

# Personalize your Nutrient Intake with Bio-Energetic Feedback Muscle Monitoring

By Greg Webb RMT © March 2020

Are all “Healthy Foods” healthy for everyone? NO  
Are all supplements ideal to take at all times? NO

No More Buy Try and Hope  
Now you can customize your food and supplement intake

*“Muscle monitoring aka Bio-Energetic Feedback, provides a venue  
for the body to communicate its knowledge.”*



## **This workshop serves as an introduction to:**

- The world of muscle monitoring as a bio-feedback tool
- A 4 hour long, more comprehensive class on muscle testing for nutrition
- Principles founded and taught in Touch for Health Workshops around the world

Greg Webb Registered Massage Therapist  
Touch for Health Instructor  
In practice since 1991

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# TABLE OF CONTENTS

Cover Page .....	1
Table of Contents .....	2
Greg as a Resource .....	3
Dowsing & Muscle Testing Similarities .....	4
Pre-Tests and SWITCH ON BASICS .....	5
Self Testing .....	6
Muscle Testing Others .....	7
Food Testing .....	8
Phrasing Questions .....	9
Food Combining Chart .....	10
Touch for Health Levels 1 - 4 Syllabus .....	11
Testimonials .....	12, 13
Water, The Overlooked 75% .....	14
Nutrient Access Colour Chart .....	15

Further training in muscle monitoring is available to anyone with a desire to learn.  
Please contact me directly if interested in classes

Greg Webb at [www.gregwebb.ca](http://www.gregwebb.ca) 403-681-7647.

Board member of The Canadian Association of Bio-Energetic Wellness since 1998

Refer to the Nationwide website for Canadian class list of workshops [www.canbewell.org](http://www.canbewell.org)

General public can become members of CanBeWell, and tap into a large international community of free minded individuals who find exploring life's inner workings to be fascinating.

Introductory workshops available upon request

4-hour detailed Muscle Monitoring for Nutrition

TMJ RESET a non-intra-oral, very soothing way to help calm the TMJ region 5 hours

7-hour Tibetan Energy and Vitality: Muscle testing for Figure 8 clearing, Emotions and more

Touch for Health Levels 1 through 4 (weekend classes)

*About the Author aka* **Greg** as a resource of help

## **Muscle Monitoring and Life Energy Enhancements**

**Greg Webb RMT** [www.gregwebb.ca](http://www.gregwebb.ca) **403-681-7647 cell** In practice since 1991

Instructor of over 20 workshops on Human Body Sciences, including Touch for Health and SIPS.

Author of a 5-hour Instructional DVD Series: Anatomy of Muscle Monitoring. Also, due to clinic success stories, Greg is a Featured Author in the collaborative Best Selling Book, HEAL published by Your Holistic Earth Nov 2019.

Muscle Testing/Monitoring for biofeedback from the body has been in use since the mid-1960s. Starting exclusively within the Chiropractic realm as Applied Kinesiology. In 1973 the book Touch for Health (TFH) written by John Thie DC (Applied Kinesiology Practitioner) brought this science to the public where it has launched over 140 individual modalities practiced by millions of people around the planet.

As a Registered Massage Therapist working with soft tissue for nearly 30 years, TFH has revealed that most tension and imbalances in the body are more rapidly solved when using muscle monitoring to determine what type of correction the issue would most benefit from to allow for a “reset” of tension vs relaxed state of soft tissue. Most often this involves techniques that are not the common approaches found in most clinics. Having extensive training in multiple Muscle Testing Based Sciences has enabled me to help make life-changing differences for many difficult issues. If you know people who are looking for help with any of these feel free to have them contact me, I will be honored to help.

- Inflammatory Intestinal Conditions.
- Digestive Sensitivities (bloating, cramping)
- Nutrient Absorption Issues
- Bone Density, Joint / Disc Health, Bursa Conditions
- Chronic Nerve Pain from Trauma
- Eye and Vision Health
- Hormonal Fluctuations
- **A multitude of Brain related topics including**
- Increase cognitive learning and clear thinking in healthy people of all ages
- Reduction of the mental/ emotional stress from trauma (physical or inter-personal)
- Help reduce Anxiety and Depression
- Learning Concerns ADD, Focus Issues. Adoption Related Stress
- Developmental Issues such as Fetal alcohol/drug, Autism, Sensory Processing Disorder
- Working with new parents to help healthy pregnancy and development

### **Upcoming Classes** (Please put your name on the signup sheet to be kept informed of dates)

Or, go to my website [www.gregwebb.ca](http://www.gregwebb.ca) and fill out the “Contact Me Form” mention which course (s)

Muscle Monitoring for Nutrition 4 hours

TMJ RESET a non-intra-oral, very soothing way to help calm the TMJ region 5 hours

Tibetan Figure 8 Energy and Vitality: 7 hours

Touch for Health Levels 1 to 4 16 hours per Level

## How are Muscle Monitoring and Dowsing Similar?

Both are valuable methods of accessing “What is already known at some level”

All things have a frequency. I like to think that the phenomenon’s observed in both muscle monitoring and Dowsing as bio-feedback tools reflect, how the frequency of the thought pattern of the person doing the testing, is displayed by the tool being used. The response of the tool (muscle monitoring or Dowsing device) is then communicating about the object or person being queried upon.

Both bio-feedback methods provide the opportunity for “CONVERSATION” with and about things.

Like any tool and any trade, building skill is a journey of fun, learning and discovery. Also, not all craftsperson’s do the same work with the same tools. We all have our own “Artistic Gifts” of expression and discovery using the tools we have fun with.

All objects are comprised of atomic structures. An Atom is 99.9% “Empty Space”. However, the “empty space” is kept “unoccupied” by magnetic fields comprised of energy having a frequency which is reflective of the properties of that atom, then molecule, then compound, then object, then status of that object.

All thoughts, emotions, intentions also have a frequency. It is the frequency match/response that is what the various forms of biofeedback are telling the story of. There are also now numerous computer based bio-feedback devices that also depend on frequency for their technologies to work. Inventor and genius Royal Raymond Rife used frequencies to affect/eradicated live pathogens he was able to observe in real-time response in his personally constructed microscope capable of extremes of magnification. Sadly, his success with numerous life-threatening diseases put him under attack from the Medical Industry. After all, “Only Drugs Can Cure” Right?!?!?

Dowsing commonly makes use of various devices such as Pendulums, Rods, Branches of a tree (ie Willow for water witching)

Muscle Monitoring (bio-energetic feedback) uses the response of GENTLE pressure to a limb.

ALL FORMS of muscle monitoring as a BIO-FEEDBACK DEVICE have roots in either Applied Kinesiology and/or Touch for Health. Go to [www.CanBEWell.org](http://www.CanBEWell.org) for the Canadian Association.

Each muscle corresponds to an organ or gland as well as an acupuncture meridian and chakra.

Muscle monitoring can be faster than dowsing as vast menus of data can be scanned very quickly. Even the basic YES / NO testing is much faster with muscle monitoring.

There are multiple dozens of body reflex points which can be used as a very fast analysis tool to indicate things to work with.

Individual acupuncture points and reflexes can very effectively be used as not only a place to have broad conversations about health but also to introduce frequencies of a health corrective manner. Muscle monitoring excels at this and millions of people planet-around the planet have been trained in these principles, going forth with these skills for either self-care, to help friends and family, or to make significant life-changing differences via clinic practice. Everyone is welcome to learn.

## **Pre-tests and Corrections** aka Switch on Basics. Getting a Clear YES NO

This is a very important step ensuring accurate feedback from an Indicator Muscle (I.M.) and most often not checked for, which CAN LEAD TO NOT ACCURATE RESPONSES.

**Switching: Touch K27's, Top and Bottom Lip** (endpoints of Central and Governing Meridians),  
**Trace Central Meridian up** (locks I.M.) down (unlocks I.M.), back up again (re-locks I.M.).

**Trace Governing Meridian** trace GV UP from tail bone, up spine over the head to top lip (locks I.M.)  
trace GV DOWN Top lip to tail bone (unlocks I.M.) trace back Up again (relocks I.M.).

**Hydration:** Check IM: Tug on hair for hydration check. Lock = Hydration is OK. Unlock = drink water and recheck.

*If any of these create an inappropriate response do the;*

## **Switch on basics procedure:**

**NOTE: This is a very effective Brain Tune Up which can be done at any time.**

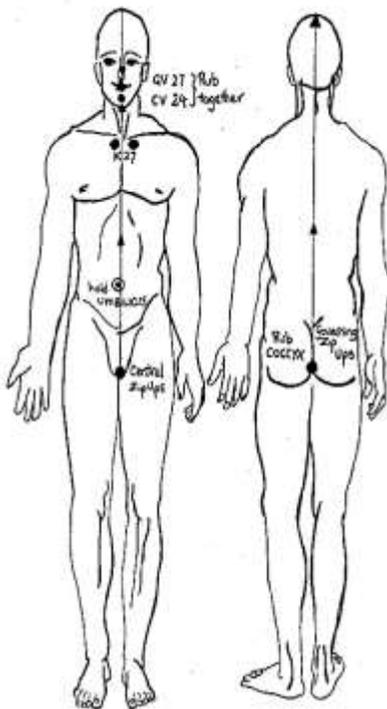
**Palm of hand on navel: Rub K27's**, (take eyes Left – Right - Left) switch hands and repeat,

**Hand on Navel: Rub top and bottom lip (GV26/CV24)** (eyes up and down) switch hands and repeat.

**Hand on Navel: Rub Sacrum** (shift focal distance of eyes, look all around), switch hands and repeat

**Trace Central and Governing Meridian (CV, GV) up 3x. Cross Crawl. Cooks Hook Up.**

**Drink water**



**Self-Testing:      *USE LIGHT PRESSURE* or you will play out your indicator muscle**

Self-Testing is an extremely valuable thing to learn. Self-test foods to enhance health and digestion. Choose Nutritional Supplements. Select “best for your body” menu items at a restaurant. Make everyday life decisions. Tune in to your inner voice that does its best to guide you in life (your intuition). Also, in your clinic practice, while your hands are busy, to determine which additional therapy approach may also assist the client’s needs at that moment.

**Any muscle on your body can be used for self-testing, feel for a lock or unlock response.  
Eg Anterior Deltoid.**

**Establishing the feel of Un/Lock examples:**

**YES / NO questions:**      Lock = Yes      Unlock = No

Say “Allow My Body To Show a **YES** response” IM = Lock. “A.M.B.T.S a **NO** response” IM = Unlock.

**Happy Item vs Stressful Item: Pick any two items in life.** A life item that makes you feel **Happy** will create a **YES** response. A **Stressful** life item will create a **NO** response.

**Name Game:** Say “My Name is.....” Correct name = Lock / True,      Incorrect Name = Unlock / False

**Which of many items** is best answer to question: IM holds steady (locked) **UNLOCKS on the best answer.**

**Self Testing Methods:**

Focus on the food item, imagine it in or on your body, pose question, monitor for response.

**Standing Body Sway self-test:** *(can also be done sitting, just requires more sensitivity)*

Forward = YES response,      Back = NO response,      Side to Side sway = UNSURE

**Breathing self-test:**

Full easy breath in = YES response, Short shallow or difficult breath = NO response,      A slight change of pace (increase or pause) during in/out breath = change of indicator (showing that this item is involved and is the best answer to your question)

**Index Finger self-test:** *Responds to (Yes/No), (Lock/Unlock) and (Show with an unlock) tests*

Hold index finger straight, push **gently** on it with your middle finger (hard pressure = short use)

**Finger Loop self-test:** *Responds to (Yes/No), (Lock/Unlock) and (Show with an unlock) tests*

Inter-loop both hands via a thumb tip to single fingertip combination (index or middle)

Say question then give a slight tug to try to pull the loop apart

\* Lock (fingers remain inter-looped)

\* Unlock (fingers let go and become un-looped)

**Finger Loop Swipe self-test:** *Responds to (Yes/No), (Lock/Unlock) and (Show with an unlock) tests*

Make a loop with one hand of thumb and fingertip. Place a straight firm index finger of the other hand in this loop. Do a Single SWIPE to see if the index finger stays in the loop (LOCK) or breaks through the loop ( UNLOCK). Resist the common temptation to whack away multiple times at the finger loop, it is not necessary and can tire the indicator muscles.

**Quadriceps self-test:** *Responds to (Yes/No), (Lock/Unlock) and (Show with an unlock) tests*

Easiest when sitting. Lift one leg slightly, push down on top of the knee (not quad muscle) with one hand

## **Muscle Monitoring Others** for foods and other things too:

Approach muscle testing with kindness and a desire to help, energy fairies are paying attention. Be well hydrated. Be neutral and curious. Do a yes / no precheck. Do “Switch on Basics” anyway.

**VERY IMPORTANT Use Gentle Pressure. Press Gradually NOT Suddenly.**

**If the Indicator Muscle Feels Soft, Simply “Follow Thru” it May Unlock. Do Not Attempt to Overpower.**

The more things you body test that you put in or on your body, the more you are taking daily steps to support your body’s health building needs.

## **How a muscle responds to monitoring:**

A muscle is only capable of answering or speaking in one of two ways to muscle monitoring

1) “Hold steady” (Lock) when pressure is applied

2) “Let go” (Unlock) when pressure is applied

Both are appropriate answers. Neither “hold steady” or “let go” should be fought against or fought for. (Don’t overpower muscles, it’s not nice manners. With repetition, repeated forceful testing becomes less and less accurate compared to gentle muscle monitoring, forceful testing also leads to muscle soreness in the recipient).

“Hold Steady” (aka a locked muscle response) will feel firm and hold firm unless excessive pressure is applied in an attempt to overpower the muscle.

“Let Go” (aka an unlocking muscle response) will feel a bit less firm, as if the surface is somewhat soft and not able to support much pressure. Follow the unlocking muscle through its range of motion a few inches vs millimeters, helps to clarify that it did unlock

### ***The following 2 steps can help you get a feel for things:***

(1) Touch your forehead with your fingertips, then press lightly, notice that it feels firm to touch no matter if you press lightly or firmly. This is what a hold steady or locked response feels like.

(2) Touch your fingertips to your cheeks or some other soft part of your body (tip of your nose); this is what a “Let Go / Unlock” feels like. Follow through on its range of motion.

## **Options of how to ask questions:**

### **\* Single item/question**

Say “Allow my/your body to show a **Yes/No response** please”:

Here the common result is a YES = Locked, NO = Unlocked

### **\* Scan multiple items** looking for the one item which is most involved:

Say “**Show with an unlock** please”

Here the indicator muscle will hold steady until the item which is most involved with the question is queried upon, then the indicator muscle will unlock to say “**This one!**”

The (scan multiple items) method is best used when asking which one of many possibilities is the best answer. Eg. Lists of foods, vitamins, emotions, body parts, etc.

The indicator muscle will respond to the intent/wording of the person who is acting as the practitioner. That person decides if they want the indicator muscle to respond in a (**yes/no**) manner or a (**show with an unlock**) manner.

They can flip from one to the other as desired, so long as it is communicated/intended.

It is very important NOT TO HAVE A PRE-DETERMINED OUTCOME IN MIND, always do your best to have a very neutral and curious, “whatever the answer is, is what the answer is” type of attitude and it helps you get more accurate results. This can require a bit of practice and sometimes people find a pendulum or dowsing rod provides them with a “degree of separation”.

## **Food Testing:**

Muscle testing for foods and nutrients has long been a favorite application of muscle monitoring as a biofeedback tool. It is also an easy way to personalize nutrition beyond what the several thousand books on the topic recommend.

In Touch for Health classes, you learn additional aspects of muscle response to nutrients. Including how to balance people to foods, helping to build health, and lessen their sensitivities.

## **Nutrients will respond either:**

**Bio-Genic: Beneficial**, Strong Indicator Muscle response, can also strengthen a weak Indicator Muscle.

**Bio-Static: Neutral**, No change to Indicator Muscle

**Bio-Cidic: Stressful** to the body and weakens/unlocks an Indicator Muscle.

## **Locations to place items for checking:**

- (a) Beside jaw, parotid gland (salivary enzyme recognition).
- (b) Mid chest, Thymus (immune response, body acceptance).
- (c) Navel (general body recognition and digestion ability).
- (d) C1 Vertebrae (all body system check).

1. Find a strong Indicator Muscle (IM): PMC (Stomach), Supraspinatus (CNS), Anterior Deltoid
2. Place the nutrient item up to a body region. Check Indicator Muscle.

**Strong IM** = OK to eat or drink

**Weak IM** = Bio-Cidic – Stressful to the body. Do not eat or drink.



Testing Items near Parotid Gland  
Enzymatic Labeling for digestion



Testing items near Thymus  
Immune or Body Acceptance

## **Beware the FALSE STRONG READING**

When an item is EXTREMELY STRESSFUL to the body, it will create a FALSE STRONG/LOCK response. This type of response has a signature feel to it which is VERY RIGID and sometimes has a QUIVER to it.

If you suspect a false strong response, this short cut comes in handy.

Have the person say out loud “Unlock” If the indicator muscle is not able to unlock then the item is very stressful to the body and consumption will not be beneficial.

## **Phrasing Questions:**

*Take a moment to be calm first, clear your mind to the 1 topic at hand.*

***It is best to create questions that result in a clear Yes/No response.***

Be Specific vs Vague in your focus and intention and you get better answers.

### **Eg:**

Does my body require More of something? Less of something? How many unique items?

**Then check the suggested categories as listed below:**

**OR, if in a store,** focus on 1 small region of the store at a time, allow your bodies wisdom to guide you to the right store region, Aisle, Shelf, Item, then if desired ask specific questions about the item you have been guided to for: More of... or .Less of..., Different item than currently used (your body likes the idea of the substance, just not the one you are using.

## **Category Suggestions:**

**Beverages:** Water, Tea, Coffee, Juice, Smoothies, Fizzy drinks, Sports drinks, Alcohol

**Food:** Protein, Fat, Veggies, Carbs, Fruits, Superfoods.

**Supplements:** Water, Vitamins, Minerals, Fats, Herbs, Antioxidants, Gut Flora, Super Foods, Adaptogens.

**Specialized Items:** Flour, Seaweed, Nuts, Grains, Mushrooms, Fermented Foods / Beverages, Berries, Chocolate, Cocoa, Specialized Fats/Oils, Sweeteners, Salt, Dietary Fiber, Cleanse Support Agents.

## **Further Suggestions**

### **Cleanse or build a body system.**

This can be a very enlightening and beneficial to explore where to help in the body.

Which Body system: Organ, Gland, Circulatory, Lymph, Immune, Brain/Nerve Tissue, Digestive, Eliminative, Skin, Bone, Joints, Connective Tissue.

### **Skin or hair products:**

a) place container on skin, visualize applying the product to your body. Monitor for body response  
b) smell if possible, but only if a Sample Bottle is open for that purpose. Monitor for body response  
If familiar with Touch for Health Muscle to Organ correspondences, use muscles related to Liver, Lung, or Large Intestine as they reflect skin and hair metabolic processes.

### **When grocery shopping:**

Set the intention of “which of these items supports my life energy the best” Use body sway as you reach with your hand towards the display rack of fruits or vegetables. Let yourself be guided.

### **When standing in front of your vitamin cupboard at home:**

Set the intention of “which of these items would my body benefit from right now?”

### **When selecting items from a Restaurant Menu:**

Set the intention of “which of these items best supports my life energy right now”.

# NUTRITIONAL AWARENESS GUIDE

by LEGION OF LIGHT

THE PRINCIPLES OF PROPER FOOD COMBINING

## ACID FRUITS

Grapefruit	Pineapple
Kumquats	Pomegranates
Lemons	Strawberries
Limes	Tangerines
Oranges	Tomatoes

Although these fruits are classified as acid, they are beneficially alkalinizing for the body.

## SUB-ACID FRUITS

Apples	Kiwi
Apricots	Mango
Berries	Nectarines
Cherimoya	Papaya
Cherries	Peaches
Fresh Figs	Pears
Grapes	Plums

## SWEET FRUITS

Bananas	Persimmons
Dates	Prunes
Dried Fruits	Raisins
Figs	Sapote

GOOD

GOOD

## MELONS

Cantaloupe	Muskmelon
Casaba	Persian
Crenshaw	Sharlyn
Honeydew	Watermelon

EAT MELONS ALONE

After eating fruit, allow at least 30 minutes before eating other foods.

Avoid eating fruit for at least 3 hours after eating other foods.

★ DO NOT COMBINE FOODS ACROSS THIS LINE ★

## LOW AND NON-STARCHY VEGETABLES

Alfalfa Sprouts	Chard	Okra
Asparagus	Collards	Onions
Artichokes	Corn	Parsley
Beet Greens	Cucumber	Peas (Fresh)
Beets	Eggplant	Peppers
Bok Choy	Garlic	Radish
Broccoli	Green Beans	Sea Vegetables
Brussels Sprouts	Kale	Scallions
Cabbage	Leafy Greens	Spinach
Carrots	Lettuce	Turnip
Cauliflower	Mung Bean Sprouts	Watercress
Celery	Mushrooms	Zucchini

## PROTEIN

Dry Beans/Peas	Soybeans
Nuts and Seeds	Soy Products
Peanuts	Tofu

\*The following proteins are not recommended for optimum health but are included for clarity:

Dairy Products	Fowl
Eggs	Meats
Fish	

## CARBOHYDRATES STARCHES

Bread  
Chestnuts  
Corn  
Dry Beans/Peas  
Grains/Cereals  
Jerusalem Artichokes  
Pasta  
Potatoes  
Pumpkin  
Winter Squashes  
Yams

## FATS

Avocado	Coconut	Olives
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## OILS

(Oils are classified as fats)

Avocado	Olive	Sesame
Corn	Safflower	Soy
Nut Oils	Seed Oils	Sunflower

The following fats are not recommended for optimum health but are included for clarity:

Butter	Cream	Margarine
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## EXCEPTIONS

- Avocados combine well with acid and sub-acid fruits, vegetables, and tomatoes.
- Tomatoes combine well with non-starchy vegetables, avocados, nuts and seeds.
- Soaked or sprouted nuts and seeds can be combined with fruits.

## A very straight forward Food Combining Chart

Also a very handy page for muscle monitoring from regarding:  
**Sensitivity to, More of or Less of a food item**

## **This entire workshop is based on principles learned in Touch for Health Classes.**

Touch for Health is taught in most countries around the world on a standardized curriculum. Due to its flexibility as a tool, TFH has been the launching point for over 140 individual modalities that use Muscle Monitoring in some form. It has been my pleasure to teach TFH and many affiliated classes since 1994, I look forward to sharing more knowledge with you regarding this very flexible and powerful tool of working with the human body and other living things too.

### **TOUCH FOR HEALTH SYLLABUS**

**As approved by the International Kinesiology College – Australia**

#### *Touch for Health 1 (15 hours minimum)*

Opposing Muscle Theory / Triangle of Health  
Accurate Muscle Monitoring  
Prechecks & Switch On (K27, CV24, GV27, GV1+ Navel)  
Water Check / Central Meridian Check / Permissions  
Neurolymphatics, Neurovasculars, Meridians,  
Origin/Insertion Technique,  
Bilateral Muscle Spinal Correction  
Challenging  
Emotional Stress Release  
Strengthening with Foods  
Cross Crawl for Fun  
Visual Inhibition & Auricular Exercise  
Surrogate Testing  
Simple Pain Techniques – running meridians, feathering  
Posture Awareness, Goal Balancing

**14 Muscles:**  
Supraspinatus  
Teres Major  
Pectoralis Major Clavicular  
Latissimus Dorsi  
Subscapularis  
Quadriceps  
Peroneus  
Psoas  
Gluteus Medius  
Teres Minor  
Anterior Deltoid  
Pectoralis Major Sternal  
Anterior Serratus  
Fascia Lata

#### *Touch for Health 2 (15 hours minimum)*

Pre-tests and Corrections using Circuit Locating  
Golgi / Spindle Proprioceptors  
Acupressure Holding Points, Yin / Yang  
Alarm Points – Over Energy  
Balancing using the Wheel  
Law of Five Elements Theory & Practice  
Food Testing  
ESR for Future Performance  
Meridian Massage  
Meridian Walking  
Cerebrospinal Technique  
Cross Crawl Integration Exercise  
Time of Day Balance

**14 More Muscles:**  
Neck Flexors, Brachioradialis  
Middle & Lower Trapezius  
Rectus Abdominus  
Sacrospinalis  
Iliacus  
Adductors, Piriformis  
Sartorius  
Popliteus  
Rhomboids  
Middle Deltoid  
Quadratus Lumborum

#### *Touch for Health 3 (15 hours minimum)*

Prechecks Review, Five Element Review  
Five Element Color Balance  
Five Element Goal Balancing with Emotions  
Five Element Balancing with Food  
Sedation Techniques  
ESR for Past Trauma  
Pulse Check and Pain Tapping  
Circuit Retaining Mode  
Facilitation and Inhibition  
Reactive Muscles  
Gaits  
Balancing Upper / Lower Back, Headaches, Knees

**14 More Muscles:**  
Neck Extensors, Levator Scapula  
Triceps, Opponens Pollicis  
Transverse/Oblique Abdominals  
Anterior/Posterior Tibials  
Upper Trapezius  
Gluteus Maximus  
Gracilis, Soleus, Gastrocnemius  
Diaphragm, Coracobrachialis  
Hamstrings

#### *Touch for Health 4 (15 hours minimum)*

Figure 8 Energy / Luo Points  
Five Element Emotions  
Posture Analysis  
Balancing with Sound  
Acupressure Holding Points in Depth

Reactive Muscles Review  
Time of Day Balance review  
Postural Stress Release  
Neurolymphatic Release  
Posture Analysis

## A small collection of recent clinic success stories.

*A 2-month-old boy with severe gastric issues, Very frequent "Infant Spasms". Had only been able to sleep on mom's chest in a recliner chair for about 30 to 40 minutes at a time. Not easy for a 40-year-old mom. Your work with Jaxson is priceless Greg! **He slept 5 hours straight for the first time last night.** 1-month update, the boy is now acid reflux free and sleeping easily through the night in his crib. Lying flat used to be impossible for the boy due to acid reflux. The Infant Spasms are now virtually nonexistent.*

\*\*\*\*\*

*Teenage adopted son with Fetal Alcohol Syndrome behavior disorders. Surrogate appointment via Mom so that son did not miss attending classes at school.*

First, I wanted to thank you again for such an amazing session yesterday.

Greg, I am blown away by evidence of the result after just one session. I came home and he was calmly sitting in the kitchen eating oranges. He answered questions I asked about his day without it fueling heat. He was calm, respectful the whole evening. This morning he asked for a ride to school and our usual routine would have had me saying at drop off.. "what do you say... Thanks Mom." And his retort would have been "Shut the f\*\*\* up and slamming the car door." Today, without prompting, he said "Bye Mom. Thanks." and I got to say, "You're welcome." Hubby and I were left with our mouths hanging open.

As a direct result of several surrogate appointments, this young man, who was highly disruptive at home and in school is now getting grades in the 80 and 90% range. Happier in his life and making wiser decisions about his social groups and future choices.

\*\*\*\*\*

*Retired lady with vision health issues, Vitreous Tear, resulting in 1000's of dots creating a veil cloud in her vision in 1 eye. 4 appointments working on the eye alleviated the issue.*

Here's the story: I woke up mid-July with what felt like a thousand black dots rushing towards my left eye. Eventually found out I had a vitreous tear that is behind the eye. I was told by my ophthalmologist that it would take three to six months to heal. Over time the dots became more like shadows and veils moving in front of my eye. I decided it was time to check in with Greg and in the last four weeks, I saw Greg four times. I find Greg's work fascinating and it seems there is always something different coming up each time. Just the other day I heard from Greg asking how my eye was and I told him I had forgotten all about it because most of the shadows had disappeared. I have to say that the healing was greatly accelerated through my sessions with Greg. Thanks Greg.

\*\*\*\*\*

*40 yr old man with constipation issue despite "doing everything right"*

"When I came to Greg, I had serious stomach and constipation issues. In only one session with Greg, I have regular bowel movements again and I don't get stomach aches anymore. Thanks a bunch Greg!" Love the work you do!

\*\*\*\*\*

## Recent clinic success stories continued

*A fellow with years of persistent neuropathy complications; (numbness tingling shooting pains) primarily in right arm and hand as well as discomfort in the upper spine and neck region, a result of being hit from behind by a semi while in a small car about 6 years ago. He has quite an athletic background and has taught skiing for many years.*

“I am doing great, only slight tingling in just tip of the fingers. a lot more range and smoothness. Ease of movement in my neck shoulders, rib cage, and even found it easier to bend my knees more. My physical performance, balance, flexibility, and strength were all increased with your treatments. I skied today and noticed improved upper body and neck flexibility. An ease of movement that made me more relaxed full body. I was able to ski with greater control, speed, and fluidity. It was a big increase in skiing performance with less effort. I highly recommend your work to anyone with soft tissue or nervous system challenges and/or emotional clearing/balancing. Your work is gentle, and results are amazing thank you so much Greg”

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*Kind words from a man whom I have learned many of my skills from, Dr. Charles Krebs*

Greg Webb is a superb practitioner with a lifetime of skills that he can meld into what you, as the client need to resolve your most persistent issues. He has trained in a wide range of therapies, among that many forms of muscle monitoring sciences, and is constantly seeking a deeper understanding of “How we work!” Greg brings a child-like curiosity - keeping an open mind while guided by muscle biofeedback from Muscle Monitoring, which often takes us on an amazing journey!

“In my own clinical practice and research projects, even after 30+ years, I have never stopped being amazed where this journey takes me and my clients, the therapeutic outcomes that have resulted are life-changing!”

*Dr. Charles T Krebs, Founder of the Life Enhancement Acupressure Protocols (LEAP),  
The Lydian Center for Innovative Health Care, Cambridge, MA, USA*

***There are a very wide array of health conditions I have been able to help with over the years. My primary clinic premise is to use muscle monitoring as a bio-feedback tool, allowing the client's body to direct which of my 100+ certificates of training will provide the ideal tools to help their body regain a balance of health.***

***This usually equals the reduction or disappearance of symptoms.***

***Please call me, feel free to ask questions.***

***I look forward to helping you and those you care about.***

***Greg Webb RMT 403-681-7647 [www.gregwebb.ca](http://www.gregwebb.ca)***

## **WATER: The often overlooked 75% of the body**

by Greg Webb RMT

The body has an operating budget/requirement of 1 liter of water per 60 pounds (22 Kg) body weight. Most people are unintentionally dehydrated by consuming other beverages instead of water. Dry tissues are brittle tissues and more prone to injury, tension, and inner metabolic toxicity due to insufficient water to flush normal metabolic waste. This internal environment also is the ideal setting for the onset of degenerative diseases.

**Each type of water has its own unique ability to hydrate.** Reverse Osmosis, Distilled, and Sparkling water all dehydrate, demineralize, and de-vitalize the body. Filtered is a better choice, then spring. ALL SPORTS DRINKS are very acidic in pH, which demineralizes and increases brittleness of tissue which then injures more easily.

**The most hydrating type of water is Micro-clustered** for easier absorption, **Alkaline** in pH due to beneficial mineral content and is **Antioxidant** due to Molecular Hydrogen being in higher concentration. These are properties common to the **world's most famous natural healing springs** such as Nordenau in Germany, Lourdes in France, Hita in Japan, and **Ionized Alkaline Kangen Water** which is produced by an Enagic in-home water ionizer. This has been confirmed by decades of detailed Ph.D. level scientific studies in the Orient. These observations have also shown to hold true in my own clinic based on the observation and analysis of over 20,000 pieces of bio-terrain clinic data collected by me, Greg Webb since 2007 on hundreds of clients.

Refer to [www.kangelberta.com](http://www.kangelberta.com) or [www.gregwebb.ca](http://www.gregwebb.ca) for further information.

## **Nutrient Intake vs Nutrient Access**

***THE Completely Unknown Secret*** (Your choice of drinking water can work against you!!)

Many of us do the best we can to shop wisely for our food and supplement intake. Wanting to get the best value for our dollar while supplying our body with good quality nutrition and of course, Drink Water.

Most nutrients must be dissolved in water to be carried across a body cell membrane. All metabolic waste must be dissolved in water to be transported out of the cell for elimination. Water IS Your 2-way Courier!

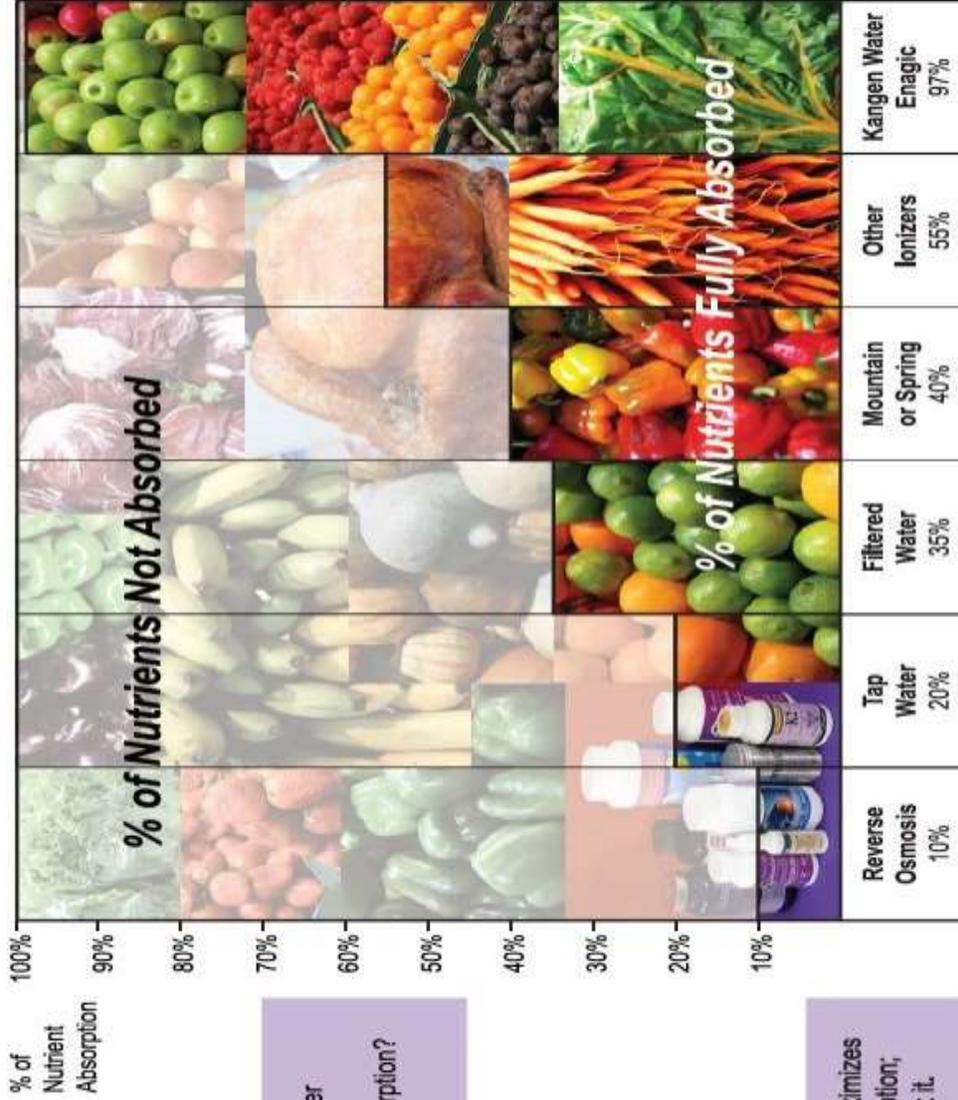
**WHAT IS NOT KNOWN** Is that each type of drinking water has its own unique ability to assist or hinder both directions of nutrient transport!

**The factors which make the difference are: purity, molecule size, shape, polarity, pH, and mineral content.**

The properties of your drinking water are the front-line determiner of all nutrient access efficiency. Your drinking water selection could accidentally be costing you Thousands of dollars per year in lost nutrient access. Items purchased and eaten but not absorbed or transported across a cell membrane with full efficiency. *Especially important if you shop at expensive organic suppliers of high-quality fresh foods.*

The chart on the following page is a summary of 10+ years of clinic data from 100's of clients to evaluate nutrient access efficiency. What was revealed is the role of Water Properties as The Primary Variable!! Each type of water acting similarly to a Bank which only credits a percent of your actual deposit to your bank account. If your Bank only deposits a fraction of the money you give it, is that a wise Bank to deal with?? Is it time for you to switch Banks?? Refer to the colorful chart to see how your "Bank of Drinking Water" is treating your investment in Nutrition. Are you getting "Kitchen Robbed"? Food for thought. Literally!!

# How Drinking Water Properties Affect Nutrient Absorption



Is your drinking water costing you money in lost nutrient absorption? Probably!!

Kangen Water maximizes your nutrient absorption; other waters inhibit it.

## Kangen Water Properties

- 1. Anti-Oxidant**  
Reduces Inflammation and Toxicity
- 2. Micro-Clustered**  
Faster Absorption and Detoxification
- 3. Alkaline**  
Quickly Reduces Acidity, Improves Energy
- 4. Molecular Hydrogen**  
Vitality, Electrical Energy, Body Cell Fuel

An Enagic Ionizer lasts minimum 15 years  
Creates health and vitality  
Costs less than \$1 per day to own  
Very affordable HEALTH ASSURANCE

Graph represents over nine years of assessing nutrient absorption on hundreds of people

Research conducted by Greg Webb RMT [www.gregwebb.ca](http://www.gregwebb.ca)

[www.kangenalberta.com](http://www.kangenalberta.com)

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