



Koren Specific Technique (KST): *The next evolution of healthcare*



Koren Specific Technique (KST): *A serendipitous discovery*

May I speak frankly? For most of my practice life (pre-KST) I employed diversified adjusting technique. I was very good at it but in spite of my proficiency I could not help notice its limitations. For example, the first or second adjustment would get the most impressive results (usually from releasing years of subluxation stress) but after that the drama dropped. I'd see the same patients week after week. They'd feel better from my care, but the stress or subluxations would build up and they'd soon need another adjustment, usually in the same area. I was decreasing their subluxations but not completely eliminating them.

Gradually I began to add other procedures and my results improved until my career was cut short by a surprise:

I was hit on the head

I was blindsided, struck on the side of my head in a household accident and the trauma affected my cervicals and thoracics. A concussion usually sends its recipient to bed and I was no exception; I slept for 12 hours. Upon awakening my hands felt odd and I had a bizarre tightness around my wrists. My hands felt fat (that is the only way I can describe it) and in cold weather the skin would break into what looked like many small cuts. Sometimes I'd bleed on patients as I worked on them.

Constant bilateral hand, wrist, elbow, arm, shoulder and neck pain soon followed with decreased range of motion and weird cervical, thoracic and upper extremity paresthesias (unusual nerve sensations). Day after day, night after night, there was no letup or relief. I remember once on an airplane as I was struggling to place my carry-on bag in the overhead compartment an old lady gave me assistance. Not my finest moment.

Skull pain

I also noticed that I had painful areas on my skull. Why? I received CranioSacral Therapy; why did those painful spots remain?

Fifty DCs and more

Fortunately SE Pennsylvania has a large and wonderfully eclectic assortment of chiropractors and natural health practitioners. I visited many of them in addition to others in other parts of the country and Canada searching for relief from the constant pain and increasing disability.

That went on for the next ten years. I was motivated by that most ancient of needs—relief from suffering. I traveled around the US, exploring the world of chiropractic and natural healthcare, searching for someone, anyone who could relieve my suffering.

Koren Publications' booths and my growing popularity as a speaker at chiropractic conventions, schools and seminars gave me wonderful access to lots of DCs.

At conventions I'd often ask, "Who's really good here? Who is the DC that everyone goes to?" As the esteemed speaker I was often treated generously and brought to many offices for care. I was touched by so much generosity of spirit and sincere desire to help.

I was analyzed, x-rayed, tested, toggled, "cracked," twisted, adjusted, manipulated, released, distracted, "shaked and baked," pinned (acupuncture, not pinned as on a prom date), kneaded and handled in many creative ways. But ultimately I left their office frustrated. And so were they. What was everyone missing?

Eventually I found it

My explorations took a surprising turn. Years earlier I had learned DNFT (Directional Non-Force Technique), developed by Richard Van Rumpt, DC, and Spinal Column Stressology, developed by Lowell Ward, DC. I had seen many talented DNFT and Stressology practitioners for relief to no avail.

However, apparently no one had “married” these two techniques. When I did that they had a synergistic effect that separately they lacked. I could now locate my own subluxations with this marriage. “Wow,” I thought and started checking myself all over. I was a mess. But at least I knew exactly where I was a mess. It was progress. Now what to do?

I had been recently introduced to the ArthroStim™ adjusting instrument by Alan Creed, DC. I started using it to correct the subluxations I found on myself! The results shocked me—my ten years of pain and suffering disappeared in one week, never to return.

Lumbosacral disc pain and sciatica

In addition to the concussion damage, I suffered from worsening lumbosacral disc pain, SI pain and sciatica. By the time I discovered self-adjusting I had it for 30 years and some days I couldn't walk more than ten feet before the sciatica gripped me and I had to sit. It didn't matter where—even on a city street.

With self-adjusting, my thirty years of worsening disc and sciatica problems disappeared in about six weeks.

What did I find and correct that so many people missed? Counter rotation—the bane of diversified adjusting.

What is KST?

Koren Specific Technique (KST) is a healthcare system growing in popularity among patients and practitioners who find KST to be a gentle yet powerful drug-free, natural, holistic approach for people of all ages and physical conditions.

One of the reasons for KST's effectiveness is that patients are cared for as individuals with a unique history, inherited strengths and weaknesses, physical and/or emotional traumas and influences.

Every patient is unique and we address our care to that person's unique needs. In practice each patient's visit is unique because the patient is not exactly the same every time he/she is seen.

KST practitioners are like “detectives” searching and correcting physical and mental/emotional imbalances, interferences, stagnation, fixations, dysfunction and other hidden factors that prevent a person from living and functioning at their peak.



Tedd Koren, DC discusses his discovery of Koren Specific Technique

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How is KST practiced?

KST is used to locate areas that need correcting to release stress, rebalance, harmonize, strengthen, restore and heal. All KST practitioners, whatever their healthcare disciplines, use the following protocol:

The three Cs: Challenge, check and correct

- 1. Challenge:** We “ask” or **challenge** the patient’s body (and body/mind) to locate areas of stress, stagnation, interference, toxicity or malfunction. The challenge can be done as the patient is in different positions or postures (physical as well as emotional).
- 2. Check:** We then **check** to see if the challenge has created a stress reaction using a binary (yes-no) biofeedback device. KST practitioners typically use the “occipital drop” (OD) of the skull as a “yes-no” binary device (although there are many such devices in the body).
- 3. Correct:** Then we **correct** the areas of stress, malfunction, stagnation, etc. using instruments (often the ArthroStim™ or AccuStim™), one’s hands or other procedures.

KST permits the practitioner to obtain accurate information and locate areas that need help that are often missed by other healers. KST practitioners are often the “provider of last resort” helping people and getting powerful results where others have had limited or no success.

KST only exists because of its successes.

Many of the reports below were originally posted on the KST graduate forum at: www.korenspecifictechnique.com. What you are reading here is just a fraction of the reports we have received.

Does every KST patient have a miraculous response? If only it were so. Health, disease and healing are mysterious and unpredictable. The case a practitioner expected little improvement from might resolve in an instant while a case expected to resolve in a short period can linger and linger.

KST permits the practitioner to explore the world of healing and healthcare using a priority flow chart that helps us zero in on the cause of a person’s dis-ease or malfunction.

The KST community of healers is growing and continues to improve in its successes. We welcome you to explore Koren Specific Technique. www.korenspecifictechnique.com

Tedd Koren, DC is interviewed about Koren Specific Technique

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Surgeries cancelled (back, knee, wrist, ear-tube) and medication no longer necessary

Andrea Ferretti, DC, Dundas, Ontario, Canada

The cases in my practice are resolving so quickly since the implementation of KST. For example – back, knee, wrist scheduled surgeries are no longer necessary and have been cancelled (also surgery for ear tubes).

The impending threat of medication has been taken off the table because children can sit long enough to learn, can pay attention long enough to receive the information about the lesson, show improvement in their ability to read and write.

I find it astounding that these cases are commonplace now and without KST this would not be possible.

Temper tantrums and head banging

Kevin Johanson, DC, Beaumont, Alberta, Canada

A two-year-old boy described by his mother as “not happy since birth” was brought in for care. He was also not able to sleep at night since birth. After one KST visit the child had no more temper tantrums or head banging and is sleeping better!



Thumb pain 15 years

John Nikitow, DC, Libertyville, Illinois

Carol, a 60-year-old deep tissue massage therapist, asked me, "Can that gun (ArthroStim) do anything for my right thumb?"

She'd never mentioned a problem with her thumb before. She said she had smashed it between two cinder blocks 15 years ago and since then it caused constant pain and she could barely move it.

I said, "I don't know. Let's see what your body says."

I expected an upper cervical problem or, perhaps, something in the elbow or wrist. Instead, the protocol led me to her left foot – medial navicular, proximal 3rd metatarsal and medial cuneiform. I found this difficult to believe (still overcoming my educated intellectual upbringing), then I shrugged and corrected what the bODY wanted.

I asked her to move her thumb. I could see her anticipating pain and limitation but with an increasing display of wonder and joy, she flexed, extended, then opposed her thumb. No pain or limitation – the first time in fifteen years!

This was a profound experience – letting that wisdom GUIDE me to the precise interferences that needed to be corrected to allow the body to heal and function properly.

TMJ (jaw) surgery cancelled

Wilma Ireland, DC, Stonewall, Manitoba, Canada



A 15-year-old girl named Sara came to the office with her mom. She was awaiting an appointment for TMJ (jaw) surgery and was looking for some temporary relief from the jaw pain she was experiencing.

I corrected her cranials and mandible as she moved her jaw in various positions. On the second visit Sara reported that both the jaw pain and the clicking sounds had disappeared.

Approximately 3 weeks later Sara and her mom came in to tell me that the surgery had been cancelled. The doctors said that they were not sure what had happened but were happy to report that the surgery was "no longer necessary."

Sara was so excited and grateful that she didn't have surgery for her 16th birthday!

TMJ connected to the ... fibula?

William (Sandy) Watt, DC, Calgary, Alberta, Canada

Patient with a chronic TMJ problem; had not been able to open her mouth fully for over 20 years.

I corrected her right fibula (part of her lower leg) and her mouth popped open and has been good since.

Torticollis/depression

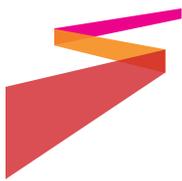
Michael Dody, DC, Littleton, Colorado

Today I had a practice member who originally came in for acute torticollis. The neck pain was 60% better after the first visit, which is of course usual with KST.

She came in today for her 10th visit and was noticeably shining brighter. I asked her what was new and different and she said that she quit taking her anti-depressant medications for the last 3 weeks and has felt better than she ever has. She had been on the medications for 10 years.

I didn't know she was on anti-depressant medication because she didn't think it related to her neck pain and we only discussed that chemical stresses like prescription medications can cause the body to compensate.

I am amazed how not even knowing the whole story our bodies can take the energy input and use it in such a profound way. These are the amazing stories I see all the time with KST and that is why I love it.



Jens Korgaard, DC provides natural allergy relief using KST

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Tried everything

Brad Miller, DC, Costa Mesa, California

Karen came to my office partially carried in by her daughter. She had a back brace, a cane and was on 5 Percocet® a day. She had to quit her job as a counselor. She had tried chiropractic, acupuncture, physical therapy and cortisone injections.

With six weeks of KST she had abandoned the brace, cane and Percocet®. She now works full time, and takes mountain hikes with her girlfriends.

Testicular pain

Ray Glass, DC, Houston, Texas

Yesterday while lying down I felt some right testicular discomfort. Then in the morning while jogging with my dogs I felt a sensation of right testicular pain.

When I got back to the house I checked myself and found T12, L3, L5, right inferior lateral pubic bone and anterior coccyx.

After the pubic bone correction the testicular pain went away. Oh, what a lucky day. Thanks KST.

Tunnel vision, dyslexia, learning challenges in meth-drug baby

Lynn Buckler, DC, Three Rivers, California

A four-year-old boy, an adopted meth-drug baby, came in with tunnel vision, dyslexia and many other learning challenges all of which, based on history, dated back to his birth.

To treat the tunnel vision, the optometrist wanted to wait until he was 5 years old and initiate specialized five days a week intensive therapy sessions for one month at his office.

I saw him three times a week for two months. Most of his KST corrections were of his cranials and cervicals while he performed a particular activity. For example, using various eye positions, using a pen and correcting, in various postures of subluxation while he wrote letters and numbers, connected the dots, picked out objects on a page, etc.

In just two months of KST care his tunnel vision, dyslexia and learning challenges problems resolved.

Two canes to none

Kerri Ward, DC, Ft. Pierce, Florida

I started yesterday using KST on all the people that I saw.

I was not planning to do KST on everyone (I do Activator typically) but then I started with KST and couldn't stop. I used it on everyone. I rechecked a few with Activator protocol and found nothing needed correcting.

Today I had three people that I had worked on yesterday call me to say that they are feeling the greatest they have in months.

One patient that was using two canes called to say she was walking around without them.

Urinary tract infection/dysfunction

Peter Robb, DC, Beechworth, Australia

Mother brings her four-year-old son with chronic urinary tract infection/dysfunction to my office.

OD says to do a dropped bladder on this child, which I promptly do.

When finished I tell the mother what I found. She says, "We had an MRI done today and it showed a prolapsed bladder." Another point for the OD!

Vertigo, headaches, neck pain, anger, short temper, frustration

Doug Pucci, DC, Oradell, New Jersey

This patient is a 38-year-old male FedEx employee who was in a car accident over 1 year ago. He's had headaches, neck pain, back pain and behavioral issues (anger, short temper, frustration) ever since.

He was seen by orthopedists, a neurologist and a previous chiropractor (diversified) – no help.

He began care with me about two months ago. I used only KST; his behavior and other conditions resolved almost immediately. However he had developed vertigo for several weeks that I considered to be retracing.

After questioning I realized that it was actually when objects moved back and forth quickly on his left side (such as cars passing) that he experienced vertigo. I had my CA hold a pen and move it forward and back on his left side while I checked and corrected. Vertigo gone!



Fear of water

Lynn Buckler, DC, Three Rivers, California

Since birth, an 8-year-old boy would not put his face under water or even take a shower because he could not stand water on his face. It was such a problem that his mother had to wash his hair in the sink, so water would not splash on his face.

I had him think about diving into a pool and then corrected his sphenoids (R anterior and L posterior), occiput (lateral on the left) and C1 (lateral on the right).

The very next swimming lesson, he had no problem and dove right into the deep end of the pool as well. He now freely takes showers and washes his face in the water with no problem.

Weight loss

Gabrielle Friedman, DC, Quincy, Massachusetts

I have had two women stop eating sweets since doing the weight loss correction on them.

One has completely stopped eating white carbs and chocolate and has lost 4 pounds in a week. She said she is not consciously making these decisions; she just doesn't go for it anymore.

Weight loss

Dan Schumacher, DC, Harlan, Iowa

I gave my first weight loss correction. The patient says that when she is not hungry and tries to eat the food would taste bad so she would not eat it. Also she said she felt full faster when eating less. Pretty cool! This is what the patient wrote me:

"On any given day I'd consume 3 or 4 cans of soda at night plus a large soda for lunch. This habit lasted for years. I was a little skeptical but the (KST) treatment worked. I haven't had a desire for soda for 5 weeks. I feel great!" T.C.

Weight loss, emotional healing

Jacquelyn Cole, DC, Corpus Christi, Texas

I've been working with a patient for weight loss. Lots of old emotional issues came up. Through the OD I learned something traumatic happened around age 6. She began to remember a frightening time at that age.

I corrected what came up as she remembered more. Abandonment, shame and other issues showed up, so I kept correcting until she was clear. Then I corrected her as she thought of triggers for her eating.

The next week she returned, having lost 6 pounds. The best part was that she no longer feels the stress that had been creating serious conflict in her marriage.

By the following week she had lost 12 pounds and could not think of any issues to work on. She said she felt free for the first time. Even her husband told me to "keep doing what I'm doing" because things were so much better for them.

KST helped to reveal and heal the underlying stress that had tortured this poor woman for years. I know of no other technique that can get these kinds of changes this quickly!

Wrist, hand and low back

Tony Purdy, DC, Warren, Michigan

I've cared for this patient's sciatica using Cox distraction plus wellness care for years. She had low grade low back pain so I decided to do KST on her.

Her response was amazing. No low back pain but she also felt "euphoric" for 24 hours, plus she woke up with tingling in her left hand plus full use of her hand. That was amazing because 25 years ago she fell through a glass table severing her wrist requiring surgery. She has had no feeling for years in that wrist and hand. (This is some wild stuff!)

Ready to learn more? www.korenspecifictechnique.com



Koren Specific Technique Blues by Gurutrang Khalsa, DC

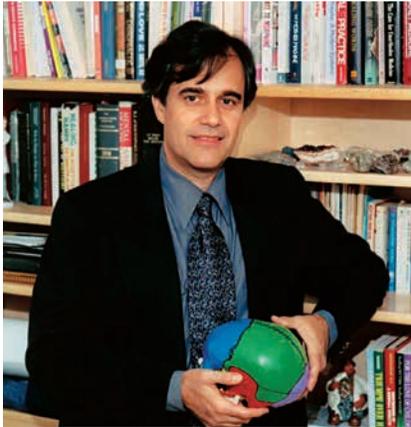
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About Tedd Koren, DC

Tedd Koren was born and raised in Brooklyn, NY where he attended public school and Brooklyn College before graduating from the University of Miami, Coral Gables, Florida.



Dr. Koren's professional postgraduate education was at Sherman College of Chiropractic in Spartanburg, South Carolina where he graduated with honors as class valedictorian and was editor of the school and student newspapers.

He traveled to Pennsylvania to practice and helped co-found the Pennsylvania College of Chiropractic where he taught on the faculty.

Aware of the need for patient literature to better explain chiropractic and natural healthcare, Dr. Koren founded Koren Publications, raising the standard of chiropractic patient education literature and introducing millions of people to chiropractic and its drug-free, natural approach to healthcare.

In his own quest to heal from an accident, Dr. Koren began to research ways of improving care. Over a period of ten years he visited over fifty different chiropractors, plus numerous body workers, MDs, physical therapists and acupuncture practitioners without lasting results.

While experimenting on himself his ten years of pain and suffering resolved in one week. Dr. Koren's years of suffering were a blessing in disguise because they led to the discovery of Koren Specific Technique (KST) which is now being practiced by thousands of healthcare practitioners around the world and helps millions of people achieve greater health and well-being. KST's protocol of challenge, check and correct can be easily applied to physical and emotional issues.

Practitioners and patients alike say KST gives them "the best care of my life." To learn more about this healthcare breakthrough visit www.korenspecifictechnique.com or call 800-537-3001 or 267-498-0071.

Dr. Koren continues to teach KST and lecture on various healthcare and public policy issues at professional and public events.

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