

# The Canadian Kinesiology Bookstore Catalogue



Books p. 2



Test Kits p. 19



Charts p. 20



Other p. 23

Order Form p. 27

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February 2014 Edition

# Touch For Health

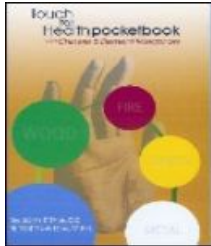


## **Touch For Health "Complete Edition"**

by John F. Thie and Matthew Thie

A complete revision and colourful improvements to the original natural healing best seller! This compassionate healing approach restores our body's balance using the principles of acupressure, massage, muscle testing, nutrition and much, much more. It is a must for every healing enthusiast's library with hundreds of colour photos, and illustrations. Spiral bound for easy referencing. 357 pages.

\$40.00 Cdn. Retail



## **Touch for Health Pocketbook with Chinese 5 Element Metaphors**

By John F. Thie and Matthew Thie

Brings a new dimension to TFH balancing. The metaphors bring much greater awareness and accesses subconscious stress. Includes new information from Dr. Thie on Goal Balancing, as well as colour plates of each meridian's muscle tests and switching-on points, and the five elements. 11.5 cm x 16 cm.

\$25.00 Cdn. Retail



## **Touch for Health Practical Essentials**

by Toni Galton

A handy and practical workbook containing all the practical information in the Touch for Health classes. Clear diagrams and updated photographs of all muscle tests and corrections as well as brief summaries of all the techniques. In addition, enjoy a few of Dr. Thie's metaphors for each meridian. Very compact booklet at 6 x 8.25"

\$28.00 Cdn. Retail



## **Touch for Health Pocket Reference Folio**

Measures 4.5 x 6.5 inches. Contains the necessary information from the basic TFH classes - all tests, muscles and corrections. For any therapist making house, hospital, or business calls to do balancing this folio is a must. For the lay person getting help from a family member or friend this folio can be most useful in the home where there is not room for charts on the wall. The small format will fit into a clinic jacket, or coat pocket, purse, or your date book. It's perfect for travel and as a resource when you want to be able to travel as light as possible.

\$25.00 Cdn. Retail



### **Touch for Health Reference Folio with Chinese Five Element Metaphors**

This folio has all the information of the Touch for Health Reference Chart plus more charts. It is 12 x 9 inches and the page for each meridian shows each of the muscles for that meridian, their locations, and all the reflex points and nutritional suggestions for restoring energy flow. Extra information about assessments and tips for balancing plus detailed information on each of the 111 metaphors for each meridian and element are now included. It can be used where space for a wall chart is not available. It is easy to read and has the pages marked so that tabs can be cut to facilitate finding the meridian page or other material easily and quickly. This folio is a must for any TFH therapist making house, hospital, or business calls. For the lay person getting help from a family member or friend, this folio can be most useful and can be easier to utilize than the large textbook.

\$40.00



### **Five Element Emotions Dictionary**

Delores Wiltse

Do you ever work on someone and an emotion word comes up that you can't quite define and the client wants more clarification? This handy 8.5 x 11 book lists definitions for all the Five Element Emotions in a colourful way. Miscellaneous affirmations and interesting tid-bits included.

\$22.00 Cdn. Retail



### **Meridians and Five Element Theory in Kinesiology**

Michael Wild BSc.Ed

The most comprehensive information available on the theory of meridians and five elements as they relate to Kinesiology. Many practical aspects are also explained as well as often asked questions on these subjects. Very readable with 25 diagrams and tables. 40 pages. Highly recommended for every TFH Instructor to have on hand.

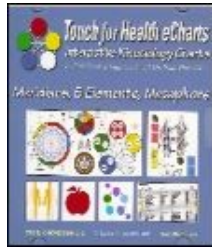
\$21.00 Cdn. Retail



### **eTouch for Health CD version 2**

by Earl and Gail Cook with Dr. John Thie, D.C.

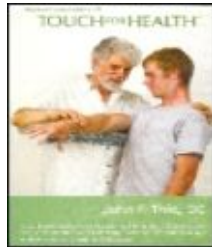
eTouch uses muscle testing to identify energy blockages in the body and provides a variety of natural energy-balancing techniques that help the body heal itself, reduce pain and improve posture. These holistic techniques are based on Oriental meridian- energy philosophies and are easy for the novice to learn and use effectively. eTouch provides instructions, illustrations and digital movies to guide you through the testing and balancing process and records your testing history for future



### **Touch for Health eCharts**

A software program that allows one to plot imbalances and determine the key starting point. All charts can be output to colour printer. Wonderful collection of information.

\$80.00



### **Touch for Health DVD**

Finally available – a remake of the classic TFH video with Dr. Throckmolden working with students in workshops, plus new material helping to explain the energy model. A great companion to the textbook: Touch for Health – the Complete Edition. \$33 Cdn Retail.

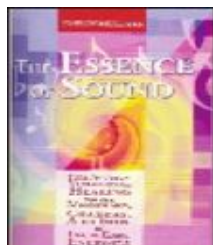


### **Color for Health**

Based on popular Anatomy Coloring Books, find all your TFH Neuro-vasculars, Neuro-lymphatics, Meridians, and Muscles to colour according to Meridian order! Tremendously useful for those wanting to remember this data by heart.

\$14.00 Cdn. Retail

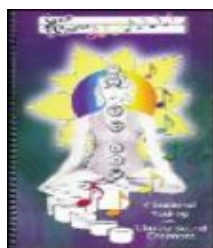
# Mulders Books



## **The Essence of Sound - Full Vibrational Healing for the Meridians, Chakras, Auric Field, & Figure Eight Energies**

by Evelyn Mulders

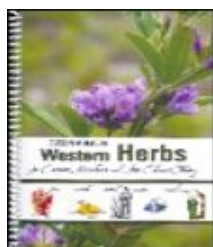
An encyclopedic reference for questers looking for information on how to support our energy bodies: the Meridians, Chakras, Aura, and the Figure Eight Energies. Additional information on Sacred Geometry and Flower Essences. Besides an educational compilation of fascinating information on our energy fields, this book is particularly useful to experienced practitioners for extra information to scan for support during a kinesiology balance or to provide information for home support. Additionally, total beginners to the world of vibrational therapy will find valuable information on how to do basic muscle testing to delve into the experience of vibrational healing with sound, herbs, crystals, aromas, colours, and more. Acclaimed by leaders in the field of specialized and energy kinesiology. A 'sound' investment for your library!  
\$38.00 Cdn. Retail



## **Vibrational Healing with Chakra Sound Essences**

by Evelyn Mulders

Everything you need to know about what the different Sound Essences mean, how they relate to each chakra, and how to apply the essences in many creative ways.  
\$24.95 Retail



## **Western Herbs for Eastern Meridians & Five Element Theory** Expanded Colour Version

by Evelyn Mulders

The Ultimate Healer - Nature - provides us with herbs - powerful healers of body AND mind. This book is organized by Element/Meridian with totally useful information on the uses of various herbs, the key attitude and emotions related to each herb, its habitat, cautions for use, parts used, and other information. Perfect companion to the PKP Herbal Meridian Chart.  
\$35.00 Cdn. Retail



### **Chakra Sound Essences**

Chakra Sound Essences - are vibrational remedies that offer the body the healing value of Sound, Colour, Gems and Crystals, Affirmations, Symbols, and in some products - Aroma. Each Essence has been charged with a specific whole note that resonates with an individual Chakra Energy Centre. This vibrational therapy tool helps our bodies stay healthy by raising its vibrations higher than that of sickness and disease. Just as a balanced diet nourishes the physical body, the Chakra Sound Essences, nourish the energy system. It is often recommended to take Essences up to four times per day to keep the vibration available for absorption in the energy field. It is important to shake the Essence bottle to energize it before use: this motion activates the life force of the essence and attunes the vibration of the essence to the user.

Clear Misters: come in an attractive transparent glass 60ml spray bottle and are ready to use externally for misting the aura, chakras, or a room for many to enjoy. Apply a few pumps of mist to the air and walk into the mist to enjoy. Retail:

Set of 7 (60ml): \$169.95

Set of 7 (15ml): \$79.95



### **Meridian Essences**

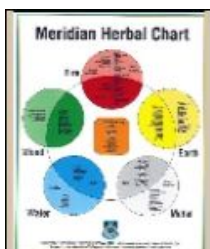
These vibrational remedies are imprinted with frequencies including sound and herbs that support each element. A powerful tool for change.

Set of 7: \$79.95

### **Natural Aura Harmonizers**

This set of natural aura harmonizers includes the ten harmonizer misters Abundance, Aura Joy, Flower of Life, Gratitude, Infinity, Love, Secrets of the Universe, Spiral Energy and Stargate!

Set of 10: \$97.95



### **PKP Meridian Herbal Chart**

Depicts the colorful five element circles containing the names of supportive herbs for each meridian/organ.

\$15.50 A4 Page Size

### **Herbal Workshop Package**

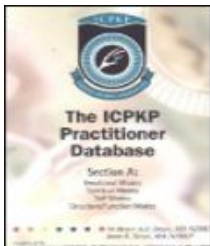
Contains Book, DVD, charts. The DVD supports the book titled Western Herbs for Eastern Meridians and Five Element Theory and introduces the viewer to basic biofeedback monitoring and gives step by step instruction on how to access both the meridians and chakras to offer herbal support on an energetic level to the body.. Also included on the DVD is how to gather herbs and prepare herbal remedies. The Book Western Herbs for Eastern Meridians and Five Element Theory makes a wonderful reference for the herbs sorted by Element and Meridian. Several laminated charts included (Herbs by Meridian, Herbal Affirmations). Price: \$99.00

## **PKP Books**



### **Tibetan Energy and Vitality Manual (revised version)**

The workshop manual for learning more information on those famous Tibetan Figure 8's and the youth-regenerating exercises. Tests and corrections on: flow, sound, spiral energy flow, vortices.  
\$25.00 Cdn. retail



### **PKP Database Books (set of three)**

All PKP modes are listed in 'mode order' along with detailed descriptions of the related correction techniques. \$320.00 Cdn. Retail



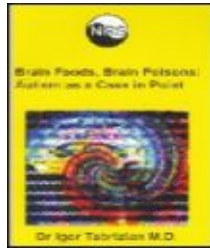
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\$28.00 Cdn. Retail

# Dr. Igor Tabrizian Books

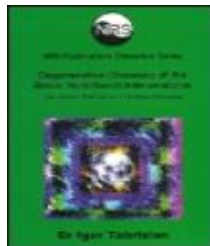


## **Brain Foods, Brain Poisons: Autism as a Case in Point**

by Dr. Igor Tabrizian

Examine the roles of important nutrients in normal human development - from both the mother and the child's perspective. Considers the relationship of hormones, gut, and brain in ensuring the correct development of all the tissues in the growing child. Examine the role of genetics and antioxidants in the prevention and treatment of autism, and the roles of toxic metals. Dr. Tabrizian's includes numerous excellent diagrams which are fabulous for visual learners and fully support the written word.

\$36.00 Cdn. Retail



## **Degenerative Diseases of the Brain: Nutritional Interventions (Alzheimers, Parkinsons & Multiple Sclerosis)**

by Dr. Igor Tabrizian

This book systematically examines the numerous puzzle pieces for understanding the brain from a nutritional perspective. From normal brain function to neurodegenerative disorders. Get some understanding of the biochemistry of the brain and how to specifically support our central nervous system with nutrition. Count on enjoying Dr. T's numerous visual images to understand his teachings.

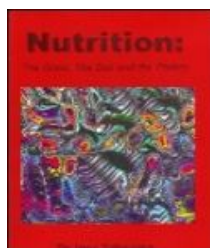
\$36.00 Cdn. Retail



## **Magnesium, Zinc, Iron, Copper and Other Trace Elements**

by Dr. Igor Tabrizian

Discussion of the importance of cation dysfunction, action of these elements in the body. Detailed graphics and charts. Symptoms of deficiency and lots of great information on overload. Relationship to xenoestrogens and hormones. Biochemical interpretation of symptoms. Consideration of nutrients and anti-nutrients and antagonism of nutrients as well as food sources for these elements.



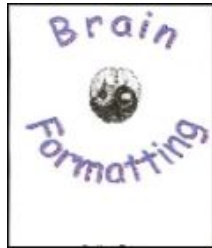
## **Nutrition: The Good, The Bad and the Politics**

by Dr. Igor Tabrizian

A revised combination of Dr. Tabrizian's first two books: "*Nutritional Medicine: Fact and Fiction*", and "*Another Dose of Nutritional Medicine*", plus additional information on Manganese. Learn about the trace elements, toxic elements, coenzyme-Q10, Cancer, Chronic Fatigue, Diabetes, Depression, ADD. Described as "cheekily insightful". Plenty of reference to published papers. Great diagrams of biochemical cascades related to nutrition.



# Tobar Books

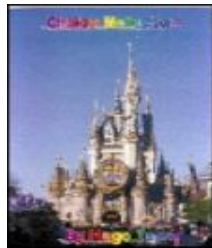


## **Brain Formatting**

by Hugo Tobar

Learn what finger modes to hold while touching specific acupressure points to discover stress on the neurological system. Cortex, Brain Stem, Diencephalon, Midbrain, Pons, Medulla, Spinal Cord, Heart/Brain, Enteric Nervous System and more! Touch for Health balancing techniques can clear the stress once discovered, or get creative with your favourite correction tools!

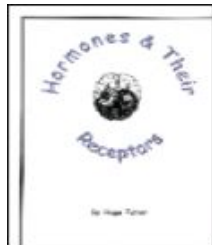
\$38.00 Retail



## **Chakra Metaphors** by Hugo Tobar

This book gives useful information on the meaning of the major and minor chakras, when they are in an under-facilitated, or over facilitated state. Useful to the practitioner who wants to support chakra work with meaningful conversation. Also includes specific formatting to access the chakra to find out whether it is in an under, or over – energy state. This is a workshop manual, where it will be most useful to a practitioner who already understands the formatting concept utilized by Hugo and Applied Physiologists.

\$38.00 Cdn. Retail

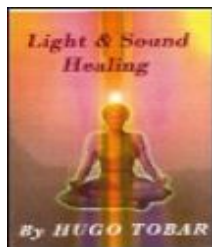


## **Hormones and their Receptors**

by Hugo Tobar

This book is intended for further information on the endocrine system than can be easily obtained from standard texts. It concentrates on endocrine receptors, and lists 201 hormones in its appendix. Useful for kinesiologists who use scanning techniques to use as a reference text, and to aid further understanding of hormones for those who want more in-depth information.

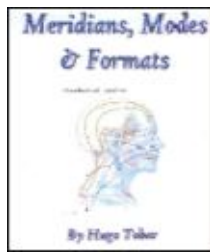
\$50.00 Retail



## **Light & Sound Healing** by Hugo Tobar

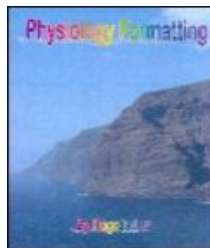
This workshop manual includes information on specific colours useful for under-energy or over-energy states of the 14 meridians, the 8 Extra Meridians, and the 7 Major chakras. There is also information on colours to heal the Minor chakras as well as the Celestial chakras. Discussion on healing images and sounds associated with each meridian and chakra.

\$38.00 Cdn. Retail



### **Meridians, Modes, and Formats** by Hugo Tobar

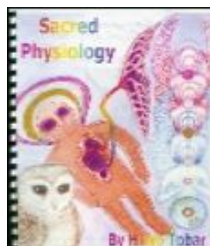
This book carries all the beautiful images contained in Meridians and Points under license from Beverly Curl, Many kinesiology practitioners favour these images for locating points accurately as the images are drawn with pastel understructures of muscles and bones and meridians are coloured according to Applied Physiology theory. In addition, the book contains approximately 87 photos of various finger modes used in Hugo's workshops, as well as in Applied Physiology workshops plus other useful finger modes. There is also information on 'Formatting' to access 35 organs/glands and other useful physical structures. \$48.00 Cdn. Retail



### **Physiology Formatting**

by Hugo Tobar

People comfortable with Touch for Health will be able to utilize much of the information in this book, though it will likely better suit experienced kinesiology practitioners. If you're willing to learn how to use 'formatting' (an Applied Physiology concept which combines finger modes with specific acupoints), as described within the pages of this book, you will be rewarded with fascinating ways to access deeper information on the state of energy imbalances in numerous physical functions of the body. Procedures detailed in this book to help support energetic imbalances for all the organs and glands



### **Sacred Physiology**

by Hugo Tobar

A book about the philosophy of energetic systems. A beautiful collection of information on the chakra system, including the minor and out-of-body chakras. For kinesiologists familiar with formatting (holding combinations of finger modes and acupressure points), there are formats relating to numerous nadis, chakras, and aura. Along with specific physiology descriptions of related structures, contains detailed information on the endocrine system. Definitely more useful when obtained in conjunction to the workshop of the same name, however, contains extensive lists of information on hormones, their related organ/gland, and actions. Other eclectic information and can be used as a reference text. \$50.00 Retail

# Topping Books



## **Allergies!! How to Find and Conquer**

by Wayne Topping, Ph.D.

The related tissue(s), emotions, and nutrition related to many substances. Clear the symptoms of allergy by balancing one or more of these aspects.

\$30.00 Cdn. Retail

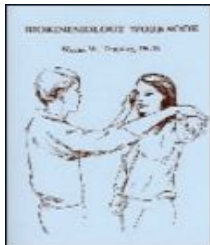


## **Balancing the Body's Energies**

by Wayne Topping, Ph.D.

Here are the 8 extra meridians describing their relationship to the endocrine system and with their muscle tests and corrections. One of the few books written on the subject. Includes a 'meridian wheel' which has the eight extra meridians listed in their respective locations.

\$28.00 Cdn. Retail

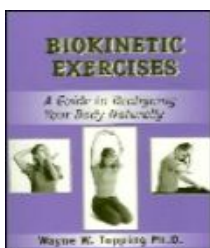


## **Biokinesiology Workbook**

by Wayne Topping, Ph.D.

Use muscle testing to balance the chakra energy centers & emotions. Includes the tremendously useful Organ Response Location chart and related emotions. Lots of information packed in this workshop manual - not really suitable for entry level kinesiology students.

\$26.00 Cdn. Retail



## **Biokinetic Exercises**

by Wayne Topping, Ph.D.

A Guide to Realigning Your Body Naturally. 141pp. Spiral Bound.

Chronic muscle imbalance? Pain? Learn how to position the body to permanently release the problem and support the related organs and glands. Includes great descriptions of the TFH muscles and much, much more!

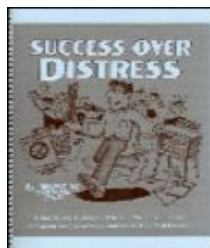
\$32.00 Cdn. Retail



**Stress Release: Identifying & Releasing Stress Through the Use of Muscle Testing**

by Wayne Topping, Ph.D. (may still be out of print - please check)  
Simple techniques to identify & release stress using Specialized Kinesiology.

\$22.00 Cdn. Retail



**Success Over Distress by Wayne Topping, Ph.D.**

(may still be out of print - please check)

This book covers Emotional Stress Release on many levels, finger modes, eye rotation, emotional testing, cross-crawling, temporal tapping & more. Wonderful resource book for Stress Release techniques.

\$26.00 Cdn. Retail

## Other Books

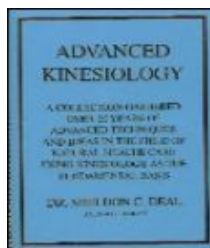


**Acupuncture Points and Meridians**

Sydney College Press

An excellent reference on the location of acupoints of the regular and the extra meridians.

\$33.00 Cdn Retail

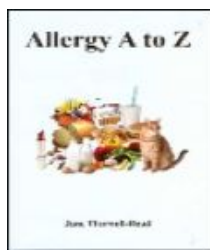


**Advanced Kinesiology**

by Sheldon Deal, DC

A compilation of 20 years experience by one of kinesiology's pioneers. Includes numerous tests and corrections that are beyond what is taught in the average kinesiology class!

\$120.00 Cdn. Retail (new reduced price)



### **Allergies A-Z**

by Jane Thurnell-Reed

Extensive lists of possible allergens and their sources or uses in industry and foods. Includes a section on symptoms and signs of allergies, and interesting discussion on allergies.

\$28.00 Cdn

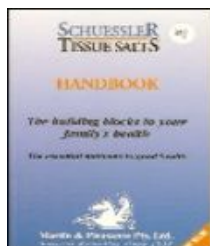


### **Applied Kinesiology**

Synopsis by David S. Walther D.C.

Contains the material from the now out-of-print 'AK Volume 1' plus copious amounts of updated and new material. Chapter Titles include: Eight General Examination and Treatment Procedures; Spinal Column; Nutrition; Neurologic Disorganization; Meridian Therapy; Muscles: testing and function; Stomatognathic System; Orthopaedic Conditions; Mental & Emotional Conditions; Systemic Conditions.

\$120.00 Cdn. Retail

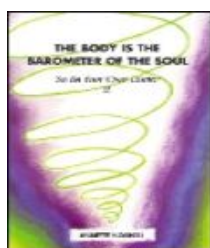


### **The Biochemic Tissue Salts Handbook - Original**

Schuessler

Tissue salts are a safe and effective form of homeopathic treatment. For each cell salt this book covers a thorough description, plus a useful first-aid section from abscesses to vertigo, useful combinations, and a wonderful repertory of symptoms section.

\$15.00 Cdn. Retail



### **The Body is the Barometer of the Soul**

Annette Noontil

Relates All Metaphysical Causations for Ill Health and Disease. Includes Colour Skeletal Emotion Chakra Chart.

\$28.00 Cdn.



### **Energy Mismatch**

Jane Thurnell Read

|A popular workshop turned into an easy to follow manual. Highly interesting for exploring allergies, sensitivities of all kinds.

\$22.00 Cdn. Retail

## **Energetic Kinesiology Principles and Practice**

Energy Kinesiology is an emerging field gaining more and more scientific support and recognition. This fully referenced and illustrated textbook describes the field and explains the techniques upon which it is built. It covers the underlying principles, the methods and scientific support for the efficacy of Energetic Kinesiology. It also offers a unique history of Energetic Kinesiology based on the first-hand experience of Charles Krebs who knew most of the originators of Energetic Kinesiology techniques personally. It is a unique source of a vast array of information, research and clinical knowledge in a format that is extremely practical to clinicians and students. There is no other publication available that explains this modality better, nor that shares as much information on core kinesiology tools and techniques. It also provides guidance on client assessments, gathering more information from the energetic body, and when and how to apply core corrective techniques. You will be pleased with your investment in buying and taking the time to read this textbook and applying this knowledge to your clinical practice. Price \$65



## **Essences for Kinesiologists**

Carol Rudd and Linda Rodgers NEW

A lovely way to support your kinesiology balancing - a manual listing affirmations and attitudes relating to each of the Bach and FES flower essences. A new section has been added for the Australian Bush essences as well. (VERY NEW). Each essence also correlates to a chakra and element.

\$36.00 Cdn.



## **Eye Power**

by Barry Auchettl

PDF booklet.

Power your Eyes, Empower your Vision. A 10 minute-a-day guide to enhance your eyes in 10 days. This booklet is not just about doing eye exercises. There are important questions to consider, daily activities including setting goals, affirmations, and some familiar specialized kinesiology exercises also. Suggestions for useful nutrition/ supplementation is included.

\$10.00

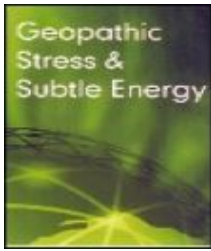


## **Five Element Emotions Dictionary**

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Do you ever work on someone and an emotion word comes up that you can't quite define and the client wants more clarification? This handy 8.5 x 11 book lists definitions for all the Five Element Emotions in a colourful way. Miscellaneous affirmations and interesting tid-bits included.

\$22.00 Cdn. Retail



### **Geopathic Stress & Subtle Energy**

By Jane Thurnell-Read

This book looks at the theories about the causes of geopathic stress (electromagnetic, paranormal, and subtle energy) and the different types of geopathic stress. It explains how GS can be detected, the various types of remedial action that can be taken, and how individuals can protect themselves.



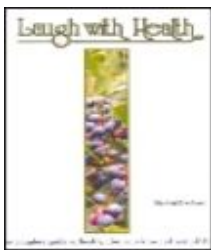
### **Kinergetics Formats and Dictionary**

by Philip Rafferty

The Kinergetics emotions chart on the back is highly valuable, and the dictionary provides meaning and synonyms for each of the 420 emotions organized in coloured rows and columns. The manual includes formats extremely useful for deeply accessing each physiological system

of the body, including reproduction, immune, lymphatics, endocrines, digestion, skin, blood pressure and way, way more than you can probably imagine.

45.00 Cdn. Retail



### **Laugh With Health**

By Manfred Urs Koch

The complete guide to health, diet, nutrition, and natural foods. This is a fascinating text, with numerous colour images and remarkable charts. This is unlike anything I've ever seen in North America, and is a classic reference for Australian kinesiologists.

\$40.00 Cdn. Retail

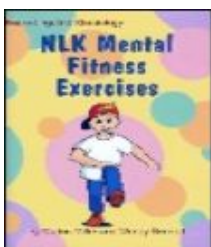


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The most comprehensive information available on the theory of meridians and five elements as they relate to Kinesiology. Many practical aspects are also explained as well as often asked questions on these subjects. Very readable with 25 diagrams and tables. 40 pages. Highly recommended for every TFH Instructor to have on hand.

\$23.00 Cdn. Retail

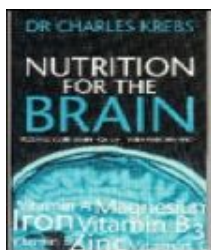


### **NLK Mental Fitness Exercises**

Marion Miller and Wendy Brooks

Over 30 Pages of well diagrammed exercises for switching on brain function.

\$22.00 Cdn. Retail



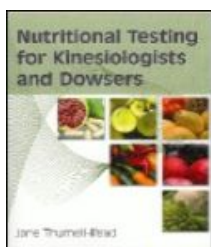
## **Nutrition for the Brain- Feeding Your Brain for Optimum Performance**

by Dr. Charles Krebs

This book explains what makes up nutrition, how nutrients work in our body, and how the lack of nutrition has detrimental effects. Likewise it highlights how good nutrition can remedy many chronic disease conditions increasing your health, vitality and, most importantly, help you to achieve and maintain optimal mental performance. This book concentrates on nutrition that feeds the brain allowing you to maintain peak performance, even when under stress.

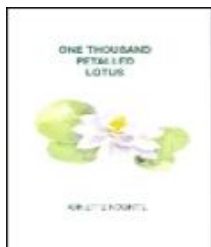
This book finally collects Key Principles and Concepts of Nutrition in one place.

\$32.00 Cdn. Retail



## **Nutritional Testing for Kinesiologists and Dowzers** by Jane Thurnell Read

This book will help you test for nutritional information in a clear, and systematic manner. This book does not set out to teach you a lot of nutrition knowledge and facts. It sets out to teach you how to use your skills to navigate your way through all the information available. Within its pages, you will find an easy to follow system that allows you to test quickly and easily the exact area you need to be working with. Then you can quickly turn to the relevant section of the book to find information that will help to remind you about important facts and issues to take into account before you start testing. \$32 Cdn. Retail

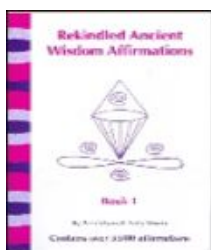


## **One Thousand Petal Lotus**

Annette Noontil

More information on the chakra system. Annette's second book. "Growth" clues.

\$28.00 Cdn. Retail



## **Rekindled Ancient Wisdom Affirmation - Book 1**

by Pam Myers and Sally Worth

Formerly officially known as "The Purple Book" - same contents, new cover.

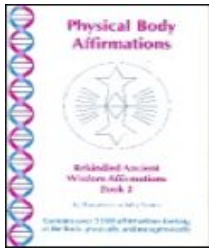
Over 5500 Affirmations contained in 140 Lists for Use in Kinesiology, or Other Therapies.

Brief examples of topics (cannot list all 140!): Relationships, Parenting, Money, Health, Addictions, Career, Personal Power, Potential, Weight, Fear, Letting Go, Learning, Intuition, Allergies, Sabotages, Suppressions, Success, Freedom, Hydration, Brain Integration, Hormones, Toxins, Friendship, Control, Diet and Nutrition....

Now contains an index.

\$48.00 Cdn. Retail



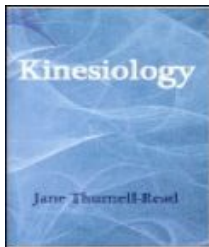


## **Rekindled Ancient Wisdom Affirmations - Book 2**

by Pam Myers and Sally Worth

Like its predecessor (Book 1), this publication also contains 140 different charts, with 40 affirmations per page. These affirmations are specific to the BODY from a physical and also a metaphysical perspective.

Charts cover each individual organ and gland, neck, back, pelvis, hips, knees, ankles, feet, toes, shoulders, elbows, wrists, fingers, hands, cervical vertebrae, thoracic vertebrae, lumbar vertebrae, sacrum/coccyx, cranium, teeth & gums, bones, joints, arteries/veins/capillaries, valves, ligaments, muscles, tendons, fascia, nerves, jaw, hormones, all the body systems individually (ie: endocrine system), cartilage, blood, cells, chromosomes, sinuses, RNA/DNA, Digestion, Respiration, Oxygenation, Circulation, Osmosis, Ionisation, Synthesis, Hydration, Detoxification, Elimination, Utilization, Mineralisation, Assimilation, Absorption, Regulation, Sleep, Face, Memory, Biofeedback, Conception and Gestation, Birth, Infancy and Toddler, Adolescence and Teenage, Puberty, Adult, Elderly, Aging, Growth, Temperature, Spinal Cord, Movement, Recovery, Surgery, Rehabilitation, Accident and Injury, Scars, Co-ordination, Infection, Immunity, Taste, Touch, Smell, Sight, Hearing, Craniosacral Rhythm, Fungus, Bacteria, Virus, Parasites, Enzymes, Amino Acids, Electrolytes, Vitamins, Trace Elements, Cell Salts, Mitochondria, Fertility, Acid/Alkaline, Health, Pain, Fitness, Exercise, Eating.  
\$48.00 Cdn. Retail



## **Kinesiology**

by Jane Thurnell-Read

Learn about the history of kinesiology and the different systems that have evolved: Touch for Health, Applied Physiology, Health Kinesiology, Kinergetics, PKP, Three In One and more. Read about the key concepts and what happens in a session. Each chapter may include information about the various corrections and theories utilized by that particular modality.

Read case studies from around the world and accounts of how practitioners and system developers got involved in this amazing therapy.

For practitioners, this book helps give you the language to explain what it is that you do!

\$30.00 Cdn. Retail

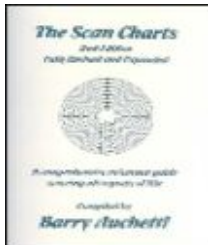


### **RESET**

by Philip Rafferty

Learn how to position your hands and fingers in a specific procedure to release stress in all muscles of the TMJ. Power re-hydrating technique. New A-4 Edition.

Booklet: \$15.00 Cdn. Retail



### **The Scan Charts Book - new edition**

Barry Auchettl

Book of scan charts for kinesiologists covering many aspects of life. 10,000 entries - over 40 charts compiled in an easy to access spiral bound manual. Each chart is one page and includes topics such as: Addictions, Affirmations, Bones & Muscles, Colour, Crystals, Dream Analysis, Sexuality, Essences, Fears, Food, Music, Prosperity, Religions, Self Love & More!

\$30.00 Cdn. Retail



### **The Tissue Salts**

by Mark Wells

Valuable information practical for kinesiologists. Contains a guide to assist symptomatic prescribing. Clear, readable, set up as a great homeopathic reference.

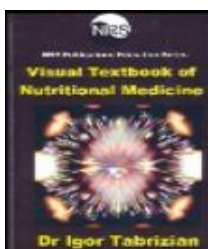
\$27.00 Cdn. Retail



### **Verbal Questioning Skills for Kinesiologists**

by Jane Thurnell-Read

Explores in detail the increasingly used technique of 'verbal questioning' that can accompany muscle testing. A practical book which assists in determining appropriate and not appropriate wording, narrowing down, establishing quantities, duration, and much more.



### **Visual Textbook of Nutritional Medicine**

By Dr. Igor Tabrizian

A well illustrated and expertly presented text outlining concept simplification and grouping of related information. Very interesting flow charts of the action of specific substances within the body.

\$85.00 Cdn. Retail



### **Wombat and His Mates**

by Brendan O'Hara

The second of Brendan's CD/book combinations. Fun, happy music and movement exercises focus on giving children an easier and happier start to schooling and life and assist them to develop their physical, mental, emotional, and neurological development. Extra tools to continue the development of early postural reflexes. All of Brendan's music is good for adults to fine-tune their neurological systems too!

\$40 Cdn. Retail

# Test Kits

## **TEST KITS**

Test kits are small vials energetically charged with the vibrational imprint of a substance(s) and are designed for use by kinesiologists, and operators of Vega/Biocom-type machines.

### **Immunotec Test Kit**

Thirteen vials of Immunotec products: Calcium/D/Mag, HMS 90, Magistrale, Orchard Blend, PNT 200, Prycena, Skin Perfecting Cream, Toothpaste, Vit/Min Supplement, XTRA Sharp, Immunocal Platinum, Fruit Complex, and Vegetable Complex. Updated 2009  
\$25.00 Cdn. + PST in BC

### **Nature's Sunshine Test Kit**

Available as an NSP Herbs/ Supplements Canadian kit, or soon to be available: an NSP Herbs/ Supplements American kit, (many products have slightly different ingredients depending on their country of distribution, however, product can easily be obtained for personal use.  
Cdn Kit \$400 + PST in BC  
USA Kit available soon!

### **Pheromones Test Kit**

2 vials: Male, Female Pheromones.  
Recreate opposite sex energy within your balancing to access additional levels of stress.  
\$3.00 Cdn. retail + PST in BC

### **Tissue Salts Test Kit**

13 vials: the twelve Schussler 6X Tissue Salts and one combination vial.  
\$20.00 Cdn. retail + PST in BC

### **Touch for Health Nutritional Test Kit**

40 vials: Most of the substances recommended for strengthening muscles as advised in the TFH Textbook by Dr. Thie, or listed on the AP Nutritional Reflex Point Chart. Numerous individual vitamins and minerals, trace minerals, RNA, Lactobacillus, Water, Hydrochloric Acid, Chlorophyll, Lecithin, whole protein, enzymes... TFH Instructors and Practitioners of Specialized Kinesiology: there's an easier way to demonstrate switching on muscles without using actual foods which can be messy and inconvenient - use test kit vials instead!  
\$70.00 Cdn. in a baggie / or \$70.00 Cdn. + PST in BC

**More Test Kits May Be Considered and Produced Upon Request.  
Other Kits Under Development - Keep "In Touch"!**

# Charts



## Acupuncture Points Chart

Page-sized, double-sided, and laminated chart depicting all the main acupoints of the 14 meridians.

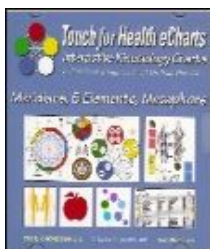
\$9.00 Cdn.



## Applied Physiology's Nutritional Energy Reflex Point Chart

This page-sized laminated chart contains all the circuit locating points for nutritional deficiencies and excesses. Includes vitamins, minerals, proteins, digestive enzymes, toxic chemicals, and heavy metals. One side has a diagram of all the reflex points on the body with corresponding labels colour coded for ease of use. The reverse side lists all the information sorted by category and corresponding geographic description. These reflex points are based on original AK research of Dr. Ridler, with subsequent AK research confirmed by Applied Physiology research and material from Don Viney.

\$15.50 Cdn. Retail



## Touch for Health eCharts

A software program that allows one to plot imbalances and determine the key starting point. All charts can be output to colour printer. Wonderful collection of information.

\$80.00



## Meridian Muscles Chart

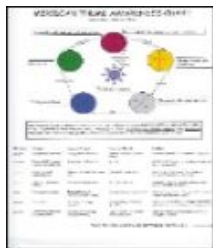
Organized lists of TFH and PKP muscles that are organized both by meridian, as well as body area. Includes list of cell salts and astrological signs and five element info for each meridian.

\$15.50



## Meridian Supplement/Nutrition Awareness Chart – by Delores Wiltse

This is a useful chart for quickly locating the recommended nutrition/ supplement for the muscles / organs / glands on the 14 meridians of Touch for Health. Also lists foods high in that particular nutrition. The back of the chart lists: substances that interfere with absorption of nutrition; gives a brief discussion on the six stages of nutrition; itemizes the basic rules of food combining and rotation; plus a section on the full spectrum of foods required by our bodies each day. Great reference chart! \$15.50 Cdn. Retail



### Meridian Theme Chart

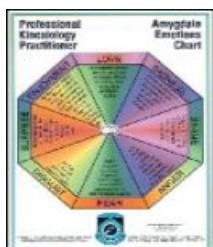
A creative flow chart depicting themes for the elements and ways to expand awareness. Set up well to scan. Unique.  
\$15.50

## Other Charts



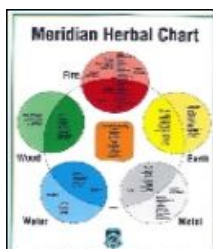
### PKP 5 Element Emotions Chart

Depicts the colorful five element circles containing the related meridian emotions and the associated emotions for Central and Governing meridians.  
\$15.50 A4 Page Size  
\$43.00 Wall Size  
\$55.00 A1 Large Classroom Size (approx. 891x594mm)



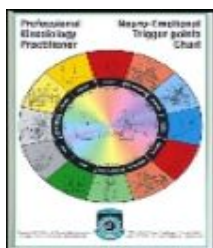
### PKP Amygdala Emotions Chart

see charts page for image  
This chart lists amygdala related emotions. The amygdala (part of the limbic brain) has an important relationship to emotions, in particular, early emotions that have been taken on board independent of the spoken word. Balancing the amygdala provides a way of balancing early memories that are wordless and may involve emotional and illogical outbursts. Colourful.  
\$15.50 Cdn. Retail



### PKP Meridian Herbal Chart

Depicts the colorful five element circles containing the names of supportive herbs for each meridian/organ.  
\$15.50 A4 Page Size



### PKP Neuro-Emotional Points Chart

Diagrams depict the locations of the Neuro Emotional points arranged in 'meridian wheel order'. Colourful. Double-sided with the Energy Wheel Emotions Chart (five emotions listed for each meridian). \$15.50 Cdn. Retail



### **PKP Neuro-Lymphatic Cycle Chart**

Diagrams depict the Neuro Lymphatic point locations arranged in 'meridian wheel order'. Colourful  
\$15.50 Cdn. Retail



### **PKP Neuro-Vascular Cycle Chart**

Diagrams depict the Neuro Vascular point locations arranged in 'meridian wheel order'. Colourful.  
\$15.50 Cdn. Retail



### **Skeletal Emotion and Chakra Chart**

by Annette Noontil

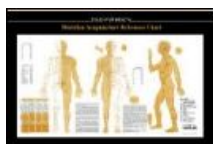
A companion chart to "Your Body is the Barometer of the Soul" which can be used stand-alone. Colour coded relating all bones in the body to their chakras. It lists the associated emotional description. Shows how to use the chart and reference the emotions to muscles, ligaments, nerves, skin, and tendons. An amazing chart with unique information. A must for kinesiology work. 770cm by 500 cm vertical.  
\$35.00 Cdn. Retail



### **Touch For Health Middy, Midnight Law, Law of 5 Elements Chart**

Contains full-color illustrations of the meridian energy pathway in a 24-hour cycle, plus the seasonal/life cycle energy flows according to the Law of the Five Elements. Laminated, 35" x 24".

NOTE: Combined / Double sided with:



### **Touch For Health Acupuncture Meridian Chart**

Acupuncture points are clearly illustrated following traditional oriental design. Information needed to use with TFH/Kinesiology, Meridian Therapy, and Acupuncture practitioners. Laminated, 35" x 24".

NOTE: Combined / Double sided with: 5 Elements Middy/Midnight Chart

\$39.00 Cdn. Retail



**Touch for Health Reference Chart** 43" x 29" colorful wall chart serves as a Touch for Health 'at-a-glance' reference. It is fully color coded with balancing techniques, test points, strengthening points, muscle guide, nutrition information and easy to read reference to the Touch for Health manual. It is an attractive, convenient and valuable time-saving tool to facilitate the use of Touch for Health.

A must for all professional practitioners

\$48.00 Cdn. Retail

# Other



## **Beanbag Ditties**

by Brendan O'Hara

Simple melodies and tunes to be sung while performing bean bag games and activities. These specific activities greatly assist the integration of primitive and postural reflexes, which will improve the academic potentials of students of all ages. Helps increase concentration and learn

calmness, improve reading and writing, develops and integrates balance and vision and spatial and auditory awareness. Although the songs were written for three to eight year olds, the techniques are of benefit to people of all ages. Read the insert which accompanies the CD and simply

describes all the activities ... and start moving!

\$37.00 Cdn. Retail



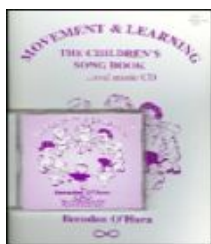
## **Chakra Sound Essences**

Chakra Sound Essences - are vibrational remedies that offer the body the healing value of Sound, Colour, Gems and Crystals, Affirmations, Symbols, and in some products - Aroma. Each Essence has been charged with a specific whole note that resonates with an individual Chakra Energy Centre. This vibrational therapy tool helps our bodies stay healthy by raising its vibrations higher than that of sickness and disease. Just as a balanced diet nourishes the physical body, the Chakra Sound Essences, nourish the energy system. It is often recommended to take Essences up to four times per day to keep the vibration available for absorption in the energy field. It is important to shake the Essence bottle to energize it before use: this motion activates the life force of the essence and attunes the vibration of the essence to the user.

Clear Mistars: come in an attractive transparent glass 60ml spray bottle and are ready to use externally for misting the aura, chakras, or a room for many to enjoy. Apply a few pumps of mist to the air and walk into the mist to enjoy. Retail:

\$17.95 each per chakra essence, or save on set of 7:





### **The Children's Music CD**

by Brendan O'Hara

Help children develop through song and dance! Lively songs help them develop gross and fine motor skills, co-ordinate the left and right halves of the brain and body, integrate upper and lower body awareness, cross the midline, and prepare for or improve reading and writing. This songbook includes the musical score and words to all the songs on the accompanying CD, and includes extra information and well described activities which research has shown will enhance the communication between the different parts of the brain. Personally guaranteed that "Waddle-Lee Archer" has everyone giggling and having fun! Easy-to-do. \$40 Cdn. Retail



### **eTouch for Health CD**

by Earl and Gail Cook with Dr. John Thie, D.C.

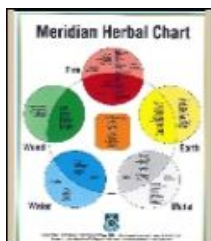
eTouch uses muscle testing to identify energy blockages in the body and provides a variety of natural energy-balancing techniques that help the body heal itself, reduce pain and improve posture. These holistic techniques are based on Oriental meridian- energy philosophies and are easy for the novice to learn and use effectively. eTouch provides instructions, illustrations and digital movies to guide you through the testing and balancing process and records your testing history for future reference. Version 2.3 \$80.00 Cdn. Retail



### **Meridian Essences**

These vibrational remedies are imprinted with frequencies including sound and herbs that support each element. A powerful tool for change.

Set of 7: \$79.95



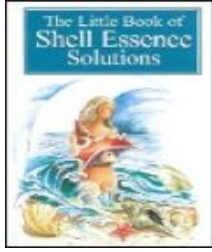
### **PKP Meridian Herbal Chart**

Depicts the colorful five element circles containing the names of supportive herbs for each meridian/organ.

\$15.50 A4 Page Size

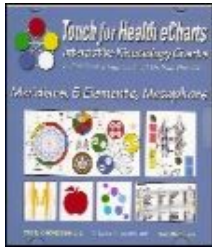
### **Herbal Workshop Package**

Contains Book, DVD, charts. The DVD supports the book titled Western Herbs for Eastern Meridians and Five Element Theory and introduces the viewer to basic biofeedback monitoring and gives step by step instruction on how to access both the meridians and chakras to offer herbal support on an energetic level to the body.. Also included on the DVD is how to gather herbs and prepare herbal remedies. The Book Western Herbs for Eastern Meridians and Five Element Theory makes a wonderful reference for the herbs sorted by Element and Meridian. Several laminated charts included (Herbs by Meridian, Herbal Affirmations). Price: \$99.00



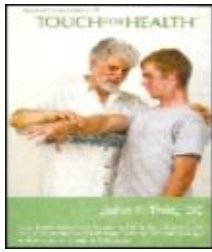
### **Shell Essences**

Lovely little kit of 'Light Healing Cards' and booklet.  
If you love essences, these are very special.  
\$25.00 Cdn.



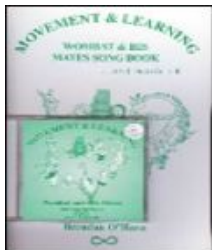
### **Touch for Health e-Charts**

A software program that allows one to plot imbalances and determine the key starting point. All charts can be output to colour printer.  
Wonderful collection of information.  
\$80.00



### **Touch for Health DVD**

Finally available – a remake of the classic TFH video with Dr. This working with students in workshops, plus new material helping to explain the energy model. A great companion to the textbook: Touch for Health – the Complete Edition. \$24 Cdn Retail.



### **Wombat and His Mates CD**

by Brendan O'Hara

The second of Brendan's CD/book combinations. Fun, happy music and movement exercises focus on giving children an easier and happier start to schooling and life and assist them to develop their physical, mental, emotional, and neurological development. Extra tools to continue the development of early postural reflexes. All of Brendan's music is good for adults to fine-tune their neurological systems too!  
\$40 Cdn. Retail

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