

## BOOKING FORM

Name .....

Qualification .....

Address .....

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Postcode.....

Telephone .....

Email:.....

Each 2-day weekend, to include module notes and morning and afternoon refreshment:

ICAK-UK Members                   **£225.00**

Non-members                       **£250.00**

Repeat Course Participants       **£175.00**  
*(of a Basic Course taught by Tracy S Gates)*

*10% discount for payment of the entire course in advance.*

Please register by 20th August 2010 and send your deposit of the first weekend's module fee (**non-refundable**) to:

**Administrator - Basic A.K. Course**  
**Donechka Clinic**  
**Mill Straight**  
**Southwater**  
**West Sussex RH13 9EY**

Cheques made payable to: **T S GATES**

**Further Enquiries:**

**Tel: 01403 800004**

**Email: [info@purebio.co.uk](mailto:info@purebio.co.uk)**

## Dates of the ICAK Modules 2010 - 2011

**Venue: Weald House SOUTHWATER, Nr Horsham, WEST SUSSEX RH13 9JB**

### SEMINAR TIMES

**SATURDAY 10:00AM TO 6:00PM - SUNDAY 9:00AM TO 4:00PM**

#### 2010

September 11-12

#### **I - THE DYNAMICS OF AK EVALUATION**

The art of precise muscle testing—the importance of stabilisation, positioning, resistance direction and velocity. The proprioceptive model of muscles & muscle testing and developing proprioceptive skill as an amateur. Subluxations & Fixations. The practical testing of main muscles.

October 9-10

#### **II - INTRODUCTION TO VISCERA AND THE EMOTIONS**

Emotional stress release & Psychological Reversal. Retrograde lymphatics. Aerobic/anaerobic muscle function. Ileocaecal valve. Diaphragm. Cardiovascular system. Digestion. Neurological organisation and cortical dominance. The testing of more basic muscles.

November 13-14

#### **III - EVALUATION OF STRUCTURAL IMBALANCES**

The importance of searching for the weak muscle pattern. Pelvic categories. Sacral & iliac fixations. Disc lesions. Foot pronation and Gait testing. Muscle lesion patterns related to the golgi apparatus, fusi cells, fascia and trigger point problems.

December 11-12

#### **IV - ORTHOMOLECULAR PRINCIPLES IN AK**

The role of vitamins and minerals. Acid and alkaline metabolic states. Macro vs micro nutrients and AK testing. Essential Fatty Acids. Prostaglandins and their role in almost everything. Homocysteine; and the cholesterol myth.

#### 2011

January 15-16

#### **V - GLANDULAR/HORMONAL**

Analysis of the endocrine system and the dynamics of glandular interaction. Evaluation of the pituitary, thyroid, adrenals, pancreas and reproductive system; and the use of AK to diagnose and treat the endocrine system as a whole entity.

February 12-13

#### **VI - A RETURN TO STRUCTURE—STOMATOGNATHIC I**

The cranium and craniosacral diagnostic principles and treatment. Classification of lesions. Review of the pelvis.

March 12-13

#### **VII - STOMATOGNATHIC II & PERIPHERAL JOINT DYSFUNCTION**

The TMJ & Hyoid. Tooth proprioception. Neurological tooth. Bite plates and splints. Peripheral joint dysfunctions and peripheral joint muscles.

Apr 9-10

#### **VIII - THE ACUPUNCTURE MERIDIAN SYSTEM**

Introduction to the Meridians and using AK for evaluation and treatment of the Acupuncture system. CLINICAL COMPETENCE TEST.

#### **AT THE END OF THE COURSE:**

Upon completion of the entire basic course and test of Clinical Competence, you will be entitled to one year's free membership within ICAK-UK (current annual dues are £80.00)

## ABOUT THE COURSE

*This is a clinically relevant and powerful course of study that will expand the diagnostic skills of the young as well as the experienced practitioner.*

In each of the eight modules, advanced procedures will be combined with fundamental concepts in AK, so that difficult or more complicated patients may be better evaluated from the very start of your training.

This course has been designed for the thinking practitioner. Those who are or have been searching for the missing tools needed to understand difficult diagnostic situations need search no further:

In a step-by-step learning curve, each session will introduce an ever-increasing number of guiding principles that lead the practitioner to metabolic, structural and / or emotional therapeutic input.

*Why, when, where and how to treat are the basic needs of every practitioner—the Fundamentals Seminar Series will provide the necessary tools to achieve these skills!*

**At the end of the course** you will also be entitled to take the test of 'Clinical Competence'. The cost of the test is £30.

### The International College of Applied Kinesiology - UK

The International College of Applied Kinesiology (ICAK) is an organisation dedicated to furthering the knowledge of health care professionals in Applied Kinesiology (AK).

AK is a dynamic method that allows a more complete evaluation and treatment of the structural, biochemical and mental aspects of dysfunction in a patient.

It employs manual muscle testing as a complement to other methods of diagnosis, enabling the practitioner to assess the unique needs of each patient.

**AK is a valuable clinical tool for chiropractors, osteopaths, physiotherapists, medical practitioners and dentists.**

**Tracy S. Gates** is a registered osteopath of 24 years standing.

Having practised for several years using osteopathy and cranial osteopathy, she studied Applied Kinesiology, successfully achieving her diplomate status in 1994.

As part of her diplomate she made a research study into the use of AK in treating Special Needs children. The research was further backed up by a period of time spent at the Peto Institute in Budapest; as well as study at the Institute for Research into Human Potential in Philadelphia.

Today, Tracy lectures in the UK and throughout Europe. She makes regular presentations of her ongoing research at various conferences in Europe and the USA. She is currently involved in working with and treating athletes competing at an international level.

Tracy is Vice-Chair of the International Committee (I.C.) of ICAK and the International Representative for ICAK-UK.



*“AK is an essential tool for any practitioner, it improves your results with musculo-skeletal problems and also opens up your scope of practice to a wide variety of nutritional/chemical conditions”* *Simon Billings D.C.*

*“For those wanting to understand and treat the underlying cause of patients' symptom patterns this course covers everything. Tracy's obvious deep wealth of knowledge and clear presentation style really animates the subject matter - with plenty of demonstrations and supervised practical to appreciate the intricacies of this work.”* *Matt Bourne D.O.*

General Practitioners will find that Applied Kinesiology opens up exciting diagnostic and therapeutic possibilities in the day to day practice of medicine. Tracy's course is both relevant and useful, I recommend it to all GP's.

*Michael O'Beirne M.B., M.R.C.G.P.  
General Practitioner, Galway.*



**2010-2011**

**ICAK-UK**  
*presents:*

# The Fundamentals of Applied Kinesiology

with

**Advanced Clinical Applications**

**- an accredited Basic Course of the  
International College of Applied  
Kinesiology—ICAK**

*Lecturer:*

**Tracy S Gates D.O., DIBAK**