

Comprehensive Kinesiological  
Testing & Clinical Insights

# Thyroid Gland

Integrity,  
Metabolism &  
Performance



By Dr. Jack Tips (N.D., Ph.D., C.C.N.)

The key to consistently insightful kinesiology evaluation is twofold: 1) the ability of the practitioner to be “neutral” and “receptive,” and 2) to have a personal volume of knowledge through which the bioenergetic testing is filtered. It’s not what some practitioners teach about being “blank” and letting the “body talk.” There must be some field of knowledge within the practitioner through which the energy flows.

If there is not a well-developed neural information resource within the practitioner through which the energy passes, then the patient might as well skip the doctor’s involvement and test her-or-himself. The doctor serves as a filter, an impartial body of knowledge, that is presented to the energy flow to ascertain an imbalance and corrective resonance.

The doctors “neutral” and “unbiased” presentation of deep knowledge provides a resonance field of “truth as it is believed to be” by the practitioner. This is why some kinesiologists get better results than others. Some have done more homework, attended more seminars, studied more diligently to build that library of “truth;” and some are more adept at “stepping aside” and not skewing the results with “intent” and “wishful thinking.”

This is why kinesiologists pose a silent question when localizing by touching a point on the body or posing a hand mudra. “Biochemical? Structural? Is the thyroid malfunctioning?”

The question is moving the energy through a mental matrix which is comprised of “knowledge held to be true” neurons that hold particular resonance patterns believed by the practitioner to be “truth.”

**The Zen Paradox.** *An effective kinesiologist is simultaneously in motion and still; simultaneously active and passive.* The knowledge base is established, but the practitioner does not activate that knowledge or influence the results. Influencing results occurs when the practitioner has an opinion such as: “I think it must be the thyroid because I’ve already tested the adrenals and I’m running out of ideas, and my next patient is waiting.” Another opinion would be: “I hope it’s the thyroid because I have a lot of thyroid formulas in my inventory.” Or, “It’s gotta be the thyroid because her hands are cold.”

**Gestalt of Truth Regarding The Thyroid.** So to effectively test a tissue’s involvement in a symptom (energy congestion), the practitioner must first focus on the whole thyroid – the gestalt of the essence of thyroid – its:

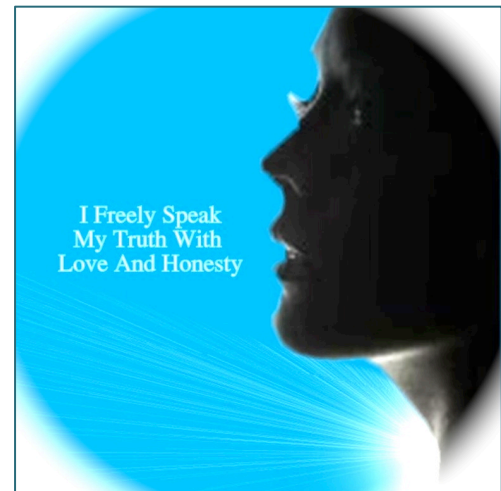
- Tissue integrity,
- Innate intelligence,
- Metabolic processes,
- Relationship to other endocrine glands (example: the adrenal stress hormones suppress thyroid function as an innate directive to protect the body)
- Ability to adapt and respond to the internal and external environments,
- Epigenetic response to emotions (fear of vocalizing opinions, anger at not being heard, etc.)
- Individual resonance and its resonant harmonics within the whole body.

**Thyroid and Throat Chakra.** The thyroid and throat chakra are intimately connected and are in a free-flowing relationship with the person’s creativity, expression, energy, and communication. Countering and congesting the free flow of vital energy with a person that directly impacts the thyroid are:

- Feelings of suppression,
- Accepting limitations (fear, submission to a stronger will),
- Being stifled,
- Being overlooked,
- Allowing exclusion from activities or participation in a group,
- Being unworthy,
- Feeling disrespected.

These “throat center” states of inversion affect the epigenetic transcription of the thyroid cells genome, and are associated with low thyroid performance.

Blocked thyroid energy can explode in rage and the damaging exuberance of hyper expression. This would be seen in a person who might be deemed “meek,” but suddenly explodes with vindictive anger, even to the point of throwing things or punching walls. (There’s other reasons for such behaviors, so suppressed throat energy is just one.)



When honing in on kinesiologically evaluating the thyroid, after the initial “whole gestalt” test has revealed a weak muscular response, or other resonance alert (squeaking of the Toftness® drum, vibration of a wine glass across the skin whatever) the savvy practitioner can then test a sequence of functional and intracellular processes to reveal a truly comprehensive corrective approach.

**Why a Kinesiologically Tested “Energy-Corrective” Formula Fails To Bring Cure.**

Failure to delve deeper for comprehensive results is the reason that a kinesiologist can find a nutritional product that “tests well” but a couple of months later, there is no cure. The formula was supportive and helpful, but it did not provide all the factors necessary for the body to release the congestion and enter into the healing response. Thus there is the difference between a treatment or nutritional product being “helpful” and it being “curative.” Both will test well, and the practitioner should have a check and balance system to determine the difference.



The purpose of the following information is to help practitioners and kinesiologists take the next step from “helpful” to “curative.” In helping the Systemic Formulas (herbal company) develop its Thyroid Package program, these following questions were posed and answered making their package the choice of clinicians who specialize in thyroid dysfunction and want to throw a wide net and provide the body an offer it can’t refuse to heal. The formula considerations provided here are germane to the Systemic Formulas Company because of their consistent exemplary kinesiological test results. Of course practitioners should examine other products to find the best for the individual patient.

Here are questions the kinesiologist must ask to rate the importance of thyroid support for whole body health and particularly to design a comprehensive thyroid program for consistent clinical outcomes.

***Instructions:** The kinesiologist should enter their chosen method of thyroid testing, e.g. tissue localization, point localization, mudra, etc. Once the thyroid gland registers a congestive stress patten, these following 10 questions cover the majority of considerations that impact the thyroid’s performance and epigenetic transcriptional processes. Based on a thorough understanding of this guide’s informational insights, the practitioner will create a more comprehensive mental matrix that serves as a filter or resonance matrix, and improve clinical outcomes. Test the following questions:*

1. **OPTIMAL TISSUE INTEGRITY?** Tissue integrity is the firmness, tensile strength, collagen, and extracellular matrix. Filling the right amount of space (not shriveled, not enlarged) according to the body’s innate blueprint is an important physiological aspect to proper tissue function. Thyroid hormones (including

calcitonin) are created outside their follicular and parafollicular cells that do the work. Nodules interfere with tissue integrity. Lipid peroxidation interferes with tissue integrity (damages mitochondrial DNA, inflames membranes), as do pathogens and heavy metals. The thyroid is a sponge not a spooshy sponge, but a firm functional sponge with good tissue integrity.

**Question: Tissue Integrity?**

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**End of excerpt. Entire article is a download at [www.openbookhealth.com](http://www.openbookhealth.com)**