, the writer experienced "horrific migraines" and "unexplained attacks of vomiting and diarrhea" that dehydrated her enough to send her to the hospital. Doctors and tests could not discover the cause of her persisting symptoms. She was weak and lost an "alarming amount of weight."

In a few years, she could not participate in family and social events.

"More often than not, I stayed home and on more than one occasion, my husband and children went on vacation trips without me."

“Are our medical problems because we lived in Richland for 25 years?”

- Anonymous

In her early 30s, she was semi-invalid and two of her pregnancies had ended in miscarriages. She was diagnosed with endometriosis (growth of uterine tissue outside the uterus). At 35, she underwent an emergency hysterectomy to save her life after being rushed to the hospital, unconscious and hemorrhaging. She was also diagnosed with fibromyalgia (which is not related to radiation and toxins).

Both of her children were born with immune dysfunctions, skin cancer and were often anemic. Later on, her adult daughter was also diagnosed with endometriosis.

Finally, her husband was diagnosed with prostate cancer.

"It had already metastasized to his kidney, then to his liver. He died in 1990. His question was, 'Are our medical problems because we

lived in Richland for 25 years?' It weighs heavily on my heart. Is there a connection? Studies and medical monitoring may one day answer his question. We greatly miss his loving presence in our lives."

Studies on Hanford's radiation began in the 1980s, however, no official study connecting the radioactivity to cancer in surrounding residents exists. In 1990, the Fifth committee on the Biological effects of Ionizing Radiations, known as BEIR V, concluded that information from scientific studies about people receiving low doses of radiation was insufficient to determine cancer risk. They estimated that for every 10,000 adults exposed over a short time period to 1 rem of radiation, eight would die from radiation-induced cancer.

However, other scientists believe that BEIR V's conclusions are flawed. Some say the estimate is too high. Others say it's

too low. Experts such as medical physicist Dr. John Gofman believe that receiving low doses of radiation over time (such as in the Hanford situation) will produce a greater cancer risk than the same dose given over a short time.

One of the key toxins released from Hanford was Iodine-131, which can settle in the thyroid. Again, while no official study exists, thyroid cancer rates in the area are among the highest in the world. The highest thyroid cancer rates exist in children exposed to radiation from the Chernobyl incident in 1986.

Hanford's I-131 affects children ages five to six that were exposed by eating fruits and vegetables from contaminated fields and drinking milk from cows that grazed on contaminated grass. The highest releases of I-131 occurred between 1941 and

1955, making the affected children between the ages of 54 and 65 today.

Today, there are programs dedicated to people living in the at-risk areas. The Agency for Toxic Substances and Disease Registry (ATSDR) has an information network called the Hanford Community Health Project where “downwinders” may find more information about I-131 and the possible effects of releases from the Hanford Nuclear reservation.

Nuclear Power Concerns

People need power. We need it to keep the food in our refrigerators cold. We need it to light our homes and businesses. We need it so we can do our work on computers. We need it to charge our cell phone batteries so that we can stay in touch with others.

We also need power to direct airplanes, run hospital equipment, coordinate traffic lights, and pretty much run the world we live in today.

Approximately 20 percent of the United States’ energy is supplied by about 110 nuclear power plants all around the country. According to its supporters, Nuclear power is cheap and clean, a good alternative to the burning fossil fuels, which adds to air pollution, is expensive, and is running out.

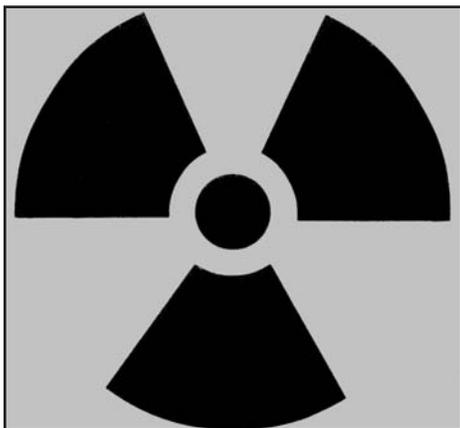


Illustration by Christine Dao

But in the book *Nuclear Witnesses* by Leslie Freeman, Dr. John Gofman, the medical physicist, says, “Licensing a nuclear power plant is in my view, licensing random premeditated murder.”

Dr. Gofman, a critic of the BEIR V conclusions, claims that any amount of radiation exposure can induce cancer. In fact, when the author Leslie Freeman refused radiation treatment for an overactive thyroid, Dr. Gofman told her

“Licensing a nuclear power plant is in my view, licensing random premeditated murder.”

- Dr. John Gofman, Medical Physicist

it was a good that she did. Radiation treatment wouldn’t have lowered her risk of getting thyroid cancer. It would have increased it.

In the book, Dr. Gofman says that nuclear regulatory programs have come up with “allowable amounts” of radiation that can be leaked from a nuclear plant that would not harm the environment or pose any health risks.

He however believes that he can estimate the number of people that can be killed based on the figures of “allowable amounts.”

His conclusion on nuclear power is that it must be perfectly contained, estimating that no more than one millionth or ten millionth of all plutonium manufactured can be lost and released into the environment.

That, he says, is a virtual impossibility.

With all the spills and accidents that can happen at a nuclear power plant, no amount of clever engineering can perfectly contain a nuclear power plant, thus risking the health of the surrounding environment and people (especially the people who work at the plants).

Dr. Gofman, like many others who share his views, has been sorely criticized and even threatened for his discoveries. There are

even scientists that say the thyroid disease conclusion is a hoax, especially in the case of Chernobyl, since the disease takes roughly ten years to settle in.

However, that doesn’t deter from the fact that nuclear power is indeed dangerous. With all the Hanfords, Chernobyls, Hiroshimas, Three Mile Islands and Nevada Test Sites in the world, it’s a little difficult to hide that fact from the public, to say the least.

Like the toxic waste that’s supposedly being “contained” at Hanford (and many other nuclear production sites in the country), nuclear materials will still be radioactive for thousands of years.

The best course of action is to simply get out of the way. 🚫

Special Sequence for Congested Chest Energy.

Diagram illustrates Right application only, refer to figure A.

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

| Procedures For Hands | (to) | Positions On Body E.S.'s | |
|-------------------------|------|-----------------------------|----|
| step 1 left | to | right | 15 |
| and right | to | right | 8 |

LEFT Seq. sit on **Left side**.
(Not Illustrated)

| | | | |
|--------------|----|------|----|
| step 1 right | to | left | 15 |
| and left | to | left | 8 |

This application is best when applied by another person.

Preparation: Sit, or preferably lay, in a comfortable position. For best results remove all metallic objects from the body and from clothing. 100 percent cotton clothing is best suited. You may position pillows beneath arms as needed in order to completely relax while applying each step of the procedure.

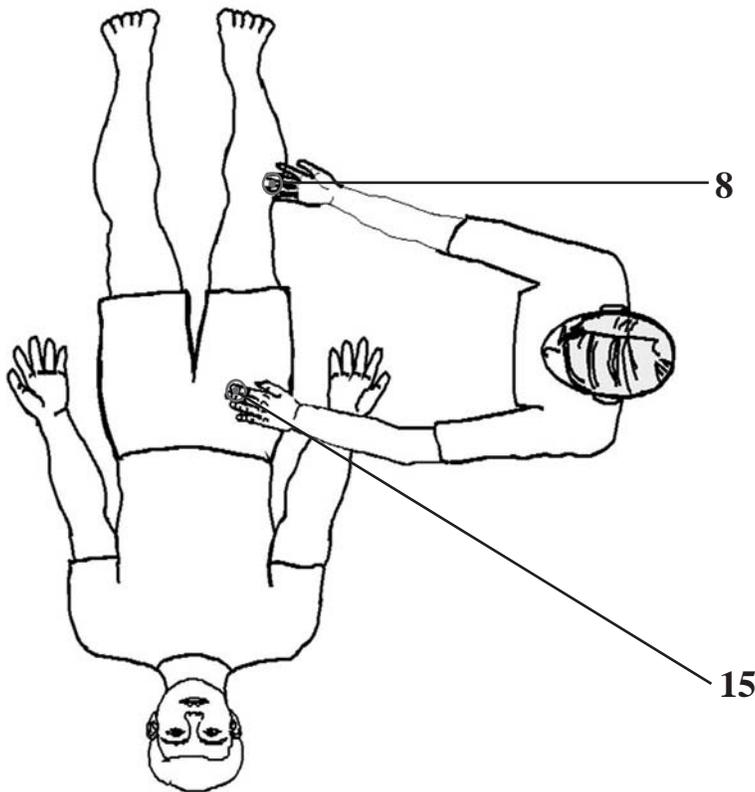
Length of time: Hold each step (*location*) a minimum of four to five minutes or up to 20 minutes if needed.

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

Always hold 2 locations when applying any step.

Important: Pressure is not necessary to achieve results. In fact, it may inhibit the process. Only contact is needed to stimulate energy circulation.

When to apply: We suggest first thing in the morning before rising from bed and the last of the day when lying in bed. Although, this can be accomplished at other times, these are the most productive and complementary to most schedules.



Note: For chronic conditions, this step should be held for twenty minutes at a time and can be applied by two people bilaterally at the same time.

Figure A

Note: This would also be a good quickie application for helping energy descend and ascend in the legs and feet.

Symptoms related and helped by this special application

This application is related to the suggestion in the e-mail response section. It helps pigeon breasted projects, chest edema, lungs, breast, breathing, heart, muscles, anterior rib cage distortions and all descending energy. It primarily helps the chest (13 level), although it helps the waist and hip (14 & 15) levels to descend.

Note: This application is not listed in any TKM® books and is a special application presented to KIMA members.

Top Ten Gifts for the Health Conscious

Not quite sure what to get the health conscious person in your life for Christmas this year? Neither do we. But we've put together a list of suggestions we think he or she might appreciate finding under the tree.



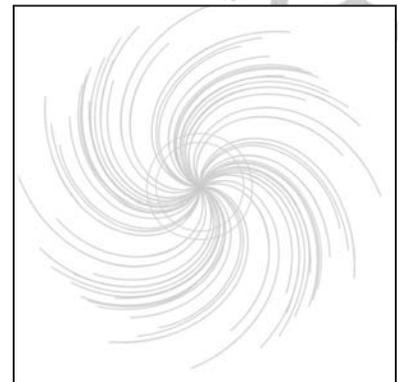
100% Cotton Sheet Set – Natural fibers in clothing and bedding won't conflict energetically with the body's systems like synthetics can. Whether it's jersey or Egyptian, cotton is the bedding of choice for the health conscious for soft texture, durability and it's easy to clean. Remember, only 100 percent natural fibers; no blends.

Shower Water Filter – A quality shower head filter will clean chlorine and other impurities out of your shower water. This is a perfect gift for people with environmental sensitivities. We recommend RainFresh® shower filters.



Full Spectrum Light Bulbs – Most people's lifestyles require them to be indoors for most of the day, causing them to miss out on the beneficial, life-giving rays of the sun. Full spectrum lighting helps simulate natural lighting conditions that are healthful for the body and brighten a room.

Ultraviolet Light and Electronic Air Filter – Most air filters on the market claim to capture pollutants from incoming air, therefore releasing clean air into the room. But the pollutants are still in the filter and therefore still can get into the air. An ultraviolet light and electronic filter in the air conditioner and heater unit will actually kill airborne pollutants in the air before releasing it into the house, cutting down on dust, odors and germs.



Juicer – You can get the same nutrients from a whole bunch of carrots just by drinking a cup of the juice contained in them. The health conscious person in your life can enjoy fresh juice with every meal rather than rely completely on store-bought beverages.



Essential Oil Gift Basket – Give the gift of essential oils with a gift basket, which can include a guidebook that contains information on each oil and their respective purposes and an air diffuser. Of course, each item can be given separately, but for the first time essential oil user, a gift basket is a great idea. We recommend Young Living™ or Nature's Sunshine brands for high quality essential oils.



TriField® EMF Meter – This meter detects electromagnetic frequencies in a room (such as from electrical wiring in a wall), allowing you to arrange your living and work spaces to avoid prolonged exposure to harmful frequencies. While there are several EMF meters on the market, we highly recommend the TriField® Meter from AlphaLab Scientific Instruments. It can measure AC magnetic, AC electric and RF/microwaves. Visit www.trifield.com for more information and pricing.



Portable Massage Table – Portable massage tables are perfect for TKM® work. When the height-adjustable table is set up in the middle of a room, the practitioner has easy access to every side of the patient. When not in use, the table folds up for easy storage.



Drinking Water Filter – Clean drinking water is essential to healthy living. A good water filter will pull out chlorine and other contaminants from your drinking water. A filter can also save you money versus relying bottled water (which the plastic bottles can leach toxins into over time). We recommend The Big Berkey by British Berkefeld®, an all-stainless steel and ceramic filter, which is much more effective at water cleaning than the facet attachment varieties.



Sleep Number Bed® – A good night's sleep is essential to good health maintenance, and your mattress is an obvious important factor. We highly recommend the Sleep Number Bed® made by Select Comfort for support and comfort with its adjustable settings.

TKM® Student

Spotlight

Get to know a TKM® student. We sometimes spotlight a student a Journal issue, and this time we're honored to introduce

Judy Williams

Judy Williams has always been interested in alternative health.

When her children were young, she was resistant to the standard medical treatments, such as vaccines and antibiotics.



She has studied the Bible for 25 years and became particularly interested in stories of Jesus healing. Her life and health changed drastically when she began to embrace Christ's teachings.

Judy has been a women's ministries leader and Bible teacher, which provided her the experience and ability to touch her students. Through her personal life experiences, she has been able to relate to her students' starting points in their studies. Judy uses her sense of humor to help lift her students to new levels of understanding that God accepts us as we are. She believes Christ is the ultimate teacher and that He teaches us not to take our selves so seriously.

Judy is a certified domestic violence counselor and has taught the principles of Life Skills International. She has taught hundreds of students Life Skills concepts which help students release erroneous perceptions from the subconscious.

"It is by the renewing of your mind... that will lead you into all truth," (Romans 12:2). This passage has helped Judy understand the beautiful truths of TKM®.

In 1998 a friend that gave her The KI Method® video. After viewing the video she began taking courses from the King Institute, Inc.

Judy is also a certified massage therapist and has a massage therapy practice.

Once, a client came into her practice suffering from symptoms of appendicitis, and she used the TKM® EMT for appendicitis. The attack eased and completely subsided during the session.

She has had many experiences in her practice with TKM®. She even was able to help a pregnant cow during labor, and it was remarkable that the cow regained her footing during the treatment.

She considers it an honor and a privilege to be a TKM practicing student from the King Institute, Inc.

E-mail Response Corner

Q: I'm wondering if anyone has worked on a "pigeon chest" project. My nephew is scheduled for an operation soon. His mom is a chiropractor and she seemed interested when I spoke to her about TKM® after I finished the Level 1 and 2 classes. I'm hoping they will consider trying TKM®. Any ideas or testimonies? It would be great if she could talk to someone who has seen some measure of success regarding this type of project.

A: First, to address "pigeon breasted" project, it's important to understand where the energy congestion is located. It's chest level due to the edema and indicates congestion at levels 14 and 15, preventing the energy from descending. If the shoulders are in an extrovert posture, then it's a classic Torso Posture energy congestion in the chest (posterior) and page 162 of the textbook should be applied (left sequence). There are a variety of applications that would help this project, but direct and simple applications should include 15 sequence, 2nd Method (MOC), and a simple one-step process of holding the E.S. #15 and the same side E.S. #8 for at least 20 minutes at a time. This can be applied on both sides of the body at the same time with assistance. I would NEVER recommend surgery! It is a simple chronic congestion that has simple remedies in TKM®. Also, a chronic acidic pH is often related to pigeon breasted projects and therefore needs to also be addressed properly with TKM® and diet. As for the request for testimonies, we would be more than happy to oblige, as you have seen from our previous issues, on KIMA-Talk and on our web site. People who are willing to share their stories to encourage others are more than welcome. However, the King Institute, Inc. respects the privacy of the people we serve and we take precautions to not intentionally violate those privacies. We can however say there are such success stories that exist. It's important to note that **no harm can result from TKM®** and the possibilities for recovery are unmatched. There's no need to "prove" that TKM® works. All it requires is a little time and effort on your part. It's only reasonable to give it a thorough chance before choosing dangerous and /or irreversible procedures such as surgery.

Pulse Puzzle

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

S = Silent

L = Loud

W = very weak pulse

R = Rapid

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

FWT = Fluff with Tone. There can be combinations such as: W/FWT.

The study example is below and the observation and suggestions are on **page 12**.

| | | | |
|---------|----------|----------|---------|
| R/L 2nd | Lg. Int. | Sm. Int. | R/L 5th |
| 2nd | Lung | Heart | 5th |
| R 5th | ST | GB | R 2nd |
| R 2nd | SP | LV | 5th |
| S | DIA | BL | S |
| S | UMB | KD | S |

Think of common denominators and processes of elimination to determine options before viewing the suggestions.

fyi good info to know!

Are Your Antacids KILLING You?

The use of antacids today is staggering, to say the least:

- Half of American adults have used antacids
- It is the third most common OTC medication
- 75% of antacid consumption is by heavy users
- Average duration of use by heavy users is 20 years
- Average dosage is 2-6/day, concentrated through the work week

What are the effects of the widespread use of this medication and what are some safe alternatives? How can you help your patients improve their digestive function, thereby improving their overall health?

Most antacids contain aluminum which is highly toxic to the body and contaminates cells, including brain cells. This heavy metal toxin is not naturally cleaned out by bodily systems nor is it easily removed by detoxification programs. The effects of widespread use is a negative impact on the entire health of the person and results in more diseases and medical costs. Maybe there's a reason why antacids are cheap, available everywhere and without a prescription? Hmm!

The common use of this drug first effects your pH, natural pepsin and digestive ability which effects your nutritional uptake and starves your body. It debilitates the immune system and leaves you vulnerable to multiple disorders.

Many clinicians would agree that addressing the Digestive Function is the first place to start in any healing protocol. For safe alternatives, start by applying the Stomach sequence, Spleen sequence and 4th stratum applications always help the digestive system. You can also help your clients by teaching healthy eating habits in relation to balancing the pH of their individual systems. Just eating (well chewed) a large tablespoon full of raw cabbage before your meal will help greatly.

Do not call registry for cell phones

The last thing we need is more EMF Radiation from cell phones due to solicitations!

As of this month, cell phone numbers are being released to telemarketing companies and you will start to receive sales calls. YOU WILL BE CHARGED FOR THESE CALLS! To prevent this, call the following number from your cell phone to register your number: 1-888-382-1222. It is the National DO NOT CALL list. It blocks your number for five (5) years. You can also register your phone number online at www.donotcall.gov.

To Reflect:

Lord, teach me to
keep my mouth
closed
except for when
your Wisdom
flows.

Every
relationship in
your life
is a
current
moving you
toward your
dreams
or
away from them.

snapshots

(Right)

This is the second time to teach a class in Columbia, NC, and it just keeps getting better. We have had some exceptional students in the 2005 Fall classes, and this one has a great group of local people. They have attended Self Help training and now have completed Level 1. They are eager to have Level 1 and 2 conducted in March of 2006. It is beautiful green country and the immediate area has plenty of good restaurants and stores.



(Left)

Cleveland, OH is another city that is fairly new for classes and an exciting group of students who are catching on to the concepts of TKM® quickly. They've had a Self Help class and this was a Level 1 and 2. Some serious students from this class may become practitioners. Kim, the daughter of the coordinator, will be moving to Brazil as a missionary and will help to open doors for TKM® in that country. Our next class in this city will be in April, a Level 3 course. The facilities were great and made a good learning environment for students.

(Right below- Oct. 1st)

NO, this is not completely healthy, but it was very delicious. And it does have fruit on the inside!



(Left above)

The class in Sebring was a wonderful experience, and the people were just as wonderful as the place. To the untrained eye, it's just another city in Florida, but it really is special and rare in many ways. Although fairly small, Sebring is where you can actually find three, four or more generations born and raised in the same location. Many TKM® classes are very mixed with people traveling in from across the country, but this class was filled with locals that are seriously interested in learning TKM®. We hope you can join us there for a future class! We look forward to returning for a longer stay than the class.

Continued on page 13

Pulse Puzzle Suggestions:

(From page 9)

Observation: There appears to be a high emotional state. This person's response to an emotional state is affecting GB (anger) and SP (worry). Pulses reveal they may have moved into a mode of effort (willfullness) as an active response affecting 5th stratum, which affected ST (worry) and LV (anger). The chest level seems so preoccupied (emotionally) that the physical level is drained. The fear, related emotionally to the stress, helps produce silent pulses over the entire hip level (physical). I would say they had a current or recent ongoing high emotional stress episode. The rapid pulses is clearly a high emotional state.

Suggestion: Under the circumstances, it usually provides the most relief to apply the 13 sequence supported with a 9 sequence. To help stabilize the situation, I would apply the 3rd Method of Correcting the Trinity Energy (3rd MOC) and the Mediator sequence. The 13 is for the emotional (especially rapid pulses). The 9 is for letting go (great for emotions). The 3rd MOC is for stopping the progression and help prevent it from affecting other body functions, which would reflect in the pulses. Finally, the Mediator because its responsible for stabilizing the whole system. Checking pulses afterwards will confirm the effectiveness of the application and reveal what may need further attention. They should feel much better after the 13 sequence.

Summary: When you feel rapid pulses anywhere, (many times I've felt rapid pulses in all 12), then think of the 13 sequence for the high emotional state. The person may appear calm, but pulses never mislead. Often, the rapid pulses will be strong pulses! There were several issues, but the rapid pulsation seems to override and helps explain why the other pulses were probably in that condition.

Pulse Puzzle 2 (After session)

Pulse Puzzle 2 (after session) is an addition to *Pulse Puzzle*, which will be in most future issues of this Journal. These observations and suggestions on pulse patterns after a session will help answer common questions about pulses and effectiveness of chosen TKM® treatments.

Situation

The question is about discerning the difference between the “Fluff with Tone” (FWT) of balanced pulses and the “Fluff” related to 3rd stratum, of the five stages of transformation.

Commentary

1. A KIMA-Talk reply from Susan explained that in her experience, 3rd stratum feels soft, like cotton balls going under the fingers. It cushes or is cushy. It feels like if you pressed it - it would disappear or flatten.
2. An even better description she gave was the difference is like testing to see if a cake is done. If 3rd stratum, you press on the surface and your fingerprints sink into the surface: “Cake's not done yet!”
3. The “Fluff with Tone” (FWT) is more like miniature long balloons (like the ones clowns make animals with) going by under your fingers and it feels like it would appropriately bounce back if you pressed it, like the “cake is done.” In the process of learning pulses and distinguishing their differences we hope this improves understanding the feeling of these pulse textures.

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...

EASIER TO FIND
ANSWERS

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V.2.0

Body Biography Corner

When a person lays on a table or bed and naturally (unconsciously) places his or her hands in a comfortable position, the location of the hands on the body will indicate the current or chronic area or level needing help.

I've observed that over 95 percent of the time, the person will lay both hands in the same area or level of the body and roughly 95 percent will do so habitually. This is because the unconscious placement of the hands, when the intent is to simply relax, usually results with the body working on chronic needs over a longer than usual period of time. This is true of sleeping positions for hands as well.

People will most commonly place one or both hands at the chest, waist or hip level. They often lay them directly on the 13s, 14s or 15s or at least within the three inch diameter of effective stimulation. Occasionally, you find someone that lays one hand at one level and the other on another level. When this happens, the hand placed more toward the head is the priority need and on the same side of the body. For example, when a person lays down, if the right hand was placed on the 13 level and the left hand was placed on the 14 level, then both areas need help. But the right 13 level (chest) needs more help than the 14. Often, this is done because just placing both hands at the same level is not making enough difference, therefore the other hand moves to a position to allow energy to flow through better.

Another note is the level will reflect whether it is more of an emotional, mental or physical need. When applying help, you can simply apply sequences that directly help the area where the hands are placed. To be more thorough, you can recall the teachings in class about the path of least resistance and work with the other levels as well to help expedite and insure greater results.



snapshots continued

(Left)

Everyone enjoyed celebrating Glenn King's birthday. Family and friends gathered at this celebration which was actually held at a restaurant named "Celebration" in Dallas. It's at an old house which was turned into a restaurant in 1971 and has gained a reputation nationally as one of the best places to eat good home style cooking in Dallas. It's located on Lovers Lane in Highland Park (North Dallas). We, as well as many travel and entertainment magazines, highly recommend the food and service when visiting Dallas.

(Right)

The holidays are always a special time. Since Thanksgiving recently past, we thought we would share some "good eats." This is one day out of the year that if you stay on a strict diet, then you're just missing out on too much fun. It's just one day (if you don't count all the great left overs)! It's great to have family and dear friends gathered for a delicious meal filled with love and a time of thanksgiving and joy.

We hope you had a wonderful Thanksgiving and wish you a very Merry Christmas and a bountiful New Year!



Testimonial Corner

For RSD, BYO TKM®

The most amazing healing I've ever seen is with a young lady with RSD (Reflex Sympathetic Dystrophy). A Chiropractor referred the girl to me hoping that NAET, a method I use occasionally, might help her. She, her mom and grandmother came to just talk and see if I could figure out what was wrong. All they would say was it's something extremely serious, possibly life threatening, and the medical community told them to just learn to live with it. I wondered, if I got it wrong - did I have to go to the principles office?

I informed them that I don't name diseases, diagnose or prescribe, although I could probably tell them what system was in trouble. I noticed Kristen, the daughter, held herself very stiffly and had a limp. I tested her using a method I'm more familiar with than TKM® and informed them that her adrenals were blown. She was in sympathetic dominance, had a great deal of pain, was extremely toxic and seemed allergic to almost everything under the sun. They asked, could I help? I replied, of course! They said, no really, is there anything you can do to help? And again I said, of course! The three of them sat and wept simply because someone had said "I can help."

Hope is a powerful healer. The God we serve, Jehovah Rophe, God the Healer, our greatest physician is even more powerful! Because I offered hope and the love of Jesus, they were willing to try anything! Being human, I immediately began praying, please God don't let me have overstepped my bounds!

At this point they told me what she had, RSD, and that she was on numerous pain medications, muscle relaxants and anti-depressants. She was even on morphine occasionally to break the pain cycle so that she could do something besides scream from the pain.

In her case, the RSD began with a turned ankle from over TWO YEARS AGO! That day, it looked as swollen and bruised as it did the day it occurred. Her aunt was a chiropractor and had taught them to "unwind" it to help lessen the pain. Then six months ago she was in a car accident that whip lashed her neck. From that point on, she was in constant, screaming, excruciating, only-morphine-helps pain from the top of the back of

her head down through her neck to just between her shoulder blades. Having no idea where to start, especially since I was a new student of TKM®, I told them we would start with NAET for her allergies, something I'm more familiar with and that I was going to a TKM® class that next week and thought it might be helpful. I'd get back to them. In the back of my mind I wondered if she could even tolerate NAET and the term RSD kept tripping through my mind like I should remember something I didn't.

I treated her for BBF. She did fine but by midnight the technique I used had set off the pain cycle for her again. So I knew enough about TKM® to teach them the sequence (Energy Sphere 20) for acute pain. Within 10 minutes it relieved her pain! We were all dumbfounded! I was as shocked as they were! So, I wrote down the Median sequence, which balances the sympathetic/parasympathetic nervous system and the E.S. 20 sequence (for acute pain) and said apply these as often as you need and just hold on and let me get to this class and see if Dr. King has any answers.

The morning of the class, I opened my notebook (now keep in mind this is the second time I'm taking this class) and right there in my own notes was a testimony of an airline flight attendant who recovered from RSD using TKM®! As I sat there looking at it, I remembered Dr. King telling us her phenomenal story. During the first break I went straight to Dr. King with my notebook in hand ready to take notes and asked where do I start with RSD. Naturally he replied, "With the pulses," the one answer those of us new to the modality hate to hear!

So I paid really close attention that week to any clue he might give and went home loaded for bear! That was about six weeks ago.

Kristen is a diligent student who immediately ordered her own Self Help book. And since she had nothing better to do all day anyway, she literally sat in bed ALL DAY LONG and worked through all of the sequences over and over again. Then her mom and grandma took turns applying the complete sequences on her several times per day. They have come to see me once or twice per week for me to share the little I know. We would work through sequences together.

As we found certain ones seemed to "do certain" things, we would focus there. One sequence in particular, the 23s (which actually work to help the adrenals) would cause her foot to "unwind" on its own, going into, without

pain, a range of motion she did not have before! As it unwound itself, the swelling and discoloring disappeared while we watched! I was afraid to move my hands! As her foot stopped moving, her mom and I felt the pulses come up and knew it was time to move to the next step. Her entire body healed in sections, beginning with her foot and ending with her neck.

Kristen is completely out of pain and her medical doctors have weaned her off all but one medication. They start the weaning of that one next week. She was out of pain within the first week.

Now I understand and I want you to understand that not everyone heals this quickly. God has a plan for each of us and it is to His timetable that we must look. But this is an honor student who was able to graduate with her high school class and is now looking forward to going away to college versus lying in bed in pain, unable to function with no hope of anything ever changing.

Last week, she spent the weekend in Charleston with friends and even participated in a three mile bridge walk, something she would have never dreamed of even attempting for the last three years!

So, if you desire a modality for your tool kit that only requires your mind and your hands that is absolutely phenomenal beyond anything I could ever begin to imagine, look into TKM®. I believe you'll be glad you did. Thank you!

- Dr. Teresa Jenkins, DCh

For the Dogs

We thought you would enjoy this e-mail. Jan's five year old son has been having seizures and I taught her the stop seizure technique. She taught this one step to Erin, her baby sitter. But this is an added bonus: I heard a story today about Erin (home schooled junior in high school and one of my math students) was visiting Torrie. Torrie's dog had a seizure. Erin grabbed the little dog's paws. The seizure immediately stopped. Erin let go and the seizure began again, so she held his paws again. Hmm, dogs have thumbs. You're fabulous!

- Linda and Jan

(Yes, TKM® works for animals as well as humans. In fact, we plan on publishing a TKM® book for animals before the end of 2006.)

Continued on page 19

Healthy Eating

A Tasty Delight for Christmas Season Gatherings

(or just a special dinner for two!)

This is one dish that is not for the birds!

Broiled Rock Cornish Hens with Lemon Tarragon

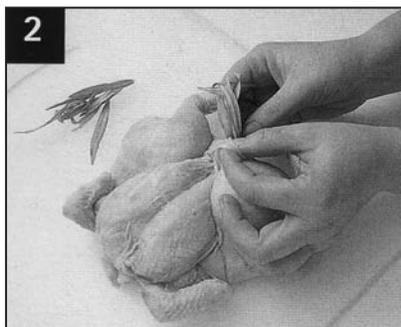
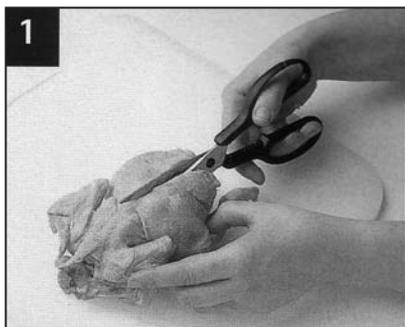
Butterflied Rock Cornish Hens Complemented with the Fragrance of Lemon and Tarragon. This recipe serves two.

Ingredients needed:

2 Rock Cornish hens
4 sprigs fresh tarragon
1 tsp. oil
2 tbsp. butter
Rind of 1/2 lemon
1 tbsp. lemon juice
1 garlic clove, crushed
Salt and pepper
Tarragon and orange slices, to garnish
New potatoes, to serve



1. To prepare the Rock Cornish hens, turn them breast side down on the chopping board and cut them through the backbones using kitchen shears. Crush each bird gently to break the bones so that they lie flat while cooking. Season each one with salt.
2. Turn them over and insert a sprig of tarragon under the skin over each side of the breast.
3. Brush the hens with oil using a pastry brush and place under a preheated broiler, about five inches from the heat. Broil for 15 minutes, turning halfway, until they are lightly browned.
4. Meanwhile, to make the glaze, melt the butter in a small saucepan, add the lemon rind, lemon juice and garlic and season with salt and pepper.
5. Brush the hens with the glaze and cook for another 15 minutes, turning them once and brushing regularly so that they stay moist. Garnish with tarragon and orange slices and serve with new potatoes.



TIP: Once the Rock Cornish Hens are flattened, insert two metal skewers through them to keep them flat.

Giving Thanks

I've been using TKM® on myself for four years. I was diagnosed with Lupus, but it has similar manifestations of chronic fatigue.

I noticed a definite improvement in energy level when I first started with the self help Median sequence, faithfully done twice a day.

Then I went to a Self Help class and had an uplifting experience by including the self help supervisor and mediator. Then I followed up with textbook levels 1-3 and phase 2 in Hawaii.

Now I listen to my pulses at least once a day and bring them into balance by applying textbook sequences on myself and getting friends and family to do other TKM® applications on me occasionally. I am feeling quite well now. I just finished making Thanksgiving dinner with all the fixins. And I'm not in bed recuperating today! How about that?

Praise God for all the gifts we receive.

- Susan

Horsing Around

I guess I have worked on everything now.

When I read the article in the *KIMA Journal* Issue 1 about TKM® used to help a horse, I never thought I'd work on a horse but, now I have.

A good friend's horse came down with encephalitis like the horse in the article. I offered to help her and at 10 p.m., we were out there applying TKM®. My husband came to help me and he was placing his hands on the horse like a pro. I have to admit I was a little scared when I had to hold her 5 (near the back hoof).

I did the #23,25 sequence and the Median sequence. It was interesting and I know (on humans) we are not to touch another person that isn't being worked on, but there was no way I could do reach a #5 and #2 (on her lower back) at the same time. She's a BIG horse! So, I had my husband hold the #5 and I held his hand and held the #2. The horse is better and her owner is applying sequences daily. This is so cool!

May God Bless the works of your Hands.

- Vicki

energy to burn

Caffeine content in energy drinks is higher than in coffee or carbonated soft drinks, posing health risks

Not many people would associate drinking coffee with high-flying BMX champs or track and field gold medalists.

But that's definitely what you get when you visit the sites of popular energy drinks such as Red Bull®, Full Throttle™ (by Coca-Cola) and Monster™ (by Mountain Dew), and that's the idea behind the marketing of these drinks to the general public.

With promises of increased energy, mental focus and metabolism, it's no wonder that more people are picking up those little shots of carbonated pick-me-ups.

But health experts are now saying that the monster, rock star and rouge heifer behind the shiny aluminum cans are more unhealthy than most coffees and carbonated soft drinks, especially when mixed with alcohol, taken before or during exercise and when given to children.

Maher Karam-Hage, M.D. is an addiction specialist at the University of Michigan, and he says that no warnings have been put on these drinks in the United States as they have been in other countries. In certain parts of Europe, energy drinks have been either restricted or banned.

"In this country, our advertisements for these drinks and the marketing are ahead of the science," he said in March earlier this year.

Energy drink companies like to emphasize the vitamins contained in the drinks, but a quick glance of the ingredients on the back of these cans will show the vitamins listed close to the end, meaning that they make up the smallest percentages of the drinks' contents.

The ingredients that appear close to the top, however, are of course water, sugar, caffeine and taurine, an amino acid that the body produces naturally. But the kind found in energy drinks is either produced from synthetics or from bile taken from ox livers.

When supplemental taurine is found in a healthy body, it discourages the body from producing its own version of the amino acid, which can eventually lead to the total shut-down of the body's taurine-producing abilities, as well as the need for taurine supplements for the duration of the person's life.

The health concerns surrounding caffeine are not new. Most of the energy drinks are in smaller 8 oz. cans with double the amount of caffeine found in Coke served in a bigger 12 oz. can. So the concentration of caffeine is higher in proportion to the serving size. People then get in the habit of drinking two smaller cans at a time, which causes them to consume the same caffeine in four regular cans of Coke.

Because of the high caffeine content, Dr. Karam-Hage likens the mixing of energy drinks and alcohol with pressing the accelerator and brake of a car at the same time. Because the caffeine



Photo by Christine Dao

Energy Drink Facts

- Most energy drinks contain caffeine, often about 80 mg per can (about the same as one cup of brewed coffee and more than the amount in two cans of Coca-Cola).
- Taurine, which the body produces on its own, is a sulfur-containing amino acid often marketed as an antioxidant, anti-anxiety treatment and a heart-beat regulator, but some scientists and health care providers say it is unclear what effect it has.
- Caffeine will not reduce the effects of alcohol.

makes people feel more alert, they think they can handle more alcohol, which can lead to more alcohol and caffeine consumption than the body can handle without the drinker even being aware of the damage they're doing to themselves.

And the drinks put an extra strain on the body, which can lead to dehydration or even collapse if taken before and/or during intensive exercise. Coincidentally, Red Bull®'s and other web sites contain article and images of extreme sports and athletic celebrities from around the world, sending the message that their drinks are for the very intensive exercise and activity that the University of Michigan says is not healthy.

Major concerns arise with the popularity of the drinks among young people. Karam-Hage says that the caffeine in energy drinks can cause children to become "hyperactive, fidgety and even rageful." We wouldn't think about letting our children drink four cups of coffee, and yet they can easily buy energy drinks at the corner store. That can be dangerous.

Since children's systems are already more active than adults, it's no wonder that the addition of caffeine can present health problems that will effect the child later on in life. And once the caffeine passes through the system and the effects wear off, it leaves the child virtually exhausted. The extremes can hurt the child's natural development. ■

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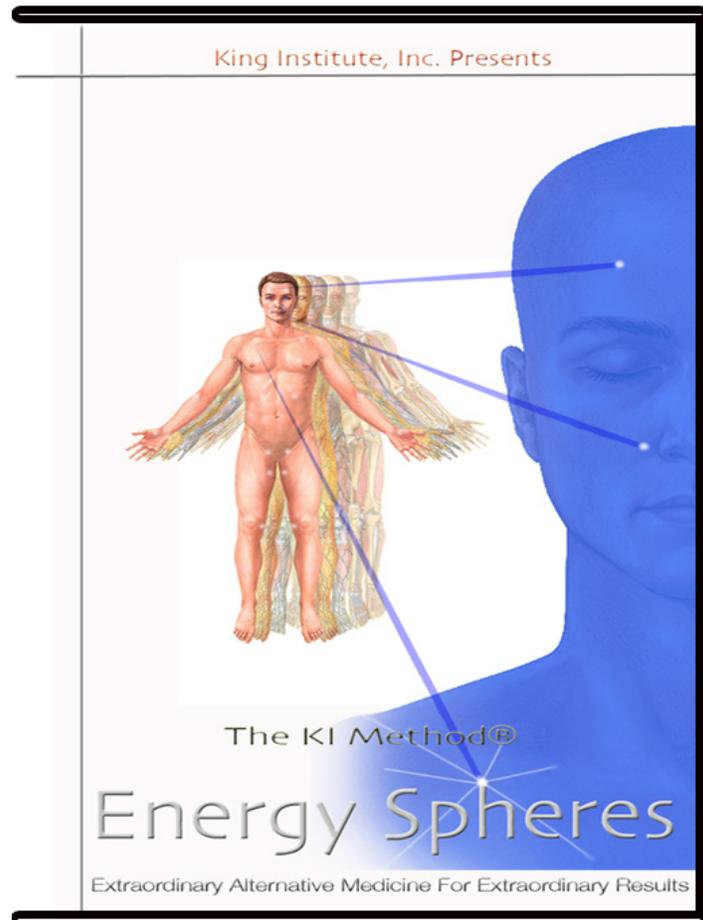
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