



THROUGH THE PROCESS WITH  
DR. JON MACKOFF

# TECHNIQUE DESCRIPTIONS

## APPLIED KINESIOLOGY (AK)

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The system which utilizes the art of Manual Muscle Testing to assess the Structural, Chemical, Nutritional and Emotional aspects of the body through the neurological system. The presenting symptoms can then be treated by applying a variety of techniques created within the AK system.

## ART THERAPY

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This process allows the internal connection between the conscious & subconscious minds through various mediums of art, created by the patient, to aid in the expression of difficult feelings.

## BIO-DYNAMIC RESONANCE (BDR)

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A technique utilizing energetically programmed vials to access the body's bio-computer and introduce frequencies to the body's external energy field. This, in turn, guides the internal energy patterns in such a way, providing an opportunity to energetically shift to a healthier state.

## CONTACT REFLEX ANALYSIS (CRA)

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A technique analyzing the flow of energy, in search of imbalances, through every organ, gland and cell in the body. The imbalances are then addressed through various modalities, so healing can occur.

## CREATIVE EMOTIONAL WIZARDRY (CEW)

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An energetic technique that assesses and addresses the health of the various systems in the body, the emotions that relate and the organs within these systems. CEW further evaluates and treats the spiritual and metaphysical issues which can affect each of us.

## DYNAMIC NEUROMUSCULAR STABILIZATION (DNS)

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A treatment strategy based on the developmental movement patterns of a baby that involves DNS specific exercises in order to re-establish proper movement and stabilization patterns.

## EVOLUTIONARY QUANTUM HEALING TECHNIQUE (EQHT)

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A technique using body points and quantum programmed vials to detect and treat imbalances in the body. EQHT works to re-establish communication and functions of the neurological and physiological systems within the body.

## FLOWER ESSENCES

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Distilled in a solution of alcohol and given orally, Flower Essences have a wide range of benefits and uses and are an effective way to harness the healing power of flowers.

## FUNCTIONAL REHABILITATION

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The evaluation of the patient's movement patterns to determine the best corrective exercises and treatment to achieve optimal functionality.

## GAIT ANALYSIS

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The assessment of walking, jogging and/or running to identify inefficiencies and determine a rehabilitation strategy to help improve efficiency and/ or decrease pain.

## GUIDED LETTER WRITING

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A practical homework assignment given to patients to aid in the releasing of certain feelings, emotions, situations, suppressed words, etc with energetic guidance.

## HOLO-SYNCHRONOUS ENERGETIC TECHNOLOGY SYSTEMS (HOLO-SETS)

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An energetic technique that assesses and addresses the health of the various systems in the body, the emotions that relate and the organs within these systems. CEW further evaluates and treats the spiritual and metaphysical issues which can affect each of us.

## LEBOWITZ PROTOCOL

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An effective way to utilize specific manual muscle tests, energetic vials and herbal therapies to assess and treat dysbiosis (fungal, bacterial, parasitic, viral, Lyme), food reactions, lectin sensitivities, metal and chemical toxicity/sensitivity, coagulation issues, organ dysfunction, EMF issues, and much more.

## MASTER ENERGY DYNAMICS

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A system for working in-depth with the body's physiological, biochemical and energetic patterns and conditions and correcting them by employing specific reflex points.

## MATRIX ENERGETICS

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A variety of energetic techniques based on the laws and expressions of subtle energy and quantum physics.

## NEURO-EMOTIONAL TECHNIQUE (NET)

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A mind-body technique that can help improve behavioral and physical conditions by finding and removing neurological imbalances related to unresolved stressors from their point of origin.

## NEUROMUSCULAR THERAPIES

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Soft-tissue techniques that address the body's balance between its central nervous system and its communication to the musculoskeletal system.

## QUANTUM NEUROLOGY

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An advanced system of neurologic rehabilitation which uses manual muscle testing as a diagnostic tool, as well as a red LED/ Infrared light stimulus to the nervous system throughout its retraining.

## SPINAL & EXTREMITY JOINT MANIPULATION/MOBILIZATION

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Aids the body in restoring proper movement patterns and musculoskeletal balance by skillfully adjusting or mobilizing the joint restrictions through use of the hands or gentle instruments.

## THETA HEALING

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A meditative technique utilizing a spiritual philosophy for improvement and evolvment of the body, mind, and spirit.

## TOTAL BODY MODIFICATION (TBM)

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An integrative approach to restoring the body's self-regulation and healing capacity by working through the autonomic nervous system.

## TOTAL KINESIOLOGY (TK)

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An ever evolving system of assessment and treatment procedures utilizing various techniques to determine the priority starting point and the best way to treat the body, whether in a physical, emotional or spiritual manner.

## VISCERAL MANIPULATIVE THERAPIES

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A gentle manual therapy that aids your body's ability to release restrictions and unhealthy compensations that cause pain and dysfunction.