



An Individualized Approach

The biggest difference in our current medical system in the U.S. and the so-called alternative approaches to health care is an individualized approach. By observing physical, biochemical and emotional traits, patterns are established which can classify a person into a specific type. Once the specifics of the type are understood, a treatment plan can be formulated that takes into account the individual's inherent weaknesses and strengths.

For example, on close observation, someone who has a tendency towards achy joints (non-inflamed) may also get cold easily, have a tendency towards dryness, be easily distracted, and experience "cold" emotions (fear, anxiety and nervousness). Or, someone who has a tendency towards ulcers or other inflamed membranes may be sensitive to heat, be overly analytical, impatient, and lean towards "hot" emotions (anger, jealousy and envy).

A realization of specific patterns such as these results in a greater understanding of an individual's strengths and weaknesses. This provides a better chance of effective management. To manage the first case, treating the pain is a start, but better results might be had by addressing the "cold" and dry nature of the individual as well. A simple lesson of the importance of staying warm and centered may go a long way in avoiding further imbalance. Likewise, in the second case, anti-inflammatories will provide symptomatic relief, but the "hot" nature of the individual needs to be "cooled" for optimal results.

In a whole-person approach, structural changes, diet, routine, and relaxation techniques will vary from person to person. Thus, individuals may be strengthened in a way that is unique to them so that their system may stay balanced and readily ward off pathogens and other ill-intended invaders. Because we are unique individuals with differing balances, what is one person's medicine may be another's poison.

While our current system must be applauded for its virtuoso abilities in destroying pathogens, it comes up short if there are no perceivable microorganisms to treat. Because it lacks an understanding of individual balance or constitution, it has no parameters for strengthening the person. Treating the individual, which presents the challenge of managing each patient's unique patterns as well as battling the disease, has become a foreign concept, but it wasn't always this way.

The eclectic physicians of the early 1900s had developed a holistic approach. Their system of diagnoses used signs unique to each individual. In this way, they devised treatment regimens that considered each patient individually or constitutionally. From such renowned schools as Harvard, Yale and Ithaca in the early 1940s, came the concept of endomorph, ectomorph and mesomorph, an individualized approach. However, with the advent of World War II and the "new technology" (pharmaceuticals), the focus changed from such subtleties as individuality to needed advances in life-saving techniques. It must have seemed a waste of time and intellect to concern one's practice with such subtleties as individual balance when the new "miracle drugs" had arrived on the scene. Thus, the individualized approach died in mainstream practice.

The technique of Applied Kinesiology (AK) allows for each of our physical, mental and biochemical differences. In this system, each person is handled differently, allowing for the varying strengths and weaknesses of each individual.



The idea that not everyone can be treated the same is having a resurgence. This philosophy is coming back because blanket treatments are, on the whole, ineffective. Using the same treatment for every person with similar symptoms does not address the person, but the disease. This is a hit and miss approach. Blanket treatments may be effective for the pathology, yet result in further imbalance to the individual.

To practice effective health care, an individualized approach is vital. A system that treats everyone the same denies the unique set of physical, emotional and biochemical influences that affect our health. Without the understanding of these influences, a treatment can do little better than provide symptomatic relief, and will do nothing to address the individual's imbalance. Thus, treatments will become stronger and more invasive to get the required results. This is indeed what has happened to our current medical system. Perhaps this accounts for the resurgence of holistic approaches that address people as unique individuals, valuing their subjective experience as insights to their health.

AK is a system that addresses people as unique individuals by evaluating their structural, biochemical and mental aspects. It employs muscle testing with other standard methods of diagnosis.

In AK, nutrition, manipulation, diet, acupuncture, exercise, and education are used therapeutically to help restore balance and maintain well-being throughout life.