

NEWS & VIEWS

George J Goodheart, Jr. The Father of Applied Kinesiology

Gary Erkfritz, DC



Dr. George J Goodheart, Jr.
(1918-2008)

George J. Goodheart was born on August 18, 1918 in downtown Detroit, Michigan. After attending the University of Detroit and the National College of Chiropractic, he joined his father, Dr. George Goodheart, Sr., practicing in downtown Detroit for over 30 years. Then he moved to an office in Grosse Pointe, Michigan. In 1964 Dr. Goodheart made the first correlation between finding a weak muscle using manual muscle testing and then employing chiropractic therapy to make it stronger.

Thus he became the inventor of muscle response testing and named the technique “applied kinesiology”.

Since then he has looked beyond the chiropractic profession to the fields of biomedicine, osteopathy, acupuncture, dentistry, nutrition, biochemistry, and others for methods to increase the health and well being of patients based on using the body itself as a diagnostic tool. Dr. Goodheart had a unique way of looking at a patient’s problem and asking, “Why is that?” This allowed him to correlate many different types of examination and treatment procedures into a unified method of examining and then treating many difficult patients. He practiced Chiropractic actively for over 50 years in Detroit and Groose Pointe, Michigan. Dr. Goodheart was the first Chiropractor to serve on the U. S. Olympic Medical Committee in 1980. Dr. Goodheart wrote several volumes of Applied Kinesiology and lectured since 1964 on the subject.

He taught applied kinesiology not only to chiropractors but to other health professionals who expressed the desire to learn and practice AK. He has taught many naturopaths, allopathic physicians, dentists, nutritionists, physical therapists, massage therapists, and nurses other than many chiropractors.

In 1964 he began a series of revolutionary observations about muscle function and health, which he introduced to the world as Applied Kinesiology (AK). It all began with a research manual, and a group of equally enthusiastic colleagues, many number

of hours of hardwork. Progressive chiropractic physicians around the country quickly recognized the groundbreaking nature of his work in the care and healing of their patients.

This group, who called themselves “The Dirty Dozen”, established what is now the International College of Applied Kinesiology, which has grown to more than 600 members in the U.S. and over 3,000 worldwide. Every day millions of people worldwide receive the benefit of Dr. Goodheart’s work.

Dr. Goodheart’s intuitive ability to “listen to the body” and problem-solve patient concerns with a kind, thoughtful demeanor contributed to the success of his practice. “See with eyes that see and hear with ears that hear” was his counsel to other doctors, encouraging them to observe and listen closely to their patients before diagnosis. He was a consummate family doctor, who rarely tired of seeing patients and would often identify an abnormal gait of a stranger walking down the street or pick the problem of a colleague in a seminar that needed his help.

Patients from far and wide sought his expertise, travelled all the way to be evaluated by him. He treated clergy at no charge, and it was not uncommon for him to receive payment in the form of vegetables or prayers from those who were unable to pay. Dr. Goodheart often remarked that he couldn’t believe he was paid for doing something he so loved.

Dr. Goodheart proudly served his country during World War II as a member of the U. S. Army Air Force. He was stationed in France and England and never tired of telling stories about his life as a fighter pilot or reading the many chronicles written about the war. He was a Major at age 26 and was awarded the Bronze Star for inventing a bombing release mechanism. His knowledge of flying brought us the PRY technique among others.

He had a lifelong passion for tennis, and would remind opponents of his Detroit City Parks & Recreation championships. He was still skiing in

the Alps at the age of 83. He was a life member of the Grosse Pointe Hunt Club, Detroit Athletic Club and the Detroit Rotary.

Dr. George Joseph Goodheart died peacefully at his home on March 5, 2008. He was 89 years of age.

George Goodheart will be remembered for his many contributions to the health professions especially Chiropractic. He possessed a brilliant mind with a holistic approach to health and medicine years ahead of his time.

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