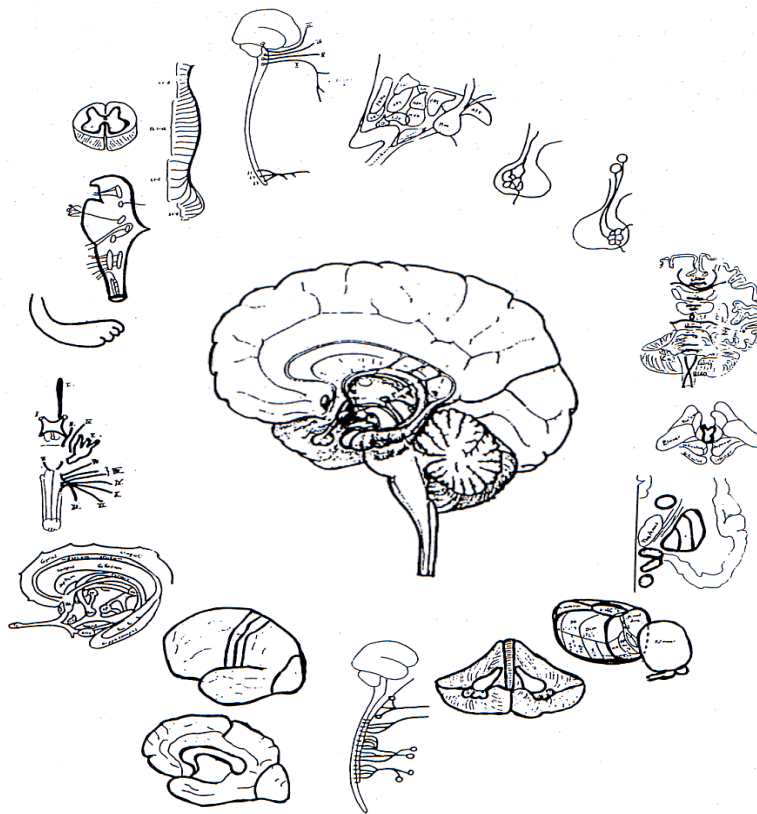


# Neuro Meridian Kinestetik (NMK)

## The short way to the brain

1991 I took part in Richard Utt's workshop „Applied Physiology and the Brain“. He found out that there is an energetic relation between certain acupunktur points and the limbic system. At that time I was working as a logopaedist with mental handicapped children. I started to use his work and realized that I needed the brain nerves and other parts of the brain. So I started my research. I transmitted Richard Utt's work to other parts of the brain by dividing the brain into 16 parts with specific points on the skin surface.



Graphic 1

In the meanwhile I was teaching and passing on the results of my research to the students of the course series Neuro Meridian Kinestetik (NMK).

## ***1. NMK a way to activate brainparts***

Werner, a 13 year old patient, came to my office with the problem that he always „loses it“. His mother told me that he hits other children, throws things around and is uncontrollable. Werner himself didn't like his behavior.

Neuroscience found out that the amygdala is responsible for uncontrollable anger. I used the acupuncture points of this brainpart to trace back blockades by means of the muscle test.

We found out that several parts of Werner's amygdala were blocked. The muscle test shows what the reason was, how to reduce the stress and how to handle it.

A year later his mother told me that Werner had found a way to handle his aggression. Through NMK it was possible for us to activate the amygdala and to injure a cooperation between it and other parts of the brain.

Another example for activating blocked brain parts is the story of a patient who couldn't control her way of eating. After we had energized special segments of the hypothalamus (which have to do with hunger and the feeling of being full) by NMK, she could control her intake of nutrition.

## ***2. NMK a way to connect brainparts***

Via NMK it is also possible to encourage the interaction between several brainparts.

This method helps me a lot in my work.

Maike, 13 years old, is a lively girl. One realized that she wanted to speak but could only hear incomprehensible syllables from her. By testing the connection between the Broca area (the motoric speechcenter) and the motor cortex, the muscle monitoring revealed a lot of stress. By using kinesiology techniques we released the stress.

Her speech is still indistinctly understood, but it became more structured.

These two ways demonstrate the usage of NMK in nature health.

## ***3. NMK a way to identify the precise problem***

Clients often come with stress-causing situations. It is interesting to determine which parts of the brain are associated with the stress subject. To get the information of the brain we touch certain acupuncture points and if the muscle goes down we know that that specific part of the brain is connected to the problem.

Ulrich, 10 year old, had difficulties with dictation. He needed a lot of concentration for his writing technique, which made spelling very problematic. In connection with his

writing we tested the sympathetic nerve system as a blocked brainpart. This signaled that writing was not only intimidating for Ulrich but also spoiled his interest and joy of learning.

After the balance he was calmer and could direct his pen with ease. His hand writing became clearer and legible.

#### ***4. NMK a way of expanding mind***

With time the psychological aspect of the brainparts became more important. Often in my work there was a relation between the problem and a brainpart that I couldn't explain neurologically and that's how I found the psychological aspects of the brainparts.

I used information of parts of the brain as a way of gaining awareness of what would be behind the problem.

In one balance Rebecca, 12 year old, had the goal: "I like to read." By using NMK the muscle showed a part of the hypothalamus (Nc. ventromedialis) was blocked in relation to that sentence. This nucleus belongs to defense mechanism. My interpretation was that Rebecca was defensive to reading. The hypothalamus was blocked and so was her attention. This information showed how important it was for Rebecca to accept reading as a possibility, in order to have fun doing it.

Stefan, 8 year old, had the same problem as Rebecca, he didn't like reading. In his case the hippocampus showed stress in connection to the problem.

The hippocampus is a part of the limbic system and is strongly connected to the emotions. This area of brain is responsible for good memory and spatial orientation. We had to check a special part of the hippocampus. Through muscle monitoring we found that part of the hippocampus belonging to spatial experiences. My association was that Stefan had either problems with the arrangement of the letters or he found it difficult to create his own space. In a conversation he said that he felt disturbed by his classmates and was busy trying to protect his space instead of concentrating on reading. By using Kinesiology, Stefan learned certain techniques he can use in the classroom situation to feel secure.

The differentiation of the hippocampus could have pointed out memory problems, and that would have meant that he couldn't memorise letters. In this case his homeplay would have had to be different.

The above-mentioned examples show the different cases of how NMK can be used and which additional possibilities it offers within Kinesiology.

I also know that my students have discovered lots of other ways of using NMK.