

Let Them Come

# KIIMA

*The Journal of*  
The King Institute Method® Association  
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Issue 8



## The Dangers of WI-FI

The Convenience vs. The Health Risk

**Small Miracles: How Parents use TKM® to help their Down Syndrome Child**  
**Study: Electromagnetic Fields Accelerate Mercury Release in Dental Fillings**  
**Bread and Butter; Gluten and Casein**

**Extraordinary Alternative Medicine for Extraordinary Results**

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# KIMA

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The King Institute Method®  
Association

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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



May God bless you and multiply back into your life the seeds you plant into this ministry. To post you up on current and coming goals for this organization, as a result of suggestions/requests, we've developed the most comprehensive tooth chart available. It is presented in an 8.5 x 11 inch full color laminated chart. Also produced a very accurate and comprehensive 18 x 24 inch Energy Sphere color poster.

The greatest accomplishment in providing a valuable TKM® tool is the Energy Sphere DVD. It has been extraordinarily effective as a teaching tool in classes and a great home study for TKM® students. We completely changed our web site last year and have made many changes since then to make it easy to use and effective for reaching new people, although it is mostly for helping our current and past students. These improvements will continue as well as the growth (additions) of the web site.

Our certified TKM instructors have undergone training, attended regular meetings and are continually sharpening their skills for teaching TKM® classes. At the Institute, we're taking on more interns and making some office and system changes. Our goal is to serve you better, but it is also preparation for the World vision that has existed from the beginning. In this process, all of the books are being updated, and the new Textbook should be released in early 2007. There are more video training tools coming and materials are currently being updated for translation into Spanish, Vietnamese, Portuguese, Greek and other languages as the demand arises. Many other improvements and expansions are planned. We are getting assistance from people in areas they can help in, although more help for this process is needed.

There are two areas that continue to be of great need, which you and everyone can help. It is to spread help to those in the US and abroad, especially in developing countries. It is your ongoing prayers and ongoing financial support that makes it possible! We need and ask for your faithful prayers for God's will, protection, provision and breakthroughs in all areas of need, and that He will lead us to serve His purpose victoriously.

In this purpose we ask you to partner with us to help the children, elders, single parents and many others who suffer or die when effective help is available for most. You've seen and heard some of what TKM provides. Now more than ever, we are able to provide help for these people, IF we have partners like you to help financially support this outreach.

We don't publicize the help and provisions which we currently provide those in need, to avoid exploitation and because of those who would try and take advantage when they're not in true lack. But we have a large and growing demand that needs to be met. We thank you for all you've done to help yourself and loved ones with what you've learned of TKM and any support you have provided. But, now is a time that we need your support for helping those you do not know, although they still suffer and request help! Please make a decision today to partner with us to help save lives and stop needless suffering for those who seriously can't provide for themselves. Please call the office to set up an arrangement you prefer or simply go online to our web site and choose a monthly support level that is dedicated to helping those in serious need. Go to: [www.kinginstitute.org](http://www.kinginstitute.org) and click "To Contribute" on the left menu bar. Or, you may call 800-640-7998. Please pray for those whom our partners are enabling us to help!

Glenn King, PhD, CDN, CN, Director

## Editor's Corner

Welcome to our final issue of the second round of KIMA Journals! We hope you've enjoyed the information and the great discounts on TKM® classes, sessions and products, and we hope to continue bringing them to you. But we need your help! Renew your membership by September 1 in order to receive your Issue 9 on time. And spread the word on the great value! The coupons pay for the annual membership in only two classes or three sessions.

As always, we welcome feedback to improve the Journals. Tell us how we can better serve you as a publication. And share your stories! Even if they don't make it into an issue, we can post them on the web site to encourage others. The best ones continuously come from you, our readers.

Thanks and enjoy!

Christine Dao, Editor

# Small Miracles

How diligent parents use TKM® to help their child with Down Syndrome

By Christine Dao

All children enter this world with a struggle. Some of those struggles, like that of Christopher Sierra, are a bit tougher.

Christopher was born with Down Syndrome. And among his many other complications, he had a variety of heart malformations and a blood condition that showed the precursors to leukemia. So parents Rick and Jill started looking for solutions to help Christopher immediately. During that search, Jill heard about TKM® from another mother of a Down Syndrome child on an online forum.

“[Christopher] was born July 3, 2004,” Jill said. “I began to read about TKM in October and started using it in November of the same year. I actually hadn’t taken a class yet.”

Jill called the King Institute, Inc. to inquire about what she should do for a stomach hernia.

“I actually wanted to do the stuff for Down Syndrome, but he was scheduled for surgery in December.”

She spoke with Hillary King, assistant director of the King Institute, Inc. who gave her a few sequences over the phone, and purchased a copy of *TKM: Textbook* and the *Self Help Book*.

“[Hillary] told me what sequences to do, which were Stop Bleeding, Diaphragm and some others. And within a few weeks, we saw results. So we cancelled the surgery. And I just started going along from the book.”

## Holes in the Heart

Jill continued to work on her son for almost a year on her own before making it to her first Level 1 & 2 Combined Class in Carrollton, Texas in July 2005. In that time, she was able to help his heart condition and wrote about it on the KIMA-Talk forum in April 2006 in response to another forum member’s heart question.

*“Christopher had a variety of heart malformations at birth, all of which I still don’t fully understand. Though not as serious as some heart malformation birth defects, if not healed they could have led to something more severe – they were **three holes** (one fairly large), duct malformations and one side of his heart enlarged. I started TKM when he was four months old (as a newbie, mind you, with no training) and by seven months the cardiac doctor declared his heart ‘normal.’”*

The doctors didn’t give statistics but claimed that it could possibly heal itself. And at the time, Jill’s priority TKM work with Christopher addressed his first hernia, the Down Syndrome and his blood disease. She didn’t specifically work on his heart.

“But [TKM] had to have helped. And the fact that they said it could heal by one year, I think there was an alarm there that it healed so fast,” Jill said.

Christopher’s cardiologist, Dr. Stanley J. Stamm at Children’s Hospital and Regional Medical Center in Seattle, filed a report Feb. 28, 2005 that stated:

*“From a cardiac standpoint, the baby is doing quite well. On*

*exam, there are good peripheral pulses. There is no hepatosplenomegaly [enlargement of the liver and spleen]. No significant murmurs are heard at this time...For completion sake, we followed up with an ultrasound. There is no evidence of left-to-right shunting. Structurally, he has a normal heart. I told the mother that Christopher has a normal heart by our exam today.”*

“We had [his heart] checked again less than a month ago via an X-ray because of his OSA [obstructive sleep apnea],” Jill said. “And it showed for all intensive purposes that it looked normal.”



*Christopher Sierra*  
Photo courtesy of Rick and Jill Sierra

## TAM

Christopher’s blood condition, Transient Abnormal Myelosis, was originally misdiagnosed in Seattle as myelodysplastic syndrome. It’s a rare and misunderstood disease. Pediatric Oncologist Dr. Charlotte Niemeyer at the University of Freiburg in Germany, the one who properly diagnosed Christopher, said children with TAM have a 25 percent chance of getting leukemia. Christopher was showing the precursors to it.

The oncologist pointed out to Rick and Jill that there is a 40 percent chance of terminal-type incidences.

“The precursors that showed up in the blood test had been increasing and continuing to increase in all the blood tests,” Jill said. “And the last blood test we did showed that it was still going up, but not at the same rate. It may have subsided some, but more importantly, leukemia or some other blood disease that might happen hasn’t happened.”

A variety of diseases can stem from TAM, leukemia being the most well-known one.

“But so far nothing’s happened, so the only thing I can attribute it to is the TKM,” Jill said. “Just having the disease itself gives him a one in four chance of developing leukemia. And he was showing the precursors. The specialist confirmed it in Germany. And [Christopher] wasn’t even diagnosed properly at a children’s hospital in Seattle. That’s how poorly known and understood this disease is. [But Dr. Niemeyer, who is the only pediatric specialist that sits on the board for the Myelodysplastic Syndromes Foundation,] confirmed he was showing the precursors for leukemia,



and that was almost a year ago, and it hasn't happened. That's one of the biggest testimonies we have. That's probably bigger than the heart condition. The heart condition was pretty important, but it may have healed on its own."

Another interesting fact to note was that the cardiologist, Dr. Stamm, had found no enlargement of the liver or spleen. Dr. Niemeyer and Jill's own research confirmed that some of Christopher's leukemia precursors are associated with an increase in spleen size. "So interestingly, Christopher hasn't shown this. I used to do Spleen Sequence a lot. I don't know if that had anything to do with it," Jill said.

## Petechiae

Christopher seldom got sick in his first year because Jill made a conscious effort to keep him from falling ill.

"[Common illnesses] could've sent him into who knows what because his blood couldn't handle it," she said.

At 10 months old, Christopher started showing petechiae, a condition where small red and purple spots appear on the skin as a result of tiny hemorrhages within the dermal or submucosal layers. The spots range from pinpoint to pinhead size and are flush with the skin surface. It's one of the first signs of leukemia.

"He's had a couple times where the petechiae had shown and then went away, and the blood tests would show he was okay. And he would bounce back from being sick."

Christopher had some kind of virus that covered about 80 percent of his body in red blotches. Then he started showing petechiae. Blood tests showed his white blood cells and his platelet count were extremely low to a point where doctors were ready to administer him to the hospital.

At this time, Jill still had no formal TKM training. With some suggestions from another TKM student, she started working on Christopher for the petechiae.

"I did a Gallbladder Sequence," she said. "And just during that hour and a half or so, the blotchiness that had been there for almost a couple days had decreased more than 50 percent. Way more than 50 percent."

Her husband, Rick, who was at the store for that hour and a half, came back and confirmed that Christopher was doing much better. Jill did another Gallbladder Sequence on her son later that same day, and neither she nor Rick could find anything on Christopher's body.

"Everything was gone," Jill said. "A little petechiae was still there because it takes a while for it to go away. But when we did another blood test, everything had bounced back. The day I was doing the sequences, the doctor was ready to put him in the hospital. And the next day we did the test and everything had bounced back. That's one of the biggest testimonies that has kept me going."

## Overall Doing Well

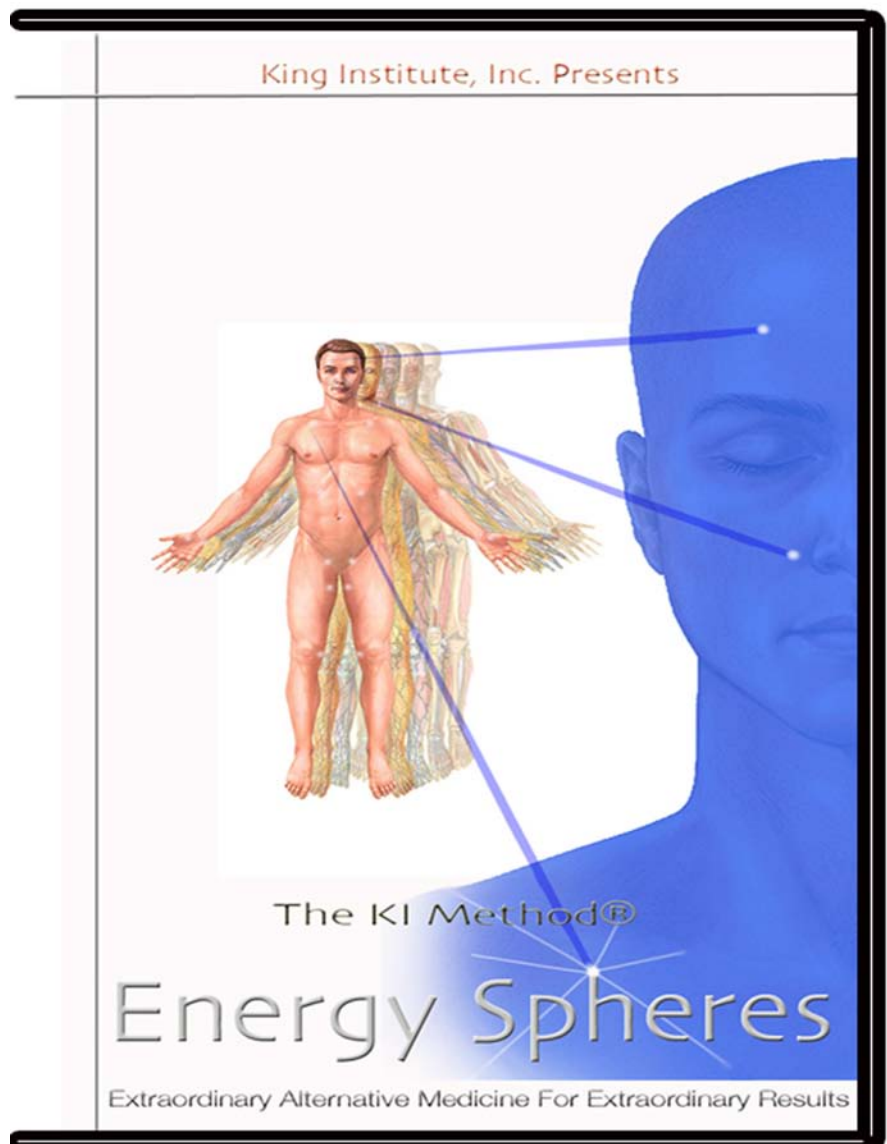
"I took [Christopher] in to see [Neurodevelopmentalist] Linda Kane recently," Jill said. "She said based on everything she's heard about him, she expected him to look a lot worse and to be further behind than he

was. She was really pleasantly surprised to see how well he was doing.

"I think that in general, given that he has Down Syndrome, he's doing very well. And the blood condition, which is probably the biggest issue, is at bay. There's nothing out of control. He seems to be improving."

Along with Christopher, Jill helps the rest of her family with TKM and shows them how to help themselves.

"The fun thing about it is that if [my children] don't feel well, I'll give them finger holds or whatever, and they'll do it. We've stopped using all sorts of medicines. We do general vitamins. But if someone's sick or hurt, I just show him or her what to hold. We do Stop Bleeding all the time." 📌



Order the most important tool for learning TKM®,  
the "Energy Spheres" DVD  
online at [www.kinginstitute.org](http://www.kinginstitute.org) or you may call 800-640-7998.  
Order your copy now at the introductory rate of \$34.95 plus S/H.

# Study:

## **EMFs** accelerate **MERCURY** release from dental fillings

By Christine Dao

### **Can you listen to the radio through your teeth? It's possible if you have mercury fillings.**

We aren't foreign to the dangers of mercury dental amalgam or electromagnetic frequencies, or EMFs, by themselves. However, a Swedish study found that mercury fillings exposed to dangerous levels of EMFs (the kind that surround us all the time) release more than double the amount of mercury into the human body.

Dental amalgam consist of approximately 50 percent mercury combined with silver, tin and copper, metals that are all good conductors of EMFs.

This presents a problem with today's lifestyle, which includes exposure to a variety of harmful EMF-emitting sources, such as computers and cell phones (which are even more dangerous now with the advent of wireless head sets that people generally keep attached to their ears for hours at end).

A weblog entry from BioPro Technology's web site says, "Mercury fillings act like micro antennae, and when the use is exposed to EMFs, alterations occur in the electric currents in the mouth (electro galvanism) that has been shown to accelerate the mercury release from fillings." BioPro is an independent consulting firm that seeks to inform and find solutions to the dangers of electro pollution.

Cell phones and wireless ground phones operate at anywhere from 900Mhz to 2.4 Ghz depending on the model. When a user receives a call on the phone, that's 900Mhz to 2.4 Ghz directed at the tiny cell phone antennae next to his or her head. If the user has mercury fillings, the conductive metals pick up the frequencies and release the mercury.

Computer screens also have the same effect, especially CRT models. The average person spends a majority of his or her day barely a few feet from a screen. And nowadays, many homes and businesses are equipped with wireless networks to reduce the clutter of wires and cable. The problem with wireless is the signals that were once limited to the length and circumference of the cable now fill the entire room.

### **The Study**

T. Örtendhal and P. Högstedt at the Chalmers University of Technology in Gothenburg, Sweden were commissioned to find out why divers working with underwater welding were constantly losing their dental fillings.

They used new dental amalgam blocks of three different types (DAB Fine Alloy, high-copper ANA 2000 and Dispersalloy) and exposed them to five different computer screens. Two of the



*Illustration by Christine Dao*

computer screens, made by IBM with a "low radiation" label did not have the same effect as the other screens, which produced the mercury release.

The researchers emphasize in their publication that more mercury dissolves from amalgam fillings from chewing than from exposure to EMFs. However, therein lies another problem. We don't just chew or just expose ourselves to EMFs but in fact do both, sometimes simultaneously (consider eating lunch in front of your computer or having a snack while talking on your cell phone or wireless headset).

The blocks used in the study were new and exposed only to the EMFs. They were not dental fillings that were exposed to both EMFs and chewing.

In a separate 1997 Norwegian study, researchers measured the amount of mercury found in the urine of 26 male cell house, or prison, employees. They were exposed to various frequency strengths of oscillating magnetic fields during an eight hour work day over a period of four weeks. They received the fifth week off from work.

Urine samples at the end of the four week exposure period were compared with samples from the one week off.

"The results show that the cell house workers excreted significantly more mercury in their urine after exposure to magnetic fields ( $p=0.01$ )," the abstract of the study said.

This goes to show that even though the researchers' findings in both studies are disturbing, what we do on a normal basis is theoretically more detrimental.

### **The Dangers of Mercury**

Mercury, more specifically methylmercury (mercury's harmful form) is a neurotoxin. It likes to settle in fat cells, of which the brain is mostly made.

That is why mercury fillings and mercury-preserved vaccines

*Continued on page 8*

# Sequence for Revitalizing Diaphragm Energy

**Preparation:** Sit, or preferably lay, in a comfortable position. Remove all metallic objects from the body and from clothing. Cotton (100 percent) 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 3 to 5 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 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.

**When to apply:** The 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.

## Diaphragm Sequence Steps:

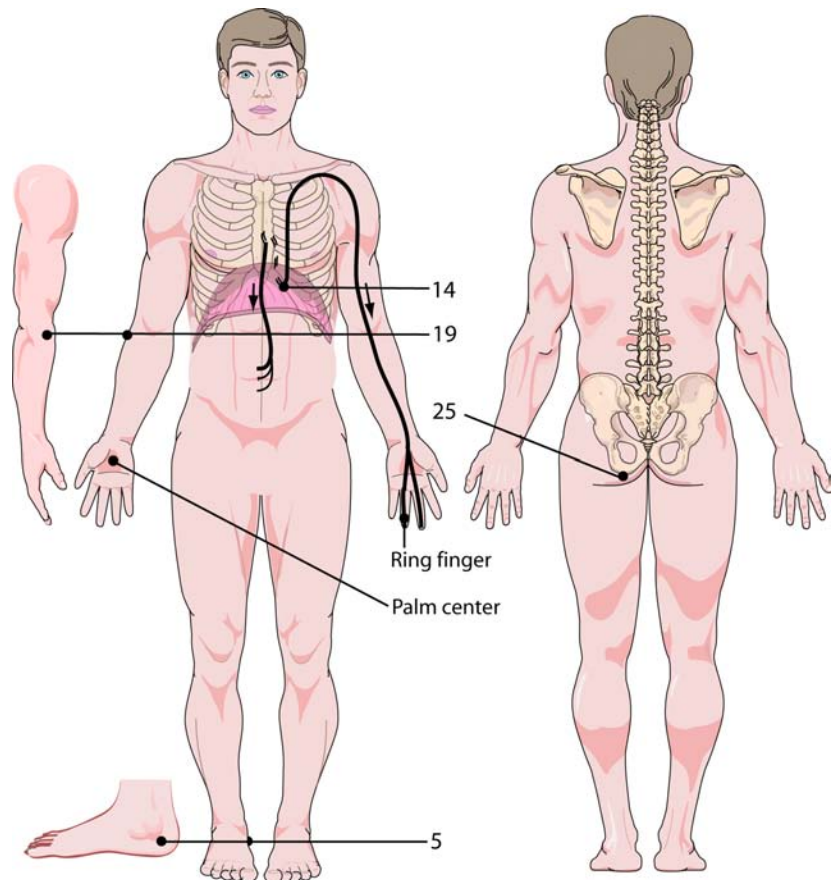
The diagram illustrates Left sequence energy spheres only, refer to the figure.

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

Procedures For Hands	(to)	Positions On Body E.S.'s
step 1 left	to	left 14
and right	to	right 19
step 2 left	to	left 25
step 3 right	to	right 5
step 4 right	to	right palm (center)
step 5 right	to	left finger (ring)

**RIGHT Seq.** sit on **Left side**

- 1 R - R 14
- L - L 19
- 2 R - R 25
- 3 L - L 5
- 4 L - L palm (C)
- 5 L - R Fin. (R)



## Symptoms Related:

Diaphragm energy repairs the cardiovascular system and heart, heart palpitations, heart projects (Heart attack), holes in heart, pricking pain in the heart, flushed complexion, constant thirst, and all blood composition projects. It cleans toxins in the blood and is great for all blood disorders: lupus, leukemia, diabetes, aneurysm, tumors, tense elbow, gallbladder, astigmatism, hips and/or thighs thickening, weak legs, dry skin, and helps any congenital projects, pain and occasional numbness in the chest and sides, pain and numbness on the palmar aspect of the upper and lower arms.

**Note:** Most heart attacks are actually caused by diaphragm energy attacks. This application is especially included in this KIMA Journal issue due its special use for repairing any cardiovascular impairment. This application was also essential in the repair of holes in Christopher's heart (see article in this issue).



# The Dangers of WI-FI

*The convenience of wireless is not worth the health risk*

Imagine that you just arrived in a new city, either for business or pleasure, and you decide you need to check your e-mail or need the Internet for some other reason.

Of course, that requires finding a Wi-Fi hotspot.

Wi-Fi hubs are becoming more popular around the world, and many hotspots, such as hotels, cafes and airports, are offering free connections to their wireless networks to attract potential customers.

The basic idea is that you have a laptop or PDA that is equipped with a wireless port. You come in, buy something, sit down with your computer and get to work. No cables and no wires. Just turn on your device and you're connected.

Some cities are taking it a step farther and working to provide Wi-Fi for the entire city, so that you can access the Internet from a park bench outside as easily as you can from inside your office.

We've embraced Wi-Fi, which has allowed us to be in the office without actually being *in* the office. College students can check their e-mail in the mall as easily as they can from a computer terminal in the university's library.

Wi-Fi has made life easier. Or has it?

We've heard about the health concerns of cell phones for a long time. The cell phones' antennae (even the models that don't appear to have an antenna have one, otherwise how can it make a connection to send and receive calls?) direct the surrounding electromagnetic frequencies, as well as the ones emitted by the batteries, to the head. Cell phones have been cited for brain tumors and other cancers typical of electrical pollution.

But while cell phones have researchers examining the impact of electromagnetic fields on health, we give little credence to the other wireless devices that have made our lives so much easier and are in essence making us ill. Commercial and home offices have welcomed wireless networks in lieu of the confusing cable clutter.

What few people understand is the concept behind Wi-Fi is the same behind cell phones and can be just as dangerous.

## Understanding Wi-Fi

We've heard the terms Wi-Fi and Bluetooth thrown around, but do we really know what they mean?

Wi-Fi is short for wireless fidelity. Hotspots are places, usually

coffee houses, hotels and airports, that have a wireless network set up where someone like you can bring a wireless device to and connect in order to access the Internet. It's the same concept of Bluetooth, another wireless connection technology that works only short distances, say from your ear to your car's dashboard. Wi-Fi covers a much broader area.

The concept that all wireless devices share, whether it's a cell phone, a PDA, a laptop computer or a wireless hands free set, is that they all have antennae that pick up signals and direct them to their respective devices. Some people will look at their cell phones and PDAs and note that they don't have an antenna. They do. It may not be one that sticks out of the device, but there is one still inside to pick up a signal.

The signals come from a source, whether a wireless network or a cell phone tower. And the clarity of a call or the speed of receiving information is determined by the strength of the source. The more powerful (meaning the more output) of the source, the better *fidelity* of the information received.

It is the sending and receiving of signals that has many Wi-Fi critics worried. The sources send the signals everywhere within a spherical radius, the size of which is dependent on the source's strength. Even if you don't have a wireless device with you, the signals can still reach you. These signals are what cause "electrical pollution."

With all these signals running about, an antenna catches one and makes a connection with the source. Now, the signal is directed at something. That's why the electromagnetic fields, or EMFs, around an antenna are much more intense than space that is out of the antenna's range.

Now imagine all those powerful signals directed at the antenna that is next to your head on a cell phone or in the computer at your fingertips. And that's just from the EMFs. We haven't even touched on the effects of radiation.

## The Energetic Viewpoint

Energetically speaking, EMFs, like the ones produced in Wi-Fi environments, inhibit the proper flow of energy. Energy that doesn't flow properly causes incoherence, which manifests as pain and disease. Prolonged exposure doesn't allow the body enough time to heal and re-establish coherence, which leads to serious conditions such as cancer.

That is why those who understand medicine from an energetic

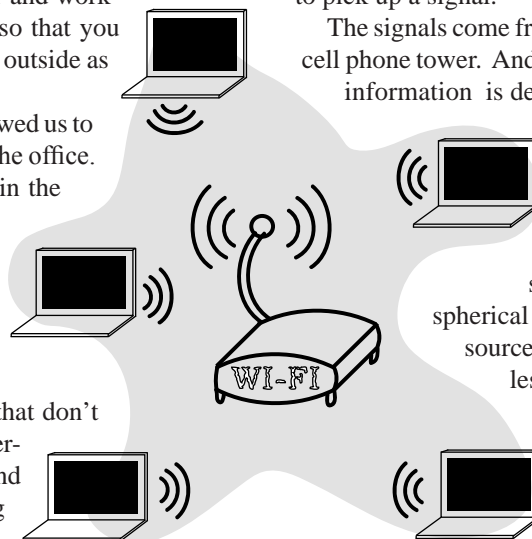


Illustration by  
Christine Dao



viewpoint discourage the use of wireless devices. The EMFs created around these devices are powerful, and often times we expose ourselves to them for long periods of time. How often and for how long do you talk on your cell phone? How many hours do you spend at your computer with the wireless connection turned on? Do you keep your PDA in your purse or pocket? How about your house? Is your network Wi-Fi? Or better yet, is it possible for you to connect to the Wi-Fi network in your neighbor's house?

Wi-Fi's explosive popularity makes the concerns that much worse. It's so convenient and, now with many hotspots offering it for free, so cheap that we give little thought to the health implications. 📍

## EMFs increase mercury release in teeth

*Continued from page 5*

have been the subject of much controversy and debate for many years. And over time, once it has had a chance to settle in and do its damage, it's difficult if not impossible to completely remove.

Methylmercury has been cited for a variety of neurological problems, including autism and Alzheimer's disease, as well as non-neurological debilitations such as impaired kidney function, infertility and many others.

Even death. The CDC cites mercury as "a potential agent for chemical terrorism."

## The Dangers of EMFs

Much debate still exists for exposure to EMFs, even more than mercury, in the biochemical arena, the foundation of most Western medicine. If anything, biochemical medicine acknowledges the possibility that EMFs may trigger other complications.

From a biophysical perspective, the foundation for much Eastern medicine that the West is starting to adopt, EMFs are a problem, not simply a trigger.

EMFs affect the body's bioelectrical systems and inhibit function. Whenever energy is blocked in a system, it can cause pain as an alert to something wrong. Improper flow of energy is a DIS-ease.

Other countries have acknowledged the dangers of EMFs and are taking action. *Thanh Nien News* reported in March that some 2,099 homes in central Vietnam will be equipped with special shielding against dangerous EMFs.

"Leukemia, lymphoma and cancer of the nervous system are diseases that can be caused in children exposed to the powerful electromagnetic waves without protection," the paper wrote.

Little else is known about the specifications of the shield system except that it "is considered the most effective measure to combat the waves and effectively protect anyone that spends excessive periods of time near high-voltage power lines."

Several studies have confirmed that deaths due to leukemia and brain tumors in children and adults is 20 to 40 percent higher among people exposed to high-intensity electromagnetic fields than those living in low EMF homes.

Also, the number of deaths from brain tumors, leukemia, lymphoma, cancer of the prostate and breast, musculoskeletal disease and diseases of the blood forming organs were significantly higher in people with jobs that put them in close proximity with electrical pollution, such as electrical engineers, electricians, electronics technicians, power station operators and so on. 📍

## Wi-Fi Hotspots as of

**May 29, 2006**

*Courtesy of JiWire.com*

### Top 10 Countries

<b>United States</b>	<b>40,011</b>
<b>United Kingdom</b>	<b>14,644</b>
<b>Germany</b>	<b>10,867</b>
<b>South Korea</b>	<b>9,415</b>
<b>Japan</b>	<b>6,210</b>
<b>France</b>	<b>4,239</b>
<b>Italy</b>	<b>2,481</b>
<b>Netherlands</b>	<b>2,400</b>
<b>Australia</b>	<b>2,186</b>
<b>Taiwan</b>	<b>2,010</b>

### Top 10 Cities

<b>Seoul</b>	<b>2,056</b>
<b>London</b>	<b>1,858</b>
<b>Tokyo</b>	<b>1,852</b>
<b>Paris</b>	<b>1,073</b>
<b>San Francisco</b>	<b>809</b>
<b>Daegu</b>	<b>787</b>
<b>Berlin</b>	<b>751</b>
<b>Singapore</b>	<b>671</b>
<b>New York</b>	<b>656</b>
<b>Hong Kong</b>	<b>622</b>

### Top 10 Location Types

<b>Hotel / Resort</b>	<b>29,850</b>
<b>Restaurant</b>	<b>23,742</b>
<b>Cafe</b>	<b>15,289</b>
<b>Store / Shopping Mall</b>	<b>14,852</b>
<b>Other</b>	<b>7,396</b>
<b>Pub</b>	<b>5,389</b>
<b>Office Building</b>	<b>1,991</b>
<b>Gas Station</b>	<b>1,923</b>
<b>Airport</b>	<b>1,532</b>
<b>Library</b>	<b>1,311</b>

# TKM® Instructor Spotlight Let Them Come

by Derenda Pitzele

It seems everywhere I turn nowadays I hear of someone -- mostly women -- with a new diagnosis of Fibromyalgia, lupus, or some other autoimmune disease. I see many people in my private practice that suffer from various types of problems that are autoimmune related. As a TKM® practitioner, I often share with others that there is hope for a pain-free life!



The reactions I receive vary greatly -- mild interest, shock, hopefulness, skepticism, enthusiasm or (my least favorite) the rolling of the eyes. To some, TKM® just seems too simple. To this, I always respond, "So is the gospel of Christ."

Many times I see people that were skeptical in the beginning come around and give TKM a try. I am always excited to see their responses when they see the simple power of this gentle method. I have learned over the years to share TKM freely, but not to try to force it on others. Someone once said to me, "You rescue the people who are swimming toward the lifeboat, not away from it." This simple saying has helped me many times to know when to push on and when to be quiet.

For example, several years ago a friend of mine was diagnosed with Fibromyalgia. When I heard this, I told her about TKM and that I had worked with others with the same disorder and had good results. My friend had already sent two of her children to me for treatments for simple ailments and injuries. For one year she did nothing, even though we saw each other often, and she would always say, "Gee, I need to come see you!" I tried to encourage her, but mostly just smiled. This went on for a little over a year, when finally her son told her she should quit complaining of pain and come see me! It is funny how our children can motivate us sometimes. She laughed then called me and made an appointment.

We started working together on July 2, 2004. I say "working together" because I strongly encourage my clients to be active and responsible in their health care. I firmly believe that the key (KI) to a successful treatment lies more with the client than with me. When we started, my friend had just received a new diagnosis of **bursitis** to go along with the fibromyalgia (Remember that if you do not address the cause of the disorder, it will progress into more disorders).

At her first treatment, she reported her pain level to be at an 8 on a scale of 1-10, with 10 being the most severe. She was on pain medication and sleeping medication. Her sleep was so disturbed that she slept in a separate room from her husband because she woke him up at night. I explained that we needed to work as intensely and often as possible in the beginning to get the best results.

She was on board and committed. I again stressed the impor-

*Continued on page 11*

## Attention All Current Members of the US Armed Forces

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## 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**.

L 5th	Lg. Int.	Sm. Int.	L 5th
L 5th	Lung	Heart	L 5th
FWT	ST	GB	3rd
1st	SP	LV	FWT
W?	DIA	BL	W 4th
S	UMB	KD	S

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

fyi good info to know!

## Would you like that on white or wheat bread?

The next time you go to a deli to have a sandwich made, you might want to think before automatically choosing white bread.

That's because white flour, the same used in a lot of baked goods and desserts, contains alloxan, a chemical that gives the flour its refined color (or lack there of).

What few consumers, and many researcher know, is that alloxan is used to induce diabetes in laboratory animals for experiments. Alloxan selectively kills beta cells, the insulin producers in the pancreas. Researchers from the Department of Animal Physiology and Biochemistry at the University of Agriculture in Poznan, Poland says, "Alloxan and the product of its reduction, dialuric acid, establish a redox cycle with the formation of superoxide radicals. These radicals undergo dismutation to hydrogen peroxide. Thereafter highly reactive hydroxyl radicals are formed by the Fenton reaction. The action of reactive oxygen species with a simultaneous massive increase in sytosolic calcium concentration causes rapid destruction of B cells."

While alloxan is proven to cause diabetes in laboratory animals, the white flour industry maintains that no scientific evidence to date exists that proves it's toxic to human beta-cells, even in high doses. The chemical is, however, toxic to the liver and kidneys in high doses and ingestion is not recommended.

Alloxan, also known as mesoxalylurea, is an organic compound based on a pyrimidine heterocyclic skeleton. Justus von Liebig and Friedrich Wöhler, following the discovery of urea in 1828, first discovered alloxan. It's one of the oldest named organic compounds that exist.

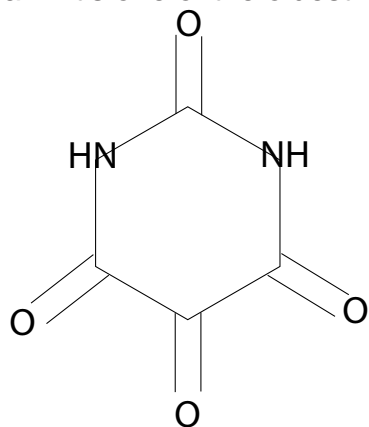


Illustration by Christine Dao

### Alloxan

**Chemical name:**  
Pyrimidinetetrone monohydrate

**Chemical formula:**  
 $C_4H_4N_2O_2$

**Molecular mass:**  
160.09 g/mol

**Melting point:**  
253 degrees C

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**Make arrangements now!**



# snapshots

(Right)

This April Self Help class in Lexington Park, MD was filled with eager students, many of which already had textbook classes but didn't want to miss any important TKM® information because they had been helping many people. It was an enthusiastic group that put what they learn into practice. May the Lord bless all their efforts to help those who suffer.



(Left and Below, Left)

Cleveland always has a special group to teach. Even though many students are new each time, there is just something about these Cleveland classes. Of course, we know that Rachel Jandecka has a lot to do with it, since she generates most of the students. The demand for classes is increasing in this area. What a proactive group. You should hear their testimonies. It is always a blessing and I look forward to returning soon this June and again later in the year.



(Above)

Williamsburg, VA is a great place to have a class, and the people are a fun and special bunch. I think the photo expresses that this was not your average class. They're asking for a return TKM® training to the area. I wouldn't miss the next opportunity. And the hotel was great!



Continued from page 9

tance of her taking responsibility for her health by doing self-help, making changes in diet, lifestyle, letting go of old emotional baggage and making healthy choices. She was diligent in doing self help on herself. By her fourth session, she reported that her pain level was at zero! She felt no pain anywhere in her body, but did still feel a little "guarded," being careful with herself.

At this point, I tell my clients that the absence of pain means that the energy is now circulating properly, not that they appear completely healed. As a result of her feeling better, she now felt more encouraged to make many changes in her diet and health choices. A little over two weeks into sessions, she was off of all pain medications and soon started to wean off of the sleeping medication. One day, she called me and asked, "Could TKM have been helping my thyroid?" (The answer, of course, was yes).

She'd been on thyroid medication for many years as a result of

having **Hashimoto's disease**. She had just had blood work done, and much to her doctor's surprise her thyroid medication needed to be lowered because her thyroid was performing better. Now, that is a side effect I will take any day! I love bonuses, don't you? Within two months, she was off all pain medication, sleeping medication and her thyroid medication had been reduced.

It has been one and a half years since I've worked on her, but I see her often, and she's still doing great. She told me that she still does her self help on a regular basis. If the pain starts to come back, she finds she can manage it on her own with the information she learned during her session times with me.

One thing I learned with my friend is to let people come to me in their own time. She could've come earlier, but she came when she was ready, and as a result she was fully committed to the sessions, which led to wonderful results for her. 📌



## E-mail Response Corner

**Q:** Do you have any success stories using TKM® with conditions such as irritable bowel syndrome, tendonitis, frequent, recurring yeast infections, speech impairments and back pain?

**A:** IBS, tendonitis, yeast infections, speech impairments and back pain are all common issues that have had excellent responses using TKM®. Some are direct TKM specialties while others incorporate lifestyle and dietary changes.

The “Gluten and Casein” article in this volume of the Journal may answer some of your questions on IBS. Chronic yeast infection would require proper treatment and, for thorough effectiveness, it could involve months to insure no reinfection from lingering fungus, poor gut or deficient immune system. Tendonitis, speech impairment and back pain are pretty straight forward TKM projects that are usually easy and quick to resolve, and all issues mentioned can either be treated by self help or by family members with correct training.

**Q:** I would like ask for prayer for someone dear to me who has bone marrow cancer. The doctor said she only has a few months to live, but I know nothing is impossible with God. I know well the Matt. 21:22 scripture on the prayer page of the web site. But I struggle when someone is not healed. I don't know if it's from a lack of faith, just not God's will to get well or maybe sin in the life of the one praying that hinder the request.

A lady I know was diagnosed with breast cancer about a year ago and refused to get any chemotherapy. Instead, she prayed the Lord would heal her, and about seven months ago, she gave a testimony that she had gone back to the doctor and found that her cancer was completely gone. I told many other of her miraculous healing and gave thanks to the Lord.

Well, last month I was told she was in the hospital and had a hysterectomy because the cancer went to her uterus. Later, her family said she was back in the hospital because the cancer was in her spine and brain. Last Sunday, she died in her sleep. Along with the pain her family feels, the question remains of how she was healed by faith only to have the cancer return so soon, or was she ever really healed? Either way, blessed be the name of the Lord.

**A:** Indeed, blessed be the name of the Lord either way.

From the context of this story, I deduced that she really was healed, since the cancer

*Continued on page 13*

## Pulse Puzzle Suggestions:

(From page 9)

**Observation:** The chest level is obviously predominant in pulses with a 5th Stratum texture. The waist level is not functioning within itself with no strong or weak pulses. The hip level has the weakest pulses with 4th Stratum not functioning within itself and not able to detect a texture for 6th Stratum. Overall, I would say the person is emotionally stressed out and is dealing with it through exerting effort, which has overcome all the chest or emotional level (AC and DC).

**Suggestion:** A lot needs help, but the emotional level stands out as priority and is likely the culprit for most of the disorder. Therefore, the #13 Sequence (waist level DC) is favored with the support of #10 (chest level AC) or #9, due to letting go of the emotional issues and the effort attempt in dealing with them.

This could also be helped by Mediator (for attitudes) or 3rd MOC (stop the progression of attitudes), and #23, 25 would help issues of a lack (emotionally and the need for effort) and helps clear all waist level (AC and DC), plus it's a quick-step for Umbilicus, Diaphragm and Kidney.

**Summary:** This is a very common scenario in pulses with varying textures. The scenario is chest level, as the loudest or pounding, and waist level as less or average intensity, and the hip level presenting the weakest pulses. This basically represents chronic emotional stress, which will increasingly debilitate the physical level over the other two levels.

## 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

A similar scenario as pulse puzzle in this Journal, although after the session, chest level remains predominant and hip level as the weakest.

### Commentary

1. When this situation occurs after a session or has continued from before the session, greater measures should be taken to break the pattern of what appears to be chronic emotional stress. For this purpose, you could apply more applications of #9 (letting go), #1 (getting stuck issues to move), 3rd MOC (stop the progression of the negative pattern), Mediator (to change the negative perspective to a positive perspective and help balance pulses), #10 (for excess emotional issues).

2. The #13 Sequence would remain the long-term, important application and the #15 Sequence, although working on hip (physical) level, represents joy and can expedite aid in resolving chronic and emotional issues, in a joyful way.



# Testimonial Corner

## Allergy Season

I can certainly understand when spouses are not so open to TKM®, considering how hesitant my husband has been with some other alternative medical techniques I have tried in the past. But with TKM®, he has seen quite a bit of improvement and with me and others. Now, he's quite a firm "believer," especially since his own health has improved quite markedly and with very little effort.

Every year for about 25 years since moving to Texas, he has had about four months of awful allergy trouble in the springtime, with sneezing, ear congestion and a lingering case of bronchitis, despite a full dose of prescription medication that he always starts in February. But this year I treated him about a total of three to four times, including the quick steps since it's hard for him to lie still for very long. I did things like But this year, I treated him about a total of three to four times, including the quick steps since it's hard for him to lie still for very long. I did things like 15s, Diaphragm, R&R 3rd, Small Intestine, and the Respiratory sequence.

The result is that he has hardly sneezed once in three months. He mows the lawn with little or no trouble at all, and his ears have stayed clear most of the time. He's only on a precautionary dose of half of his regular antihistamine. Last year, even two rounds of antibiotics weren't able to stop his bronchitis. But this year, he's not coughing at all. He is amazed and so am I.

I'm sure some people won't be persuaded, no matter what. But when someone is halfway open, a good success story or two from people they know personally can be very convincing. And whether they're convinced or not, the improvement in their health is really what matters!

- Tammy L.

## Lower Body Help

I was referred to TKM® by my family doctor, Dr. Teresa Quinlin last week. I purchased the EMT and Self Help books and received them last night, and I've been glued to them.

I was diagnosed eight years ago with Ischial Bursitis and have not been able to sit well for years. I've been sitting on a doughnut-shaped cushion. I had

surgery on the left femur in May 2005 which aggravated my condition to where I could not sit longer than 15 minutes on the cushion. I can stand and walk, I just can't sit. My pelvis/ischial bone cannot bear my body weight, and my doctors think there is inflammation in the bursa.

I have been off work and gone through many treatments, including physical therapy, heat and light lamps, massage, three cortisone shots, herbal anti-inflammatories, acupuncture and exercise on my own. I have done everything possible that I and my doctors and therapists have within our knowledge and follow my doctor's treatment plans. The improvement has been minimal. I'm 51 years old and can not work on my job. I'm very depressed and desperate.

Last night, I did the page 33 procedure in the Self Help (Median: overall adjustment), and did the Extraction on page 28 in the EMT book to help with my leg pain from the surgery. This morning I did the procedure on page 46 in the Self Help to help the hip/leg pain. I understand that my sitting problem is very much related to the leg surgery. I need to work on both in order to get well. The procedures provided some release. For the first time, I got up this morning with a lighter spirit and am able to sit a

bit better.

Dr. King, I read your own experience of finding health after your surgery. It is a miracle, thanks to God! I respect you for sharing your knowledge with people. I am hoping that one day I will be able to sit just like everybody else. I will continue to focus on TKM procedures according to your advice. Thanks for the books!

- Scott

## Food Poisoning

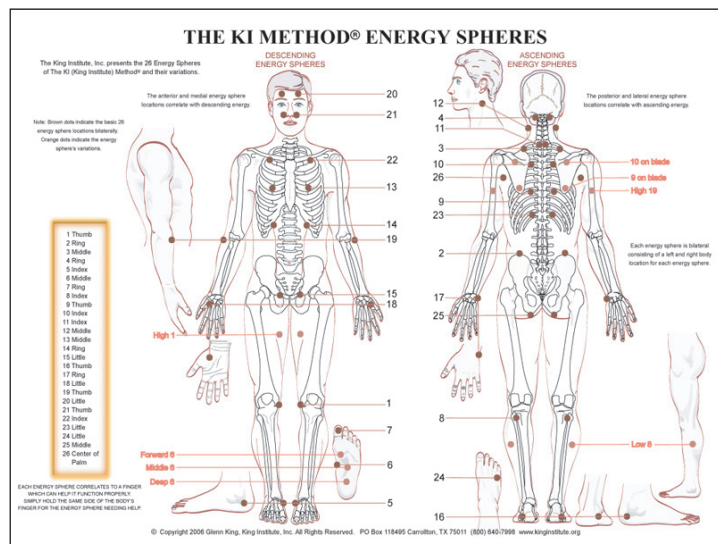
I continue almost everyday to be awed by God's work through TKM®. My 86 year old mom was food poisoned at a restaurant. I immediately held her 19s and had my daughter palm her calves. She fell asleep for a couple hours after violent vomiting and diarrhea. When she woke, we were able to help her to the bathroom. She got out of bed, pulled away from our helping arms and said, "I'm fine. I can't walk by myself. I don't know what you did to me, but I know that was what made me better."

I marvel at how God works through TKM® in spite of me and my inabilities.

Praise God!

- Anonymous

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# Bread and Butter; Gluten and Casein

## A closer look at how the two staples of the American diet are a recipe for disaster

By Glenn King, Ph.D, CDN, CN

Most diseases are totally preventable!

The solution to the problem begins with our lifestyle. We've heard, "We are what we think." We've also heard, "We are what we eat." There is not that much difference from the US and the rest of the world in the effect of "We are what we think," but there is a huge difference when it comes to our choices of what we eat.

"Most of us who live in the West are committing slow suicide," writes Dr. Roger L. De Haan in his book *We Don't Die, We Kill Ourselves*.

Yes, our foods are killing us! The main problem is our nutrient and mineral deficient, toxic, chemical-laced diet. Malnutrition has truly reached pandemic proportions in the industrialized world due not to a lack of food, but to an abundance of food that is lacking in true nutritional value and content. This is a new crisis that threatens not only our generation, but future generations.

I've said in previous lectures, counseling sessions and classes that I do not normally endorse or recommend books or publications due to direct conflicts with some of their content. But I do recommend Dr. De Haan's book. He sees health care as a ministry, as I do. He founded Health Care Ministry International (HCMI) to train people in a natural form of health care, following as closely to Biblical teaching and patterns as he is able.

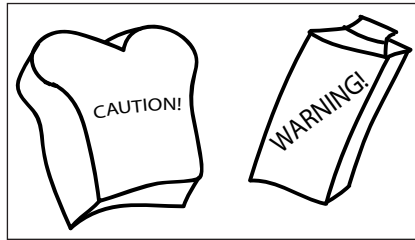
According to the instructions God gave to the Hebrews in the law of Moses (Leviticus 13:1-3), when someone became ill, he went to the priest for diagnosis and treatment. It was the priest who determined the source and type of illness and who suggested the remedy. It is apparent that in God's design, total care for the people rested within the priesthood -- care for their spirits, their souls and their bodies. According to 1 Peter 2:9, we are "a royal priesthood." Every believer now has a responsibility to relieve the suffering of mankind, whether that suffering is spiritual, emotional or physical. This is a powerful understanding and position that I pray we receive and act on accordingly.

We see and hear lots of talk about Preventative Medicine, although it is truly practiced in our lifestyle very little. Preventative Medicine is our greatest solution that each one can do in order to resolve this country's health problems, which is exploding in growth.

The largest industry in this country is the pharmaceutical industry. This means our greatest problem is poor health, which the pharmaceutical empire feeds on. Our total diet is our most powerful Preventative Medicine source. Diabetes, cancer, lupus, high blood pressure, leukemia, brain damage, malformations in newborns and even the common cold are among the long list of ailments that can mostly be avoided, without the use of any drugs, by a truly healthy diet and living right. This can happen for you, if you choose to become responsible for your own health care! As Dr. De Haan said, God did not make the government, the FDA or your local doctor responsible for your health care. He made you responsible for it. Living Biblically means you are called to accept this responsibility and take steps to discharge it wisely.

Allergies should be our wake-up call! Today, almost everyone has some degree of allergic reactions. When considering the slow poisoning and nutrient depletion that has been going on for so long, is it any surprise that we're witnessing an epidemic of allergies in the last two generations? Allergies are an outward manifestation of an inward imbalance, intolerance or toxicity. They prompt us to look for their causes. We can take action now! It is a well-documented fact that a least 70 percent of all adults are either allergic to or intolerant of both dairy and wheat products. Isn't this curious, since we live in a culture where dairy and wheat products make up 70 percent of our diets? This begs to ask if it is wise to rely so heavily on only two food groups, especially when both have so many evident drawbacks. It is said that variety is the spice of life. This is certainly true when it comes to diet and nutrition. We need more diversity and balance and our diet now, says Dr. De Haan.

Let's take a closer look at wheat products. Wheat gluten contains glutamic acid, which stimulates the brain but is potentially toxic to brain cells. Wheat and soy are chemical



## Healthy Eating

### Stir-Fry Bean Sprouts

Bean sprouts grow from the mung bean and are used extensively in Asian cuisine. The Vietnamese tend to add it to soups or mix it in with other vegetables and noodles and sprinkled with fish sauce. Mung bean sprouts are excellent sources of carotenoids, B complex and vitamin C. They also contain a great deal of enzymes which are best consumed raw but will still survive a brief steaming.

#### Ingredients needed:

(Serves 6)

- 4 cups beans sprouts
- 1 red pepper, seeded and cut in strips
- 3 carrots, peeled and julienned
- 1/4 pound of Chinese peas, ends removed
- 4 tbs. extra virgin olive oil
- 1 tsp. of freshly grated ginger
- 1/4 cup of soy sauce
- 1 cup of water or (for more flavor) chicken stock
- 1 tbs. of arrowroot powder mixed with 1 tbs. of water
- 2 tbs. of toasted sesame seeds

1. Mix the soy sauce, ginger and water or chicken stock together in a bowl and set aside.

2. Heat the olive oil in a frying pan or wok. When the oil is hot, stir fry the carrots first for a minute (carrots take the longest to cook of all the other ingredients). Then add the peppers and Chinese peas and stir fry for another minute.

3. Add the liquid mixture to vegetables and bring to a boil.

4. Add arrowroot mixture, sprouts and sesame seeds and cook for about another minute. Stir constantly until the sauce thickens and vegetables become coated. Serve immediately.

**Note:** You can serve this stir fry as either a main course (with steamed rice, fried rice or noodles) or as a side dish.



relatives of MSG and aspartame. In fact, MSG is made from soy! By the way, if you think you can skimp on your diet and take vitamins, you might want to know that Dr. De Haan writes that 98 percent of vitamins manufactured today are synthetic, meaning they are chemical extractions or chemical creations, often with pretty nature pictures on the label.

### Do we have super glue in our diet?

The gluten grains, mainly wheat, corn and soy, greatly contribute to causing a rubbery coating on our intestinal tract. In fact, these “big three” grains may be worse culprits than casein from cow dairy, which was not drunk even in Biblical days by God’s people. The “big three” produced the strongest, stickiest and most powerful antigenic glycoproteins of all that, like casein, stick like glue to the inside of our intestines.

Dr. De Haan writes that the main culprit with dairy is casein, which is a powerful glycoprotein from which waterproof, industrial-strength adhesives are made. In fact, Elmer’s Glue-All®, the most popular brand of children’s glue, is made from cow milk casein. Casein survives the strong stomach acids and adheres especially to the upper end of the small Intestine, or duodenum. Over time it slowly collects over the tiny villi of the gut, blocking its absorption of important nutrients.

Like casein, each of these “big three” grains is used to make powerful glues. Super glue is made from soybeans! Cars are assembled using soy based super glue. Some of this glue is powerful enough to hold up to 2,000 pounds of weight. Just imagine what it could do in our intestines. Cardboard boxes and children’s toys are glued together with corn-based adhesives, while refined wheat flour makes great wallpaper paste!

### We are what we eat and it is not a pretty picture!

The truth about dairy casein and the grain glutens is hard for some people to “swallow.” A valued professional wrote to Dr. De Haan and said “You don’t mean we should eliminate dairy and wheat, do you? Wheat and other grains are Biblical foods. And the Promised Land was a *‘land flowing with milk and honey.’* You must be wrong!” I invite you to read Dr. De Haan’s response in his book.

He calls dairy casein, wheat, corn and soy products the “noxious four,” and they pose an increasing health risk not only to humans, but to our pets as well. Aside from the fact that many of our grains are now hybrids that have been genetically

modified and over-processed, there are additional things of which to be aware. Contrary to the widely publicized food pyramid, the primary, or most basic, ingredient of our diet should not be grain. This is true for our pets as well. A few years after pet food companies began adding large amounts of corn, wheat and by-products to pet foods, many troubling problems began to surface in the health of our pets. Dr. De Haan (a well accomplished and respected doctor of veterinary medicine) stated, “Suddenly dogs began to present allergies, immune-mediated diseases, juvenile bone diseases, epidemic orthopedic problems like hip displasia, cruciate ligament weakness or rupture and, in the large and giant breeds, arthritis.

Cancer also began to appear and rose to near-epidemic proportions. Cats began developing dental caries, an unknown problem when Dr. De Haan graduated from veterinary college in the late 1960s. By then, manufacturers were already spraying cow milk on puppy and kitten chow because it made the grain products more palatable. Yet medical texts clearly list cow milk and

Pretty serious, wouldn’t you say?

Dr. De Haan explains that the noxious four are a gang that will kill us. When we mix the four together, these dietary elements act like a gang and is harder to control and more dangerous than on their own.

Gluten-associated diseases are on the rise. Celiac bowel disease results from an autoimmune response to certain grains that contain gluten. The three grains associated with celiac disease are wheat, rye and barley. These three create the greatest reactions. Less problematic grains are spelt, bulgur, corn (which is still among the noxious four regarding gluten) and oats. Most people can tolerate millet, oats, oatmeal and some spelt. Rice is generally safe.

If you suspect celiac disease or any other gluten-associated disease, I think you will find the following list of symptoms interesting (remember, these are *symptoms*, not causes): anemia, arthritis, autism, chronic fatigue syndrome, cystic fibrosis, delayed puberty, depression, Type-1 diabetes, epilepsy, fibromyalgia, headaches and migraines, irritable bowel syndrome, impotency, lupus, miscarriage, Multiple Sclerosis,

If you have ideal health, after detoxifying your systems and consuming a great diet, then I suggest the 10/90 rule. In essence, for every 10 percent of wheat and dairy you consume, 90 should be devoted to healthy foods...

- Glenn King, Ph.D, CDN, CN

wheat as the two leading allergens of both pets and people. Our pets are paying the price for our ignorance and stupidity. Cats and dogs are carnivores. Carnivores require meat! By the way, in case you hadn’t noticed, the grim reaper is hacking away at humans with the same types of problems, says Dr. De Haan.

Human babies who receive cow milk within the first five days of life had a staggering 40 to 50 times higher rate of asthma, Type-1 diabetes and juvenile-onset rheumatoid arthritis when compared to the general population. With sticky milk casein and the glues of grain gluten, mal-absorption of key nutrients begins to occur. Our small intestine absorbs the majority of our calcium, iron, iodine, B-complex vitamins, vitamin C, zinc, boron, chromium, magnesium, manganese and many other essential nutrients. When mucus coats the duodenum, these important nutrients are blocked, over time leading to dozens of chronic deficiencies. Is this serious? Consider these direct relationships: calcium and osteoporosis, chromium and diabetes, zinc and immune deficiency, B-complex and depression, iodine and hypothyroidism, iron and anemia, vitamin C and ligament degeneration.

osteoporosis, peripheral neuropathy and dozens of others.

Even minute amounts of gluten have been responsible for preventing illness and disease recovery for some people. Approximately one in 100 persons have celiac bowel disease because of their autoimmune allergy to gluten. Most doctors do not associate gluten-associated sensitivity with over 50 symptoms that seem unrelated to grain over-consumption.

Does that mean you cannot have wheat, soy or dairy products ever again? Not necessarily. If you have ideal health, after detoxifying your systems and consuming a great diet, then I suggest the 10/90 rule. In essence, for every 10 percent of wheat and dairy you consume, 90 should be devoted to healthy foods, such as organic vegetables, fruits, hormone free red meats and poultry, and absolutely NO pork products. Supplementation is precisely that: a *supplement*, not a *substitute* to a healthy diet and nowadays required since even our organic agriculture is lacking in the nutrients that they once had in the Biblical eras. 🍌

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If you completed Level 1 and 2 training, there is a forum just for you. Current members of the forum say it feels like the training seminar never ended. It's a great way to share stories, **ask questions**, learn something new, problem solve together, rejoice with one another and pray with over a hundred people who have a passion for TKM®.

Join us today! Contact the King Institute, Inc. to be added to KIMA-Talk. The discussions are great. The fellowship is excellent. And the thirst for more talk about TKM® is satisfied.

**Note:** When you e-mail the Institute, include your Level 1 and 2 training locations, approximate date and your phone number.

### What is TKM?

It's a complimentary form of natural medicine from a physics understanding of the bioelectrical systems and functions of the human body.

This gentle method is a non-invasive, light touch approach to re-establishing homeostasis in the body that even a child could apply. Use of this nurturing practice restores bioelectrical 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.

Our greatest handicap is lack of knowledge and the lack of acting on correct knowledge!



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WARNING: If you have an allergy to the Sumac (Anacardiaceae) family, then you could possibly have an allergic reaction to this tea. It is always best to perform a basic "muscle test" with any new substance you introduce to your body. We recommend testing before opening the bottle.

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# KIMAJ





Special Class in

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**TKM®:**  
**Special Body Biography with Extra Features  
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Location:

**Kauai, Hawaii**  
October 2-3

**REGISTER NOW!**

In addition to the regular Body Biography teaching, this class will include an in-depth look at face correlations to energy functions. Find out what your eyebrows, eyes, nose, ears and other features say about you energetically! Plus, attendees will receive special TKM® gifts.

A successful completion of Levels 1 and 2 are required to attend this class.

Visit [www.kinginstitute.org](http://www.kinginstitute.org) for more information on the class and resort. The King Institute, Inc. has special group rates, so call 800-640-7998 for assistance.

**Make arrangements now!**