



Philip Rafferty

## PHILIP RAFFERTY

FOUNDER, KINERGETICS, RESET  
AND BALANCING NUTRITION AND  
TOXICITY

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## #AKACONFERENCE2019

### BALANCING THE ILEOCAECAL VALVE

The integrity of the ileocecal valve is critical for overall health.

The Iliacus muscle relates to the ileocecal valve. The ileocecal valve is located on the right hand side of the body, between the navel and the hip bone and is acidic in nature.

“The ileocecal valve (I.C.V) allows matter to pass from the small intestine (alkaline) to the large intestine (acidic). The small intestine extracts nutrients. If the I.C.V. stays open, matter leaks back and the body is poisoned. If the I.C.V. stays shut, the matter putrefies and the body is poisoned.”  
*Dr. Sheldon Deal D.C., N.M.D., D.I.B.A.K. 2011.*

With TMJ corrections, Quadratus Lumborum, Piriformis and Iliacus are sometimes still out of balance. I wondered why these muscles did not correct. The Piriformis muscles often showed mercury as a problem, perhaps because the whole body was now able to eliminate mercury and other toxins more efficiently. Quadratus Lumborum I thought could be out of balance because it related to the Large Intestine and was now moving toxins.

The physical part of every trauma is stored in the jaw muscles and the fascia. The TMJ correction works primarily on the Masseter, Temporalis, Medial Pterygoid and Buccinator muscles. I decided to look at the TMJ muscles I was not accessing completely and found Iliacus could be consistently corrected by energising the Lateral Pterygoid muscles. The Lateral Pterygoids are very difficult to access without going into the mouth, so energising the muscles is an easy and safe way.

The presentation will include a demonstration for balancing the Lateral Pterygoid Muscles.

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Philip studied all the major branches of Kinesiology and was the Founding President of the Touch for Health Association in Victoria, Australia. He studied Applied Physiology, Hyperton-X, Three-In-One and N.O.T. He started the popular business 'Equilibrium' which sells kinesiology products to health practitioners. In 2006, Philip was awarded the prestigious 'Fellow Member of the AKA' (FMAKA) status for his years of service to the organisation.

Kinergetics Kinesiology was developed in 1991 and in 1995 Philip developed a TMJ workshop called RESET. Kinergetics and RESET have been taught in 20 countries to over 30,000 students and is translated into eight languages.

BNT (Balancing Nutrition and Toxicity) was developed in 2012, and already over 1,500 students in 10 countries have attended.

Philip specialises in fibromyalgia, Chronic Fatigue Syndrome (CFS), chronic pain, arthritis, TMJ and trauma. He teaches his workshops and sees clients internationally. He shares his time between Tasmania and Ireland.