

# Total Body Modification (TBM) at True Health



T B M  
TOTAL BODY MODIFICATION

## What is TBM?

Total Body Modification (TBM) is an advanced Kinesiology technique that detects areas of the body that are functioning below par. It identifies imbalances using muscle testing, and corrects the problem by restoring balance to the nervous system by gently stimulating reflex points located along the spine.

## How does TBM work?

TBM sets out to correct functional physiology (how the body works), which in itself improves the body's structure. Like a computer, the brain controls all the various components of the nervous system. Sensory fibres carry messages to the brain where they are processed like information in a computer (termed the "bio-computer"). The brain then sends a signal back to the organ or body part, instructing it what to do. Research shows that under sufficient stress of any reason, the brain cells controlling the stressed body part essentially depolarize (like blowing a fuse). The message gets to the brain but fails to return to the body part. The result is that the brain or bio-computer loses effective control over that body part.

By using well-tested and extensively researched techniques, the TBM practitioner is able to identify, correct and restore function to the brain cells that have depolarized so that the brain is able to regain control of the body region or part that is affected. This removes any roadblocks to recovery you may have been experiencing, restoring the function of your nervous system and allowing you to achieve optimum health.

## The TBM Treatment Plan

- 1. TBM Basic Exam:** During your first visit to the clinic for TBM, Matt performs the TBM Basic Exam, which scans all the critical regions of the body and its organs. Any problems that are identified are immediately corrected. This consultation is one hour.
- 2. TBM Module 2 Exam:** This second session is also critical in removing roadblocks to health by identifying and correcting issues that can blow our neurological fuses – allergies and emotions. This session lasts 30 minutes.
- 3. Maintenance Care:** Once the Exams are complete, Matt will advise you of a suggested Maintenance Care Plan. Often, to get the best results, a short intensive schedule of care may be required. Appointment lengths are usually 10 to 20 minutes, or TBM can be incorporated with a longer Acupuncture treatment.

## What happens during a TBM consultation?

- All TBM treatments are performed while you are fully clothed. We ask that you remove any watches or bracelets prior to treatment so that this doesn't interfere with muscle testing.
- Muscle testing with Kinesiology involves using a muscle (often in the shoulder) to resist gentle pressure until it "locks". It is safe, pain-free and can be used on people of all ages. It can be performed while lying down or standing up. Matt will perform various corrections where necessary using an Activator/TBM Tool or soft foam block wedges under the pelvis.
- Results are recorded for future reference and checked on following consultations.
- At the end of a session, Matt will advise you of any beneficial supplements or foods that may assist recovery.

## What are the benefits of TBM?

TBM is a holistic therapy aimed at treating the whole person. You will experience immediate results, decreased pain and increased organic function, better awareness about your health and more rapid awareness in future when something is wrong. It is side-effect free, uses no drugs and is gentle on your body making it suitable for all people.

## Does TBM hurt?

In almost all instances TBM is completely painless. There are only a few physical corrections used in TBM in which mild discomfort may be briefly felt. TBM is safe for children, pregnant patients and the elderly.

## What is an Activator?

This is a small, spring-loaded device that gently stimulates acupoints and nerve pathways on either side of your spine. This stimulus helps the brain to regain control of affected organs or body areas.

## What should I do to get the best from my TBM consultation?

- At True Health we do not disrobe patients for their TBM treatments so it is best to be wearing something loose and comfortable.
- It is always best to be well hydrated prior to any treatment, so ensure you drink plenty of water before and after your session.
- Please let Reception know at the time of your booking if you are in acute pain, have just been injured, if you are recovering from surgery or if you are pregnant.
- Follow all advice regarding supplements or dietary information so that you can gain the best results from TBM.
- **Please turn off your mobile phone during your treatment. This will allow our practitioners to give you their best possible attention and maximum treatment benefit.**

## For more information about TBM...

- Please contact Matt directly at [matt@truehealth.net.au](mailto:matt@truehealth.net.au).



*This is an example of Kinesiology muscle testing using the shoulder muscle.*