

George J. Goodheart, DC, Applied Kinesiology, and the Research Record: What Actually Exists and How You Can Use It

The published record connecting George Joseph Goodheart Jr., DC directly to formal, peer-reviewed research is surprisingly limited, despite his central role in founding and developing Applied Kinesiology (AK) and influencing multiple generations of practitioners.icakusa.compubmed.ncbi.nlm.nih.goven.wikipedia.org Most of his contributions took the form of privately published manuals, case reports, seminar notes, and clinical observations distributed within the AK community, rather than controlled clinical trials indexed in mainstream biomedical databases such as PubMed.en.wikipedia.orgsemanticsscholar.orgscribd.com The studies that rigorously evaluate AK as a diagnostic or therapeutic system—such as reliability and validity studies of manual muscle testing (MMT), randomized trials, and methodological critiques—are almost all authored by other researchers, not by Goodheart himself, though they explicitly acknowledge his role as the originator of AK and sometimes use his procedures as a starting point.pubmed.ncbi.nlm.nih.govpmc.ncbi.nlm.nih.govdrannejensen.comen.wikipedia.org For your practical purposes, there are therefore two different kinds of “research links” you can legitimately share: first, historically and conceptually important publications and materials either authored by Goodheart or devoted to his work, which demonstrate his intellectual leadership and the evolution of AK; second, modern empirical studies of AK-style muscle testing and related methods, which provide evidence—both supportive and critical—that grows out of his original ideas but is not penned by him.

In what follows, I will map out, in detail, the available research-related links that connect to Dr. Goodheart, delineate which ones involve him as author or primary source and which are about him, and explain how they fit into the broader scientific picture of AK and wellness-related manual muscle testing. I will also give you practical guidance on how to communicate this nuanced evidence record to prospective clients or credentialing bodies in a transparent and academically honest way.

George J. Goodheart and the Origins of Applied Kinesiology

Biographical Context and Founding of AK

George Joseph Goodheart Jr., DC was born in Detroit, Michigan in 1918 and practiced as a chiropractor in that city for many decades.icakusa.comen.wikipedia.orgru.wikipedia.orgde.wikipedia.org By the mid-1960s he

had already established a busy practice, and it was in 1964 that he made the clinical observations which he later framed as the birth of Applied Kinesiology.icakusa.compubmed.ncbi.nlm.nih.goven.wikipedia.orgelizabethholistic.com At the time, prevailing chiropractic and orthopedic theory often emphasized muscle spasm as the primary cause of back pain and other musculoskeletal complaints; Goodheart became intrigued by patterns of muscle weakness and imbalance rather than spasm, and he began systematically testing muscles to discern functional relationships.icakusa.comen.wikipedia.orgelizabethholistic.com

The official history page of the International College of Applied Kinesiology (ICAK-USA) describes how Goodheart's observations about muscle strength and weakness led him to refute the then-held theory that muscle spasm was the primary cause of back pain, and instead to develop a system of diagnosis and therapeutics built around the idea that correcting muscle imbalances could reduce pain and improve function.icakusa.com The ICAK narrative emphasizes that this conceptual shift, coupled with Goodheart's use of manual muscle testing to assess individual muscles, formed the basis of what became Applied Kinesiology, a diagnostic and therapeutic system that integrates chiropractic adjustments, muscle testing, reflex work, and various adjunctive methods.icakusa.comtheamericanchiropractor.comelizabethholistic.com

A detailed historical article in the *Journal of Manipulative and Physiological Therapeutics* (JMPT), authored by Ralph Gin and Bart Green in 1997, traces this process and explicitly labels Goodheart as the founder and father of Applied Kinesiology.pubmed.ncbi.nlm.nih.govsemanticsscholar.org Gin and Green note that AK is a "popular diagnostic and therapeutic system used by many health care practitioners," and that it arose from Goodheart's blending of chiropractic techniques with muscle testing, acupuncture meridian theory, and other influences.pubmed.ncbi.nlm.nih.govsemanticsscholar.org The article discusses how Goodheart's ideas expanded beyond musculoskeletal pain into broader wellness concepts, and how he inspired an international network of practitioners through seminars and published materials.pubmed.ncbi.nlm.nih.govsemanticsscholar.org

Several biographical sources reiterate this timeline. The English-language Wikipedia article on George Goodheart states that he "invented applied kinesiology" and "originated applied kinesiology in 1964 and began teaching it to other chiropractors."en.wikipedia.org It notes that he authored many works on AK and lectured frequently, and lists his key publications, including Applied Kinesiology Research Manuals (published yearly from 1964–1998) and several books such as *You'll Be Better – The Story of Applied Kinesiology*.en.wikipedia.org German and Russian-language Wikipedia entries similarly introduce him as the American chiropractor who

“begründete” or “создатель” (founder/creator) of Applied Kinesiology.[ru.wikipedia.orgde.wikipedia.org](https://ru.wikipedia.org/de.wikipedia.org)

From the standpoint of evidence-based practice, these biographical sources do not themselves constitute clinical trials or experimental studies, but they document Goodheart’s role as originator and conceptual architect of AK. They show that his influence is rooted in long-term clinical experience, observation, and teaching, rather than in classical academic research pathways. For prospective clients and credentialing bodies, pointing to these sources can help anchor your explanation of AK’s lineage and situate Goodheart within the professional history of chiropractic and integrative manual

therapies.icakusa.compubmed.ncbi.nlm.nih.goven.wikipedia.orgtheamericanchiropractor.comelizabethholistic.comicakusa.com

Goodheart’s Expansion into Wellness and Multisystem Concepts

Beyond musculoskeletal pain, Goodheart rapidly extended AK into a broader wellness framework. One widely cited summary from Elizabeth’s Holistic Therapies describes how Goodheart used muscle testing to directly assess the functional integrity of the nervous system and the muscles, and how he “explored beyond the boundaries of his formal chiropractor training” to incorporate concepts from Chinese acupuncture, lymphatic drainage, nutrition, and neurology.elizabethholistic.com This narrative emphasizes that out of his “uniquely open-minded search” came most of the techniques used in AK today, including the MCPE concept—structural/mechanical (M), chemical (C), psychological (P), and energetic (E) domains—which posits that correcting imbalances in any of these domains can reduce or eliminate many health problems.elizabethholistic.com

The same source stresses one of Goodheart’s central discoveries: a perceived connection between muscles, organs, and the acupuncture meridian system, which led him to map certain muscles to specific organ systems and meridians, and to use muscle testing as an indicator of imbalances in these networks.elizabethholistic.com This integrative view—the idea that muscle responses reflect a multisystem state involving structural, chemical, mental, and energetic factors—is at the heart of AK’s wellness-oriented identity and directly informs later developments such as Touch for Health and energetic kinesiology.scribd.comelizabethholistic.com

Gin and Green’s JMPT history article confirms that Goodheart was influenced by Felix Mann, MD, and by acupuncture meridian therapy, and that he incorporated those concepts into AK.pubmed.ncbi.nlm.nih.govsemanticscholar.org The article notes that Goodheart’s methods for a 10-year-old child with headaches, neck pain, asthma, and reading disabilities exemplify his approach to combining chiropractic adjustments, muscle testing, meridian work, and other techniques in a holistic plan.pubmed.ncbi.nlm.nih.govsemanticscholar.org Although this case

description does not meet contemporary standards for controlled research, it illustrates how Goodheart's clinical practice extended into wellness and functional issues—like reading difficulties and asthma—beyond back pain alone.[pubmed.ncbi.nlm.nih.govsemanticscholar.org](https://pubmed.ncbi.nlm.nih.gov/semanticscholar.org)

This period of expansion can also be glimpsed in Goodheart's 1999 seminar "the hiSTORIES of AK," recorded in a video now available online.youtube.com In that seminar, held in Detroit, he reviewed the history of AK from 1964 through about 1980, including the period when he was appointed to the US Olympic team medical staff and served at the Lake Placid Winter Games.youtube.com The seminar content, while not formally a research article, provides primary-source insight into how he conceptualized AK's role in sports, performance, and wellness, including the application of muscle testing to optimize athletes' function and resilience.youtube.com

In summary, Goodheart's contribution to wellness concepts is extensively documented in biographical and historical texts, his own manuals and books, and recorded lectures. These sources indicate that he positioned AK as a multisystem wellness approach, drawing on diverse healing traditions and emphasizing the interplay between muscles, organs, meridians, and emotional

states.[pubmed.ncbi.nlm.nih.goven.wikipedia.orgyoutube.comscribd.comelizabethholistic.com](https://pubmed.ncbi.nlm.nih.gov/en.wikipedia.org/youtube.com/scribd.com/elizabethholistic.com)

However, they remain primarily descriptive and conceptual, not formal experimental research in the way modern evidence-based medicine defines it.

Goodheart's Own Publications: Manuals, Books, and Case Materials

Applied Kinesiology Research Manuals (1964–1998)

One of the most distinctive aspects of Goodheart's output is the series of Applied Kinesiology Research Manuals, published annually from 1964 to 1998.en.wikipedia.org The English-language Wikipedia entry on him notes that these manuals were produced each year during that period, indicating a sustained effort to document and disseminate clinical insights, case observations, and perhaps small-scale experiments within the AK community.en.wikipedia.org

These Manuals are not indexed in PubMed or mainstream bibliographic databases, and access is typically via AK organizations, seminar archives, or private collections. Nonetheless, the term "Research Manual" suggests that they were intended as compilations of practice-based research, meaning systematic reporting of clinical observations, procedural refinements, and case experiences, even if they lacked the statistical rigor or control groups typical of modern clinical trials.en.wikipedia.org scribd.com

Descriptions in AK-related texts and historical accounts indicate that these manuals covered topics such as muscle testing procedures, meridian relationships, reflex techniques (including neurolymphatic and neurovascular points), nutritional considerations, and case series reporting on specific conditions like headaches, learning problems, or asthma.[pubmed.ncbi.nlm.nih.govsemantic scholar.orgscrubd.comelizabethholistic.com](https://pubmed.ncbi.nlm.nih.gov/semantic scholar.org/scrubd.com/elizabethholistic.com) They served as a shared reference for AK practitioners and were central to the international growth of the system, but they remained largely within the AK milieu and did not become widely cited in mainstream research literature.[pubmed.ncbi.nlm.nih.goven.wikipedia.orgscrubd.com](https://pubmed.ncbi.nlm.nih.gov/en.wikipedia.org/scrubd.com)

From a credentialing or “evidence-based” perspective, Goodheart’s Research Manuals can reasonably be described as foundational practice-based documents, showing that AK developed through sustained clinical documentation rather than purely anecdotal practice. However, because they are not peer-reviewed in the conventional sense and lack transparent methodological details that can be critically appraised, they are unlikely to satisfy strict evidence requirements for CE approval in some regulatory environments.[en.wikipedia.orgen.wikipedia.org](https://en.wikipedia.org/en.wikipedia.org)

Goodheart’s Books and Published Collections

In addition to the Research Manuals, Goodheart authored several books and collections that describe and reflect on AK. The Wikipedia biography lists these publications, including *You’ll Be Better – The Story of Applied Kinesiology*, *Collected Published Articles & Reprints* (1969 and 1992 editions), *Observation of Sonographic Computerized Analysis* (1981), *A New Approach To An Old Problem* (1990), and *Being A Family Doctor*(1993).en.wikipedia.org

These books and collections are partly autobiographical and partly technical. *You’ll Be Better* is described as a narrative account of AK’s development and clinical applications, explaining Goodheart’s rationale and sharing cases that illustrate how muscle testing and related techniques were used to help patients.en.wikipedia.org *Observation of Sonographic Computerized Analysis* suggests an interest in incorporating ultrasound or sonographic technology into AK practice, possibly to visualize muscle function or structural changes, though specific details require access to the text itself.en.wikipedia.org Similarly, *A New Approach To An Old Problem* likely elaborates on using AK to address longstanding clinical challenges, and *Being A Family Doctor* frames AK within the context of family practice and primary care relationships.en.wikipedia.org

The *Collected Published Articles & Reprints* volumes indicate that Goodheart did produce articles that were published in journals, newsletters, or conference proceedings, which he later compiled. However, most of these outlets were profession-specific and not indexed in major biomedical databases, so they are not readily accessible through PubMed or mainstream scientific search platforms.en.wikipedia.org

Taken together, these books reveal Goodheart's sustained effort to articulate AK as both a clinical method and a philosophy of practice, extending into wellness, family health, and integrative care. They can be legitimately cited as primary sources for AK concepts and case narratives, and they demonstrate that Goodheart was deeply engaged in communicating his ideas beyond oral teaching. However, like the Research Manuals, they are not formal randomized trials or epidemiologic studies, and their evidentiary status is closer to expert opinion and practice-based documentation than to controlled experimental research.en.wikipedia.org/scribd.com/elizabethholistic.com

Press Releases and ICAK Publications

The International College of Applied Kinesiology (ICAK-USA) maintains communications that sometimes summarize Goodheart's contributions and reference his work. A recent press release by ICAK describes Goodheart as the "Founder and Father of Applied Kinesiology," reiterates his historical significance, and invites interested parties to contact the organization for more information.icakusa.com/icakusa.com

Such organizational publications can contain references to Goodheart's manuals, seminars, and internal studies conducted within AK circles. They demonstrate that the AK community views his work as foundational and as having ongoing relevance for training and research directions. Nonetheless, they are not themselves peer-reviewed research articles and are best categorized as professional communications and historical summaries, which can be used to document lineage and context but not to claim evidence-based efficacy in the modern clinical trial sense.icakusa.com/icakusa.com

Research About Applied Kinesiology and Manual Muscle Testing That Builds on Goodheart's Ideas

Reliability and Validity of Manual Muscle Testing in AK and Clinical Practice

Although Goodheart himself did not author most of the contemporary empirical studies on manual muscle testing, his development of AK and its reliance on muscle testing directly stimulated this research

field.pubmed.ncbi.nlm.nih.gov/pmc.ncbi.nlm.nih.gov/scribd.com/drannejensen.com A pivotal paper indexed on PubMed and hosted by the NIH, titled "On the reliability and validity of manual muscle testing," explicitly reviews more than 100 studies related to MMT and the AK chiropractic technique.pmc.ncbi.nlm.nih.gov The authors examine both mainstream clinical use of MMT and AK applications, including studies on the clinical efficacy of MMT in diagnosing patients with neuromusculoskeletal symptomatology.pmc.ncbi.nlm.nih.gov

Crucially, this review concludes that there is evidence for good reliability and validity in the use of MMT for patients with neuromusculoskeletal dysfunction, particularly when tests are standardized and performed by trained examiners.[pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov) Observational cohort studies demonstrate good internal and external validity, and the twelve randomized controlled trials (RCTs) reviewed show that MMT findings in these contexts are not dependent upon examiner bias.[pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov) In other words, when muscle testing is used in the conventional sense—to assess strength and functional status of specific muscles in local musculoskeletal problems—it can be a robust clinical tool.

At the same time, the review recognizes that AK-specific procedures, which extend muscle testing into domains like systemic disease diagnosis or nutritional status assessment, often lack support from high-quality studies. Later methodological critiques, such as those summarized in the Wikipedia entry on AK, explicitly note that when AK is disentangled from standard orthopedic muscle testing, the few studies evaluating unique AK procedures “either refute or cannot support the validity of AK procedures as diagnostic tests.”en.wikipedia.org One widely cited review concluded that “the evidence to date does not support the use of manual muscle testing for the diagnosis of organic disease or pre/subclinical conditions,” and another declared that “there is little or no scientific rationale for these methods” when used diagnostically.en.wikipedia.org

These reviews and methodological analyses are not authored by Goodheart, but they are directly about the method he developed, and they are part of the research landscape that clients, regulators, and practitioners must consider. They show that while Goodheart’s core contribution—manual muscle testing as a clinical tool—has solid reliability in neuromusculoskeletal contexts, the extension of MMT into broad diagnostic claims has not passed empirical muster.[pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)en.wikipedia.org

Accuracy of Kinesiology-Style Muscle Testing for Congruent vs Incongruent Statements

A more recent line of research, led by Ann Jensen and colleagues, examines AK-style muscle testing in the context of psychological congruence vs incongruence in spoken statements.drannejensen.com In a study presented as a poster at the World Federation of Chiropractic and summarized in the handout “The accuracy of kinesiology-style manual muscle testing,” the authors report that manual muscle testing used to distinguish congruent from incongruent spoken statements is significantly more accurate than guessing and chance.drannejensen.com

The handout concludes that this use of muscle testing “may have merit in the management of specific cases,” suggesting that there may be a subtle relationship between muscle test responses and psychological states of congruence or conflict.drannejensen.com While this study is preliminary and focused on a narrow context, it shows that some AK-inspired

applications of muscle testing are being experimentally explored and that in certain domains they may show above-chance accuracy.

Goodheart himself was not on the author list of this particular study, but the kinesiology-style testing paradigm used stems from his original AK methodology, and the study is part of the evidence record about how his ideas function when put under controlled observation.drannejensen.com For a practitioner or educator, such studies can be cited as examples of ongoing “wellness-related” research that takes AK concepts seriously and evaluates them experimentally, even when they do not directly involve Goodheart as investigator.

Historical and Case-Based AK Studies in JMPT and Other Outlets

The JMPT article by Gin and Green, “George Goodheart, Jr., D.C., and a history of applied kinesiology,” does more than biographical recounting; it includes discussion of AK methods applied to specific patients, such as the 10-year-old child with headaches, neck pain, asthma, and reading disabilities.pubmed.ncbi.nlm.nih.gov/semanticscholar.org Gin and Green outline how AK techniques were used in this case, and they contextualize it within the broader AK methodology. Although Goodheart himself is the subject rather than the author, the article functions as a peer-reviewed historical and methodological study of his work and is one of the few mainstream journal articles that engages with AK in detail.pubmed.ncbi.nlm.nih.gov/semanticscholar.org

Beyond JMPT, numerous AK case reports and series have been published in chiropractic and integrative medicine journals over the decades, often describing how AK procedures were used to address conditions ranging from musculoskeletal pain to learning difficulties, gastrointestinal issues, or asthma.pubmed.ncbi.nlm.nih.gov/theamericanchiropractor.com/scribd.com For example, the American Chiropractor article “Applied Kinesiology Past, Present, and Future” recounts the development of AK and mentions various clinical applications, arguing for its continued relevance in chiropractic practice.theamericanchiropractor.com These publications collectively show that AK has been implemented and discussed in professional circles, but the methodological rigor and sample sizes of many of these case reports do not meet contemporary standards for evidence-based efficacy claims.theamericanchiropractor.com/en.wikipedia.org

Still, these articles are legitimate research-related links that reference Goodheart’s work and can be included in a historical and conceptual dossier about AK and wellness. They demonstrate that Goodheart’s ideas attracted enough attention to warrant publication and discourse within professional journals, even if the outcome data remain limited and uneven by modern standards.pubmed.ncbi.nlm.nih.gov/theamericanchiropractor.com/semanticscholar.org/scribd.com/en.wikipedia.org

Critical and Neutral Overviews of Applied Kinesiology in the Scientific and Public Sphere

Skeptical Summaries and Government Reviews

The Wikipedia article on Applied Kinesiology provides a succinct, critical summary of how AK is viewed in the scientific community.en.wikipedia.org It defines AK as a “pseudoscience-based technique in alternative medicine claimed to be able to diagnose illness or choose treatment by testing muscles for strength and weakness,” and notes that multiple scientific reviews have found no clear evidence of effectiveness.en.wikipedia.org The article specifically cites the 2015 Australian Government Department of Health review of alternative therapies, which evaluated AK among 17 therapies and concluded that no clear evidence of effectiveness was found.en.wikipedia.org

The same entry references statements from the American Cancer Society, which asserts that “available scientific evidence does not support the claim that applied kinesiology can diagnose or treat cancer or other illness.”en.wikipedia.org It also quotes reviews of AK-specific procedures and diagnostic tests, including the conclusion that when AK is disentangled from standard orthopedic muscle testing, the few existing studies either refute or cannot support the validity of AK procedures as diagnostic tests, and that manual muscle testing should not be used to diagnose organic disease or pre/subclinical conditions.en.wikipedia.org A follow-up review in *Current Opinion in Allergy and Clinical Immunology* is cited as concluding that AK “had no proven basis for diagnosis.”en.wikipedia.org

These skeptical analyses are important because they show that mainstream scientific bodies and government agencies do not consider AK to be evidence-based medicine, particularly in terms of diagnostic claims. They do not directly negate the possibility that AK can function as a complementary or wellness tool, but they caution against positioning it as a scientifically validated diagnostic method. For prospective clients and credentialing bodies, sharing such summaries alongside more supportive evidence can demonstrate that you are aware of both the limitations and the strengths of the AK evidence record and that you do not attempt to gloss over critical evaluations.[pmc.ncbi.nlm.nih.govtheconversation.comen.wikipedia.org](https://pmc.ncbi.nlm.nih.gov/theconversation.com/en.wikipedia.org)

Public-Facing Discussions: “Panacea or Placebo?”

An article in *The Conversation* titled “Muscle testing (kinesiology): panacea or placebo?” discusses AK and muscle testing in a public-facing, critical manner.theconversation.com The author points out that there has been no muscle testing-caused harm reported in the literature to date, but also notes that no formal investigation of muscle testing risks has been published.theconversation.com The piece examines claims made by AK practitioners and

juxtaposes them with scientific evidence, arguing that while muscle testing might provide a sense of empowerment or insight for some patients, its diagnostic and therapeutic claims are unproven and may largely reflect placebo effects.theconversation.com

This article can be useful when explaining to prospective clients that AK is controversial and that its status in the scientific community is contested. It underscores that, although harm has not been documented and many patients report subjective benefits, there is insufficient evidence to treat AK as a validated diagnostic or curative therapy.theconversation.comen.wikipedia.org

For a wellness-oriented training program, acknowledging these perspectives can actually strengthen your ethical position: you can frame Muscle Tuning and Touch for Health as subjective, client-centered, and complementary methods that may help people explore stress, movement, and awareness, without claiming that they replace or replicate evidence-based medical diagnosis and treatment.theconversation.comen.wikipedia.orgelizabethholistic.com

How Directly Is Goodheart Involved in Formal Research Studies?

Distinguishing Authorship From Influence

The key point that emerges from the search results is that very few formal, peer-reviewed research articles list Goodheart as an author, whereas a large number of historical and conceptual pieces reference him as the founder and primary influence behind AK.pubmed.ncbi.nlm.nih.goven.wikipedia.orgsemanticsscholar.orgscribd.com The JMPT article by Gin and Green is a historical profile about him, not written by him.pubmed.ncbi.nlm.nih.govsemanticsscholar.org The AK methods case description in that article uses his techniques but is authored by others.pubmed.ncbi.nlm.nih.govsemanticsscholar.org

The list of his books and Research Manuals suggests that he published extensively in AK-specific formats, but these are not widely indexed, and their contents have not been systematically appraised in mainstream evidence hierarchies.en.wikipedia.orgscribd.com If there were clinical trials or controlled studies authored by Goodheart, they would typically appear in PubMed or similar databases, but the search results you provided do not show any such entries.pubmed.ncbi.nlm.nih.goven.wikipedia.orgsemanticsscholar.orgen.wikipedia.org

By contrast, modern studies that examine AK procedures—whether to test reliability or validity—are clearly influenced by his ideas but authored by other researchers. The NIH-hosted MMT review is not his work but reviews AK alongside other uses of muscle

testing. [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov) Jensen's study on kinesiology-style muscle testing is not authored by him but uses methodologies that originate in AK practice. drannejensen.com Government and systematic reviews evaluate AK in the context of alternative therapies, again without his direct authorship. en.wikipedia.org

For a prospective client or credentialing body, this distinction matters because it determines how you describe Goodheart's research involvement. You can honestly say that Goodheart initiated a practice-based research culture within AK via his yearly Research Manuals and books, and that his clinical observations have been influential enough to prompt external researchers to study AK and MMT

empirically. en.wikipedia.org [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov) semanticsscholar.org scribd.com drannejensen.com However, you cannot point to multiple randomized controlled trials or large quantitative studies authored by him; his role was primarily that of clinical innovator and teacher, rather than that of academic research investigator in the modern sense. pubmed.ncbi.nlm.nih.gov en.wikipedia.org youtube.com scribd.com

“Wellness-Related” Research Links Connected to Goodheart’s Legacy

If your focus is on “anything wellness-related,” the most relevant research links are those that study AK-style muscle testing in non-disease contexts, such as Jensen's congruence study, or those that evaluate subjective outcomes like self-awareness and wellbeing in TFH-based kinesiology (as discussed in our previous exchange). drannejensen.com melizabethholistic.com While Goodheart himself did not co-author these studies, they are direct descendants of his conceptual framework and can be fairly described as research into methods he pioneered.

Similarly, the reliability and validity studies of MMT in neuromusculoskeletal dysfunction, though not AK-specific in all cases, are examining a technique that Goodheart helped popularize and adapt to multisystem assessment. [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov) Studies that assess AK muscle strength tests for specific orthopedic conditions (such as sacroiliac joint dysfunction) likewise use procedures derived from his system. scribd.com

Thus, when you compile research links, you can legitimately group them under the heading “Research on Applied Kinesiology and Goodheart-derived muscle testing methods,” even though his name does not appear in the author byline. What you cannot do is present them as “studies personally conducted by Goodheart” unless you have explicit textual proof of his authorship, which the current search set does not provide. pubmed.ncbi.nlm.nih.gov en.wikipedia.org semanticsscholar.org scribd.com en.wikipedia.org

Practical Guidance: What To Share With Prospective Clients and Credentialing Bodies

Building a Transparent, Evidence-Informed Portfolio

If prospective clients or credentialing bodies ask specifically for “research links where Dr. George Goodheart, DC was involved in studies,” you can build a transparent portfolio that includes several types of documents:

First, historical and biographical articles such as Gin and Green’s JMPT paper, which explicitly discuss Goodheart’s clinical work, early AK methods, and their application to wellness-related problems like headaches, asthma, and reading disabilities.pubmed.ncbi.nlm.nih.gov/semanticscholar.org Although he is the subject rather than the author, the article appears in a peer-reviewed journal and can be cited as a research-level overview of his methods.

Second, lists and descriptions of his own published works, including the Applied Kinesiology Research Manuals and his books, as recorded in the Wikipedia biography and other biographical sources.en.wikipedia.org/ElizabethHollistic.com While these are not RCTs, they demonstrate his sustained writing and documentation activity and are central primary sources for understanding AK’s evolution.

Third, ICAK materials and press releases, which frame him as the founder and father of AK and may reference ongoing research initiatives within the AK community.icakusa.com/icakusa.com These show organizational support and the continuity of his legacy.

Fourth, AK-related empirical studies conducted by other researchers but explicitly dealing with AK techniques and MMT, such as the NIH MMT reliability and validity review, Jensen’s kinesiology-style muscle testing study, and government evaluations of AK.pmc.ncbi.nlm.nih.gov/drannjensen.com/en.wikipedia.org Here you can explain that although Goodheart was not the investigator, these studies are directly about the system he created and therefore represent the scientific literature evaluating his method.

Fifth, neutral or critical public-facing analyses like The Conversation article and the Wikipedia AK summary, which indicate how AK is viewed by independent commentators and health policy bodies, and which you can use to show that you are not ignoring skeptical evidence.theconversation.com/en.wikipedia.org

When presenting these links, you can emphasize that Goodheart was a clinician-researcher in a practice-based sense, documenting and publishing his findings in formats that were common in chiropractic and alternative medicine circles of his era, but that modern randomized trials and

large quantitative studies about AK have mostly been carried out by later investigators. This will help clients and regulators appreciate the historical and conceptual importance of Goodheart's work without conflating it with contemporary high-level evidence

metrics.pubmed.ncbi.nlm.nih.gov/en.wikipedia.org/pmc.ncbi.nlm.nih.gov/en.wikipedia.org/elizabethholistic.com

How To Phrase the Evidence for Your Programs

In terms of language, an academically honest way to describe the situation might be along these lines:

"Applied Kinesiology was developed by Dr. George J. Goodheart, Jr., DC in the 1960s, based on systematic clinical observations and extensive documentation of muscle testing, reflexes, and multisystem

relationships.icakusa.com/pubmed.ncbi.nlm.nih.gov/en.wikipedia.org/elizabethholistic.com He published yearly Applied Kinesiology Research Manuals from 1964–1998 and several books that detail his methods and case experiences.en.wikipedia.org Peer-reviewed historical articles, such as Gin & Green (1997) in the *Journal of Manipulative and Physiological Therapeutics*, describe his clinical applications of AK in wellness-related problems and situate his work in chiropractic history.pubmed.ncbi.nlm.nih.gov/semantic scholar.org Subsequent independent researchers have studied AK-style manual muscle testing, with evidence supporting its reliability and validity for neuromusculoskeletal assessment,pmc.ncbi.nlm.nih.gov and preliminary findings suggesting above-chance accuracy in distinguishing congruent from incongruent statements in specific contexts.drannejensen.com At the same time, high-quality reviews have found that AK's broader diagnostic claims for organic disease and allergy are not supported by current evidence.en.wikipedia.org Our training program acknowledges both the strengths and limitations of this evidence, positioning Muscle Tuning/Touch for Health as complementary, wellness-oriented methods grounded in Goodheart's clinical innovations, but not as replacements for evidence-based medical diagnosis or treatment."

This kind of statement integrates Goodheart's historical and conceptual contributions, links them to modern research, and candidly acknowledges the critical evaluations. It shows that you are evidence-aware and ethically grounded, which is often more persuasive to credentialing bodies than overstated or selective claims.

Conclusion

To directly answer your question: within the search results you provided, there are no mainstream, PubMed-indexed clinical trials or quantitative studies authored by George J. Goodheart, DC himself; his primary research involvement took the form of Applied Kinesiology

Research Manuals, books, and internal AK documentation, which are historically important but not widely indexed in standard biomedical databases.en.wikipedia.orgscribd.com/elizabethholistic.com However, there are peer-reviewed articles and research-related texts that focus on his work, most notably the JMPT history article by Gin and Green, which details AK's development and clinical applications, and a wide range of later empirical studies that evaluate AK-style manual muscle testing in neuromusculoskeletal and wellness contexts.pubmed.ncbi.nlm.nih.govpmc.ncbi.nlm.nih.gov/semantic Scholar.orgdrannejensen.com
en.wikipedia.org

For prospective clients or credentialing bodies, you can legitimately share:

- Historical and biographical sources documenting Goodheart's founding of AK and his publication record (ICAK founder page, Gin & Green JMPT article, Wikipedia biography, holistic histories).icakusa.compubmed.ncbi.nlm.nih.goven.wikipedia.orgtheamericanchiropractor.comsemantic Scholar.orgru.wikipedia.orgelizabethholistic.comde.wikipedia.orgicakusa.com
- References to his Applied Kinesiology Research Manuals and books as examples of sustained practice-based documentation.en.wikipedia.orgscribd.com/elizabethholistic.com
- Independent research on MMT reliability and validity in neuromusculoskeletal dysfunction, which validates the core clinical tool he championed.pmc.ncbi.nlm.nih.gov
- Modern studies of kinesiology-style muscle testing (e.g., congruent vs incongruent statements) that explore wellness-related applications of his methodology.drannejensen.com
- Balanced summaries of AK's evidence status, including critical government and scientific reviews, to demonstrate that you are aware of current debates and do not overclaim.theconversation.comen.wikipedia.org

By presenting this portfolio with clear distinctions between Goodheart's own practice-based publications and later independent research on AK, and by positioning your Muscle Tuning/Touch for Health training as a complementary, wellness-focused program built on his clinical innovations but aligned with contemporary evidence standards, you can give prospective clients and credentialing bodies a nuanced, honest, and well-supported rationale for investing in your course.

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