

Extraordinary Alternative Medicine for Extraordinary Results

# KIEMA

The Journal of  
The King Institute Method® Association

Issue 14

**TKM® Missions:  
Philippines**

**TKM®: Strategies  
for Success**

**Blessed  
To be a Blessing!**

**TKM® Mission Trip Diary  
Coenzyme Q10 - the facts**



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Issue 14, December

## cover

Photo by Glenn King

**2 Notes from Director** - The cover photo is an example to us for the importance of the TKM® missions - helping the children and their parents. The children suffer more and longer than parents, as many are left homeless after the parents die premature from common ailments due to insufficient health care.

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# KIMA

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Association

### Staff

Glenn King  
Director

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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 pray that Christmas and New Year's was joyous for you!

Thanks to your support, we've had three TKM mission trips to the Philippines, which directly impacted over 1,250 people. Missions included Alaska and Singapore, along with many individuals we worked with in the U.S.

The last TKM Philippines mission trip directly opened doors in China (Beijing), churches in Singapore, Malaysia, and possibly Thailand. Other areas requesting help are Romania, Capetown, Africa and Brazil. We arranged for all TKM materials to be printed in Manila (saving S/H cost). TKM books are currently being translated into Chinese and Tagalog by scholar volunteers.

Lucille Talusan (CBN 700 Club Asia) attended the Star Mall five-day training in Manila, and on the last day brought her camera crew for interviews. After we left Manila, she continued to film testimonies and follow-up with pastors using TKM in hospitals with extraordinary results. She was so interested in what she learned, and the results she saw in the first training that she also attended the second five-day training. CBN's 700 Club will air the TKM feature in Asia in January 2008.

This is just part of what God has been doing in opening doors, when faithful supporters like you have stepped forward to enable people to receive help who would otherwise still be suffering, or in some cases would not be alive today. These recent experiences and seeing God orchestrate things that we cannot do alone have moved me greatly, and I thank you deeply for your compassion in action.

We are praying and looking for ways to increase supporters to reach our baseline goal of 500. We are also looking for ways to decrease costs in all areas in order to provide more aid. Additionally, we're going online in the next 60 to 90 days for more support through KIMA Journal memberships (viewed online only).

Others and I feel that 2008 will be the greatest movement forward in providing help for God's people at home and across the globe. We ask for an increase of prayers for breakthroughs for God's will to be accomplished in and through this organization in 2008. Our prayers continue for you daily.

You'll also notice a change in the journals, as our editor Christine has moved upward to another organization in doing God's work with her gift as a writer. She will be greatly missed in this capacity, although she will contribute as she can. She has a great heart for this mission and the people -you. She was the spear head for several areas including KIMA 500. You can read more about Christine in the Editor's Corner on page 20.

Sincerely, your servant in Christ,  
Glenn Thomas King, PhD, CDN, CN  
Director



# WHAT IS IT LIKE TO GO ON A TKM® MISSION TRIP?

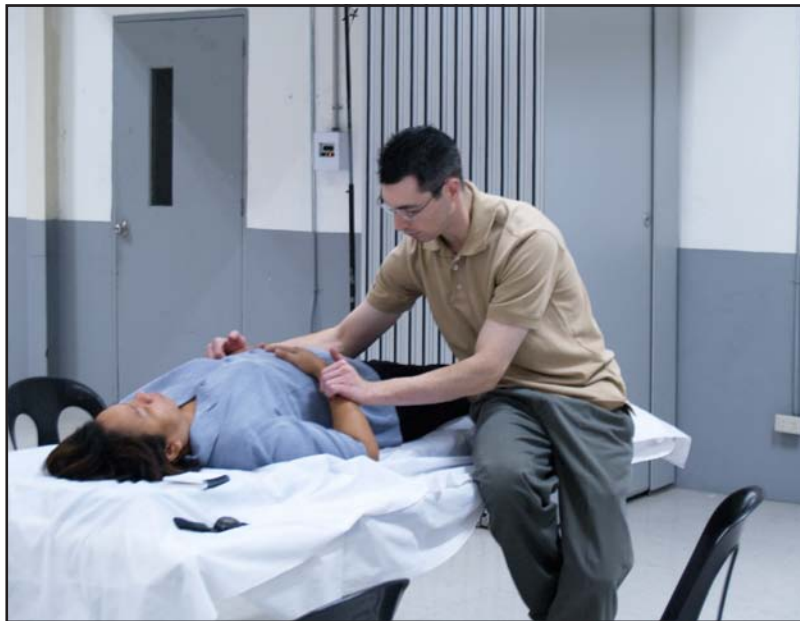


## “Philippines Missions Diary: Abiding in Christ”

by Alphonzo V. Monzo, III

For the first time in my life I was able to visit the Philippines. It was an amazing trip, one which is hard to explain. There is no doubt that it was a great experience and one that does need to be experienced to fully understand. I will try my best to explain the wonderful time I had serving and administering the love of Christ to the Filipinos.

One of the most powerful lessons that I learned throughout the whole trip from preparation, departure, and returning home was the presence of Christ. Only through abiding in Christ can we accomplish anything of great significance. Of course, it's not really us that accomplishes anything but Christ in us that does all the work.



In the beginning, I didn't even think I would be able to go. But God opened up the doors and the next thing I knew I was in the Philippines. Now of course, I had all kinds of preconceived ideas of what this mission trip would require and what kind of work I'd be doing. It became evident that I would have to abide in Christ to succeed. Some people call this letting go and letting God, and some call it living naturally supernatural. But no matter what name it's given, the principle is the same. We have to get out of the way and allow God to work through us, and that is exactly what happened in the Philippines.

### God's Timing

Going through customs was practically a cakewalk, the hotel and the food was great, and of course the people were the most hospitable servants that I've ever seen. It's an amazing thing to see God in action.

He had a perfect plan and perfect timing so that I didn't have to struggle or worry, especially when you see the clash between two cultures concerning time and understanding the meaning of time. There were occasions I had to remind myself that it wasn't about me making something happen but relying on God in His time. When you have a schedule and much to teach and many technical equipment problems, it's very easy to try to get back into your own human nature to “make it happen.” But of course God would not allow it that way.

His timing was so great that even when I was working on other people and applying TKM, His fingerprints and His lessons were obvious. Some days, I worked on as many as six people, one after another for 45 to 60 minutes. I checked pulses on every person to decide which appropriate sequences to apply, and interestingly after a few moments, Dr. Glenn King would be talking about the exact same sequence in the lecture. I learned to build a lot of confidence.

As anyone who studies TKM® knows, whether you're just a beginner or have been studying for a while, there's always that lack of confidence concerning pulses and how to apply the proper sequence. But through God's perfect timing, He helped to build my confidence and teach me at the same time that He was using me to serve others.

## **The People of God's Creation**

Obviously something needs to be said about the Filipinos. They are part of God's creation even though they look different and act different than we do typically in America. But one thing is the same, they are human and they need the same grace and help that we receive. So I was there to help these wonderful people and to serve them in any way I could so that I could show them the love of Christ. Yet Filipinos are very hard to out serve. They have amazing hearts that are always looking to help and serve other people, even when they know little or nothing about you. I should say that the Christian Filipinos were obviously different from non-Christian Filipinos, but both were very hospitable and would serve and help in whatever way they could.

One of the greatest things that I saw in the Philippines was the born again Christians; they were a great encouragement to me. To

see Christians living the way they are supposed to with such a great bold testimony yet at the same time a serving heart. There is no doubt the Christianity that we saw over there is much different than what we see here in America, and this brought me great joy and encouragement.

## **The Need and the Reception**

It was very encouraging to see the Filipino's desire, effort, and acceptance of TKM. Many of the Filipinos not only understood the significance of TKM as it applies to health but also its significance in evangelism and how they could use it to bring the light of Christ to their people.

I'm sure most of you are aware from previous articles that the Philippines have great need because of the great poverty in their country. No doubt, the Philippines is a developing country and everywhere you go you see the need, yet there are some that have great wealth and some who are willing to use it to help others. The fact remains that the country has great need and I believe God wants us to continue to help these people and give them the tools they can use with their own hands to change their culture for the better. I pray that they continue to use what we left them for Christ's glory and for His Kingdom and that they may see great blessings. I have no doubt, that this will be true because of the warm reception and the sweet spirit of so many of the Filipinos.

**I believe God wants us to continue to help these people and give them the tools they can use with their hands to change their lives for the better.**

## **Food and the Culture**

Of course, it does not do justice to talk about the people and their culture and not mention the fabulous food that they have. Now, here's a lesson Americans can learn about eating. Fresh fruit such as the coconut, pineapple, papaya, and other foods were all great. The Filipinos just loved to serve us food and to take us out to eat. It was a great lesson in fellowship and a powerful example of community between believers. Now, I know I also have to mention the fact that they were quite adamant at wanting me to stay and they even offered to find me a Filipino wife (if I don't state this fact, I am sure someone else will include it). I was very grateful for

their offer, yet God has other plans for me at this time. But I was most impressed with how uniquely warm and hospitable their culture is and how quickly they are to accept others as part of their family.

## **The Joy of Fulfilling One's Calling**

As I stated above, the whole trip brought me the most joy of all because I was fulfilling what God wanted me to do. I was fulfilling my calling. Obviously, nothing can bring more joy to one's life than to listen to the words of God and obey, and that is exactly what it was like for me in the Philippines.

Our God is a very big God and He has great plans for everybody's life if they would only seek their destiny in Christ. I can now see my calling,

that vision that Christ has given me and the passion that God has given me is much clearer because of this trip. I have no doubts that I would love to return

to the Philippines and

travel around the world helping to teach the message of Christ and sharing the truth of God's wonderful creation, our bodies, and how they function. For just as Christ, who helped people spiritually and physically, we are called to do the same.

## **The Goodbye, the Prophecy, and the Beginning**

I woke up the last day of class. The last full day that I would see these wonderful people. The last day I would eat this magnificent food, which by the way was created by God and not man-made like in America. The last day I could help and serve the Filipinos. I can't say the goodbye was easy, for even though I was only with these people for a



week, we were now a family of believers.

However, God was not yet done. In the morning during worship, God gave me a vision: we (the TKM team) were planting a seed in the ground from which a huge tree sprang forth and produced much fruit. From the root of the tree sprang a river, which flowed down into a waterfall. But as the water fell over the edge of the cliff, the cliff changed into a pegboard that divided the water until it reached the bottom, where the pegs directed it into buckets. Then a number of people came and picked up the buckets of water and carried them off to other nations.

Well, I don't think I need to say much else. I think the interpretation of the vision is quite simple. The message of TKM in the Philippines will produce much fruit, and more teaching is needed because the Filipinos are a people of God's creation with much need. And at the same time, they have a great heart to learn and receive and also to give.

And, I know just as Dr. King and Hillary King are also aware, this trip wasn't the end or goodbye to the Filipinos. It was just the beginning. It is a beginning of a new journey, a new mission that God has started. I hope and pray and look forward to seeing God accomplish the vision that He had given me and I intend to keep fighting the good fight.

May God bring the truth of TKM to all nations and may it be used to bring glory to Christ and to make known the name of the King of kings and Lord of lords. 🙏



The fruit stands are irresistible.



She was on the street at night without a home.



Learning pulses at Star Mall training.



This woman and her baby live in the back room of their open front roadside shop with her family. At least they have shelter, unlike thousands of others in the area.

# Supplementing your health

By Glenn King, PhD, CDN, CN

## Coenzyme Q10

**The different forms or alternative names for Coenzyme Q10 (Ubiquinone) are:**

CoQ10

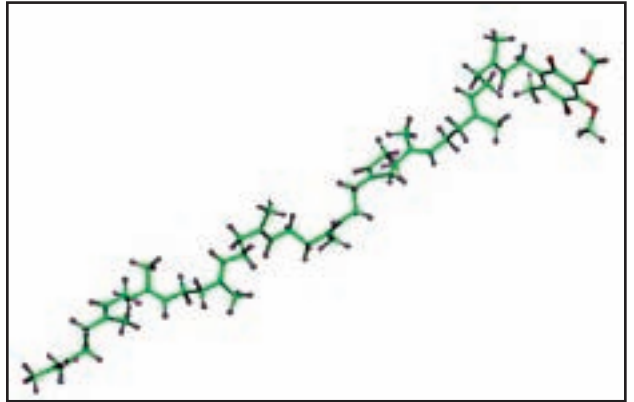
Ubiquinone

2,3-dimethoxy-5-methyl-6-polyisoprenyl-1,4-benzoquinone

Coenzyme Q10

Coenzyme Q10 is a fat-soluble nutrient and a powerful natural occurring compound, promoting chemical reactions, protecting the body from free radicals, and is also called ubiquinone.

Oxford says a **ubiquinone: u·bi·qui·none (yū'bī-kwī-nōn', yū-bīk'wə-nōn')** **n.** is a quinone compound that serves as an electron carrier between various flavoproteins and in cellular respiration. Coenzyme in the respiratory (electron transport) chain in mitochondria, also known as coenzyme Q10 or mitoquinone; widely distributed in nature. May have antioxidant activity, and supplements are sometimes sold as vitamin Q, although they say that there is no evidence that it is a dietary essential.



It may not be a dietary essential since we get it in many foods, such as beef, soy, cold water fish like mackerel, salmon, sardines, plus spinach, peanuts, soybeans and vegetable oil, to name a few. Although, do we get enough, especially when considering age, our toxic environment and toxic dietary habits? This does not include any disease condition or poor immune system.

Coenzyme Q10 is primarily found in the mitochondria, which are small bodies within cells that produce energy for the body. CoQ10 stabilizes cell membranes and acts as an antioxidant (a substance that reduces damage that results from oxygen, such as is caused by free radicals).

Some disagreement exists regarding its classification, where some are of the opinion that it is in reality a vitamin or vitamin-like substance. Whether in agreement or not, it is an important substance for our health and well-being as we age.

Coenzyme Q10 (CoQ10) is naturally present in foods, and can be synthesized by the body from the amino acid tyrosine during a multistage (17 stages) process requiring eight vitamins and several trace elements. Its role in energy production (ATP) is important, but particular importance for athletes and bodybuilders.

One of the best-known effects of this compound is its powerful antioxidant qualities (a substance that reduces damage that results from oxygen, such as is caused by free radicals) and destroys free radicals in your body. CoQ10 stabilizes cell membranes and controls the flow of oxygen within cells, assists cardiovascular functioning, assists with absorption of other nutrients as well as immune boosting properties.

Coenzyme Q10 helps ignite the cellular power stations that are necessary to maintain healthy cells. It is the Coenzyme Q10 that is the coenzyme for at least three mitochondrial enzymes as well as other enzymes in the cell. The mitochondrial enzymes are essential for helping the body's energy production in the form of ATP, which is the production of high-energy adenosine phosphates (ATP). Coenzymes like CoQ10 facilitates the activities of deficiencies in COQ10 can cause or aggravate many conditions such as heart disease, diabetes and periodontal disease.

After age 20, levels of coenzyme Q10 in your body decline gradually and after age 50 it plummets. Healthy levels of coenzyme Q10 help lower blood-pressure and assist cardiovascular circulation, as well as maintain healthy muscle tissue in your heart. Most health professionals recognize CoQ10 as one of the most powerful antioxidants known to man. It can be expensive, but the rewards to your health may be life. Studies on mice showed an increase of 50% extension of life span.

Just a 25% decrease below the optimum levels can produce vulnerability to many diseases or the progression of diseases like high blood pressure, chronic fatigue, chronic malnutrition, heart attack, angina, immune depression, periodontal disease, angina, HIV, male infertility, diabetes, lack of energy and weight gain.

As CoQ10 levels decrease in the aging process it becomes very significant, because evidence suggests that a vast number of diseases including dystrophy, Alzheimer's disease, Parkinson's disease, neurological

disorders and many cancers are not only treatable with CoQ10 but may in fact be caused, at least in part, by a deficiency in CoQ10.

CoQ10 is found in every cell in your body and is critical in the production of energy within each cell in the human body. It is found to be highly concentrated in heart muscle cells. It is essential for the health of cells, tissues, and organs, and acts as a part of another class of substances - enzymes. The role of enzymes is to facilitate, and act as a catalyst for countless chemical reactions in the human body. It has shown in studies to help protect patients undergoing chemotherapy. Coenzyme Q10 reduces the toxicity of some types of chemotherapy. Doxorubicin, a chemotherapeutic agent, is known to sometimes damage the heart. But use with coenzyme Q10 reduces this toxic effect. Patients taking 90 mg of CoQ10 experienced less pain and increase in appetite and decreased metastases. Studies show using 300 -900 mg, daily reported partial or total remission. People who remain slim, yet eat a lot have much higher levels of CoQ10 in their blood, and assists their fuel efficiency within the cells, which can also assist in weight loss.

I also consider it vital in the treatment of any type of cancer, and especially post-heart attack. If you suspect, heart problems that may lead to a heart attack, I would definitely include large doses of CoQ10 in your daily protocol, such as 300 to 400 mg. minimum of gel capsules in the morning. This dosage may increase under the guidelines of your health professional.

People with congestive heart failure and taking coenzyme Q10 should

NOT suddenly stop, since it has been shown that sudden withdrawal may intensify the symptoms of congestive heart failure.

There is no Recommended Dietary Allowance (RDA) for CoQ10 and if there was, the RDA is often a joke, but be aware that each bottle's recommended dosage is the minimum required per day to ward off serious deficiency of CoQ10. The therapeutic dosage is usually increased considerably, but the toxicity level must be kept in mind and a health professional should be consulted. I am never in favor of people making executive decisions concerning their health based on articles they read or advertisements or just their feelings. These things are to be considered, but with professional guidance.

It is recommended that pregnant or breast-feeding mothers should not take it in supplement form.

In extreme dosages, such as 600 - 1200 mg per day headaches, heartburn, fatigue, diarrhea and skin reactions have been reported.

#### **Best taken with:**

Since the compounds are fat soluble, it is recommended to take it with a little healthy dietary fat present.

I usually recommend as a treatment to take first thing in the morning with a warm drink like water, lemon water or herbal tea - NOT coffee or caffeinated tea. No, not even green tea. A good fat would be some avocado.

When the liver performs under par, it cannot manufacture Q10 from the other Q coenzymes, and this happens with the natural aging process.



## Purpose

Many people believe that oxygen-derived radicals are involved in the origins and development of cancer. Oxygen-derived radicals can cause damage to membranes, mitochondria, and large molecules, including proteins, lipids, and DNA. Accumulation of DNA damage also is thought to contribute to the development of cancer. Many agree that there is a relationship between oxidative stress and breast cancer development.

Although, there are many empirical studies to show that antioxidants are health-promoting and consuming coenzyme Q10 (CoQ10) is a way of helping to maintain or help recover health. Although this is the common belief, of which I also subscribe, as of 2005, this belief has not been conclusively proven by medical institutions. This is for those who may base choices solely on allopathic medicine's perspective.

## Description

Some whole food nutritionists may believe that people who are deficient in B vitamins, selenium, vitamin C, or vitamin E may not be able to make as much coenzyme Q10 as they need since all these nutrients are required in order to produce it. The belief is that liver production and consumption of foods rich in CoQ10 may not provide the amounts needed to treat certain cancers, and for that reason, some people consume the enzyme in supplement form. It can be found formulated as capsules, gel caps, liquids, and tablets. The latter may be the best choice as it generally includes a source of fat that improves absorption. Vitamin E is a helpful stabilizing additive as well.

Coenzyme Q10 was first identified

in 1957. Its chemical structure was determined in 1958. Interest in coenzyme Q10 as a potential treatment for cancer began in 1961, when a deficiency of the enzyme was noted in the blood of cancer patients. Low blood levels of coenzyme Q10 have been found in some patients with myeloma (a malignant tumor that develops in the blood-cell-producing cells of the bone marrow), lymphoma (cancer of the lymph nodes), and cancers of the breast, lung, prostate, pancreas, colon, kidney, and head and neck, according to the National Cancer Institute (NCI).

### Recommended Dosage

Coenzyme Q10 is usually taken by mouth as a tablet or capsule. It may also be given by injection into a vein, especially for post cardiac patients. CoQ10 is available in oil-based capsules, powder-filled capsules, tablets, and liquid soft gels. The soft gels are believed to give higher absorption and are the only ones that I recommend.

Therapeutic dosages of CoQ10 for cancer range averagely from 300 to 900 mg per day. As a general nutritional supplement, I recommend daily doses ranging from 50 to 300 mg. Those who use CoQ10 for periodontal (the tissue around teeth) health may take 100–200 mg daily. The same dose range is recommended for those who take statin (cholesterol-lowering) drugs for treatment of high cholesterol (I prefer stopping those dangerous stain drugs and choose a more healthy and effective treatment).

Some believe that CoQ10 is best taken with food. It really depends on its purpose. Approximately three weeks of daily dosing are necessary to reach maximum blood

concentrations of CoQ10. It comes in the various dosages. I prefer bottles with higher doses, such as 100mg, to avoid taking so many.

It is always wise to check for a possible allergic reaction before taking anything. Coenzyme Q10 has shown no serious adverse side effects. Although, studies show that a few patients using coenzyme Q10 have experienced mild insomnia, elevated levels of liver enzymes, rashes, nausea, and upper abdominal pain. Other reported side effects have included dizziness, visual sensitivity to light, irritability, headache, heartburn, and fatigue.

## Interactions

Obviously patients should consult with their healthcare provider about possible interactions between CoQ10 and prescription drugs. Certain drugs may reduce the benefits of CoQ10. CoQ10 may also alter the body's response to warfarin, a drug for prevention of blood clots, and insulin, used for diabetes.

The statin drugs, such as lovastatin (Mevacor), simvastatin (Zocor), and pravastatin (Pravacol) decrease CoQ10 levels in humans. It is likely that all statins have this effect. Also, CoQ10 may improve glycemic control in some type II diabetics. If this were to occur, the medical recommendation is to adjust the anti-diabetic medications.

Some beta-blockers, in particular propranolol, may inhibit some CoQ10-dependent enzymes. Piperine, found in black pepper, may increase levels of CoQ10 in the blood.



## E-mail Response Corner

Q. My daughter just called me and said that she was diagnosed with polycystic ovary syndrome (PCOS). So what should she do to help herself with this diagnosis? They say it has to do with her body not producing progesterone. Symptoms are weight gain, hair on chin, irregular cycle.  
- Joyce

A. POS or PCOS is also known clinically as Stein-Leventhal syndrome and is the most common hormonal disorder among women of reproductive age. It is medically identified as an endocrine disorder and is the leading cause of infertility. Other than the common symptoms mentioned in your e-mail, excessive amounts or effects of androgenic (masculinizing) hormones can vary greatly between women depending on the severity of PCOS. The causes are medically unknown, although insulin resistance, diabetes and obesity are all commonly correlated.

There are several categories in TKM® that are related to the varying symptoms, but the main issue seems to be with an imbalance in hormones due to an unknown cause. Therefore, I would approach with a strong analysis of the pulses before and after TKM sessions, and include a lot of #13 and #23,25 Sequences. I would make sure the E.S. #15s are functioning bilaterally. These address all hormone and fertility issues. And E.S. #13 is in second stratum and helps correct menses and body hair. This would be my approach unless additional information leads me to include, but not replace, other applications.

Q. I have two fingers on my left hand that are bent in wrong ways either from stroke, Parkinson's, or stroke causing Parkinson's. My ankle's the same. In other words, the medical doctors are not sure. Would the new Arm Sequence help someone like me out, and would it work as a self-help sequence?  
Thanks. - John

A. The new Arm Sequence cannot be applied properly as a self-help application, due to the steps required for proper effect. The Arm Sequence applied by someone else would directly help the fingers and secondarily help the same side ankle.

The reasoning is that the sequence helps all circulation through the shoulder and involves each same side finger to have proper conductivity. It incorporates the same side E.S. #9, which helps the same side arm and fingers as well as directly relating to the same side ankle. The single correlation between the left fingers and left ankle is the left E.S. #9. And the Supervisor Sequence would assist, due to the circulation pattern, and the Large Intestine Sequence would directly help the fingers. The #5,6,7,8 Sequence would directly help the ankle. 🐾



This photo is one of many photos taken on the one day of rest between Level 1&2 trainings. This man is taking his produce to market as he has done for many years. As many friendly Filipinos, he does not mind his photo being taken.

Photo by Glenn King

## Pulse Puzzle

Pulse puzzle is a regular part of each *KIMA Journal* issue for graduates of Level 2 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

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

FWT = Fluff with Tone.

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

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

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



# Body Biography Corner

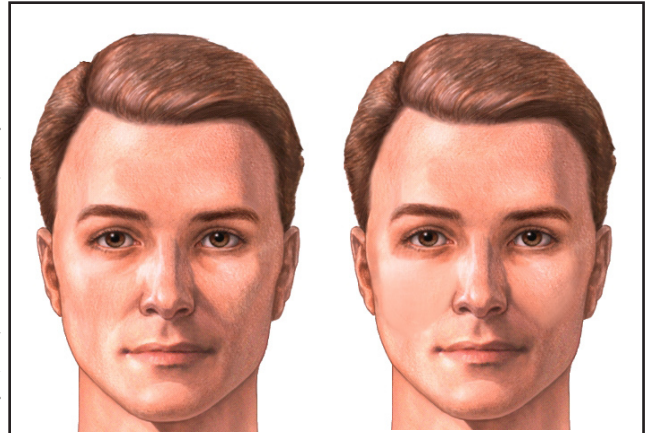
## Cheeks

There is a difference between high cheekbones, and puffy or swollen cheeks. Facial cheeks mostly represent how First Stratum is functioning. The illustration demonstrates how the same bone structure can have normal cheeks or cheeks with chronic edema. The illustration to the right represents a mild case of edema in the cheeks. See if you can notice which one has slightly more puffy cheeks.

If one side is puffy or swollen, it reflects same side need or same side First Stratum congestion. The Stomach Sequence is excellent for this issue, whether a recent or chronic issue. You can also use the #21 or #20, 21, 22 Sequences. Although, the Stomach Sequence will be the best choice.

Accompanying symptoms could be menstrual difficulties, digestive issues, and possibly headaches. This congestion can also affect thinking to the point of preoccupation or being foggy headed.

Note: If one side has more edema than the other, you may want to work the more congested side two to three times more than the one with less congestion.



## snapshots



First location at Star Mall



Second location at Star Mall



The reason we go!



Lowell applying TKM® during class





Free EMT Lecture at Club Filipino



Five-day Level 1&2 training at Club Filipino



IMPORTANT REASON WHY WE GO  
(above and below)



Free EMT Lecture in Davao



There's always a way!



Demonstrations



The People  
God's Presence  
The Healing  
The Praise  
was so  
powerful!



Prayers



## Pulse Puzzle Suggestions:

(From page 9)

**Observation:** It doesn't look complicated and it seems fairly direct. Almost half are FWT and the others have their own texture. The exception are the silent (S) ones and we cannot be sure who is the culprit for the silent ones. Although, it does show a pattern. The silent ones or all deep (AC) and are dispersed in a pattern that matches mediator pathway (chest level. On one side and waist level on the opposite side, then hip level opposite of the waist level). This equates with diagonal flow energy, which is Mediator.

**Suggestion:** The Mediator sequence would be the obvious choice, especially left Mediator sequence. The Mediator sequence could be followed by something to help 1st stratum, such as R&R 1st stratum, #1 or Spleen sequence.

**Summary:** As stated in KIMAJ issue 5, whenever you feel a matching ascending (or descending) pulse pattern with a diagonal pattern between the three levels (chest, waist and hip), then it indicates a Mediator need. Another indicator for Mediator is represented in this issue, which demonstrates chest level on one side and waist level on the opposite side, then hip level opposite of the waist level are needing help. This equates with diagonal flow of energy, which is Mediator.

# "Blessed to Be A Blessing"

By Vivian Wurgler

In April 2007, I was invited to attend an introduction seminar by Dr. Glenn King on some TKM® emergency techniques in Manila, Philippines. At first, I was hesitant and skeptical, but my alternative doctor insisted that I should attend because she had rescued her son from an ongoing asthma attack with TKM. That caught my attention, and I went.

My jaws dropped as I watched the video on just the EMT, or Emergency Integrative Medicine Techniques. I could not believe that it really works, and that TKM can really rescue a person from a heart attack, asthma attack, seizure, etc. Instead of leaving

the class at the end, I stayed on for the next two days and attended the Level 1 class. I would have completed the entire five-day class if I had not a prior commitment.

By November 2007, Dr. King and

his team returned to Manila for two five-day seminars. This time, I helped Dr. King organize the first seminar, mainly for church workers and missionaries who minister all over the Philippines, especially in rural areas where the people are

poorer and medicine is rare. We had 239 participants from all over the country. Some came by bus, some by plane and others by boat to attend the Level 1 & 2 seminar. In the end, all of us were so blessed!

Our eyes were opened to witness and see truly how our bodies are "fearfully and wonderfully made" (Psalm 139:14 NIV) and to understand how our God who created



Mrs. King - Mary - Dr. King - Vivian Wurgler

our bodies, with its own immune system, etc., far surpasses any human doctors' comprehension. Yet, the power of healing our body is built within us, as Christ is within us (as born-again Christians). It's there waiting for us to "put 2 and 2" together so we can achieve coherence. So diseases will not overpower us. It's there for us to discover how to heal ourselves and others. God has hidden great treasures for us.

As I learned from Dr. King, any incoherence in the body's circulation can create pain and sickness. TKM teaches us how to decongest these areas so our system can circulate freely and restore health. I thank the Lord for revealing to Dr. King the methods and using him to express and teach them, especially to layman like us.

We formed little "practice groups." Everyday, I'm experiencing miracles and I'm getting so many text messages from others sharing their experiences as they use TKM. Many are reaching out to people. When they see a neighbor sick, they go and do TKM on them. Immediately, the sick feels relaxed, and without a doubt the following day we always get a good report on how they improved.

For example, a Pastora successfully treated a person suffering from insomnia. And, before the session was over, the person was snoring away. The next day, the person called to thank the pastora that she slept so soundly afterwards. "It's been a long time since she was able to sleep," she said.

### Temper Tantrums

In a separate case, a child that throws tantrums was calmed almost

immediately as we held his two big toes. Imagine how his teacher and parents were relieved!

### Seizures

A young man, age 25, was born with seizures. He has greatly improved by just holding his thumbs and big toes every time the seizures come. We work to address his seizures using TKM and will show his parents how to work with him as well.



*Dinner with volunteers of 2nd class.  
Front left: Vivian Front right: Pastora Jona*

### Heart Palpitations

A friend of mine suffered from heart palpitations every night and couldn't sleep since starting menopause. After learning the Median Sequence, she's able to sleep through the night. After just two weeks, the problem is gone, and she doesn't even have to do the sequence anymore.

### Labor Pain

A friend went into labor and, of course, a lot of pain. We just did the labor sequence and she slept through the night. By noon the next day, she just had two pushes and the baby was out.

### Abdominal Pain

Once in the middle of the night, I

awoke with severe pain in my abdomen. I was so tired, but in so much pain. I couldn't get up to look for my book, so I put my right hand on top of my head and my left hand on my naval (a step in the Median Sequence). Within a couple of minutes the pain was gone and I was able to sleep again.

### Bladder Issues

A severe bladder problem caused me to urinate at least three to six times every night. After applying the Bladder Sequence one time, I went to the toilet only twice. I continued to apply the Bladder Sequence two more nights. Now, I never have to wake-up during the night to urinate. However, if I stop doing the Bladder sequence for some time, the problem comes back, so now I do the Bladder Sequence often. I believe after a while of working on this, I'll never have this problem again.

There are so many other testimonies to share, but I cannot share them all this time.

I thank the Lord He brought Dr. King into our lives to show us what is the better way to build up our immune system and enable our bodies to heal, the way the Lord designed them to.

I also want to thank Dr. King for his compassion for people. He donates so much of his time and effort to help us understand our body better and teaching us how to be good stewards over our body, the temple of the Holy Spirit. It's such a pleasure for me to work with and for you. **I'm blessed to be a blessing! 🙏**



# Testimonial Corner

*Your stories...your victories!*

## **Diabetic Lesions, Badly Burned and High Blood Pressure**

Dear Dr. King and Team,

Thank you for coming to the Philippines. As you suggested in the November 2007 seminar, we started our TKM® study group here in metro Manila and meet at least once a week and update each other on what we do with TKM. Just wanted to let you know that we applied TKM to several people and one of the results was a diabetic with lesions on the legs that began drying up.

A mother applied TKM to her daughter who was scalded with hot water accidentally and the badly burned part did not become as scorched as it should, but was only pinkish the day after.

I also taught the Median Sequence to a friend with high blood pressure of 190/110. Along with medication, we did the Median Sequence and after an hour the B/P was 140/80. We will keep you posted. Thanks again! - L.D.

## **“The Future of Medicine” for RLS**

Hello Dr. King,

On behalf of all who attended your classes in the Philippines and are now benefiting themselves, their families and others by using TKM and good/clean living advice, THANK YOU SO MUCH, AND WE LOOK FORWARD TO YOUR RETURN. After hearing all the presenters during the PCAM (Philippine College for the Advancement of Medicine) conference, my wife and I concluded that your presentation on TKM was the most advanced of them all and deserving of “The Future of Medicine” title.

It was the realization and strong inner conviction that GOD was telling us that this is important for us to learn as part of HIS plan. Even if it was not in our carefully balanced family budget, and our very full work schedules, we decided at least one of us must attend the Level 1 & 2 class. It took lots of rescheduling to clear 5 days for me to attend, but with our Lord's help, it was done. My wife and I will forever be grateful for those five days that you shared what we could learn from the priceless knowledge and research in TKM.

I've already had results in my family. I've helped my wife's RLS (restless leg syndrome). She used to have feeling in her legs that made sleep very difficult for her, even when she was very tired. Now the Median, Median plumb-line, and immune related sequences keep us humming smoothly through most of our days. Thank you. - Joe

## **Abscessed Tooth and TKM® Extraction**

A praise report: My good friend applied the Extraction procedure for a tooth using the EMT book (page 32). It was an abscessed tooth and the pain had been bothering her for several days. After the second time of the Extraction application, the defective tooth fell out! No pain! No bleeding! She didn't need a dentist, and she's now pain free and can eat well. Praise God for TKM! - Arlene

## **Overwhelmed and Surreal**

Our group is taking a Christmas break till the second week of January, but we still get a lot of daily requests from friends who are sick. Mary and I are actually overwhelmed by the results of TKM application on our friends. We have not gotten a negative response; how surreal is that? - Anonymous

## **TKM® on Psychologist's Patients**

Dear Dr. King,

We applied TKM on a young man with severe bipolar whom I have been helping for sometime. After the procedure, he really looked very lucid and his countenance also changed.

Another person who was diagnosed with clinical depression now handles her stresses quite remarkably after TKM!

An ex-schizophrenic I treat has had her medicine dosage lessened 75 percent by her psychiatrist. Last Sunday, she was complaining that after a week of applying TKM, she felt that her medicine was making her sick, but her psychiatrist refused to take her off medication. Well, she is praying about making a decision to get off her medication with or without the consent of her psychiatrist. We both believe that she is 100 percent healed! Thank you again. - F. (A psychologist in Manila, Philippines)

## **Back Pain Instantly Gone**

Dear Dr. King,

We are very thankful for your good heart in sharing God's blessings to us in the Philippines. For me, I have done the sequence for the energy sphere #1 and #13 for my wife, and her back pain was instantly gone the next morning and her coughing gradually decreased. I did the Median sequence and immune sequences and she feels stronger and active. Thank you! - Ramon

## **TKM® and Evangelizing!**

Good reports keep coming in from Star Mall students: Pastora Linda is really using TKM® in her mission work and is amazed to see so many great results. She kept thanking you for blessing her with TKM®. Now she's spreading the news and help everywhere she preaches.

Jona, bless her heart, now has TKM® missions on top of her ministry. She's using TKM® not only to help the sick, but to evangelize, and bond with people. Everyone from old to young wants to be treated. Jona treated her mom who has a blood platelet issue. She did the blood recipe, #23,25, spleen, and gallbladder, then her mom said she felt so light afterwards.

Jona's niece, just 15, has a bad liver. Jona applied Liver sequence and other applications, then about 15 people lined up for treatment, and she came home worn out!!! But, she's thanking God and you because she sees TKM® works.

It's no joke to do TKM® on others, now I know why doctors are hesitant to use TKM®, it takes time, lots of patience, and you better have compassion, or else you'll probably quit. But, the results are amazing! God bless!

Love, Vivian Wurgler (*Our TKI Intermediary for Asia*)

## **CBN Correspondent & TKM®**

Hello Dr. King and Hillary,  
Hope you're rested by now. Your schedule here was so hectic. I'm working on the script of the TKM® feature story we are airing on the 700 Club Asia in January. Also, CBN here has decided to interview people who experienced healing through TKM®, on the set.

### **Heart Center Patient**

I talked to Pastor Linda Anobit who applied TKM® on a patient at the Heart Center (Top Heart Center in Philippines). For 2 weeks the patient was not responding but when she prayed and held her fingers (TKM) she responded and in 3 days was out of the hospital.

### **No more Wheelchair**

She also prayed for a man brought to their church who was in a wheelchair for 2 years. After praying and TKM®, the man stood up. He is now attending the church. PTL

I was so amazed at the first class that I had to attend the second 5 day course at Club Filipino. I'm continually sharing the wonders of TKM® with family and friends. Thanks so much for the special favor extended to us and for sharing this wonderful gift of healing. We

are always praying for you and family.

Lucille's 2nd e-mail: Dear Dr. King,  
Wow, we just taped the episode on TKM®. We had Dr. Grace dela Calzada and Liza Ting. Both explained TKM® and its biblical basis well. I'm really excited on how people are blessed as they experience healing from God through TKM®. More and more people are convinced. You should really return sooner! Our PR head said she can give you some advice/help with any concern.

Dr. Grace in the show shared how she just touched a patient's fingers who fainted, against what she would normally do, and she revived. Tomorrow, the CBN staff will watch the TKM® DVD. I'm glad that your ministry is helping Filipinos and Christians who have the heart of Jesus to heal.

God bless you and Hillary, I miss you!  
Lucille Talusan - CBN 700 Club

## **Pastora Jona Toribio**

Hello Dr. King and Hillary,  
Praise the Lord for the great things He has done in our nation (Philippines) through your ministry.

Thank you very much (you and Hillary) for laboring together in advancing God's Kingdom through the revelation, knowledge and skills that He imparted to you and for unconditionally sharing it to us. May the Lord bless you and your family beyond measure. It's a real blessing to work with you and be a part of your team, even just for a moment. It's a pleasure to serve such a man and woman of God. I want to share some of the testimonies that I personally experienced and heard in the last two weeks.

November 21st (just after last class), I went to Siquijor (small island) on a mission trip. When I left the port of Dumaguete on a small boat it was sunny and very hot, but when we approached the island, all of a sudden the weather changed. A thick dark cloud covered the place and strong rain and wind poured out. When the boat finally docked, we were forced to vacate the place despite the rain.

We were all so soaked with rain water. Unfortunately, I didn't bring any extra

clothes, so I decided to go back at once. PTL that I was able to get a ticket.

The boat's air-conditioning was strong and very cold. With my situation, soaked with rain water going all the way back with strong cold aircon blowing on me for another hour, I was freezing and concerned about catching a flu or fever.

I remembered to apply TKM® SH by sitting on my palms (#25s). Afterwards, my #high 19s, then #18s and my fingers one at a time. For an hour I did it alternately and prayed. PTL, I didn't get sick nor felt the symptoms of flu and fever, which I would usually do.

The next day I met a teacher named Norma. She had a problem but didn't disclose it. So, I checked her pulses and gallbladder seemed to be a problem. She looked ill. I asked about her sleeping and she said "for almost a year I've been suffering from insomnia and taking sleeping pills, but the pill only helped a few hours, then I awoke and could never go back to sleep until morning." She also had constipation with only one bowel movement every 4 days. WOW!

That afternoon I checked her pulses, and applied Spleen and #16, 17, 18, 19. I taught her the Median sequence to do twice everyday. I also said to drink a lot of water because she seemed dehydrated.

The next day, she was so excited that she was able to sleep the whole night and also had a bowel movement in the morning. She had a breakthrough in regular bowel movements and is still enjoying her sleep nightly like a baby. Praise the Lord for TKM.

Also, two dentist friends who attended the TKM class, afterwards went on a dental mission and applied the S&S for stopping bleeding. One of them was extracting teeth and the other was doing the S&S, and IT WAS REALLY WORKING! They didn't even prescribe a pill or antibiotic to their patients. God is so good! Again, thank you so much for loving us despite of the headaches of coming to serve here. We love you so much. MARAMING SALAMAT PO! (THANK YOU SO MUCH). God bless you HEAPS! - Pastora Jona Toribio 🙏



## Sequence for Revitalizing the Neck (helps all neck projects).

The diagram illustrates Left sequence Energy Spheres only. Refer to Figure A.

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

Procedures	Positions
For Hands (to)	On Body E.S.s
step 1 right to right	9 (for chronic, include #9 on scapula and repeat steps 1-3)
and left to left	4
step 2 left to left	11
step 3 left to left	12
step 4 right to right	10 (for chronic, include #10 on scapula and repeat steps 4-6)
and left to left	4
step 5 left to left	3
step 6 left to left	12
step 7 right to right	19
step 8 left to left	ring finger
step 9 left to left	14

This application is to be applied by another person.

**Preparation:** Receiver can sit, or preferably lay, in a comfortable position. For best results, both persons, remove all metallic objects from body and clothing. 100% cotton clothing is best suited. Assistant may position pillows beneath arms as needed 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 finger pads (*palm side down*) of your first three fingers (*index, middle, and ring*) to apply contact for each location. Or, you may use all fingers (pads) if you wish.

**Always** hold 2 locations when applying any step.

**Important:** Pressure is not needed to achieve results, in fact, it inhibits the process. Only contact is needed to stimulate circulation.

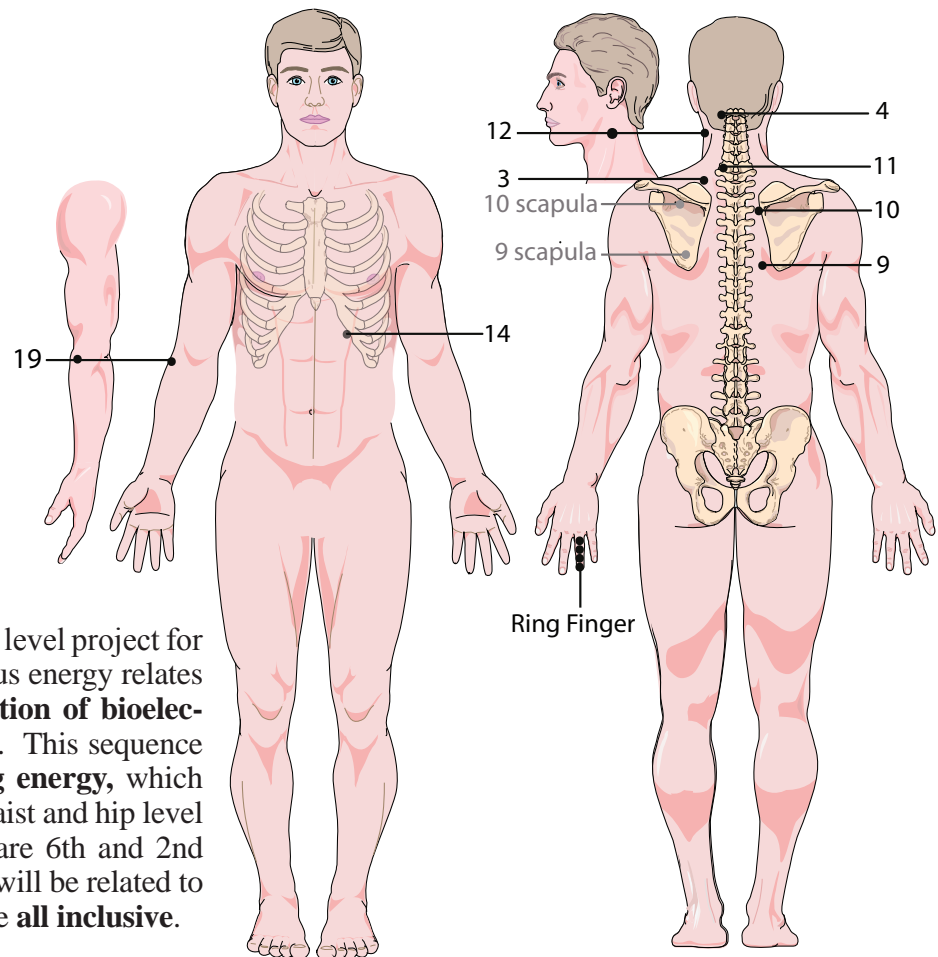
**When to apply:** For best results, apply in the morning and latter in the evening. Although, this can be accomplished at other times, these are the most productive and complementary to most schedules.

The entire sequence may take approximately thirty to forty minutes for proper results. **Note:** For more serious issues, apply 3 times daily.

### RIGHT Seq. sit on Left side

- 1 L - L 9
- R - R 4
- 2 R - R 11
- 3 R - R 12
- 4 L - L 10
- & R - R 4
- 5 R - R 3
- 6 R - R 12
- 7 L - L 19
- 8 R - R Ring F.
- 9 R - R 14

Figure A



**Note:** This sequence is primarily a waist level project for helping left or right neck. The Umbilicus energy relates to this sequence, which is the **distribution of bioelectromagnetic conductivity** to all organs. This sequence stimulates **Ascending and Descending energy**, which helps the entire body. It affects chest, waist and hip level correlations. The stratum correlations are 6th and 2nd strata. Although, the correlations below will be related to 2nd stratum. 6th stratum correlations are **all inclusive**.

The Stratum color is **White** and the Energy Sphere color (#9) relation is **All inclusive**. The tone or musical note correlation is **E natural**. The emotion is **Sadness/Grief**. The Energy Sphere is relation **#5 -#15 - Ascending and Descending energy**. The related finger or digit is **Ring Finger**.

# fyi good info to know!

## Turning Your Kitchen Into a Natural Pharmacy

*Contributed by M.G. ND*

Hiding in parts of some foods, which we normally throw away, are phytonutrients that support our health in ways beyond our awareness. This exciting knowledge is from food studies on how to make these nutrients accessible to help with many common health complaints and increase vitality and productive life span.

About a year ago, I started making smoothies with vegetables and noticed its wonderful effect on my skin, joints, brain, energy and waistline. Plus, I lost 20 lbs. It took me over 17 years to rebuild my endocrine system after fanatical, excessive raw food eating, a fruitarian diet and 4 times a year water fasting.

I studied bio-chemical individualized nutrition and believe in a balanced diet. This means eating from awareness instead of from “isms”, no matter how good they may sound in a book. After years of working with balancing my diet, herbs, amino acids, nutrients, bio-therapeutic drainage and homeopathy, I finally had a slender and vital body. Then, menopause hit and the dreaded post-menopausal extra 35 pounds came upon me. Nothing seemed to take them away, and that’s when my joints started hurting again—just a little, but enough to make me think twice before going hiking or dancing, and I started having more of those “senior moments.”

I’ve done my best to keep up with the latest research, reading volumes of professional newsletters, attending several professional courses and listening to CD courses each year. In looking back over the last year of what worked for me, it seems to be a combination of adding vegetable smoothies to my diet, deepening my spiritual walk, using cold lasers, applying the principals of restoring gland functions instead of replacement of hormones, cleaning up electrical and chemical toxicity in my home, using frequency technology knowledge to keep myself and my home more free of parasites, molds, fungi, etc.

My next big leap came with adding unusual substances to my vegetable smoothies like avocado pits. These monster seeds contain a vital soluble fiber. Soluble fiber removes plaque from the arteries, and this seed along with other key foods have helped hundreds of people to reverse “irreversible” arteriosclerosis. Something to add to a smoothie for arteriosclerosis is the avocado itself. It’s high in beta-sitosterol, with 433 mg per 100 grams of avocado. Capsules of it have been

used for heavy metals and heart disease, and here it is in a delicious avocado. Don’t worry—it won’t put weight on you, because it has good fats that help you to lose weight. Okra is also high in soluble fiber and great for the bowel. It also helps clean the small intestine. Eggplant is very absorbing of bad fats and oils in the body. Also, just 6 stalks of celery per day can lower blood pressure. Its active ingredient is pthalides, which help relax the muscles around the arteries and allow the muscles to dilate. Celery leaves support the endocrine system. One whole beet and one pomegranate a day lowers homocysteine (esp. the betaine in beets) and cleanses blood.

I believe, for every illness that plagues mankind there are natural foods and herbs that can greatly assist in the healing process.

A good solution on how to consume these beneficial foods is a 2 or 3 horsepower blender. A regular blender just can’t do it, but a “Vita Mix” works great. If you chew a bite of apple with the skin, 100 times, it still will not break down the skin. Yet, the skin has numerous phyto-nutrients which are very beneficial.

The way around this is a good blender. In minutes you can make a filling, delicious and nutritious drink. Even the busiest person can find 5 minutes to make a nutritious meal to benefit his or her quality of life. Unlike a juicer, these blenders take approximately a minute to clean. It provides nutrition in a form that can be more easily digested and absorbed.

Juicers take more time in preparation and cleaning. Many of the beneficial phytochemicals are found in the fiber of foods, like the white of citrus (just beneath the peel), top of pineapple where the leaves are (remove leaves and use the small nub at the top for strong enzymes), white filaments in strawberries, raspberries (high in cancer fighting antioxidants like eligic acid); and great bowel movements are a special benefit of all this good fiber. We often remove the skins and seeds when juicing, unless you’re using an expensive press. A large amount of vitamins and minerals are discarded with the pulp. This doesn’t happen with a powerful blender. Therefore, we get the benefit of all the nutrients from blending. I use chunks of ginger and garlic (skin on), mint, rosemary, basil, cilantro and parsley (stem and all) making smoothies more nutrient dense than juice while greatly reducing my time expenditure in the kitchen.

Tis better to blend than to juice! 🍹



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### The TKM® Session

Glenn King, PhD, RD, CN

### Professional Ethics

Speaker: Linda Kane, ND

### The Law and TKM®

Speaker: Patrick Jackson, ND, and licensed Attorney

### A Professional TKM® Practice as a Ministry

Jim Robertson, ND and Glenn King, PhD, RD, CN

### Professional Practice from a Christian Perspective

Speaker: Jim Robertson, ND

### Building Clientele

Glenn King, PhD, CDN, CN and Jim Robertson, ND

Other speakers such as Hillary King, CP, Melanie Robertson, BS, etc. are included to speak on some of the topics below. There will be an opportunity to ask questions of each speaker concerning each topic and for panel discussions to cover each topic for a better understanding for you.

- Organizing your practice
- The IRS
- Profit vs. Nonprofit
- Being legal in your practice
- Earning while working for the Lord
- What about those who can't pay?
- Clerical issues and recordkeeping
- Scheduling of clients
- Responsibilities to your clients and yourself
- Tips and viewpoints on attracting clients
- How to work on critical and chronic projects
- Being good stewards of the blessings

Building a referral network with professionals, i.e. dentists, MDs, chiropractors, massage therapists and others.

- Sharing your faith with your clients
- Working with emotional disorders
- Working with special needs children
- Quick books
- Being a non-licensed health care practitioner
- Presenting an appropriate image to clients and professionals
- Crown Financial
- Confidentiality
- Setting fees
- Licensing, disclaimers, and more
- Conducting an efficient treatment session

### There will be Case Studies

Presenters will share and discuss and/or work with actual case studies. Participants please bring notes on pulses and body biography and other information for those cases with which you would like help. An emphasis on planning treatment based on pulses, body biography, etc, will be discussed.

### Panel Discussions (Daily)

Open forum after each topic between speakers and participants. Plus, discussions on any additional TKM® topics.

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# Healthy Eating

## Salmon Spread

By Hillary King



The holiday season is one of my favorite times to prepare for gatherings with family and friends. I love salmon. It's flavorful and healthy, and this salmon spread dish is great for having before the main course is served.

### First part:

- 2 pounds of salmon
- 1 pinch of sea salt
- 1 pinch of black pepper
- 1 teaspoon of olive oil
- 1 pinch of dried rosemary

### Preparation:

Preheat the oven to 300 degrees. Then, place the fresh salmon fillet on a glass baking dish and rub the olive oil on the salmon. Then apply the rest of the ingredients and place the salmon in the preheated oven for 30 minutes. Then, remove the dish from the oven and let it cool on the counter for about 30 minutes.

### Second part:

- 1 cup of gluten-free mayonnaise (Spectrum Brand)
- 1 pinch of sea salt
- 1 pinch of black pepper
- 1/4 cup of chopped cilantro



Gently separate salmon with a fork into small pieces, while removing the bones, then place the salmon in a mixing bowl and add the ingredients listed under "Second part."

Gently mix them together until everything is blended smoothly. Place the mixture in the refrigerator to chill for approximately 30 minutes. Then serve with the cracker of your choice.

This dish can be prepared a day in advance. Remember to chill the salmon spread after mixing and before serving.

We wish you a very prosperous and blessed New Year!



# Editor's Corner

One of my favorite Christian bands is Audio Adrenaline. For 15 years, they rocked the music world with their songs and message of hope and redemption in Jesus Christ. However, to the dismay of Audio A fans everywhere, the band announced their last tour in 2006 aptly named the Adios Tour.

I had the opportunity to see them in the last concert they would ever perform in Dallas. The absolute final concert would take place close to the end of the year in Hawaii, when the band would bid “adios” for good. Understandably, many tears fell during that tour, as they said goodbye.

Good-byes are not easy. They involve change, which jolts the familiar, messes with the comfortable, and revolutionizes the ordinary. And yet, they are inevitable as we close one chapter in our lives and open a new one.

As some of you know, I resigned as the editor of the KIMA Journal and the Health News Updates in November 2007. It was a rather difficult decision to make. After all, Journal Issues 5 through 13 were very personal projects for me. You can only imagine how much time and effort it took to research, write, edit, design, layout, and print a 24 page product every three months and a two to three page PDF every two months in addition to assisting all the “front end” work that the Institute required (answering phones, order-taking, e-mails, Quickbook® entries, order packing and shipping, and more).

I had the opportunity to learn a great deal and be involved in the affairs of the Institute. I got to meet so many of you and share in your stories and be a part of the wonderful work God is doing through TKM® and the King Institute, Inc.

But I knew that the Institute was to never be my final destination. People had voiced to me in the past that my parents had successfully created a “platform” on which I could continue building and carrying on the Institute’s work, even after the day the Lord decides to call my parents home.

As lovely as that sounds, that does not appear to be the case. I love my parents and believe in their ministry, but I’m not currently called to carry on their work. After all, TKM® is not the blessing or burden of one family, but it is designed for the whole world. That is why the Institute exists. That is why it has ever existed, to properly disperse the knowledge of the human body’s natural ability to heal itself to everyone. I’m confident that even after I pass on into eternity, the knowledge of TKM® will still continue to move forward and change lives for God’s glory.

I enjoyed being your editor. And I know God will continue to use TKM® to help lives and change the world, the same way He transformed my dad’s life on that day years ago. As James writes in the fourth chapter of his epistle, our lives are like vapor, here for a moment and gone the next. We need to make the most of it, and though we last for a moment, our God is forever.

Thank you for all the blessings and memories. And thank you for the wonderful wishes I’ve received as I enter into a new chapter in my career and life. Take care, God bless you all, and adios.

- Christine Dao

## THE CLASS / EVENTS SCHEDULE

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

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

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

**1-800-640-7998**

Thank you for stretching yourself to learn valuable information!

### *Everyone's Talking on* **KIMA-TALK!**

We've all experienced it. TKM® (The King Institute Method®) overload! We're excited! We're ready to go. Then it hits us – we no longer have someone to talk with about TKM®. What do we do when we have questions? Once we start working on people, we start having incredible results. Where do we share all the exciting reports?

For those who want to talk with someone who understands, there's good news!

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 five 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. If you're already a member, then join in the conversations!

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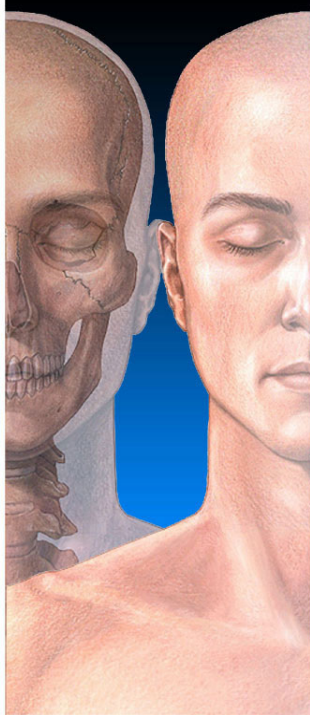
**WARNING:** If you have an allergy to the Sumac (Anacardiaceae) family, then you could possibly have an allergic reaction to this tea. It is always best to perform a basic "muscle test" with any new substance you introduce to your body. We recommend testing before opening the bottle.

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**Notes: We are working on a new version of our website and we will release the uploading date as soon as it is complete.**

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