

George J. Goodheart, DC, 1918 – 20XX
Founder and Developer of Applied Kinesiology

The AK Related Publications of Dr. George J. Goodheart

TITLE OF TEXT	DATE OF PUBLICATION
Yearly Research Manuals	
Applied Kinesiology Research Manual	1964
Applied Kinesiology Research Manual, 3 rd Edition	1965
Applied Kinesiology Research Manual, 4 th Edition	1967
The Cranial Sacral and Nutritional Reflexes and Their Relationship to Muscle Balancing	1968
Applied Kinesiology Research Manual, 7 th Edition	1970
Applied Kinesiology Research Manual, 8 th Edition [Sacrospinalis muscle, emotional pattern, RNA, acupuncture]	1971
Applied Kinesiology Research Manual	1972
Applied Kinesiology Research Manual, 9 th Edition [Law of the ligament, challenge, hiatal hernia, cranial, acupressure]	1973
Applied Kinesiology Research Manual, 10 th Edition [Therapy localization, acupressure turn-off points, cranial stress centers, universal cranial faults, gait, foot reflexes, sacral wobble]	1974
Applied Kinesiology Research Manual, 11 th Edition	1975
Applied Kinesiology Research Manual, 12 th Edition	1976

[TMJ, reactive muscles, nasal ionizing, diaphragmatic technique, adrenal-SI ligament syndrome, temporal tap, complete workshop procedures]	
Applied Kinesiology Research Manual, 13 th Edition [Melzack-Wall pain control, RNA, cloacal reflexes, constipation, updates on therapy localization, TMJ]	1977
Applied Kinesiology Research Manual, 14 th Edition	1978
Applied Kinesiology Workshop Procedure Manual, 15 th Edition, Vol. 1 and Vol. 2 [Retrograde lymphatic technic, Pineal + light response, ocular-basic technic (pre P.R.Y.), posture corrections, color therapy, right-left brain, cranial muscles, electron poisoning]	1979
Applied Kinesiology Research Manual, 16 th Edition [Pitch-roll-yaw, aerobic muscles, Herpes simplex, limbic technic, Then and Now acupressure]	1980
Applied Kinesiology Research Manual, 17 th edition [Spinal cord injuries, EID, parathyroid, B & E technic, cranial subluxations + fixations, updates on electron poisoning]	1981
Applied Kinesiology Research Manual, 18 th Edition [Holographic subluxations and concepts, walking gait, walking gait in torticollis, hidden cervical disc, front + back brain, B & E (respiratory meridian)]	1982
Applied Kinesiology Research Manual, 19 th Edition [Dural torque, neck tension in sacral problems, scar tissue treatment, anterograde lymphatic technic, holographic EID, oxygen/carbon dioxide effects]	1983
Applied Kinesiology Research Manual, 20 th Edition [Strain-counterstrain, TMJ and tonic neck flexors, nutrition and Candida Albicans, holographic TL and adjustments, gait and torque, neurotransmitters example is choline, repeated eye movement screening test]	1984

Applied Kinesiology Research Manual, 21 st Edition [Cardiac Brain, Ilio Lumbar ligament, Fats & Oils in Therapy Holographic Subluxations, Dural Tension]	1985
Applied Kinesiology Research Manual, 22 nd Edition [BID – Body into Distortion, Tibetan Techniques, Blood sugar imbalances, Zinc & cranial faults, pH patterns, Glycine]	1986
Applied Kinesiology Research Manual, 23 rd Edition [Further BID developments, cataract therapy, Dvorak & Dvorak, neuropeptides, thoracic duct technique, zinc patterns, herniated discs, pyramidalis]	1987
Applied Kinesiology Research Manual, 24 th Edition [Immune system P.L.U.S. pattern, TMJ by Duffy, melanin hypothesis, pain management parameters, cervical compaction technique]	1988
Applied Kinesiology Research Manual, 25 th Edition [Finding hidden problems using respiratory cessation, cranial dural stress fibers, Brown adipose tissue in weight loss, new flow chart for nutrition with clinical signs and AK findings]	1989
Applied Kinesiology Research Manual, 26 th Edition [Rib pump technic, Landau, startle, and trauma reflexes, forward, backward, and lateral posture problems, postural foot trigger points]	1991
Applied Kinesiology Research Manual, 27 th Edition	1993
Applied Kinesiology Research Manual, 1994-1995, 30 th Anniversary Edition	1995
Applied Kinesiology Research Manual	1997
Applied Kinesiology Research Manual, 1997-1998	1998
Books:	
<i>You'll Be Better – The Story of Applied</i>	Unknown...?

<i>Kinesiology</i>	
<i>Collected Published Articles & Reprints</i>	1969
<i>Collected Published Articles & Reprints</i>	1992
<i>Observation of Sonographic Computerized Analysis</i>	1981
<i>A New Approach To An Old Problem</i>	1990
<i>Being A Family Doctor</i>	1993
Applied Kinesiology Research Tapes (Transcriptions): 19XX-19XX...?	
Applied Kinesiology Monthly Research Tapes, Numbers 1-24	1984
Applied Kinesiology Monthly Research Tapes, Numbers 25-48	1984
Applied Kinesiology Monthly Research Tapes, Numbers 49-72	1984
Applied Kinesiology Monthly Research Tapes, Numbers 73-96	1987
Applied Kinesiology Monthly Research Tapes, Numbers 97-120	1991
Papers Presented To The International College of Applied Kinesiology	
The clinical correlation of the reflexes associated with the nociceptors and the mechanoreceptors – the spondylogenic reflex syndrome	ICAK Annual Meeting, June 1-6 1987:1-20
Breath cessation technique	ICAK Annual Meeting, June 1989
New developments in dural torque concepts	ICAK Meeting, January 10-12, 1990
The hidden sacral-iliac-fifth lumbar fixation complex: a new approach to an old problem	ICAK Annual Meeting, June 13-16, 1990

Newly developed AK procedures: <ul style="list-style-type: none"> • Gait related fixations of the lumbosacral spine and pelvis • New approaches to correcting foot mechanics • CSF Rib Pump Technic 	ICAK Winter Meeting, January 9-11, 1991
Clinical nutrition	ICAK Summer Meeting, Philadelphia 6/91
Back to the dura – back to basics	ICAK Winter Meeting, January 8-10, 1992
Sports excellence and sports injury	ICAK Winter Meeting, January 6-8, 1993
Resume of the Primary Atlas Technique (P.A.T.)	ICAK Annual Meeting, June 21-27, 1993
The Cerebellum	ICAK Winter Meeting, January 5-7, 1994
Cortical and cerebellar memory patterns long term potentiation and long term depressive modes of memory retention	ICAK Annual Meeting, Chicago, IL (Aug. 25-28);1994:1-22
AK for the 90s: Beyond muscle testing, Clinical Tools for assessing outcomes and patient progress in AK	ICAK Seminar, March 18-19, 1995
Detection of the ‘sleep’ pattern in the ‘awake’ patient and the serotonergic neuronal relationship to the reticular activating system	ICAK Summer Meeting, Boston 1995:113-130
Cerebellar relationship to common structural faults. Detection of the “sleep” pattern in the “awake” patient and the serotonergic neuronal relationship to the reticular activating system (RAS)	ICAK Annual Meeting, August 3-6, 1995
Further forays into healing through AK: Functional Hallux limitus and AK gait patterns and the postural complex –	ICAK Annual Meeting, 1996

general considerations	
The diaphragm and the spondylogenic reflexes	ICAK Annual Meeting, 1997
Fascia	ICAK Regional Meeting, January 29-February 1, 1998
Myofascial gelosis: A “stand alone” clinical entity	ICAK Annual Meeting, 1998
Dural torque and muscle linkage technique	ICAK Annual Meeting, 1999
Overview and update of Bennett neurovascular reflexes	ICAK Annual Meeting, 1999
The ultimate anti-aging hypothesis: the reversal of the commonality of postural stress patterns (passive R.O.M. and the Universal cranial fault revisited	ICAK Annual Meeting, 2000
A new neurological approach to understanding cerebellar activity in reference to first breath activity	ICAK Annual Meeting, 2001
Learn why patients suffer not from malnutrition but malabsorption	ICAK Winter Meeting, 2002
The dura and beyond: A functional, integrative approach to healthcare	ICAK Annual Meeting, 2002
A new approach to understanding the function of the diaphragm: the breath cessation technique	ICAK Annual Meeting, 2003
Pain Control and Immune Enhancement technique	ICAK seminar, 1988
The new normal of postural laterality: The PiLUS technique	ICAK seminar, 1989
Making the nervous system your ally	ICAK Seminar, 1989
From pregnancy to pubescence: common pediatric problems	ICAK seminar, 1991
Potpourri from past & present: The common denominator is the nervous system, which monitors, interprets, and responds to any change in the body	ICAK seminar, 1993
Muscles move bones	ICAK Seminar,

	1995
Head, Heart, & Hands	ICAK Seminar, 1998
The persistent subluxation complex	ICAK Seminar, 1996
Reading body language	ICAK Seminar, 1996
CHAPTERS IN BOOKS	
<i>Healers on Healing</i> , Edited by Carlson, R., Shield, B. Innate Intelligence Is The Healer, Goodheart, G.	Jeremy P. Tarcher, Los Angeles; 1989:53-57
<i>The Dental Clinics of North America: Symposium on Temporomandibular Joint Dysfunction and Treatment</i> , Edited by Harold Gelb, D.M.D. Chapter 13: Applied Kinesiology in Dysfunction of the Temporomandibular Joint, Goodheart, G.	W.B.Saunders Company, Philadelphia, 27(3);1983:613-630
Published Articles:	Journal
Urinary testing methods	<i>Chiropractic Economics</i> , 7(1);July/Aug 1964:14
Arm and shoulder pain	<i>Chiro Econ</i> , 7(2);Sept/Oct 1964:22-25
The anemias	<i>Chiro Econ</i> , 7(3); Nov/Dec 1964:32- 33
The thyroid – an overlooked problem	<i>Chiro Econ</i> , 7(4); Jan/Feb 1965:36-39
Postural hypotension and functional hypoadrenia	<i>Chiro Econ</i> , 7(6);May/June 1965:24-25
Control of cholesterol	<i>Chiro Econ</i> ,

	8(1);Jul/Aug 1965: 44-45
The acid-alkaline balance	<i>Chiro Econ</i> , 8(2);Sep/Oct 1965:32-33
Fatigue and its management	<i>Chiro Econ</i> , 8(3);Nov/Dec 1965:28-30
Posture – Its effect on structure...function and symptoms	<i>Chiro Econ</i> , 8(4);Jan/Feb 1966:30-33
Chinese lessons for chiropractic	<i>Chiro Econ</i> , 8(5);Mar/Apr 1966:10-11
The respiratory function of the skull	<i>Chiro Econ</i> , 8(6);May/Jun 1966:20
Nutritional factors	<i>Chiro Econ</i> , 9(2);Sep/Oct 1966:54-56
The ileo-cecal valve syndrome	<i>Chiro Econ</i> , 9(6);May/Jun 1967:32-33
The carpal tunnel syndrome	<i>Chiro Econ</i> , 10(1);Jul/Aug 1967: 28-29
The psoas muscle and the foot pronation problem	<i>Chiro Econ</i> , 10(2);Sep/Oct 1967:54-57
Hyperventilation and cranial sacral mechanism	<i>Chiro Econ</i> , 10(3);Nov/Dec 1967:48-49
The hiatus hernia	<i>Chiro Econ</i> , 10(4);Jan/Feb 1968:31-33
Headache	<i>Chiro Econ</i> , 10(5);Mar/Apr 1968:22-24
Asthma and emphysema	<i>Chiro Econ</i> , 11(1); Jul/Aug 1968:22-24

Hypertension	<i>Chiro Econ</i> , 11(3);Nov/Dec 1968:20-23
Cross-pattern crawling and muscle spasm	<i>Chiro Econ</i> , 11(5);Mar/Apr 1969:18-20
The “frozen shoulder” syndrome	<i>Chiro Econ</i> , 12(1);Jul/Aug 1969:36-38
Allergies in chiropractic practice	<i>Chiro Econ</i> , 12(3);Nov/Dec 1969:12-14, reprinted in <i>A.K. Review</i> , 3(1);Summer 1992:47-50
Principles of muscle balancing	<i>Chiro Econ</i> , 12(5);Mar/Apr 1970:30-32
The schizophrenic pattern	<i>Chiro Econ</i> , 13(1);Jul/Aug 1970:51-53
Structural imbalance and nutritional absorption (a new route to the brain)	<i>Chiro Econ</i> , 13(3);Nov/Dec 1970:20-23
Tarsal tunnel syndrome	<i>Chiro Econ</i> , 13(5);Mar/Apr 1971:6-7
Sacroiliac and ilio sacral problems	<i>Chiro Econ</i> , 14(4);Jan/Feb 1972: 44-46
Sacroiliac and ilio sacral problems, Part 2	<i>Chiro Econ</i> , 15(1);Jul/Aug 1972:42-45
The cervical challenge	<i>Chiro Econ</i> , 15(2);Sep/Oct 1972:36-39
The R.N.A. meridian relationship to applied kinesiology	<i>Chiro Econ</i> , 15(5);Mar/Apr 1973:28-32
The fixation vertebral pattern	<i>Chiro Econ</i> ,

	16(1);Jul/Aug 1973:44-46
Innate and the interdependent triangularity of man	<i>Chiro Econ</i> , 16(4);Jan/Feb 1974:22-25
Cranial sacral nutritional reflexes	<i>Chiro Econ</i> , 16(6);May/Jun 1974:26-33
Applied Kinesiology	<i>Chiro Econ</i> , 17(2);Sep/Oct 1974:36-38
The antenna concept in chiropractic meridian therapy	<i>Chiro Econ</i> , 17(5);Mar/Apr 1975:36-41
Gait and associated problems	<i>Chiro Econ</i> , 18(1);Jul/Aug 1975:14-17
Applied kinesiology & Golgi tendon organ spindle cell	<i>Chiro Econ</i> , 18(3);Nov/Dec 1975:18-19
Kinesiology and Dentistry	<i>J.A.S.P.D.</i> , 6;1976
Temporal mandibular joint – The most important joint in the body	<i>Chiro Econ</i> , 20(2);Sep/Oct 1977:18-20
Cranial technique: A clarification of certain principles	<i>Chiro Econ</i> , 20(3);Nov-Dec 1977:26-29
Hypothyroidism and myofascial relationships	<i>Chiro Econ</i> , 21(1);Jul/Aug 1978: 40-41
Reactive muscle testing	<i>Chiro Econ</i> , 21(4);Jan/Feb 1979:22-27
The interosseous vertebral holographic subluxation, Part 1	<i>Chiro Econ</i> , 29(2);Sep/Oct 1986:44-47
The interosseous vertebral holographic subluxation, Part 2	<i>Chiro Econ</i> , 29(3);Nov/Dec1986: 44-47
Structural imbalance and nutritional	<i>Today's Chiro</i> ,

absorption	16(1);Mar/Apr 1987:19-24
Posture: 30 years of observation and some logical chiropractic conclusions, Part 1	<i>Chiro Econ</i> , 30(1);Jul/Aug 1987:14-16
Posture: 30 years of observation and some logical chiropractic conclusions, Part 2	<i>Chiro Econ</i> , 30(2);Sep/Oct 1987:34-41
Posture: 30 years of observation and some logical chiropractic conclusions, Part 3	<i>Chiro Econ</i> , 30(3);Nov/Dec 1987:62-67
Applied kinesiology and dentistry	<i>Basal Facts</i> , 9(2);1987:69-73
Combating a vitamin B deficiency	<i>Today's Chiro</i> , 17(2);Mar/Apr 1988: 19-22
Pitch, roll, and yaw technic, Part 1	<i>Chiro Econ</i> , 30(5);Mar/Apr 1988:126-130
Pitch, roll and yaw technic, Part 2	<i>Chiro Econ</i> , 30(6);May/Jun 1988:46-51
The limbic technic	<i>Chiro Econ</i> , 31(2);Sep/Oct 1988:22-31
Applied kinesiology – the beginning	<i>Chiro Econ</i> , 31(6);May/Jun 1989:15-23
Applied kinesiology – what does the term mean? (Letter to the Editor)	<i>J Am Dietetic Assoc</i> , 89(4);Apr 1989:476
Managing lactic acid excess	<i>Am Chiro</i> , Sep 1989: 48-52
Structural imbalance and nutritional absorption	<i>Am Chiro</i> , Oct 1989:40-44
Failure of the musculo-skeletal system may produce major weight shifts in forward and backward bending	<i>Proc Inter Conf Spinal Manip</i> , Washington, DC;May 1990:399- 402
Do herniated discs produce pain?	<i>Chiro Econ</i> ,

	34(5);Mar-Apr 1992:14-22
The applied kinesiology technique	<i>Today's Chiro</i> , 22(4);Jul/Aug 1993:56-58
The applied kinesiology technique	<i>Chiropractic Products</i> , Oct 1995:136-137
Pearls of wisdom	AK, 8;Winter 2000- 2001:44
Myofascial gelosis – A ‘stand alone’ clinical entity that may accompany subluxative, fixative, and other musculoskeletal faults	AK, 13; Spring 2002:18-21
The relationship of acupuncture to applied kinesiology	AK, 14;Fall 2002:25
Muscle strength testing as a diagnostic screen for supplemental nutrition testing	<i>J Manipulative Physiol Ther</i> , 6(2);Jun 1983:87-88
ARTICLES ABOUT DR. GEORGE GOODHEART	
A new breed of healers	<i>Time</i> , April 16, 2001:62
Muscle Testing & Manipulation – A Talk with the Pioneer of Applied Kinesiology, George Goodheart, D.C.	<i>Am Chiro</i> , Sept 2005:44-45
George Goodheart, Jr., D.C., and a history of applied kinesiology, Green, B.N. and Gin, R.H.	<i>J Manipulative Physiol Ther</i> , 1997;20(5):331-337
A tribute to the founder of applied kinesiology	<i>Chiro Econ</i> , 49(7);May 2003:68
The good hands man	<i>Sports Illustrated</i> , 51(3);July 16 1979:34
Meet George J. Goodheart	<i>Am Chiro</i> , June 1985:4
Cornerstone	<i>Am Chiro</i> , July

	1987:4
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