

Extraordinary Alternative Medicine for Extraordinary Results

KIMA

The Journal of
The King Institute Method® Association

Issue 15

Salt of the Earth

A Vital Mineral for Health

Chewing for Health

How Food Chewing Impacts Health

D-leucine

A powerful and valuable
amino acid

Antidepressants

Are They Effective and Safe?

Living Through Death The process of disease and dying, and the role of a TKM provider

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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

Greetings!

Welcome to Spring in this year of “New Beginnings.” Thank you for your support and for the many lives who have been touched in 2007 due to your kind heart and action. I pray and feel that this year will not only impact more lives directly, but a growing number indirectly.

There are many exciting things happening this year. One of the biggest events I am excited about is the special training for pastors and missionaries in September 2008. We ask for your prayers, beginning now, during the event and beyond, for God’s glory in helping His people.

I urge everyone to participate in some way, Especially covering in prayer for everyone involved. I hope that you can take an active role in spreading the word to encourage pastors and missionaries locally and from around the world to attend this event. We are prepared for a large turnout but need help. If everyone participates we have a good possibility of reaching a lot of people. The impact of this event can make a difference in the lives of hundreds to hundreds of thousands internationally and over the years to come.

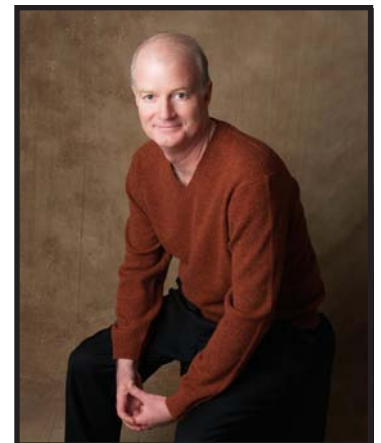
The primary focus is to equip missionaries because they go to the remote parts of the world to reach the people. They will be the most active with what they learn to help people who are suffering, whether physical ailments or mental/emotional suffering. And in this process, they can teach the wonders of a merciful and loving God to those who need hope and salvation.

The King Institute, Inc. is presenting this event to pastors and missionaries below cost because most have very limited funds. Therefore, your prayers for financial provision and your active financial support will help offset the cost and assist those who want to attend.

Please pray how you can be a blessing to this ministry effort and please contact the Institute if you have any questions (800-640-7998).

Thank you all for the growing support, prayers and participation in helping this ministry be more effective each year.

For His Glory,
Glenn Thomas King, PhD, CDN, CN
Director



Airborne pays through the nose for claiming to cure the common cold

By Glenn King

The makers of a natural product called Airborne are having to pay back more than \$23 million to consumers to settle a class action lawsuit. The false ad complaints were filed due to a GMA investigation that questioned Airborne's claims that it could "prevent or cure the common cold."

Americans spend more than \$300 million per year on these water soluble tablets. Airborne became popular through national television commercials advertising a remedy for the common cold.

The Center for Science in the Public Interest disagree with Airborne and investigated the product.

Steve Gardner, a representative for the Center said "the main issue we have with Airborne is that it doesn't work."

Airborne claims its product was "A Miracle Cold Buster!" that can "get rid of most colds in one hour."

During an investigative interview, however the CEO of Airborne stated, "I would never sit here and claim that it is a cure for the common cold."

Airborne did provide a Florida address where the double blind placebo study was supposedly conducted, which turned out to be the address of an average home, and the residents had no knowledge of any Airborne studies. In actuality, the study was conducted by a two-man operation started just for the purpose of the Airborne study. One of the men claimed he had a degree from Indiana University, but the school said he never graduated.

Gardner said Airborne was just an extraordinarily expensive vitamin C delivery system.

Airborne said that it settled the claim to resolve any distraction from business operations. The company also placed a recording on its phone lines stating "defendants deny any wrongdoing or illegal conduct but have agreed to settle litigation."



The Federal Trade Commission and several states are starting a deeper investigation to determine whether to punish the corporation further.

Consumers need to understand that dietary supplements do not have to prove that they work as long as they don't make specific claims. Airborne has now changed all their packaging and marketing to a more generic language. Of course, what made Airborne a blockbuster product was its old claims.

People still rave about Airborne, but they miss the point about paying a great expense for simple vitamin C.

If you have purchased this product you can receive the money back, if you have receipts, for every package ever purchased. Without a receipt, people can still receive money back up to six packages, which is equal to about \$63.

Smart supplement manufacturers know not to make claims of what something will do. Stating history should provide consumers enough information to make an informative decision. 🕒

Autonomic Response Testing-ART

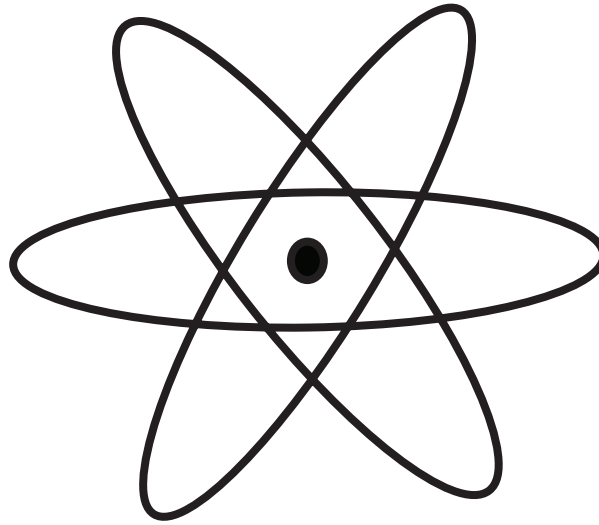
A better understanding of what some term “muscle testing” or kinesiology

By Dr. Stacy Cole, D.D.S.

Autonomic Response Testing (ART) is a non-invasive, safe data collection method, which utilizes the Autonomic Nervous System (ANS) to aid in localizing pathology and to give direction for finding possible remedies through indicator muscles. The ANS densely innervates virtually everything: skin, joints, organs, glands and blood and lymph vessels. They are the ultimate sensors, transmitting messages to and from ganglia, the spinal cord and the brain. For example, autonomic nerves send messages to capillaries to dilate or constrict as a response to such stimuli as temperature, emotion, physical activity requirement, injury or appetite without going through the rationalization process of normal decision-making.

Thermographic imaging has confirmed that organs and other internal structures have analogous areas on the surface of the skin that indicate normality or pathosis. These areas have been noted since mud wraps were used therapeutically by the ancient Romans and centuries earlier by acupuncturists in the far east and reflexologists in Japan and Korea. Many, if not most of the systems in the body are regulated by inhibition. That is, a nerve stimulates the heart to beat. An inhibitor slows it down to the appropriate rate and rest. An inhibitor to the inhibitor allows it to speed up during exertion. Stimulation of the skin over a pathological area, for example, an abscess tooth, releases inhibitors that affect muscle tone allowing the indicator muscle to go weak. This indicates (not diagnosis) that the tooth may be pathological and may indicate this condition before it manifests as a lesion on an x-ray or presents with a fistula. One theory is that this process works through frequencies and resonance. Everything vibrates or oscillates at a certain frequency depending on what is, because everything has a unique arrangement of molecules containing atoms with their clouds of orbiting electrons. A copper coin oscillates

at a different frequency than a silver coin. A stack of copper coins would have a similar frequency to a single copper coin, but would have a higher resonance (intensification by sympathetic vibration). If I jostle the area around an abscessing tooth, the stimulated autonomic nerves on the surface inhibit the muscle tone (mediated by the ANS) and an indicator muscle goes weak. If I placed a vial containing material from another abscessed tooth (a similar pathosis) next to the area over the ab-



scessed tooth, its vibrations, being similar to that of the test subject's abscess tooth, would neutralize those vibrations and allow the indicator muscle to test strong. If I then instead place a remedy such as a vial of penicillin next to the abscessed tooth, penicillin's frequency would counter the inhibition of the abscess, allowing the muscle tone to return and the indicator muscle would test strong. Then I might test to see if penicillin tests as strong as clindamycin or whether 250 mg or 500 mg would be better. Is this diagnosis of an abscess tooth? No! It is an indication of a possible problem and a possible remedy. Other things must be taken into account. A periapical “lesion” at the tip of a lower pre-molar must be differentiated from the mental foramen. A longitudinal crack may never show in an x-ray. The combination

of history, pain, swelling, color, sensitivity to percussion, pressure and temperature all provide data to make the diagnosis.

Unfortunately, some problems are not so easily solved. Say a patient has been to an ENT specialist, a TMJD “specialist,” a neurologist, an oral surgeon, an endodontist and two general dentists that all told her they could find nothing wrong after x-rays, CAT scans, MRI's, otoscopes and oral exams. Yet she tells you she hurts “right here” along the angle of the mandibular ramus. What do you do if you really do not think that she is crazy? Unusual problems often require unusual solutions - or at least an unusual route to a common solution. ART is not mutually exclusive with using rationale and experience. The more brains and experience, the shorter the time requirements for testing.

The patient must be aware that the science of ART is not fully understood. Even things that are well understood, like an appendectomy, still have complications and risks of onward results. Most four-year-old children do not understand electricity, the vacuum in an incandescent light bulb or anything about a tungsten filament. But most kids know that they can turn the lights on and off by flipping the switch up and down. We must respect electricity, but fortunately we do not have to live in the dark until we understand it. All analogies ultimately break down, but we can learn to operate a system without knowing everything about it. When the patient understands that the findings are the body's indications and not definitive diagnosis and is desirous of taking part in the treatment indications, and that results cannot be guaranteed, the journey toward health can be made with tempered expectations without diminished hope. 🕯

ANTIDEPRESSANTS

in treating clinical depression

By Glenn King, PhD, CDN, CN

The medical community believes and often quotes “Depression patients should realize that depression is a chronic illness just like diabetes or asthma.”

It can be a chronic illness, but it is not like asthma or diabetes because medically there is no solution for asthma or diabetes.

People experiencing depression usually feel hopeless. They may have feelings of worthlessness and experience a loss of interest in every-day activities such as work, hobbies or physical intimacy. This is not exclusive to the secular community; almost as many Christians are taking antidepressants for the same reasons. Many have come to their pastor or Christian counselor and have had antidepressant drugs suggested.

I don’t believe antidepressants are the appropriate action in most cases. Generally the person needs to know someone cares, reassurance as well as forgiveness is often needed, deliverance and support, aside from good biblical counseling in a loving and compassionate way.

I’m not a licensed counselor, but placing the person on an ongoing drug dependency is the least desired goal. What dependency would God choose for us?

Highly respected Christian leaders in the public eye have suggested antidepressants and promote their use for chronic depression.

We need to understand more about depression to get free. We should also

know about the antidepressant drugs that are commonly recommended.

Common Depression Triggers

Many factors can trigger depression, such as being out of work, serious illness, divorce, flunking out of school or loss of a loved one. Many prescription drugs, as well as illegal drugs, can cause depression. Sometimes there is no apparent factor triggering depression.

A slogan often employed by pharmaceutical companies and their advocates, such as Internet Drug News (IDN), Pharmaceutical News Harvest and CoreyNahman.com is: “Fortu-

Christians are taking antidepressants for the same reasons.

nately, depression is a highly treatable condition. If you take the medications that your doctor prescribes, there is an excellent chance that your depression will fade away, like a bad dream.”

Wow, what a pitch! A more appropriate statement from a Scriptural understanding of why people get depressed, might say: “Fortunately, depression is a highly treatable condition, if you receive the proper instruction, counsel, and care to understand how the depression started for you and the simple truths that set us free.

I have not mentioned TKM® to this point, although we’ve seen that when TKM® is properly administered, even chronic and sometimes generational depression have been resolved.



On the other hand, drugs can be very dangerous and cause dependency.

If a person is depressed and suicidal and prescribed a drug with side effects of possible suicidal thoughts, where is the sanity in that?

“Scientific studies have determined that antidepressants work best when they are combined with counseling, such as seeing a psychiatrist, psychologist, social worker or other health professional on a regular basis,” says IDN.

A problem with this scenario is the recommendation is that the person should remain on the drugs even though they are receiving counseling or have even completed counseling.

Read this common statement: **“It is essential that depressed people who are on medication do not discontinue taking their medication even when they feel great. You need to take your medications religiously every day regardless of how you feel,”** says IDN.

But, when you want to stop or decrease medication, especially antidepressants, you should do so with the guidance of a medical professional who understands the particular drug you're taking.

Antidepressants are powerful drugs and should never be taken without a doctor's prescription. Self-treating depression (even if you're a doctor) could be disastrous, says IDN.

Drugs and children

Antidepressants carry strong warnings regarding use in children and adolescents. October 2004 the FDA directed manufacturers to add a **"black box" warning** to health professional labeling of all antidepressant medications to describe the risk and emphasize the need for close monitoring of patients on these medications and that a Patient Medication Guide (MedGuide) be given to patients receiving the drugs and advise them of the risk, says FDA. This warning further admonished doctors and parents to closely observe patients started on therapy for clinical worsening, suicidality, or unusual changes in behavior." Warnings include notifying the prescriber immediately upon noticing any change in behavior when a child is on antidepressants. How many parents do you think really take this action appropriately? Other times, parents do call the doctor and are told it is not unusual.

How drugs affect depression?

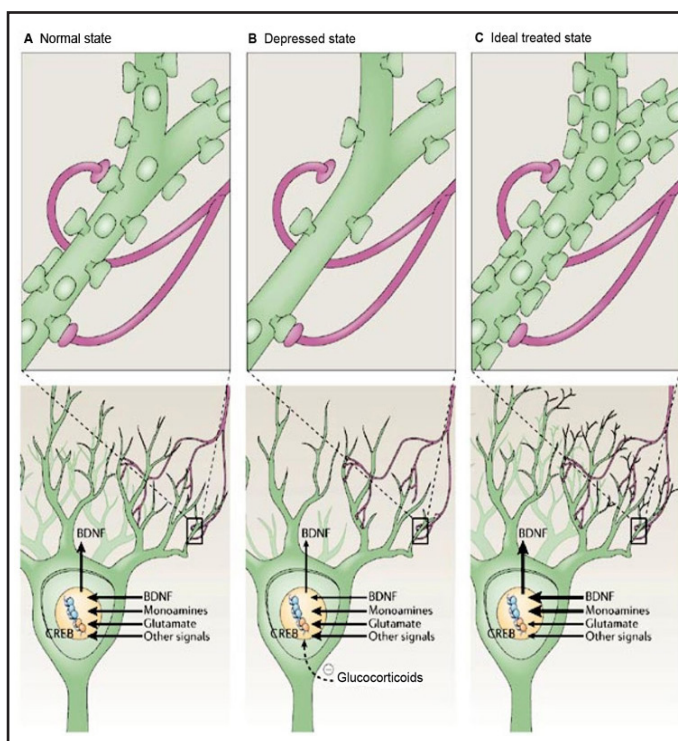
The brain communicates with itself through the use of special chemicals called neurotransmitters, such as serotonin and norepinephrine.

Correlations exist between the amount of these chemicals in the brain and a

person's mood. Low levels of serotonin and norepinephrine haven't proven to cause depression, but it is widely believed that elevation of these chemicals is associated with improved mood in depressed people, particularly when their use is combined with proper counseling.

Doctors elevate these brain chemicals with the use of drugs.

There are many different families of antidepressants available today. The three most common groups are SSRI, Tricyclic and MAOI's.



- **SSRI's** (Selective Serotonin Reuptake Inhibitors) increase the brain's level of serotonin and are associated with mood improvement. SSRI's are sometimes used in treating obsessive-compulsive disorder and some forms of severe shyness.

These drugs come with strong warnings regarding their use in children. There is data to suggest that occasionally when kids take SSRI's, some of them engage in self destructive thoughts, like suicide.

Common SSRI side effects include heartburn, drowsiness, and loss of appetite. We certainly don't need less nutrition for depression.

-**Tricyclic** antidepressants were first discovered in the 1950s. Prior to that, **depression was commonly treated with barbiturates or shock treatment.**

This class of drugs is associated with troublesome side effects such as drowsiness, dry mouth, constipation, weight gain, and sleepiness. These drugs are very dangerous when taken in an overdose. Too many patients have committed suicide with this drug, so doctors usually prescribe the smallest number of pills possible at a time. Tricyclics do have drug interactions.

- **MAOI's** (monoamine oxidase Inhibitors) have potentially life-threatening drug and food interactions. Those taking a MAOI drug must consult with a doctor before taking ANY other medicines, and find out which foods to avoid.

A list of popular ads

Citalopram; Drug Family: SSRI; sometimes referred to as "Celexa." Currently nobody buys brand name Celexa. However, generic citalopram is widely available and sold like candy at low prices.

It is also used to treat body dysmorphic and dysphoric disorders, social anxiety, Huntington's disease, obsessive-compulsive disorders, as well as other mood disorders and premenstrual syndrome.

Lexapro (escitalopram HBr; Drug Family SSRI - Forest Laboratories). Lexapro is an improved version of Celexa. It is moderately expensive.

It is indicated to treat depression and Generalized Anxiety Disorder (GAD). It compares to other antidepressants such as Zoloft or Effexor.

Lexapro's effectiveness is like other SSRI's but has less side effects and hence has caught on very fast to the public. It costs about \$2.85 per pill. There is no legitimate generic Lexapro, stay away from it. The so-called generic Lexapro (bootlegged) is made in labs in Mexico, Cambodia or other undeveloped countries.

Luvox (fluvoxamine; Drug Family: SSRI - Solvay). Luvox is the old name for fluvoxamine. When Luvox went generic, people stopped buying brand name Luvox and switched over to generic fluvoxamine. It is used in treating obsessive symptoms. They say fluvoxamine short circuits obsessive thought patterns somehow. Hmm?

Paxil (paroxetine). Currently there are two forms of Paxil. Glaxo introduced a timed released Paxil CR. It costs three times more than generic paroxetine.

Prozac, Prozac Weekly (fluoxetine; Drug Family: SSRI - Lilly); generic Prozac was one of the most popular drugs in the USA. As soon as it went generic, Lilly stopped promoting it and sales plummeted.

Zoloft (sertraline; Drug Family: SSRI - Pfizer). The generic is "sertraline". If you take Zoloft on an empty stomach, you can get painful heartburn. It is also used to treat extreme shyness or post-traumatic distress syndrome.

Tricyclics

Amitriptyline; GENERIC (Drug Family: tricyclic - various manufacturers) Amitriptyline was introduced by Merck as Elavil. Many doctors and patients are rediscovering amitriptyline because it is inexpensive. It's also used to treat nerve pain associated with diabetes and other painful conditions such as Carpal

Tunnel Syndrome, plus chronic fatigue syndrome, irritable bowel syndrome, insomnia, migraine headaches, and even bed wetting.

Desipramine; GENERIC (Drug Family: tricyclic - various manufacturers) Desipramine, similar to amitriptyline and unpopular for the same reasons that tricyclics went out of fashion - side effects include weight gain, dry mouth and drowsiness.

Miscellaneous

Cymbalta (Duloxetine; Drug Family: SSNRI; serotonin and norepinephrine uptake inhibitor). Cymbalta is also used in treating diabetic nerve pain. Cymbalta is about \$3.35 per pill.

Effexor, Effexor XR

Effexor is called a powerful antidepressant. It is currently very popular and works on increasing the presence of the brain messenger chemicals serotonin and norepinephrine. People often start off taking small doses and build up gradually. If starting with a high dose, you get side effects such as nausea, sleeplessness and loss of appetite.

Wyeth is working on a new product similar to Effexor. It's referred to as "son of Effexor". It's called "desvenlafaxine", code-name "DVS-233". These drug companies never cease to amaze me with their marketing ploys.

Mirtazepine (Drug Family: tetracyclic - Organon). Remeron is the brand name for the generic Mirtazepine.

Most common side effect is increased hunger and weight gain. People on mirtazepine have been known to eat and eat without satisfying their hunger. It is said that a doctor was on mirtazepine and it caused him to eat like a horse; you could practically see sparks coming from his knife and fork; his friend said he had never seen anything like it. It also causes drowsiness and is only suggested at bedtime.

Nardil (phenelzine; Drug Family: MAOI - Parke-Davis). A powerful drug with many dangerous side effects. It is usually only prescribed by a psychiatrist or some similar known to be expert. Mixing Nardil with certain other drugs or foods (such as black licorice, aged cheeses) or alcoholic beverages can cause a serious reaction or DEATH.

Parnate (tranylcypromine; Drug Family: MAOI - SmithKline). A powerful drug with many dangerous side effects. Normally prescribed only by a psychiatrist or some other known to be expert. Mixing it with certain drugs or foods (such as black licorice, aged cheese) or alcoholic beverages can cause a serious reaction or DEATH.

Serzone (nefazodone; Drug Family: phenylpiperazine - Bristol-Myers Squibb). It was withdrawn from USA market in 2004 due to safety concerns. Hmm?

Wellbutrin, Wellbutrin SR (twice a day), Wellbutrin XL (Once a day); (bupropion; Drug Family: aminoketone - Glaxo). Wellbutrin's claim to fame is that it has no noticed sexual side effects, which most other antidepressants do effect. Although, it has a side effect that can cause a person to sweat excessively in response to heat, nervousness or hot spicy foods like hot sauce or chili peppers.

The excessive sweating is said not to be dangerous, just an inconvenience, but what about dehydration? Sometimes when it is mildly warm a person on Wellbutrin will sweat like crazy while nobody else in the room is sweating.

Prescribe also for smoking cessation. For unknown reasons it removes the so-called pleasant taste and soothing effects of cigarette smoking.

TKM® for Depression

Some applications directly affect the emotions, neurotransmitters (neuro mechanisms of depression) and the mental processes that produce the emotional reactions and chemicals in the brain that are either promoting homeostasis or producing and releasing toxic chemicals. It is truly amazing what our body is able to do in direct response to how we think and live.

The belief and thought life of a person is the most vital aspect for health recovery and sustaining a healthy physical, mental, emotional and spiritual life.

The pulses are always the determining factor of what applications are the most needed at any given time for an individual. I also suggest the #13, #9, #23, 25, #15 Sequences as primary for the symptoms of depression. These applications can be supported with Diaphragm, #20,21,22, #14 and any Waist Level Sequences.

Science has proven that a person's thoughts control chemical functions throughout the body. What you think has a greater impact than what you think it does. 🐼

One Book Bimonthly

A new program by popular demand

By Glenn King

I have been often asked, "Where did you learn what you know and how can I find the sources?" Often meaning, that I may learn as you have learned.

Well, it is not that simple, but I do have a suggestion for anyone interested in improving their life. Reading is vital for learning and there are some great books for achieving that goal, whether it is physical, mental, emotional or spiritual health. Therefore, in response to a desire for learning things of importance I am starting a book bi-monthly program.

I highly recommend it for everyone. I will try to choose reading material beneficial to all. It is just six books a year and will be rewarding for the readers. I hope you enjoy the material and I look forward to

your feedback.

Book suggestions will be sent out on the HNU e-mails every two months.

The first book I suggest is something that everyone from age eighteen and up. It is about relationships. A book for each, male and female. Read the gender suggested book, then ask a trusted person of the opposite gender the questions that you WILL have.

For couples, I suggest reading your book, then ask questions, then read the other book. Be honest and it will greatly help the both of you. I think you will love these two books.

Continuing this book program will depend upon responses. 🐼

Bimonthly book suggested

For Men Only

By Shaunti Feldhahn

A straight forward guide to the inner lives of women

For Women Only

By Shaunti Feldhahn

A straight forward guide to the inner lives of men

E-mail Response Corner

Q. I was referred to buy a Body Energy Electromagnetic Synchronizer. It is an electrically- charged apparatus which detects and corrects electrical imbalances in the human body thus boosts the human immune system. Is this OK?

A. There was not a lot of technical or any scientific information I could find. I did find a lot of marketing and demonstrations available. I'm sure it has some redeemable aid, although it is not something that I recommend. It is a fairly simple electrical (plug into wall socket) electromagnetic device that stimulates the surface of the body. Its only apparent diagnosing capability is determining surface conductivity. This alone can change drastically by the moisture of the skin in any particular area.

Remember, it is an artificial stimulation by an electromagnetic device rather than bioelectromagnetic.

There are more electrical, magnetic and electromagnetic devices which exist than I can count. And most are simply not resolving the health issues as advertised. Everyone has two bioelectromagnetic devices attached to their arms called hands.

Q. Can you help me please? The doctor diagnosed me with breast cancer and said I have to boost my immune system. Besides the immune recipe and other TKM®, what kind of food should I eat and how to eat them on a daily basis? And what are foods or things to avoid? Thank you!

A. That is a huge question. Basically, I never give specific nutritional guidelines for an individual unless I can see and evaluate the person. But, I can provide some basic guidelines that should apply to most everyone. It has a larger "don't list" than a "do list."

NO:

- Fried foods (pan or deep)
- Carbonated drinks
- Caffeine
- Alcohol beverages
- Isopropyl alcohol
- Canned food
- Microwaved anything
- Iced or cold drinks
- MSG
- Tuna
- Shell fish
- Pork
- Artificial sweeteners
- Processed sugar products
- Processed foods
- High acidic producing foods
- Eliminate or minimize meat, especially red meat

- City water or unfiltered water, ever (don't drink it or bath in it)!

The list is more detailed for the individual.

Basic concerns about what to eat and how are listed below:

- Raw, uncooked/not processed vegetables and fruits ratio should be at least 80 percent raw to 20 percent boiled or lightly steamed. Baking and other sources of heating food are either destroying the nutritional value too much or creating carcinogenic agents.
- Eat small meals and preferably within the same eight hour period everyday and generally no food for the same 16 hours every 24 hour period, except in cases where a person is very weak or other rare circumstances. Eat a small meal or have a healthy snack (live/raw veggies or fruit) every two hours.
- Drink (clean water) a minimum of half your body weight in ounces within each 24 hour period. Other fluids do not count as water intake. Example: Body weight =100 lb., then drink a minimum of 50 ounces of clean water per day.
- When it comes to meat, don't eat red meat, but fish that have scales and fins are acceptable (broiled or baked). Occasionally you can eat lean turkey or chicken meat. Long cooked whole chicken broth is good (no fat).

Eating a healthy diet is similar, although eating for advancing cancer is much more than what is mentioned here. Truly, a person's life is completely changed in the fight against cancer. In most cases, if the person was doing things the right way, then cancer should not have developed. Preventative medicine is best.

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**.

W?	Lg. Int.	Sm. Int.	W?
S	Lung	Heart	W?
S	ST	GB	S
S	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.

Body Biography Corner

Body Gestures

Arms folded across chest



- Holding a position
- Self protection

Energetically, our arms are symbols of how we chronically or currently function, mentally and emotionally, or as how we embrace the world, and in turn how we are embraced. Our arms or what we hold on to things with.

Folding the arms across the chest communicates that a person is holding his or her position. Another perspective is that of taking a protective position to guard the vital organs. If a person folds his or her arms in front during a conversation, you'll find that many people will instinctively respond by imitating the posture. It is like making the statement, "If you feel a need to guard yourself from me, then I will guard myself, too." If you find yourself in this posture during a conversation, it would be good to move towards relieving the tension in the air and try unfolding your arms to signal a truce or an invitation: "I will lay down my arms if you lay down yours."

Correlations

Arms folded across the chest will strain the Energy Sphere #9. The elbows are also bent (E.S. #19), which are a Mediator correlation to Energy Sphere #9. Whether on the Supervisor or Mediator Level, it is a self protective "I'm not letting go" posture.

Related Applications

Therefore, being repetitious in this posture indicates

congestion in E.S. #9 and Mediator Energy.

Drooping shoulders

Too much responsibility

Typically, we hold responsibility in our shoulders. Similar to the mythical Atlas, we often feel that we hold the weight of the world on our shoulders. Therefore, drooping shoulders may indicate a person who is carrying more responsibility than he or she desires.

Although people can have greatly contrasting levels of responsibility, it is mostly the perspective of the responsibility or responsibilities that burden our shoulders with what seems like an overbearing weight of the world. Unless the perspective is altered or the responsibilities change, this burden reflected in the shoulders can result in a chain reaction, congesting Chest Level, then Waist Level, then Hip Level.

Related Applications

Mediator, #13 and Torso Posture Energy Sequences will help this posture and perspective.

SALT OF THE EARTH

Salt is an essential component of a healthy diet, but many scientists believe that too much salt can cause serious health problems such as stroke and heart disease. Extremes are unhealthy. Too little salt in the diet could also result in risk of stroke or heart disease, among many other health complications.

The body's salt/water ratio is critical to metabolism. Human blood contains 0.9 percent salt (sodium chloride). The human body is made up of between 50 to 75 percent water and of between 14 gm salt (infant) and 250 gm salt (male adult). Crucial bodily functions take place via the salty fluids, including metabolism, transportation of nutrients, and the removal of substances no longer required by the body. According to medical research, the body cannot manufacture salt; we are therefore dependent on external sources. A healthy body will process the amount of salt it needs and the kidneys are designed to dispose of the surplus. But regular salt intake in excess overloads the kidneys, alters our pH, and affects our entire body chemistry. Likewise, regular lack of salt in our dietary intake can affect the same systems.

From a nutritionist perspective, salt intake should come from mineral sources or sea salt. Even kosher salt is a better form than common table salt, which usually contains starch added in the processing. Most experts say that there is nutritionally little to no difference between the different salts, but the differences in processing, taste and texture do make a difference.



Bonneville Salt Flats - About 2 inches of water overlaying salt as far as the eye can see. Photo by Glenn King

Mineral salt (mountain mined) of consumable grade has a more salty taste and a better flavor. This means less sodium and better taste.

Table salt is the most poor grade processed for human consumption. Table salt is Sodium chloride, NaCl , and water, H_2O , which are formed by neutralization of sodium hydroxide, NaOH , a base, with hydrogen chloride, HCl , an acid: $\text{HCl} + \text{NaOH} \rightarrow \text{NaCl} + \text{H}_2\text{O}$. Most salts are Ionic compounds made of the ions rather than molecules. The chemical formula for an Ionic salt is an imperial formula; it does not represent a molecule that shows the proportion of atoms of the elements that make up the salt. The formula for sodium chloride (NaCl) indicates that equal numbers of sodium and chloride atoms combine to form the salt.

A salt that has neither hydrogen (H) nor hydroxyl (OH) in its formula, e.g., Sodium chloride (NaCl) is called a normal salt. A salt that has

hydrogen in its formula, like sodium bicarbonate (NaHCO_3), is called an acid salt. A salt that has hydroxyl in its formula, like basic lead nitrate ($\text{Pb}[\text{OH}]\text{NO}_3$), is called a basic salt. We could go on, but to most people this salt science is too dry.

Generally, in the USA we consume too much salt (sodium). Reducing salt can curb obesity. The Associated Press (Feb. 20, 2008) reported that kids who load up on salty meals and snacks get thirsty, and too often they turn to calorie -filled sodas. A British study published in an American Heart Association journal suggests cutting back on the salt is a good way to cut calories.

The study revealed that approximately 80 percent of salt intake comes from manufactured food, not coming from the salt shaker. This will hopefully be a wake-up call to those who think of controlling the salt shaker rather than the diet as the solution.

cont. pg.12

Fast foods are loaded with sodium and unhealthy preservatives and other chemicals. One order of McDonald's McNuggets have 2240 grams of sodium and the RDA (Recommended Daily Allowance) of sodium should not exceed 2400 gm daily. The UK's RNI for sodium is 1600 gm per day. Panera Bread Company's "Italian combo sandwich" has 3570 gm of sodium.

All processed foods are very high in sodium. For the general public, less salt translates to fewer soft drinks and therefore fewer calories.

Past reports revealed strong links between sugary soft drinks and obesity in children. Reducing salty processed foods would naturally reduce the desire to quench the salted palate.

Experts note that it will take more than cutting salt to get overweight kids into shape: healthy eating and

exercise are needed as well. And children most often follow the examples set by their parents. Not only are many parents sabotaging their own health, but they are setting examples for their children to do the same.

At the same time, minerals in natural salts are important to our health, and most people are mineral deficient. Inadequate salt can be problematic, especially for weekend athletes, bodybuilders, professional athletes, outdoor laborers wilderness hikers and older people. Chronic deficiency in salt or chronic excessive salt intake have been associated with poor health conditions and diseases such as hypertension, stomach cancer, kidney disease, cystic fibrosis, lymphatic filariasis, stroke, heart attack, bone diseases, and more.

According to the Salt Institute in Alexandria, Virginia, for 4000 years we've known that salt intake af-

fects the blood and the signals to the muscles of the blood vessels trying to maintain blood pressure within a proper range. Cardiovascular events are a major cause of "premature" death and cost Americans more than \$300 billion in the US every year in medical costs and lost productivity,

As a solution, we can lower our consumption of processed foods, or even better eliminate them altogether. Never drink artificially sweetened drinks and preferably eliminate soft drinks from the diet. Eliminate the use of common table salt and decrease the use of a healthier choice of salt. Occasionally, have your sodium levels checked, so that you may maintain healthy sodium levels for excellent health.

The Kidney and #23-25 Sequences will help to balance the sodium levels that you are hopefully intaking for living a healthy life. 🐼

Pulse Puzzle Suggestions:

(From page 9)

Observation: Does this look familiar? There are several weak pulses, but we are unable to determine a pulse texture. In classes, you've heard of several options for addressing these pulses and we will review. I also want to look at another scenario, in which a person may get silent pulses on everyone that day (working on different people) or frequently.

Suggestion: The common suggestions are applying the Spleen or #1 Sequences, in order to achieve pulses to guide you to more direct help. The Median Sequence would apply for self help. In the case of consistently feeling silent pulses, I suggest checking your own pulses, which often confirms that you also need help with silent or very weak pulses. You'll typically see a pattern when all pulses are weak that the Chest Level is usually the strongest and Hip is silent or weakest.

Summary: Therefore, if you feel all or mostly all weak or silent pulses, the short direct applications to help are the Spleen and #1 Sequences. If you feel a pattern of very weak or silent pulses on several people, then you also probably have a similar need and can benefit from the same applications. The Mediator Sequence is a longer sequence to help weak or silent pulses.

snapshots



A Valentine's dinner with some from the Strategies for Success class. This was the most solemn the group was that night. Notice the food had not arrived yet.

Hillary ended up going in the kitchen and helped the dinner be more special. Jim and Al had this thing going with a Mango and sweet rice dessert, but you had to be there to understand. (Photo left)

(Photo right) A Level 1 & 2 Class in Carrollton, Texas in January 2008. It was small but very special. A very diverse group from around the world.



(Photo below) A Level 3 & 4 Class in Carrollton, Texas in February 2008. Some have had several Level 1 & 2 classes before attending this level. But wait, there is one missing. We noticed that Nico was not in this photo.



(Photo below) If you want to know which one is Nico, he is the one with the camera taking a picture of himself as he smiles for this picture. Yes, it can happen with technology.



Testimonial Corner

Your stories...your victories!

Acne improved from one hour of TKM®

I just wanted to report some success with my nephew treating his acne by palming the calves. He didn't really want me to work on him, so I just told him to cross his arms and rest his palms against his opposite calves for a solid hour, if possible. I wasn't sure he would try it, but he happened to be stuck in the car traveling to a relative's house, and he decided to make use of the time.

My sister, who had been a little unsure of TKM®, simply couldn't believe how much better his face looked the next morning. Someone asked him, "Well, did you wash it?" (i.e., with the special prescription cleansers they've been buying him that haven't been able to clear it up). He said, "No."

Thank you, Tammy

Food Poisoning

I continue almost everyday to be awed by God's work through TKM®. My 86 year old mom came down very suddenly with what we believe was probably food poisoning from a restaurant she had eaten at (not MY cooking)!

I immediately held onto her #19s and had my daughter palm her calves to help detox. She fell asleep for a couple of hours after violent vomiting and diarrhea. When she awoke my daughter and I were there to help her to the bathroom. She got out of bed, pulled away from our helping arms and said, "I'm fine; I can walk by myself. I don't know what you did to me, but I know that was what made me better."

Praise God! Alice

Almost death

Dear Dr. King and Hillary, you have been on my mind since you called me and I told you I would do a write-up about my son and his experiences with TKM®. I fully intended to provide you with a short write-up of our

experience while he was in the PICU, but each time I sat down in front of the computer, I couldn't bare to take myself back to those horrible memories. As the week progressed, I thought it would have gotten easier but I just couldn't do it. As you know, it was a very traumatizing experience.

While I know that God guided me to you, I am so sorry to tell you that I just can't go back there and remember what had happened to my precious son. I do know that without your help, he wouldn't be here today. I know that in the future, I will be able to demonstrate my gratitude for all of the gifts that you gave use during that very trying time. But I am sorry that I can't do that write-up. God be with you. I am sorry and hope you understand.

Terri

Commentary: We do understand and will not provide the horrid details of what this young child went through nearing the hours of death according to the medical physicians but was soon after released from the hospital.

This was not just due to what God provided through us, but from the hope and diligence of the mother to work on her son with TKM® through the night to save his life and did. To God be all the glory!

Eighty-one and going strong

Thank you for your suggestions. Alissa is in Arizona helping do TKM® on her 81 year old grandpa. Here's a message she just sent. She is also doing other sequences to help him with his various medical problems like heart, bladder, blood infections and fatigue.

She just wrote: Last night, I palmed Gpa's calves for a whole hour. Today, he told us that he didn't take any pain or sleeping pills. Gpa thinks TKM® is really working and wonderful.

Joyce

Living through DEATH

The process of disease and dying, and the role of a TKM provider.

By Glenn King, PhD, RD, CN

This article originally grew to numerous pages in an attempt to cover as many aspects as possible, although I think this conclusion will summarize the point effectively. It may not seem as delicately presented as originally intended, but it is all about compassion and understanding.

We treat people, not diseases.

Do we have any control over life and death? No.

There is one absolute guarantee in life, and that is -it will end. We all will die, and how and when are not always up to us. By our own devices, we cannot extend our life past our appointed time. We do have an example in Scripture (2 Kings 20:4-6) that God can postpone the appointed time. I propose to faithfully be fulfilled and content in His divine schedule. And in the process be good stewards of all His provision, which includes the body He provided for us to live in and to serve Him with.

What we can and often do is shorten our appointed time through poor stewardship of our body, the temple God created to house our spirit. Our lifestyle choices determine our results, for which we are responsible for the good and bad consequences, not God.

The way we live our dietary, exercise, rest, emotional, environmental and thought life all determine the condition of our temples. We can drink alcohol, smoke cigarettes, eat

sugar daily with cow dairy, take drugs, eat fast food, live a promiscuous sex life, and needlessly worry about little or big things, yet the end result is too often our choices have made our body prime for disease to develop. And generally by the time the illness is diagnosed, even the most drastic lifestyle changes will be too little too late, without a supernatural miracle from God.

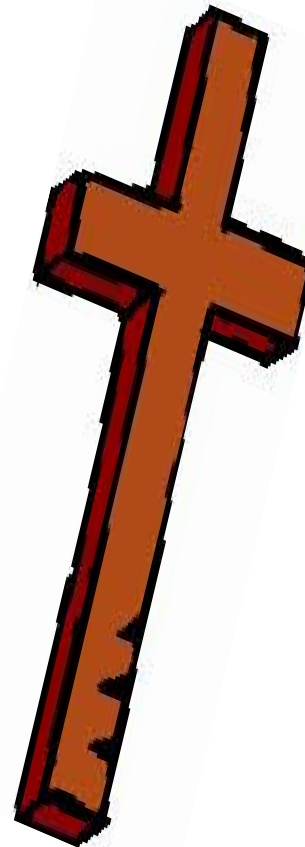
So, when it comes to those providing TKM, please keep these important points in mind:

- What are you treating? The person!
- What is your purpose, is it to heal or to help? It is to help as much as you can!
- What is your goal? Is it to achieve or receive a miracle or be an obedient servant? Jesus never asked you to perform a miracle, but he did ask us all to be obedient no matter what.
- Concerning the person, what do you pray for - ultimately? Is it God's will, or your's, or another's? Only you can answer this question.

Here are some suggestions:

- Be completely open and receptive for a miracle! They do happen, but there is no particular formula.
- Be positive about all things with a realistic perspective.
- Look for miracles in an affirmative way and don't be dismayed by recognizing spiritual battles. And

don't be traumatized by the outcome being the natural course that billions have followed (death). Of course there is sadness from our loss of the person, but it should be kept in perspective so you can continue to be helpful to others. If anything, we should rejoice for the believer who knows no more pain, suffering, stress, illness but has gone into eternity with Christ.



I know this is a sensitive issue for many people and for many reasons. Although, it is one that needs to be brought up and seen as much as our loving God would have us see it.

Sometimes we see miracles when we ask God for the things we think are needed. I find that we see many more when we acknowledge His sovereignty and seek His will not ours. Seek the Miracle Worker, not the miracle! 🙏

New Special Sequence for Revitalizing Stomach Energy.

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

LEFT Sequence, sit on the Left side of their body. This application is to be applied by another person.

Procedures	Positions
For Hands (to)	On Body E.S.s
step 1 right to left	21
and left to -	T1
step 2 left to -	L5
step 3 left to left	wide 22
step 4 left to right	23
step 5 left to	umbilicus (navel)
step 6 left to left	15
and right to right	low 8
step 7 left to right	big toe pad
step 8 left to right	2nd & middle toe pads
step 9 right to left	14
and left to	between T5 & T6
step 10 left to -	T9

Preparation: 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.

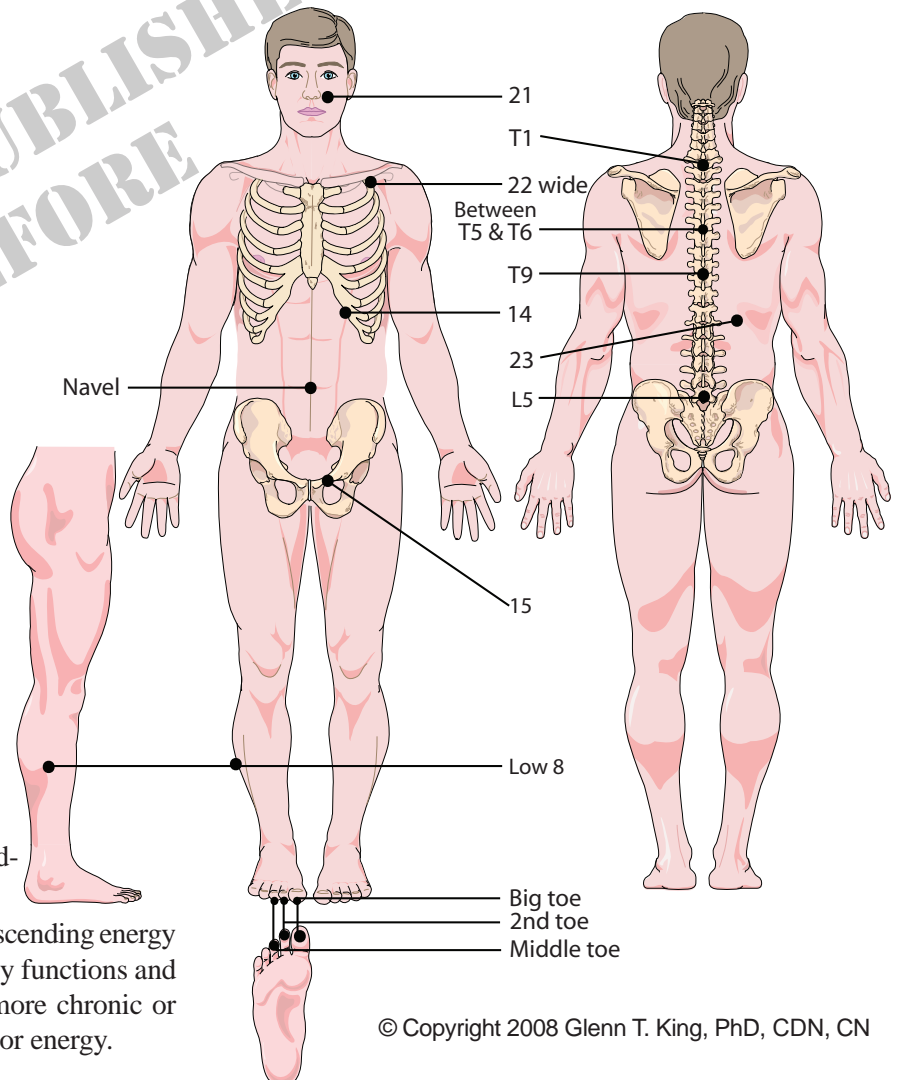
Important: Pressure is not needed to achieve results, in fact, it inhibits the process. Only contact is needed to stimulate circulation.

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

RIGHT Seq. sit on Left side

- 1 L - R 21
- R - T1
- 2 R - L5
- 3 R - R Wide 22
- 4 R - L 23
- 5 R - Navel
- 6 R - R 15
- & L - L Low 8
- 7 R - L Big Toe Pad
- 8 R - L 2nd & Middle Toe Pads
- 9 L - R 14
- & R - Between T5 & T6
- 10 R - T9

Note: This sequence primarily helps all descending energy and anterior body. It helps every relation to the regular Stomach Sequence, plus Ascending energy aspects to more thoroughly help Stomach energy functions and correlations. This is a special application for more chronic or critical conditions related to the stomach organ or energy.



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The Stratum color is **Yellow**. The tone or musical note correlation is **F#/Gb**. The emotion is **Worry/preoccupation**. The Energy Spheres related: **#1 - #4**. It is **Descending** energy. The related finger or digit is **Thumb**.

fyj good info to know!

Chewing for Health

By Glenn King, PhD, CDN, CN

Many remember your mother saying “chew your food well,” but didn’t understand why. Most people think food only needs to be chewed well enough to swallow, while others like to bypass chewing and just swallow food. The less you chew, the lesser the quality of your health despite the functioning of your stomach and how many enzymes you take.

Well-chewed bits of food are more easily coated with digestive juices once in the stomach. The body uses less of its energy to digest well-chewed food than hastily chewed and swallowed food. Chewing well also allows the molecules of nutrients to be more quickly released and assimilated. Food remaining in the mouth longer and chewing it well allows the flavours to be recognized by the tongue and sublingual glands. When the food is recognized a message is sent to the brain, which in turn sends messages to the digestive system. The result is the release of the correct digestive juices needed to break down the substance of the food. Messages will also be sent to all parts of the body to prepare for delivery by the blood and energy systems of the body.

If I summarized all the benefits of chewing food well, it would probably fill several KIMA® Journals. Therefore, I’ll list a few and hope you understand. By chewing food well you may eliminate many allergies, food intolerances, digestive disorders, stimulate the immune system, improved bowel movements, less bacteria and fungus as well as many other important benefits for a healthy life. This is where preventative medicine begins and promotes longer life, higher energy levels, better thinking and the ability to avoid suffering from many diseases. If a person already has a disease, whether it is cancer or constipation/diarrhea, just chewing food properly will bring a contrasting difference almost immediately.

Everybody seems to have the answer to how many times food should be chewed before swallowing. Chew each bite of food **forty** times, says *Enzymes For Health And Healing* by Ellen Cutler and Dr. Jeremy Kaslow.



WikiAnswers says chew each bite **thirty-six** times before swallowing. Although, there are many different textures of food and realistically there is no magic number of times to chew food before swallowing. It is still vitally important to chew all your food very well for a healthy life. You will greatly benefit from this basic healthy eating habit.

Steak has a very different texture than mashed potatoes and requires a considerable difference in the amount of times to chew, and the same for different foods.

My suggestion is that you chew your food completely until it is small enough and dissolved enough to be swallowed with ease.

A good rule of thumb to follow is, if you can tell what kind of food you are eating from the texture of the food in your mouth (not the taste), then you haven’t chewed it enough. For example, if you are chewing broccoli and you run your tongue over the stalk and can tell that it is still a stalk or over the floret and you can still tell that it is still a floret, don’t swallow yet. Keep chewing until you can’t tell the stalk from the floret.

It really does not take much more time to eat a meal when chewing your food well. Your stress level will also decrease during the process, as you enjoy the flavors of good healthy food. Chew for life! 🍷

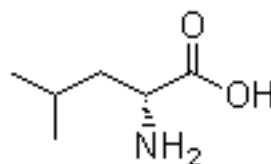
Supplementing your health

By Glenn Thomas King, PhD, CDN, CN

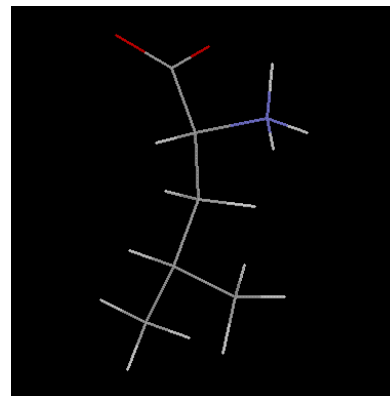
D-leucine

**A powerful and valuable amino acid
(Not to be confused with L-leucine)**

As early as 1944 studies were conducted on the benefits of D-leucine, which is a long list from inhibiting bacterial growth (Iowa University) to transported uptake into cancer cells for fighting cancer (Oshika College of Pharmacy and Radiobiochemistry).



D-leucine structure
Provided by ChemBlink.com



D-leucine

D-leucine is not commonly known, although it is a powerful amino acid that is used for a variety of reasons in the alternative health field. It has shown to have an improved uptake into cancer cells when temperature drops.

D-leucine is an auto inhibitor of many bacterial and viral invaders as well as a great adjunct to detoxification protocols and immune stimulating protocols. You've often heard the term "healing crisis." Most of the time it simply is a crisis due to the body detoxifying too rapidly for the system to handle. And either a gland or an organ will go into reverse spin. Our body's system works on right spins or clockwise motion of energy, and when something causes a left (counter clockwise) or reverse spin. This disrupts the body from proper functioning and a gland, organ or system may shut down. Over time the body may regulate itself before too much damage or weakness occurs making it difficult for recovery.

Taking a small amount of D-leucine each day can help prevent reverse spin and keep your filtering systems (lymphatic, liver, kidney, blood...) working well. If a person is already in reverse spin, a small amount of D-leucine (powder) in a plastic bag (about 1 inch square) taped directly to the flesh of the related area (muscle testing for accuracy). This will instantly change the reverse spin and start dumping the toxins from the area.

D-leucine chemical information: Molecular formula is $C_6H_{13}NO_2$ and the molecular weight is: 131.17
Water solubility 24 g/L (25 °C) and melting point is 300 °C

D-leucine has shown to be beneficial for ailments from the flu to Parkinson's disease. It can be a problem acquiring D-leucine without the ability to purchase a large amount from your apothecary. But only a very small amount is needed to accomplish a lot. One gram of D-leucine could last months.

A substitute is available in a product which provides the benefits of D-leucine without great expense. It comes in a small amount mixed with minerals. Vital Force Technologies manufactures this product called D-leucine/trace minerals in a .5 ounce fluid bottle. Ingredients advertised include eighty-five trace minerals. I recommend this product with proper use. If you are interested, you may contact our office or the company. 📞

Healthy Eating

Heart of Palm Salad

By Hillary King

Spring is breaking through and the time for exciting salads are here. This is a delicious salad, very simple and a special treat to your taste buds. Some have called it the “millionaire’s salad.” The heart of palm, also called palm heart, palmito or chonta is a vegetable harvested from the inner core and growing bud of certain palm trees (notably the coconut, among others). Don’t worry, it taste nothing like a tree. It is very delicate and a special treat. It’s flavorful and healthy, so enjoy and be cautioned you may get hooked.

You’ll need:

Approximately 14 - 15 ounces of heart of palm.

1/4 cup of fresh fine chopped spring onion (can substitute with yellow onion)

1 teaspoon honey (citrus honey adds better flavor)

1 medium zucchini

1 medium yellow squash

1 tablespoon fresh minced parsley

2 tablespoons extra virgin olive oil

2 small peppadew peppers - chopped

1 medium lemon - juice only

1 pinch of fresh ground black pepper

1 pinch of sea salt

1 medium size salad bowl



Preparation:

Drain the heart of palm, then cut them into about 1/2 inch pieces.

Cut the zucchini and squash into about 1/2 inch chunks.

Now place the heart of palm, zucchini and squash into the medium size salad bowl, then add the remaining dry ingredients (onions, parsley and sweet peppers). Now add the lemon juice and extra virgin olive oil, then the sea salt and fresh ground black pepper.

Gently turn over several times with large spoons until well mixed.

Then, chill for 1/2 hour to an hour and it will be ready to serve.

Note: Taste before you chill to see if more salt is needed. Know that the salt will blend more while chilling. This makes about six servings

Have a blessed, delicious and healthy Spring!

Special Training for Pastors and Missionaries

A Special First Time Symposium in the USA for training primarily focused on Christian Missionaries to be equipped with the knowledge of TKM® EMT and Level 1 & 2 for the mission field.

See the brief video introduction online soon.

Instructors: Glenn Thomas King, PhD, CDN, CN and James O. Robertson, N.D.

Pastors and missionaries who have previously had the standard level 1 and 2 training are using TKM® in many locations in the world to help suffering people, for God's glory. Missionaries have reported that the knowledge and use of TKM® has been a great evangelistic tool to speak of the wonders of God's creation.

God has not hidden this information from us, but has hidden it for us to seek out for His purpose and glory.

In February of 2008, 700 Club Asia ran a feature on TKM® and how pastors and missionaries, as well as other Christians, who have the heart to reach out and help the suffering have been doing so with TKM®. They're helping in the hospitals and to the desert or jungles in the Philippines, Malaysia, Singapore and beginning in Thailand, Dubai and China.

Missionaries are using TKM® to help the ailing and as a tool to minister to people increasingly around the world. Additional areas we currently know are active are Afghanistan, Brazil and Mexico. Other areas requesting help from TKM® missions are Australia, Romania, South Africa and many others.

A Solemn Truth

We do not precisely know what tomorrow or next year will be like. Although, we do know the truth of God's Word and the signs of the times. I've seen God stirring something in many pastors, prophets and missionaries about preparation over the next couple of years. In the times to come, we should be prepared for anything. Even in the cities of the US, there could be a time when you cannot dial 911 and expect a response. There could be a time, who knows how soon, when the phone may not even work and you're not able to walk or drive to a hospital and if you did, there may be no one able to assist you or your family. Although, with the two hands that God gave you and the knowledge of how to use them on His creation (the temple) and following His leading as an obedient servant, how much would you be able to do in those times with TKM? We have an increasing number of medical missionaries learning TKM. Ask yourself why? Now is the time to get prepared, that God may use you to help many.

Five days of information-packed sessions, which includes a brief TKM® "Emergency *Integrative Medicine Techniques*" instruction on the first day and an introduction to the TKM® Textbook, Volumes 1 & 2. There will be lectures, demonstrations, instructions for four sessions of actual hands-on training. After this training each participant will be connected to an online service for TKM® advice/assistance 24/7 available worldwide.

We are working to establish a support of TKM® materials to pre-qualified missionaries under a committee of accountability. Inquire at the later part of the class (not before) if you are interested.

Date: SEPTEMBER 16th – 20th (9am – 6pm)

Final Registration begins at 8:30 am

Location: **N. Dallas area, Texas** (Contact Institute for exact location)

Tuition: TBA (for Pastors and Missionaries) Includes Volume 1 & 2

Deposit \$50 due for registration. Note: Other Christian students are standard tuition.

Register by calling 800-640-7998 or you may email: info@kinginstitute.org

If able, please bring a massage table and 2 100% cotton sheets (not flannel) and a pillow. Wear comfortable clothes.

THIS WILL BE AN EXTRAORDINARY EVENT!

Register for your seat now!

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

You may register for the Institute's classes / events online at www.kinginstitute.org

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

1-800-640-7998

Thank you for stretching yourself to learn valuable information!

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 biophysics 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!



Rhus Tea

\$29.95 plus S/H \$4.50 or
3 for \$74.95 plus S/H \$7.00 (Save \$15!)

Order online or learn more about Rhus Tea at www.kinginstitute.org
Read the story on this great product in the February 2005 HNU.
Call 1-800-640-7998, or order online.

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.

NOW AVAILABLE

Introducing the NEW 4-Volume TKM® Textbook!

We are excited to unveil to you this latest project from the King Institute, Inc., with all new updated graphics, applications, descriptions and much more!

This new Textbook corresponds to the new Levels 1 through 7 class format (the old Textbook will no longer be used). Volume 1 is available for purchase if you have never had a Textbook Level class in the past. The following three volumes are available to those who qualify, and new students can receive them when they attend the corresponding class.

Call to or visit us online to order your copy today!

Vol. 1 \$79.95 plus \$11.25 S/H

Vol. 1-4 \$316 plus \$24.50 S/H

(U.S. only. Call for international shipping charges)

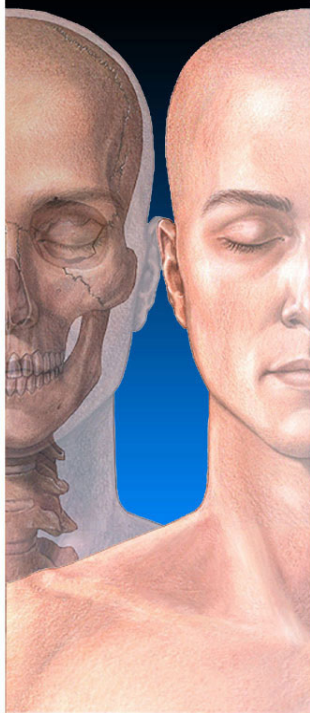
Order online at www.kinginstitute.org or call 1-800-640-7998

TKM®
(THE KING INSTITUTE METHOD)
TEXT BOOK

VOLUME 1

BY
GLENN KING, PHD

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