

KST Priorities

Ascertaining Information from the Body/Mind

Is there a priority?

Standing? Sitting? Prone? Supine? POS? Respiration? Eyes open/closed? Balancing on one foot? Etc.

Put patient in POS

- Ask OD if there are any special postures the patient should get into
- If yes, ask the patient to assume any posture that causes them problems (they know best)

Above the waist?

Cranials

- Sphenoid, occiput, temporal, parietal, zygomatic arch, frontal, mastoid

Facials

- Nasal, maxilla, zygoma, suture junctions, orbit points, eyes

Other

- Palate, hyoid, TMJ, sutures, bumps/ridges, larynx

Cervicals

- Vertebra, Blair, discs (posterior, medial, anterior)

Thoracics

- Vertebra (always check ribs), discs, hump pattern, rice bowl
- Posterior ribs (between scapula and spine) for superiority

Below the waist?

Lumbar

- Vertebra, discs (posterior, medial, anterior)

Sacrum

- Whole sacrum, discs, segments

Femurs

- Anterior, lateral, superior, medial, rotation

Pubic Bones (and ilea)

- May need to correct while moving from sitting to standing
- Also check disc

Coccyx

- If anterior, check for panic pattern
- If lateral, ask about trauma (fall, etc.) to coccyx

Anterior?

Sternum

- If superior, check for panic pattern
- Check manubrium, body, xiphoid, costosternal junction separately

Clavicle

- Superior, inferior, anterior

Posterior?

- Usually refers to patella, tibia, fibula

Extremities?

- Locate extremity
- Challenge parts
- Points on bottom of feet, palms, ears, etc. may elicit an OD

SEDVEDD-EOW?

Scars/Adhesions

- Especially important if there was surgery
- Could also be caused by tattoos, moles, piercings, hair transplants, acupuncture; may not be an obvious scar

Endocrine

- Pituitary, hypothalamus, thymus, pineal, testes, ovaries, thyroid, parathyroid, adrenals, pancreas

Dehydration

- On a scale of 1-10, how many more glasses of water for how many days are needed

Valves

- Pyloric, gastric, cardiac, ileocecal, cervix, Houston's and valves of bladder, heart and brain, etc.

Emotional

- Locate age of emotional stress; ask for earliest age
- Emotion involved? Family members, relationships, work
- Use KST Emotion Chart and/or other protocol

Dropped Organs/Visceroptosis

- Bladder, prostate/uterus, ovaries, testes, R/L kidney, liver, gall bladder, spleen, pancreas, navel, stomach, R/L lung, small intestine, large intestine, heart, etc.

Dental

- Upper jaw? Lower jaw? Right quadrant? Left quadrant? Locate exact tooth
- Infection, root canal, mercury ("silver" amalgam), malocclusion (bad bite), cavitation, wisdom tooth, etc.

Ethmoid Pattern

- May occur from general anesthesia

Ocular Lock

- Use with learning disabilities, dyslexia, vision problems

Wave

Other?

Allergies/Sensitivities

- Use KST Common Allergens and Sensitivities chart

Check patient with and without:

- Orthotics
- Titanium glasses
- Jewelry
- Cell phone, computer, etc. (electromagnetic sensitivity)

Ask the body about:

- Toxicity
- Heavy metals
- Vaccine injury

No priority

- Processing? If yes, speed it up? Wait? How long?
- Is session over?

Last questions

- Is there anything interfering with this person's health? If yes, is it ... ?
- Something at home (locate room, object or product), work, car, etc.?
- Something they are eating, drinking, breathing (i.e. aspartame, sugar, soy, canola, paint fumes, fish tank); another person; memory; bad habit; toxins; etc.?
- Other techniques? Other healthcare systems?

Alternate approaches

- Can begin the session by asking if the patient wants to get better
- Can begin the session by asking if the priority is structural, emotional, dehydration, scars, allergies, electromagnetic, visceral, nutritional, etc.

People are like artichokes; they have many layers. When you peel back the layers, you get to the heart.
