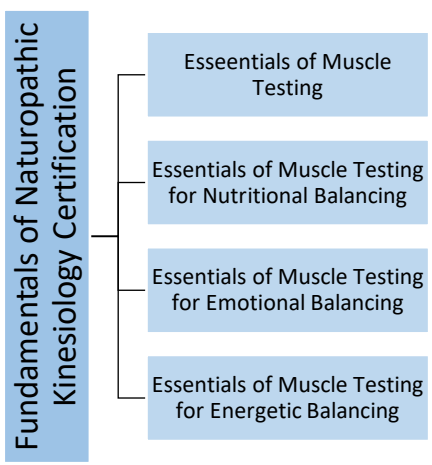
Naturopathic Kinesiology

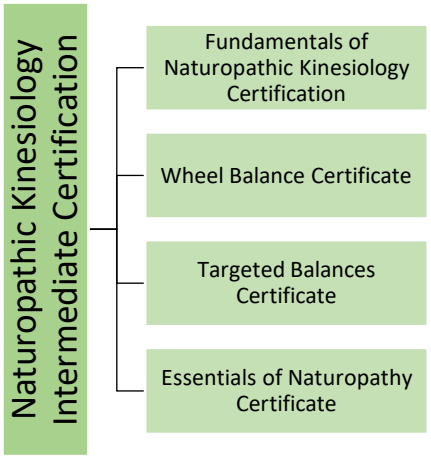
Naturopathic Kinesiology training teaches practitioners to combine Naturopathic principles with muscle response testing to understand how physical, emotional, biochemical, and energetic stresses affect the body. The course emphasises identifying underlying imbalances and supporting the body's natural ability to restore health and vitality.

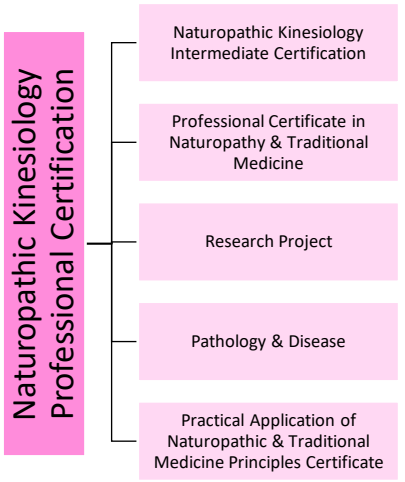
Training is grounded in Naturopathic philosophy, focusing on root causes rather than symptoms, using gentle, non-invasive methods, educating clients, and promoting prevention and long-term wellbeing. Students learn to use muscle testing as a feedback tool to observe how the body adapts to stress and to recognise patterns that inform personalised strategies.

The curriculum draws on Kinesiology, Chinese Medicine, Ayurveda, Nutrition, and nervous system regulation, giving students a broad perspective on the interaction of structural, emotional, biochemical, and energetic factors. Practical modules cover muscle testing, balancing techniques, and nervous system support. Overall, training equips practitioners to adopt a whole-person approach, helping clients restore balance, resilience, and vitality.

Naturopathic Kinesiology offers a three-stage training pathway:







The Mind Body Gut Training Company ©

STAGE 1 – FUNDAMENTALS OF NATUROPATHIC KINESIOLOGY CERTIFICATION						
Course	**Prerequisite(s)**	**Exemptions**	**Duration & format**	**Cost**	**Training highlights**	**Dates**
Essentials of Muscle Testing	Anatomy & Physiology and first aid.	We recognise prior training with Terry Larder's Classical Kinesiology Institute. However, content and sequence are structed differently (such as muscles and techniques taught). Therefore, all four essentials' courses need to be attended and in recognition of previous training we will give you 15% off. If you have attended other courses and would like an exemption, please submit curriculum for review.	1 day online & 2-days in-person plus 1 multiple choice quiz (during in-person day)	£415.00	How muscle testing works. Basics of Chinese Medicine including 5 elements and meridians. Learn five muscles (one per element). Lymphatic massage and vascular soothing.	Online 8 March 2027 & in-person 13 & 14 March 2027 (Somerset) 13, 17 & 18 September (TBC)
Essentials of Muscle Testing for Nutritional Balancing	Nutritional Advisor and Essentials of Muscle Testing		1-day online & 1-day in-person plus 1 case study	£275.00	Learn 3 digestive muscles, food sensitivity testing, and deficiency screening. Digestion and blood sugars. Protein and hydration test. 3 finger modes.	Online 7 May 2027 & in-person 25 June 2027 (Somerset) 22 October & 5 November (TBC)
Essentials of Muscle Testing for Emotional Balancing	Basic psychosocial skills, NLP, coaching, or counselling skills. Essentials of Muscle Testing.		1-day online & 1-day in-person plus 1 case study	£275.00	Introduction to flower essences & vibrational remedies, affirmations, somatic sweep, emotions wheel, and frontal soothe. Learn 2 further muscles. Barometer (SIM). 1 finger mode.	Online 14 May 2027 & in-person 26 June 2027 (Somerset) 23 October & 6 November (TBC)
Essentials of Muscle Testing for Energetic Balancing	Recommended Reiki or other Energy Healing modality. Essentials of Muscle Testing		1-day online & 1-day in-person plus 1 case study	£275.00	Subtle bodies, aura, chakras, Tibetan figure of 8s. Meridian tapping, chakra balancing, & aura polishing. Learn to further muscles. Barometer (SIM). 1 finger mode.	Online 21 May 2027 & in-person 27 June 2027 (Somerset) 24 October & 7 November (TBC)
Completion of **Essentials of Muscle Response Testing** and all three **Essentials** courses gives a **Fundamentals of Naturopathic Kinesiology Certification**.						

STAGE 2 – NATUROPATHIC KINESIOLOGY INTERMMEDIATE CERTIFICATION						
Course	**Prerequisite(s)**	**Exemptions**	**Duration & format**	**Cost**	**Training highlights**	**Dates**
Wheel Balance Certificate	Fundamentals of Naturopathic Kinesiology Certification		2-days in-person plus 2 case studies	£325.00	Learn remaining muscles not already covered to complete a wheel balance and additional techniques.	27 & 28 November 2027
Targeted Balances Certificate	Fundamentals of Naturopathic Kinesiology Certification		2-days in-person plus 2 case studies	£325.00	Hormone and digestive balances. Additional muscles. Digestive conditions including die-off and gynaecological conditions and menopause.	29 & 30 November 2027
Essentials of Naturopathy Certificate	Fundamentals of Naturopathic Kinesiology Certification	A level 3 or higher in Naturopathy with a recognised school or online provider.	2-days online plus 1 assignment	£295.00	Naturopathic principles and basics, recap of Chinese Medicine, and introduction of Ayurveda. Hering's Law of Cure, healing crisis, and detoxification.	15 & 16 January 2028
Completion of **Fundamentals of Naturopathic Kinesiology Certification** plus Wheel Balance Certificate, Targeted Balances Certificate, and Essentials of Naturopathy courses give **Naturopathic Kinesiology Intermediate Certification**.						

STAGE 3 – NATUROPATHIC KINESIOLOGY PROFESSIONAL CERTIFICATION						
Course	**Prerequisite(s)**	**Exemptions**	**Duration & format**	**Cost**	**Training highlights**	**Dates**
Professional Certificate in Naturopathy & Traditional Medicine	Naturopathic Kinesiology Intermediate Certification	A level 5 or higher in Naturopathy with a recognised school or online provider.	3-days online	£395.00	Learn Naturopathy at a deeper level, including further exploration of Ayurveda and an introduction to basic Hydrotherapy & Iridology.	2028
Research Project	Professional Certificate in Naturopathy & Traditional Medicine	A level 5 or higher in Naturopathy with a recognised school or online provider.	3,000 word written project	£100.00	Focus on an area covered in the Professional Certificate in Naturopathy & Traditional Wisdom researching how it influences Kinesiology.	2028
Pathology & Disease					Completion of a level 3 in Pathology & Disease	
Practical Application of Naturopathic and Traditional Medicine Principles Certificate	Professional Certificate in Naturopathy & Traditional Medicine		3-days in-person plus 1 assignment and observation during final day.	£425.00 + £75.00 paid direct to examiner	Advanced concepts and targeted protocols. Constitution focused – CF and Doshas.	2028
Completion of **Naturopathic Kinesiology Intermediate Certification**, Professional Certificate in Naturopathy & Traditional Medicine, Research Project, and Practical, Pathology & Disease, Application of Naturopathic and Traditional Medicine Principles Certificate gives **Naturopathic Kinesiology Professional Certification**.						

Please note assessment element may increase based on requirements of accreditation