

# **RESEARCH PROJECT**

The Long Term Specific Goal Integrity of  
**'Deep Level Switching'**

Integrated Healing  
Advanced Kinesiologic Modality  
developed by  
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England

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## Index

	<b>Page</b>
Topic	3
Objective	3
Study Duration	3
Research outline	3
Results Diagram	4
Results Summary	4
Conclusion	5
Methodology	6
Definitions	8
Bibliography	9

# RESEARCH PROJECT

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## TOPIC

THE LONG TERM EFFECTIVENESS OF KINESIOLOGIC BALANCING USING THE '*INTEGRATED HEALING PROTOCOL*' WITH DEEP LEVEL SWITCHING (DLS) CLEARING TECHNIQUES, COMPARED TO 'GENERIC KINESIOLOGIC' PROTOCOLS AND TECHNIQUES COMMONLY USED.

*Clearing Deep Level Switching (DLS) - an advanced Kinesiologic technique developed by Mathilda van Dyk & Nic Oliver of England and a 'Balancing' technique within the Integrated Healing Advanced Kinesiology modality.*

## OBJECTIVE

To compare the long term 'qualitative' potential of a Kinesiologic Balance using a universally accepted 'goal specific' standardised protocol over two categories.

'Clearing Deep Level Switching,' (DLS) Kinesiologic techniques from the Integrated Healing Modality.

A control group was established using 'generic' Kinesiologic protocols and Kinesiologic techniques.

## STUDY DURATION

A four-month period from August to November 2006.

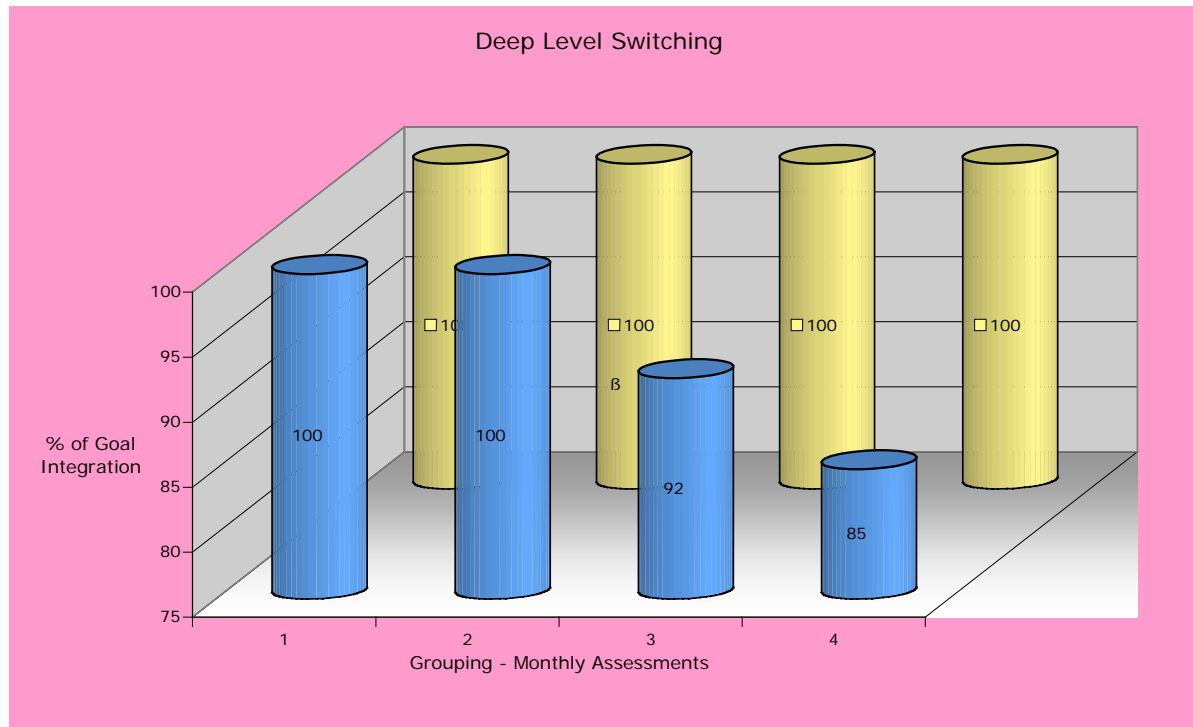
## RESEARCH OUTLINE

This research was conducted over a four-month period using fifty individual clients. Each client partook in one of the two groups and was given two Balances each, creating a total of fifty 'goal specific protocol' Balances assessed within each group. A total of 100 Balances were recorded.

\* **Group A:** 50 Balances using the 'goal specific protocol' were conducted using Deep Level Switching (DLS) clearing techniques from Integrated Healing.

\* **Group B:** 50 Balances using the 'goal specific protocol' were conducted using 'generic' kinesiologic' protocols and kinesiologic techniques. This was considered the Control group for this research.

## RESULTS



### SCALE



Group A: DLS – Deep Level Switching in YELLOW – **Back** row



Group B: Control Group in BLUE – **Front** row

### RESULTS SUMMARY

#### Group A: 50 Balances

The twenty-five clients who had been Balanced twice each with the Deep Level Switching technique appear to have long lasting results noting this groups' 'Goals Specific' Kinesiological Balances were still holding 100% integrity after a period of four monthly assessments.

#### Group B: 50 balances

The twenty-five clients who had been Balanced twice each using generically and commonly used Kinesiological protocol and balancing techniques, appear to have a diminishing value in 'holding' the 'Goals Specific' Kinesiological Balance integrity. This diminished by 15% over the period of four monthly assessments.

## **CONCLUSION**

Of the 100 'Goals Specific' Kinesiologic Balances assessed over a period of four monthly assessments, Group A with its 50 Balances using Deep Level Switching (DLS) techniques had the longest lasting results, noting this group's 'Goals Specific' Kinesiologic Balances were still holding 100% integrity at the end of this period.

Group B's 50 'Goals Specific' Kinesiologic Balances using generically and commonly used Kinesiologic protocol and balancing techniques, appeared to have a diminishing value in 'holding' its integrity. This diminished by 15% over the period of four monthly assessments.

Concluding that the Kinesiologic techniques that appeared to have the greatest 'Goal holding' integrity and ability long term over four monthly assessments were the Deep Level Switching method from the Integrated Healing – Advanced Kinesiology Modality developed by Mathilda van Dyk and Nic Oliver.

All of the assessed forms of Kinesiologic Balancing systems from Groups A and B are still deemed to be very effective. When applied in this fashion, all of the tested modality systems were considered to be a very effective way of supporting clients within the Natural Therapy system of health care.

**By Lee-Anne MacLeod, Perth Western Australia**

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This research project was conducted by Lee-Anne MacLeod without financial gain or influence for any purpose other than 'curiosity' and a desire to compare these techniques. Perth Western Australia November 2006. – **Lee-Anne MacLeod**

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## **METHODOLOGY**

100 Kinesiological Balances were conducted over a four-week period on 50 clients. Each Balance was a 'Goal Specific' Kinesiological Balance'. The research group of fifty clients was divided up into two random groups of 25 people.

### Group A:

Two balances were conducted on each of the 25 clients using the *Integrated Healing* protocol for *Deep Level Switching*.

### Group B: Control Group

Two balances were conducted on each on 25 clients using generically and commonly used Kinesiological protocol and balancing techniques.

Both groups' Balances were conducted to a professional clinical level resulting in a uniform standard of 100% integrity of the 'Goal' on completion of the Balance. The client was relaxed and satisfied with the result of their Kinesiological Balance on completion.

Nothing further was done around that particular Goal Specific Kinesiological Balance during later Kinesiological sessions with each of the fifty clients.

The client's 'Specific Goal' was then retested with standard Kinesiological testing by using the Pectoralis Major Clavicular muscle at monthly intervals three further times. This assessed the level of % integration remaining for that specific Goal. Completed over the four monthly assessments.

This was the gauge used to determine the long-term effects of the Deep Level Switching in relation to 'generic' Kinesiological corrections.

This I deemed to be the most accurate and measurable way of working in a clinical setting with my clients for their own personal wellbeing as well and allowing for a Kinesiological Control group for the research study.

### **'Goal Specific' Kinesiological Protocol Assessment**

A 'Specific Goal' is determined by the clients clear and considered desire to improve him or herself in some way eg: a health goal may appear like this: *"To improve my health and energy by exercising three times a week and going to bed by 9.30pm most evenings!"*

This is then assessed Kinesiologicaly by the use of the muscle test for Pectoralis Major Clavicular. If this muscle test 'holds strong' without stress or strain, then it is considered not stressful enough to consider being 'Balanced for'. If however, the muscle test appears 'weak' then this is a 'specific goal' that is worth Balancing for.

### **'Specific Goal' stress assessment**

a) A 'conscious stress' level is then gauged 'verbally', on a scale of 1 to 10 by the client, subjectively, by assessing his/her energy, stress or pain in relation to their 'specific goal'. This brings the client's conscious awareness to the levels of stress they are experiencing in relation to their 'specific goal'.

b) Then an assessment of this 'unconscious stress' is made 'non verbally' with a muscle test of the Pectoralis Major Clavicular between 1 and 100%. This is considered to be the most accurate and traditional way of assessing a 'Specific Goal'.

At the completion of the Kinesiologic Balance, the above 'conscious and unconscious stress' assessments by the client, and then with the use of the Pectoralis Major Clavicular muscle are repeated.

These assessment scales are determined to now be a 10 out of 10 'verbally', and 100% 'non verbally' before the Balance is considered and submitted to be a part of this research project.

The above assessment protocol was applied to **all 100** 'Specific Goal' Kinesiologic Balances within this study.

## DEFINITIONS

### 'Goal Specific Kinesiologic Balancing'

This is a standardised Kinesiologic technique commonly used throughout many modalities of Kinesiology to enable clients to make desired changes in their life in an appropriate and safe manner.

This usually involves an assessment procedure to evaluate stressors and 'do-ability' of this desired new outcome gauging safety levels for the client for this desired change before any Kinesiologic techniques are applied.

It is also a way of ascertaining the effectiveness of the 'Balance' with a repeat of the initial 'stress' assessment and a restatement of the Goal after the 'Balance' session has completed.

*\*For this research study please see 'Methodology' to view the standardised assessment protocol, 'Goal Specific Protocol Assessment', observed with every Kinesiologic Balance within this study. \**

### Used for Group A – Deep Level Switching, (DLS)

*Deep Level Switching (DLS), Advanced Brain Integration techniques developed by Mathilda van Dyk and Nic Oliver within the Integrated Healing Advanced Kinesiology Modality.*

Deep Level Switching (DLS) in simplistic terms can be defined as:

A more serious type of neurological 'Switching' brought about by deeply traumatic experiences whereby the hemispheric processing signals are reversed or compromised. This often includes the survival coping mechanisms related to the past stresses leading to neurological confusion slowing down or blocking some hemispheric processing communication between the right and left brain hemispheres.

The main areas of concern are the corpus callosum and anterior commissure pathways, the two major neurological structures that connect the right and left hemispheres. These techniques address the dysfunctions in these areas and their interaction with parts of the brain such as the limbic system, amygdala, brain stem and hippocampus restoring optimal brain function. The techniques used to achieve positive outcomes involve precise 'Brain Formatting Finger Modes'.

### Used for Group B – (Basic Control Group)

Commonly used 'Generic kinesiologic' protocols and kinesiologic techniques that are **not** considered to be of the advanced 'Brain Integration' standards of the above group.

These consist of any other Kinesiologic techniques from any other Kinesiology modality 'tested' to be the most appropriate correction technique for that particular 'Goal Specific' Balance protocol. These techniques used to achieve positive outcomes do NOT involve precise 'Brain Formatting Finger Modes'.



**BIBLIOGRAPY**

John Thie, DC, *Touch For Health* – ‘Switching’ course manual, 1<sup>st</sup> published 1973, Devorss & Company

Mathilda van Dyk and Nic Oliver, *Integrated Healing - Healing Pathways*, *Integrated Healing - Healing Concepts*, *Integrated Healing, Advanced Kinesiology* course manual, self-published 2006

Genericly used kinesiologic techniques that were used for Group B came from over twenty different Kinesiology Modalities. This information may be made available on enquiry.