

FYI: A Father's Protection in a Mother's Womb

KIMA

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Issue 9



How Much Can We Trust Something That Is

**FDA
APPROVED?**

Jana Smith Comes Full Circle, from Working with Death to Working with Life
David Luehring, Blessed with Healing and Health

Extraordinary Alternative Medicine for Extraordinary Results

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Issue 9, September

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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

I want to update you on some changes that have yet to be announced. There are many projects that are currently in the works and progressing very well, but the new TKM Textbook manual is what I want to talk about and how it is effecting everything in a very positive way.

The new Textbook manual's first draft is FINISHED, including all new diagrams. The diagrams have been changed twice in the process of writing the book over the last several years in order to provide you with the latest and greatest illustrations to help you find each energy sphere location and each pathway of energy. Diagrams will include organ illustrations when applicable for better understanding. The illustrations will have more angles of the body and body parts to more accurately demonstrate each detail. The sequences will be explained in more detail and all sequence steps will be separated out, unlike the current version. There will also be some additions and some slight changes to some sequences for improved results (this does not mean that the current applications are wrong, but the new ones are improved). There will be more detail in the symptoms related to each sequence and included notations of other applications to support resolving each symptom. One example of extended notes is that the organ energy sequences will have four pages for each application. The chapters and some applications have been rearranged to have a better flow for teaching and understanding. There are more charts, graphics, correlations, additional sequences and many more explanations to make the book more user-friendly.

The book is more than twice the size of the current one and **will come in four separate volumes**. This will allow for easier teaching by instructors and learning by students as you easily follow each level of training. This also means that the order of previous classes needs to adapt to the new manual. Previously, there were three introductory classes (Levels 1 through 3) and three in-depth training (Levels 4 through 6) that covered the same chapters without any introductory information. These two levels of training will now be all the more necessary due to a much greater amount of information in each chapter. Therefore, there will be eight levels of classes for the new manual: four introductory levels and four in-depth levels. Some of this may be slightly challenging for previous students who are accustomed to the order of the current manual and classes, but this will be a great improvement for learning the method for new students. I'm confident that once you (all current students) understand the new order of the manual and classes, you will love the improved way of presenting the information and training.

If you visit our web site, you'll notice that we have already posted classes through 2007. The next Level 1 class (Jan. 18-20) will be on the new textbook (volume one). We will present an opportunity for those who already have the current Textbook to receive a special offer for acquiring the new one. This is most likely to happen through attending one or two classes, which will be announced within the next couple of months.

Many people are involved in the process of providing the final version of the manual. I want to sincerely thank each one for their help and the sacrifices they have made during this project. I'm not listing them now because I don't want to miss any names; there are many. My gratitude to each one is great! I thank God for bringing such people together at the right time and in the right way.

Please join us in prayer that the final manual will be ready before December.

Glenn King, Director



Coming Full Circle

How one TKM® student went from working with death to working with life

For most people who encounter TKM®, their lives are changed by receiving help for anything from chronic disorders to life-threatening illnesses that the medical community or other alternative medicine modalities could not resolve.

For Jana Carswell Smith, RN, CNOR, CRNFA, whose hands and story first appeared in the KIMA Journal's Issue 1, her life changed when she used TKM® to help others. After leaving surgical nursing in 2004, she now helps patients full time using TKM®. She shares her amazing experiences of her current practice with her husband, Roy.

I am very honored to be sharing my life's journey with you, a journey that has brought me full circle.

Some of my first childhood memories were playing in a room full of caskets and riding my tricycle in the chapel. Not such odd memories for someone whose parents owned a funeral home.

After graduating from high school, the most logical career choice for me was the funeral industry. I attended mortuary college and became the youngest person in Texas to receive a funeral director and embalmer's license from the State Board. My parents eventually sold the business and I then worked for a large corporation that owns the majority of funeral establishments in the U.S. I became disillusioned with the dynamics of corporate-owned funeral homes and knew that one day I would have to make a career change.

Going into Nursing

After several illnesses that required surgery, my thoughts turned to the possibility of becoming a nurse. I would think about it often, yet never made a move. The turning point came many years later when my brother had surgery. That evening I was by his bedside and he said, "You should be a nurse. You are really a comfort to people."

Three weeks later, he was murdered.

Eight months after that, I started nursing school at Houston Community College. While attending school, I kept in touch with Dr. Henry G. Glass, the surgeon who operated on me, and expressed a desire to work for him after becoming a registered nurse.

When I received my license, he already had a nurse, so I did a three-month orientation in surgery. On the last day of my orientation, his nurse quit and I was offered her position. Was this fate?

He was the Chief of Surgery at Park Plaza Hospital in Houston, so I was concerned about being a new nurse with no experience. He assured me that he would teach me everything I needed to know and to always remember that I did not work for him, but with him.

I felt so fortunate to be working with such an incredibly talented general, thoracic and vascular surgeon. He taught me so much and gave me the opportunity to develop advanced surgical skills.



Jana Smith, RN, CNOR, CRNFA

Introduction to Energy Work

After 10 years of assisting in surgery, I felt as though pieces of the puzzle were still missing. I felt fulfillment in being a nurse yet was searching for a healthier approach to illnesses. A chiropractor friend of mine introduced me to a form of "energy work" that had its successes but was very bizarre and hard to comprehend. Healing was done on a subconscious level and this did not compute!

I wanted to learn about the vibrations I was feeling in my hands and found information on TKM®. TKM® was more comprehensible to my Western medical

"TKM was more comprehensible to my Western medical mind because it is based on quantum physics. Most anyone with a medical background will be able to understand this method and become enthused with its potential results."

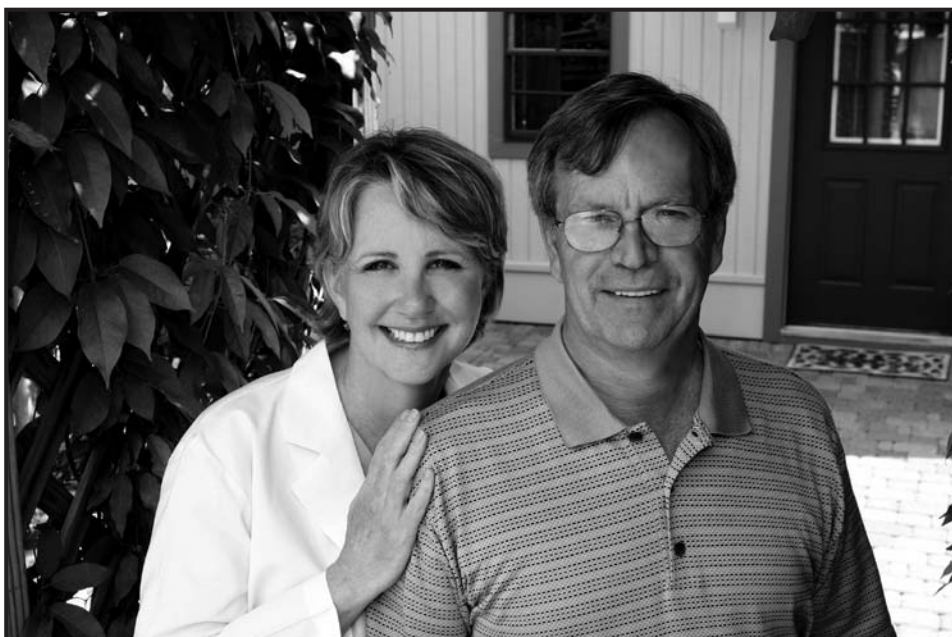
mind because it is based on quantum physics. Most anyone with a medical background will be able to understand this method and become enthused with its potential results.

Learning About TKM®

During my first TKM class, Dr. Glenn King lectured on how horrible surgery was because it created scar tissue that interfered with energy pathways. I was tormented with that knowledge and was ready to quit surgery and dedicate myself to this alternative approach.

But Dr. King suggested that I continue in surgery in order to plant seeds so that others might become interested in this phenomenal method. So, I spent my days in surgery and my evenings building my alternative medicine practice.

Not long after my first TKM class, Dr. Glass became intrigued with what I was doing and allowed me to introduce TKM's stop bleeding technique into our surgical practice.



Jana and Roy Smith outside their cottage where they help patients in Houston, Texas. Jana said that it's homey, where their patients can feel comfortable and not like they're in a sterile medical environment.

Our first procedure with this technique was the treatment of a liver laceration during a laparoscopic cholecystectomy (gallbladder removal). Within four minutes, the bleeding stopped and the laceration closed.

Many positive comments were expressed after observing the technique, however no minds were moved. Dr. King now uses a video in his classes that shows this technique being used during minor surgical procedures in Dr. Glass' office. Dr. Glass understood how TKM could work and how it could be an acceptable alternative because he always said, "You can't chase pain with a knife."

There was a definite conflict between surgery and TKM. I continued my TKM studies and since Dr. Glass' retirement in November 2004, I have devoted my energy to TKM and the continued health of my patients.

A New Direction

All of my patients are very special to me, but one captured the very depth of my soul

and became my husband one year after his first visit. Roy is the love of my life and jokes that he traded his migraines for a different headache (ME). I know he's joking because he is my biggest supporter and has encouraged me to continue practicing what I have been called to do.

Roy also has a calling to practice TKM. He has taken courses and we are now working together on patients, which is so very special and extremely powerful. Just last weekend, we were called to work on a young man who had been given a five percent chance to live.

After three days of almost continual treatments, his failing organs had begun to function on their own.

The medical staff would not deny that something dramatic had occurred, but at the same time they would not acknowledge that what we were doing might have had a profound effect. The family prayed for help and God sent people with the knowledge of TKM.

I have treated patients for many other health issues, such as fifty years of back pain

that has been resolved, improved vision and lowered triglycerides while being treated for other problems, diabetes, migraines, depression, herniated discs, congestive heart failure and the list goes on and on. TKM not only treats the patients, but it affects the family as a whole. A mother's life was made less stressful after her children's asthma and allergies were resolved. There are just so many astounding stories! How could everybody not be doing this?

I have been called a healer many times, but I have to remind people that we are just facilitators for God's work. Doing this type of work has certainly strengthened my faith and brought me closer to God. What a glorious feeling!

What Others Might Think

I have met with much skepticism by many. My own daughter refers to what I do as, "Chicken bone, chicken bone." Over the years, I have learned not to take the negativity of others personally and continue to focus on my passion of helping others. The Lord will send whoever I am meant to help and the outcome will be His will.

Full Circle

I still serve on the advisory committee for the nursing program at Houston Community College and in some way will always remain connected to traditional nursing. Our goal is for Roy to retire and join the practice full time. Roy has been in the oil industry since 1969, so this will be a dramatic career change for him.

So you see, I have come full circle. I began working with death and am now working to bring new life to people. I am proud to be associated with the King Institute, Inc. and will be forever grateful for the dedication and knowledge of Dr. Glenn King. 🙏

Full versions of the patient testimonies mentioned in this article are available in the Testimonial Corner on page 14. Jana can be reached at janasmithrn@yahoo.com and her and Roy's phone number can be found online at www.kinginstitute.org under - Education - meet the instructors.

“After three days of almost continual treatments, his failing organs had begun to function on their own.”



TKM® to the Philippines

Many people in the Philippines don't have adequate health care because they simply can't afford it. Doctors on the front line can't buy vitamins and supplements for their patients who can't pay for them.

However, they have their hands.

In November of this year, Dr. Glenn King, PhD, CDN, CN will travel to the island nation and share TKM® with hundreds of these doctors...

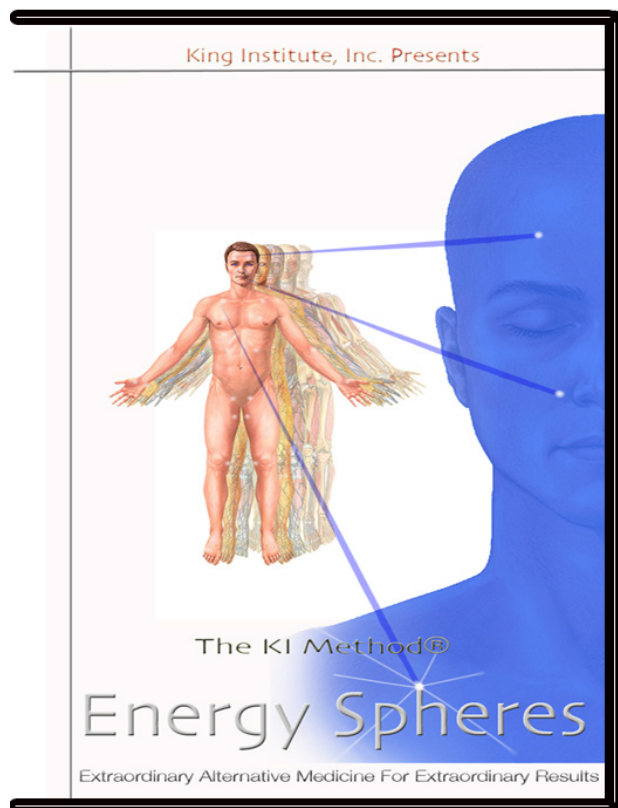
...for free.

"This is a nation that needs help but can't afford it," Dr. King said. "So why not teach them to use TKM® when it requires no more than the two hands they already have?"

Help us in the labor of love by supporting Dr. King in your prayers and sponsoring him to go the Philippines to share this mighty healing gift of God with a people who can't otherwise get help.

Simply visit our web site to make a donation online or call 1-800-640-7998.

Thank you and God bless.



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

Special Class in Paradise!



**TKM®:
Special Body Biography
with Extra Features and
Special Pulses Class**

Location:

Kauai, Hawaii

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 for more information on the class and resort.

Special Application for Asthma

The diagram illustrates Left sequence E.S.'s only, refer to figure A-1.

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

Procedures For Hands	(to)	Positions On Body E.S.'s
step 1 left	to	right 10
and right	to	left 8
step 2 left	to	right 2
step 3 left	to	right 11
and 4 right	to	right 15

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

1 R to	L 10
L to	R 8
2 R to	L 2
3 R to	L 11
L to	L 15

This application is most effective 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. One hundred 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 twenty minutes if needed.

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

Always hold two 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.

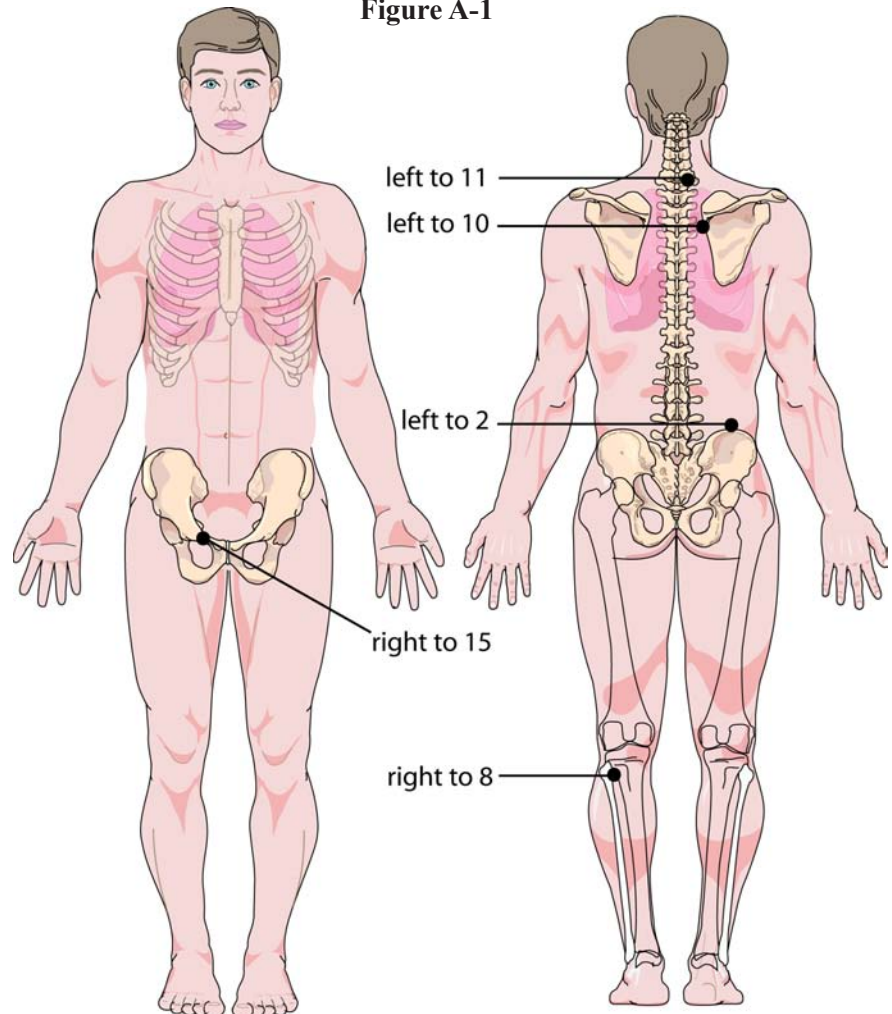
When to apply: This is NOT for an emergency! Refer to the EMT manual for the emergency asthma procedure. This procedure is a special procedure for asthma that is not in any book. This asthma therapy application can be applied first thing in the morning before rising from bed and the last of the day when lying in bed. Although, this can be applied at other times, these are usually the most complementary times for most schedules.

This is a special application for Asthma that is not found in any TKM manuals. It is a short and simple application, although powerful for any asthma projects.

The TKM Textbook also contains important applications for asthma, such as: #10 sequence, Respiratory sequence, #9 sequence, #3 sequence, Lung sequence and others to support these primary applications for resolving asthma.

Please note that Kidney energy is almost always responsible for breathing difficulties and dysfunctions. This is further explained in TKM Textbook manual classes.

Figure A-1



“FDA Approved”

data.

A year later, the FDA, under the cover of the Modernization Act, approved Vioxx and let it enter the market. That same year, Merck initiated the VIGOR (Vioxx GI Outcomes Research) study, which revealed “an increased risk of serious cardiovascular events, including heart attacks and strokes, in patients taking Vioxx compared to patients taking naproxen,” a September 2004 FDA news release stated.

The VIGOR study concluded and the *New England Journal of Medicine* published the findings.

In 2001, the FDA recommended label warnings for Vioxx and warned Merck to stop misleading doctors about the drug’s cardiovascular side effects. The agency and the company continued holding discussions, and the drug had by now been on the market for two years.

In 2003, Vioxx sales reached \$2.5 billion, and the drug was being sold in 80 countries.

Finally, on Sept. 30, 2004, Vioxx was withdrawn from the market. The event led to critical inquiries into Bextra, which was eventually pulled off the market in 2005. Bextra was once approved by the FDA on Nov. 19, 2001.

Merck lost its first lawsuit for the wrongful death of Robert Ernst the same year, the last one was decided in August 2006 and the drug company still has more to face.

Another drug faced a similar situation as Vioxx. The atypical antipsychotic drug Zyprexa® by Eli Lilly and Co. was approved by the FDA in 1996. The manufacturer experienced great financial success with Zyprexa with sales reaching \$8 billion in 2002-2003.

However, the drug’s common side effects in the severe range include Parkinson’s Disease, restlessness and disorders with personality changes. And because of injuries incurred from use of the drug, Lilly plans to pay out 8,362 in claims from a \$700 million settlement fund.

But despite the drug’s adverse side effects, the FDA has only settled to set “strong warnings” against the drug versus requesting the company to withdraw it all together.

FDA’s Lack of Control

In 2005, the *New York Times* reported that in 1998 the popular heartburn medication Propulsid® was responsible for dozens of deaths and more than 100 patients suffering from heart problems after they took the drug.

Vioxx® Severe Side Effects

(Courtesy of WebMD.com)

Infrequent side effects:

High Blood Pressure	Severe
Acute Infection of the Nose, Throat or Sinus	Severe
Sinus Irritation and Congestion	Severe
Urinary Tract Infection	Severe
Flu-Like Symptoms	Severe
Fluid Retention in the Legs, Feet, Arms or Hands	Severe

Rare side effects:

Conjunctivitis	Severe
Middle Ear Infection	Severe
Heart Attack	Severe
Angina	Severe
Atrial Fibrillation	Severe
Ventricular Premature Beats	Severe
Abnormal Heart Rhythm	Severe
Disease of the Heart and Blood Vessels	Severe
Stroke	Severe
Meningitis Not Caused by an Infection	Severe
Shingles	Severe
Inflammation of the Tonsils	Severe
Pneumonia	Severe
Asthma	Severe
Inflammation of the Esophagus	Severe
Hiatal Hernia	Severe
Red Blood in Bowel Movement	Severe
Inflammation of the Bladder	Severe
Abscess	Severe
Feeling Faint	Severe
Pain Following an Operation	Severe
Fast Heartbeat	Severe
Heart Throbbing or Pounding	Severe
Chest Pain	Severe
General Abdominal Tenderness	Severe
Bruise	Severe
Infection of the Stomach and Intestines	Severe
Serious Infection caused by a Fungus	Severe
Infection	Severe
Venous Insufficiency	Severe
Superficial Basal Cell Carcinoma of the Skin	Severe

The drug had been given to infants for acid reflux disease and had been approved by the FDA in 1993.

The drug’s manufacturer, Johnson & Johnson, kept the drug on the market despite the deaths and despite the FDA’s requests to pull it from the market. The FDA and the manufacturer negotiated on stronger label warnings, but not nearly strong enough.

The company defended the drug’s safety, saying that doctors were prescribing it incorrectly.

But documents from lawsuits against J&J showed the company did not conduct safety studies urged by federal regulators and the

company’s own consultants.

Even with reports in 2000 of 80 deaths and 341 injuries from taking Propulsid, the FDA didn’t pull the drug from the market even though it has the power to do so. It instead only sought the label changes, which were negotiated with the company.

“Since federal regulators cannot order changes to labels, the FDA and the company negotiated,” the *NY Times* states. “In the end, 13 of 15 major proposed changes were either scrapped or softened.” During the negotiations, J&J kept supporting doctors and patient groups that promoted the drug as safe for children.

With mounting evidence of the drug's danger, the FDA scheduled a meeting to discuss concerns. This hearing, which would include a panel of outside experts, would be unique from the agency and the company's previous discourse in that it would be public.

But three weeks before the scheduled hearing, J&J pulled the drug from the U.S. (though not the international) market. The hearing, which would've drawn public attention to the drug's sketchy history, was cancelled.

In 2004, the company said it was ready to pay up to \$90 million to settle lawsuits that involved the claims of about 300 deaths and 16,000 injuries from taking the drug.

A Pattern?

In the case of Vioxx, the FDA withdrew the drug five years after it approved it. Bextra was pulled April 7, 2005, approximately four years after the agency approved the same drug in November 2001. The antibiotic Ketek® received FDA approval in April of 2004. Ketek has been blamed for four deaths due to liver failure since then.

In July of this year, NPR reported that the FDA's drug safety office sent an e-mail to FDA officials, recommending that they pull the drug from the market. David Graham of the FDA's drug safety office had also questioned "why the FDA approved Ketek in the first place when it knew that a key safety study was fraudulent, and that safety data about Ketek's use in other countries were unreliable." The FDA had asked Aventis, Ketek's manufacturer, to change the drug's label to reflect the liver failure risk, but it has yet to place stronger warnings or heed Graham's recommendation to pull the drug from the market all together.

"FDA Approved"

The point is that most, if not very close to all, of these drugs that were banned had to be FDA approved at one time in order to even make it onto the market in the first place. Multiple deaths from side-effects and multi-million dollar lawsuit cases are proof that just because a drug is "FDA approved" doesn't mean that it's safe.

In fact, a case like that of Propulsid's and the similar case of the diet herb Ephedra, which wasn't FDA approved but still sold on the market, exposes the FDA's lack of control over regulating drugs once they're out on the market. The agency that was once the frontline against dangerous pharmaceuticals is now, under the Modernization Act, "partners" with the drug manufacturers. Once a drug is out on the market, the agency has to "negotiate" label changes, despite its ability to pull drugs which it wasn't exercising much.

In July, NPR reported that the Senate announced plans to reform the FDA. This comes after much dissent within the agency and the approvals of drugs that later cause problems. Mike Enzi (R-Wyo.), chairman of the Senate committee primarily responsible for overseeing the FDA, and Edward Kennedy (D-Mass.) joined the effort.

So far, they've drafted legislature that would, among other things, allow for conditional approval for drugs. Drugs would have to pass annual reviews. The legislation also calls for drug

Continued on page 11

Attention All Current Members of the US Armed Forces

Extraordinary Alternative (Natural) Medicine for Extraordinary Results

The King Institute presents

TKM®: Emergency Integrative Medicine Techniques

This is vital life saving information designed to fit into your field manual, provided free of charge to all active military personnel.

All you need is to visit
www.kinginstitute.org/military.php
 and print out the PDF file of your respective branch (USMC, Army, National Guard, Navy, Air Force, Coast Guard, and all other active branches). It fits right in your field manual!

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**.

S	Lg. Int.	Sm. Int.	S
W?	Lung	Heart	W?
S	ST	GB	S
W?	SP	LV	S
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!

A father's protection in a mother's womb

Creation Moments is a nonprofit interdenominational Christian outreach ministry that was the brain child of Pastor Walter Lang. CM is best known for their two-minute radio commentaries that provoke thought and provide evidence of a perfect Creator versus random evolution. Among their recent programs was a commentary on a concept presented in the 1988 book *Hostile Womb* by Rob Wechsler.

Our bodies naturally reject foreign tissue. That's why transplant patients must take powerful drugs to prevent their bodies' immune systems from destroying transplanted organs, for instance. The drugs essentially work against the body's natural defenses, leaving it vulnerable to other foreign invaders. However, have you ever wondered why a mother's immune system doesn't attack a baby in her womb?

Scientists believe the secret is in the trophoblast, or the outermost layer of cells that serves as a nutritional pathway for the embryo. The trophoblast develops from the same cells as the infant, so why doesn't the mother's systems attack it?

That's because under normal conditions, the trophoblast is a special set of cells that the mother's body can't identify as foreign. In fact, the cells encourage the mother's immune system to protect it. Researchers now believe that this amazing feature is actually provided by the father's genetic information.

In essence, even before birth, the mother nurtures and the father protects the child.

Such a feature could not possibly develop after a series of random mistakes, as evolutionists believe. Such detail in a perfectly designed system for bringing life into the world has the finger prints of a powerful and perfect Creator.

If you would like to learn more about Creation Moments, visit them on the web at CreationMoments.net. You can also listen for them on radio stations within the following radio networks: Bible Broadcast, Moody, Skylight, Family Radio and Bott Radio.

We must have compassion.

True love has compassion.

Compassion begins to eliminate unforgiveness, anger and strife.

Strife arises when we do not get what we want.

Walk in compassion.

- 1 Corinthians 13:1-8

snapshots



(Left)

Oops! Not quite ready for the photo! But it was nice to see everyone have fun in the Cleveland Level 3 class in June 2006.

(Right)

Now we're ready for the photo! As we've said before, this Cleveland group is an enthusiastic bunch that is accomplishing a lot with TKM®. They also know how to enjoy life. We have another class (Sept. 28-29) coming in Cleveland just before the Kauai class. Most of these great students are due to Rachel Jandecka's efforts, who will be in Kauai, Hawaii with us along with a few others. There is still time to come and join the fun learning and then vacation in the same paradise location!



Continued from page 9

companies to make information on experimental drugs publicly available. It also establishes stricter standards for who can advise the agency. The senators are seeking comment from medical authorities, the pharmaceutical industry and other stakeholders, and they hope to introduce final legislation before the August congressional recess. At the writing of this article, the final legislation had not yet been available for public scrutiny.

The trouble isn't limited to the prescription drug arena. In 2000, the FDA did a massive recall on over-the-counter cold and diet remedies that contained PPA, or phenylpropanolamine. PPA was a popular active ingredient in many OTC drugs for about 50 years. It was found in common medicines such as Alka-Seltzer Plus, Tavist-D, Dexatrim, Dimetapp and Robitussin.

But a Yale University study published in *The New England Journal of Medicine* showed that PPA could cause a stroke even in healthy individuals aged 18 to 49. The study, which took five years to conduct, was set to come out in a later issue but was released early because of "potential clinical and public health implications."

A 2000 *WebMD Medical News* report said, "Until a ban can be put in place though, the FDA also has requested that all drug companies discontinue marketing products containing PPA."

Companies have since then taken the ingredient out of their drugs. Critics believe that the FDA's recall was "overly cautious" and based on "flawed studies."

But like the prescription drugs on the market, OTC's must receive FDA approval before we can see them in our pharmacies.

You alone are responsible for your health

From the onslaught of deaths from prescription drugs to the call for agency reform, it's clear that the American people can't fully trust the FDA for their well-being. Even though the good intention is still there, it's not effective anymore.

In his book *We Don't Die, We Kill Ourselves*, Dr. Roger DeHaan writes that we are responsible for our own individual health, not our doctors and not the FDA.

The problem is that we as an American society and as a human race simply don't ask enough questions. That was once the FDA's job, but after Clinton-Gore, the average American must be more diligent than ever about making correct health care choices.

We have to be willing to ask the questions and do the research if we intend to stay informed. We have to look beyond the flashy and fancy drug advertisements and consider the research and results. In the case of Propulsid, even medical doctors aren't entirely informed of every drug's record.

And of course the important questions to ask before anything is, do I even need a prescription drug in the first place? What will it do for me, and do the benefits outweigh the dangers? And, how much do I want to risk being added to the growing statistics of deaths and injuries from prescription drug side effects?

It really is all up to you. 🐼

E-mail Response Corner

Q: My infant son was just diagnosed with infantile spasms (a rare form of epilepsy in infants). Are there any sequences that could help with this? Are they covered in any of your literature?

A: Yes, is the simple answer. Actually, infantile spasms or epilepsy is not so rare in babies. There can be a variety of causes for spasms or seizures, although most are due to digestive disorders. The gut (second brain medically speaking, or the mind or first brain according to TKM®) has almost as many neurotransmitters as the brain, and some neurotransmitters are greater in the gut than the brain.

Since a baby is not used to being fed through this digestive process (after birth), even mother's milk can be a challenge for the system until it develops further. Therefore, I would primarily focus on helping the digestive system and waist level with procedures like Stomach, #23-25, #14 and Spleen. I would include applications that are very helpful for any seizure disorders at any age like Gallbladder, #9 and SBFE of 1st stratum in chapter 12 of the TKM textbook manual. For good measure, I would do a few applications of 3rd MOC (pg. 103).

In addition I would be very hesitant in weaning the baby from breast feeding or adding any other substances to the baby's diet other than mother's milk for at least a year.

Q: A client has severe pain all throughout her back and into her shoulders, neck and chest. She had the pain before, but not as severe until a car accident made it worse. She is a college student and has been suffering for months.

Pulses were all silent, so I applied the Spleen sequence. Checked pulses again: surface and deep was all silent except I detected unrecognizable movement in Heart pulse. So I applied 3rd MOC. My reasoning was 3rd Method helps all spinal; I wanted to do #2 to help her back

Pulse Puzzle Suggestions:

(From page 9)

Observation: The pulses are basically all silent, although I promise they are not dead. Many times when people feel something similar to this in pulses they assume there is something wrong they are doing or not doing. Ninety-five percent of the time that is not the case and for the other five percent you can still use this same approach and understanding until further study is accomplished.

Pulses are usually silent or very weak due to chronic, shallow breathing. This can be due to chronic pain or tension from stress causing shallow breathing. It can also be due to congested energy that has progressed to affect or congest all the general flow of energy in the body.

Silent or very weak pulses can also be found after one has eaten and the energy is very preoccupied in the digestion. This can sometimes be revealed by stomach or 1st stratum texture showing up while all others are silent or very weak. Current intense worry or stress can produce the same result.

Other common culprits in creating similar pulses are when the Spleen, Stomach, Bladder, Kidney or #1, #10, #9 or #14 are congested.

Suggestion: With the above understanding, I would suggest starting with either a Spleen or #1 sequence, then check the pulses again. If they are still weak and you had no better insight as to why, then I would try: R&R 4th stratum (for lack AC & DC), or #24-26 (for chaos), or #10 (an ascending #1 to move energy) or #23-25 (circulates energy and clears the waist-level where the mind will congest energy) or simply a Median (lung version on the spine) or suggest a self help Median sequence.

For very chronic situations, it may take several sequences and possibly extended time per step on each one to attain proper results.

and because her hips were misaligned according to an x-ray from the chiropractor, #15 because her left foot turned in (Right foot was slightly turned out, so that indicated right Supervisor as well). I wanted to help 4th Stratum for extreme lack and Heart because of whatever I felt there. Third Method helps all of this.

While doing the sequence, her hip area was HEAVY! And she's a tiny girl! Pulses were still all silent, maybe some 1st stratum texture throughout surface and deep, but I wasn't sure. I gave the Median Sequence as homework. The session was one and a half hours and I'll see her again in a couple of days. Did I do everything ok? What else should I have done?

A: Actually I think you did very well and the results are as one might expect in such a situation (the pulse

puzzle in this issue will provide some additional information on a similar situation). There are several options when you get all silent pulses and you chose one of the recommended applications. The assumption that I would have made differently is thinking that when Heart showed up after the Spleen that it also needed help. The response of Heart was that it was the easiest to respond and knowing that Spleen energizes Heart made that result somewhat expected.

All your other reasoning sounded pretty good. You applied 3rd MOC which is also an encompassing choice that provided a much more clear picture of what was happening. After the 3rd MOC, the pulses were still weak although not silent because you felt there was a 1st stratum texture throughout the

Continued on page 19

The most comprehensive tooth chart to date!

The Teeth charts with color graphics help illustrate the correlations of teeth to organs, glands, structural relations and systems in the body. It is a two sided chart with upper teeth on one side and lower teeth on the other side. The chart includes the most up-to-date correlations available internationally from the most respected experts in the health field as well as TKM® correlations to the vital functions and systems of the body.

You may order the chart by calling the King Institute, Inc. at 800-640-7998. The charts are also available to purchase on our web site.

Energy Correlations with Teeth (upper)

This chart maps the 16 upper teeth to various body systems. The columns represent different systems: Circulation, Digestion, Elimination, Reproduction, Musculoskeletal, Nervous, Endocrine, and Immune. The rows represent the teeth: Central Incisor, Lateral Incisor, Canine, First Molar, Second Molar, Third Molar, First Premolar, Second Premolar, Third Premolar, First Molar, Second Molar, Third Molar, First Premolar, Second Premolar, Third Premolar, and Central Incisor. Each intersection contains a small graphic and text indicating the correlation.

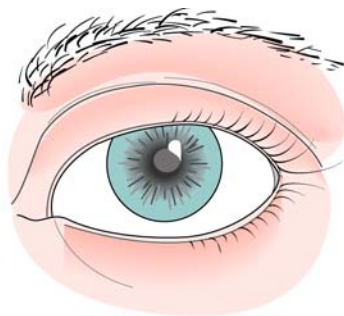
Energy Correlations with Teeth (lower)

This chart maps the 16 lower teeth to various body systems. The columns represent different systems: Circulation, Digestion, Elimination, Reproduction, Musculoskeletal, Nervous, Endocrine, and Immune. The rows represent the teeth: Central Incisor, Lateral Incisor, Canine, First Molar, Second Molar, Third Molar, First Premolar, Second Premolar, Third Premolar, First Molar, Second Molar, Third Molar, First Premolar, Second Premolar, Third Premolar, and Central Incisor. Each intersection contains a small graphic and text indicating the correlation.

Body Biography Corner

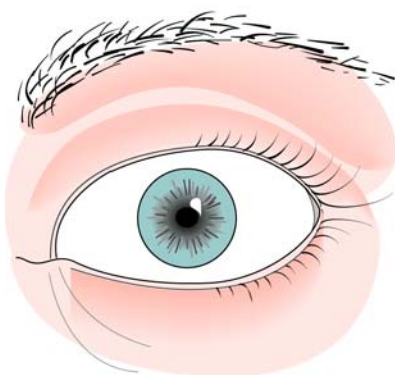
Eyes

We've heard that the eyes are the window to the soul, but did you know that sometimes you can almost see a person's thoughts reflected in his or her eyes? For example, have you ever noticed the "white" showing below the iris (the colored part) of anyone's eyes? This indicates that the person is experiencing stress. If you pay close attention, you can even determine what kind of stress. See examples below:



STRESS: When the "white" of the eyeball is showing between the iris and lower lids (bottom of eye) of both eyes it indicates **EXTREME STRESS** and possibly feelings of fear or worry (very preoccupied). If more white is showing in the left eye, then the stress of fear or worry is concerning something personal. If more white in the right eye, then the stress is more of an external nature such as business or financial. This also happens sometimes due to a toxic colon.

Suggested applications: Generally apply 1st and 4th stratum sequences for any of the causes listed. The #13 and #9 sequences are very helpful in quickly producing a change.



DANGEROUS: If you ever see a person with the "white" showing all the way around the iris (clearly on all sides) you might call 911 and tell them to bring a straight jacket! This indicates that the person is in a **Extreme Mental Disconnect** and may not even be aware of their actions. You will sometimes find this condition in people going into shock after some catastrophic event or under the influence of dangerous drugs.

Suggested applications: First be cautious not to get hurt. The #13 sequence is definitely warranted, but you may need to apply the EMT procedure for Hysteria first. The Hysteria procedure helps in all these cases. The #13 has also been affective when the situation is due to dangerous drugs. If the person is going into shock then Palming the calves is very important as well as R&R 2nd stratum. As an added aid you could support these procedures with SBFE of 2nd stratum in chapter 12 of the TKM textbook manual.

Testimonial Corner

We've dedicated this KIMA Journal Issue's Testimonial Corner to patients of Jana and Roy Smith. These are just a few of the many people they have helped since Jana left surgical nursing in November of 2004. The results are amazing, to say the least.

The Proof is in the Results

In March of 2006, I started my first treatment with Jana. I was skeptical, but I was determined to "think outside the box" and try something new.

I am lucky in that I had not been diagnosed with a major illness, but for years I had just not felt well. I rarely woke up feeling great. Before my first visit, I had the following complaints:

Fatigue between 3 and 5 in the afternoon, not sleeping, my eyes hurt and I had developed a sensitivity to light, my head felt foggy everyday and I couldn't think straight and had trouble making decisions. My annual well woman exams showed my cholesterol and triglycerides were going up. My blood pressure was high, 150/100, and my heart rate was at 112. I was put on medication. My feet would get so cold that they felt as if they were frost bitten. I had a rash that would appear every so often on my right thumb.

I had a phobia about my nose being touched. I had a lipoma on my arm.

For over 20 years, I had suffered with anxiety and panic attacks. I was always fearful of any new ache or pain, and I would associate it with a major illness. I felt sadness and depression.

Wow! So many little things that in and of themselves weren't life threatening, but they kept me feeling miserable all the time.

Since starting my journey with Jana and TKM®, I am happy to say that all of these ailments are a thing of the past. I have cut my medication in half and have maintained a good blood pressure and heart rate; my long distance vision has improved by 50 percent (the optometrist was shocked to see such an improvement). My triglycerides have dropped by 60 points.

I have noticed other changes in me. I have always used very dark colors in

my home, i.e. bedspreads, curtains, etc. I have replaced all the dark colors with yellow, aqua, sage and even white. I feel happier and healthier than I have in many years. My outlook on life is different now and because of that I respond to others differently and in turn they respond to me in a more positive way.

From time to time, I still feel a bit skeptical about TKM®, but I decided that there are some things greater than me. Plus, I can't deny that it works because it's not just me saying, "I feel better." The proof is in the results of my blood work and the vision test.

- Mary M.
Houston, TX

I was walking down the hall and realized, "MY BACK DID NOT HURT."

- Barbara Hornbeck

No More Back Pain

For most of my adult life, I have had a back that makes doctors "shutter." I have a curvature of my spine, plus four degenerative discs, spondelosis, stenosis, and advanced spinal arthritis, resulting in a constant nagging lower back pain.

Over the years, I have tried every alternative medicine that is available—wearing a brace, using a vibrator, acupuncture, acupressure, daily exercises and pills. No doctor has ever even suggested operating on my back.

About 10 months ago, I met Jana and started TKM® treatments. After about four sessions, I was walking down the hall and realized, "MY BACK DID NOT HURT."

TKM® has truly changed my life. I will not say that I never have back pain, but these episodes are a surprise and quickly eased by a few minutes on the heating pad. I recently had to have a

My kids have improved tremendously and are off the medications.

- Arcelia Tovas

knee replacement.

Jana and Roy started TKM treatments immediately after surgery and all of the doctors and therapists were amazed at the speed and extent of my recovery. I cannot begin to "say enough" about my enthusiasm and support of TKM.

- Barbara Hornbeck

Food Poisoning

Dear Jana, I would like to thank you for all your dedication towards my children, Jessica (age 8) and Sebastian (age 6). You have helped us so much in the treatment of their asthma and allergies.

We met in July of 2005 and you introduced me to TKM®. You explained how beneficial it could be for my children and that it didn't involve medications or needles.

My daughter Jessica had continuous ear and throat infections since three months of age. By the age of two and a half, she had to have tubes put in her ears. The infections continued and by 6, she had her second set of tubes plus the removal of her tonsils and adenoids. At the same time, she was diagnosed with anxiety asthma and would suffer at least one attack daily.

She would have to take daily medications including albuterol, Pulmicort®, Zyrtec®, Singulair®, Nasocort, Foradil®, Prevacid® and Xopenex®. In addition, when she would get ill, she would take either of the following antibiotics: Zithromax®, amoxicillin, Biaxin®, Augmentin® and a steroid (Prelone®) plus a cough suppressant.

My son Sebastian was diagnosed with allergies and asthma, allergies to pollen, dust, ragweed and mold which triggered asthma attacks. He suffered between two or three attacks at night while sleeping as early as 1 year of age. He was taking the following medications daily: albuterol, Zyrtec®, Singulair®, Rhinocort® and Prevacid®, plus an allergy shot once a week. When sick, he would also take antibiotics: Zithromax®, Biaxin®, amoxicillin or Augmentin®, plus prednisone and cough suppressants.

You have seen my kids every week starting in July through December, and now every three weeks using TKM®. I have also been doing my part by following your instructions at home. My kids have improved tremendously and are off the medications. Now,

they are more active than before, full of energy and able to play outdoors for longer periods of time. They are even taking Tae Kwon Do.

TKM has been a dramatic change in our lives, and we are sincerely thankful.

- Arcelia Tovas

Blessed with Healing and Health

Father writes of son's amazing recovery from seizures

By Fred Luehring

David was three years of age when Carol and I first discovered his seizures. Witnessing only the aftermath of a seizure, we rushed him to the hospital since he was paralyzed on one side.

In ignorance, we assumed he had suffered from a stroke. During our 20 minutes drive to the hospital, muscle tone and speech had returned to normal.

Upon a nurse's examination, David was scolded for "fooling Mom and Dad by faking sick." The nurse then asked if this was our first child.

"No," we responded. "He's our sixth!"

About one month later, a neighbor with EMT (Emergency Integrative Medicine Techniques) training was called in to help with a similar episode of paralysis. The limp muscle tone, lack of speech and dilated pupils led us to conclude that our son was suffering from early morning seizures. A visit to our medical doctor brought a diagnosis of "benign night-time seizures" accompanied by "Todd's paralysis."

The doctor reassured us that the seizures wouldn't hurt David but recommended seizure medicine. Having learned the powerful side effects of seizure medication, we searched elsewhere, including regimented sleep and meal schedules, chiropractic, nutrition and vitamins, herbal cleanses, the NAET method and acupuncture to name a few.

Three years had passed. Seizure frequency was increasing exponentially (i.e. four during year one, eight during year two and 16 during year three). As David was to enter school, we were anticipating a 32-seizure year. He already exhibited signs of uncontrolled small-motor muscle problems with handwriting. General brain damage was clearly evident.

As educators, my wife and I realized that the window of opportunity for normal healing and health was closing quickly. As the seizures increased, David often cried out just before he suffered another one. We could only stand by and helplessly watch our son thrashing uncontrollably.

Soon David, though still precious to us, would not have the opportunity to live a "normal life." Perhaps medicine was our only option. We searched the library and medical sites on the Internet but found little.

We asked the Lord for answers.

Still searching, our nutritionalist handed us a brochure from the King Institute, Inc. The flier spoke of holding the thumbs for a seizure victim.

David had his next seizure.

We held his thumbs and almost miraculously, the seizure stopped immediately. We thanked the Lord for the moment and we asked Him to bless our search for more.

To make a long story short, we contacted the King Institute and worked over the Internet for months using the sequences that they had sent. We had results that weren't always consistent. David was still having seizures. They were able to be stopped but not always right away.

It was after we went to the classes and got the proper understanding on TKM that we were really able to help David. We learned not only TKM but also proper diet, detoxification and proper vitamins to support David.

David is now a healthy 11 year old boy who will be seizure free for three years this Sept. 22, 2006.

We still use TKM daily. We wouldn't be without it. Even this summer, David has had those pre-seizure symptoms. By the Lord's grace and TKM as our tool, we can still say that David is seizure free.

Does it take a lot of time? Not really. It is part of the routine.

Is it worth all the time? A child handicapped by medicine, or by constant seizures? Time was our choice.

If you are struggling with BIG issues, take the time. You will be glad you did.

It may not be a fast fix, but it is a long term, life-changing one. 🙏

surface and deep pulses.

To answer your first question, I think you did very well in "doing everything ok." To help with the second question, let's retrace the process.

First, there were no pulses. The Spleen is a popular choice for revitalizing energy to produce better pulses. It did by directly energizing Heart, which showed up.

The 3rd MOC is another appropriate choice according to your reasoning, although I might choose the #1 sequence to help move all energy to get a better picture of what the pulses are presenting. You actually accomplished that with 3rd MOC because they presented all 1st stratum texture. That brings us back to the start again.

The Spleen sequence you chose at the beginning was not only a good choice, but it was what the body was needing, just more of it. Spleen is notorious for creating very quiet or silent pulses when not functioning properly. The #1 sequence would also be excellent in this process because it not only moves all energy, but it is the primary help for all 1st stratum projects.

I would say this person is obviously a worrier and probably has other 1st stratum symptoms. One of the common symptoms of high stress (worry) is back, shoulder and neck pain. When it becomes more chronic, it can lead to chest pain and eventually create acute disorders that can effect the heart. When Spleen (1st stratum) cannot energize the heart, then Heart can become vulnerable, hence chest pain. The accident, even if no injury occurred, would increase anxiety and stress affecting 1st stratum.

Therefore, aside from all 1st stratum applications, I would apply #13 (for emotions), #9 (to let go) and R&R 4th for lack, fear and to relax all muscles. You could throw in some Umbilicus for the neck and relationships and Bladder for all related pain areas.

Healthy Eating

Vietnamese Spring Rolls

By Hillary King

Many times I was asked what is the difference between the spring roll and the egg roll. They are quite different! The egg roll is a fried roll, and the spring roll is not.

They are both very delicious, but health wise, the spring roll is better. Different countries prepare them in different ways. The Vietnamese and the Thai prepare them in a similar way. The basic ingredients are noodles and vegetables, but you can add whatever ingredients you desire. Some like them vegetarian while others like to add chicken, pork or shrimp. I'll tell you how to prepare just the basic vegetarian or chicken one.

Ingredients needed:

(Approximately 12 rolls)

- 12 Rice paper wraps, 8 inches round
- 2 cups of tofu or cooked (boiled) chicken, thinly sliced
- 2 cups of mung bean sprouts
- 2 cups of shredded carrot
- 12 small leaves of green leaf lettuce (the leaf part only)
- 1 cup of cilantro, either just the leaves or with the stems
- 1 cut of mint leaves

To prepare the wrapping, you will need a six quart pot filled half way from the top with filtered water. Bring it to a boil, then turn it down to low heat. You will be dipping the rice wrapper in there to moisten, and it gets sticky as it dries. So have all your other ingredients already prepared and set out before you begin to wrap. You can only make one roll at a time.

1. Bring water to a boil and reduce the heat to low. Completely immerse one rice wrapper in water for 10 to 15 seconds.
2. Take the wet wrapper out by spoon or chop sticks (it will continue to soften outside of the pot as long as it's still wet), and lay it out flat on a plate. Smooth out any curled edges or folds.
3. When it's flat start putting your ingredients on in the center and spread them out horizontally, as if you were filling a tortilla with fajita ingredients. Add a few slices of tofu or chicken, a couple stems or a few leaves of cilantro, some carrot, sprouts, lettuce and mint leaves.
4. Fold both sides (the short ends) in until they meet or as close to the middle as you can. Then take a flap of the long end and pull it over the filling. Then roll it until the other long end is rolled in. You should come up with a roll about an inch thick and four inches long. Be gentle but firm, and avoid tearing the wrapper.

Now they are ready to serve. You may serve these with peanut sauce, but since peanuts are toxic, we recommend plum or fish sauce. I prefer to serve it with half strength fish sauce, which is fish sauce mixed half and half with water, minced garlic, lemon juice, brown sugar and a little fresh chopped red pepper. Mix all the ingredients to your taste.



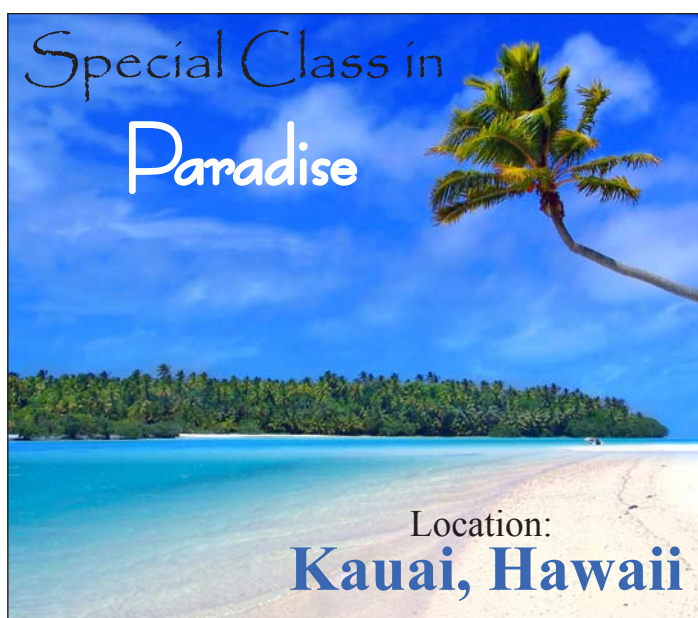


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WARNING: If you have an allergy to the Sumac (Anacardiaceae) family, then you could possibly have an allergic reaction to this tea. It is always best to perform a basic "muscle test" with any new substance you introduce to your body. We recommend testing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



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