

# QUINTESSENTIAL APPLICATIONS

## How do I begin my QA (AK) education?

### **Q. I am interested in AK, how do I begin? Should I take the ICAK Approved Basic AK Course?**

**A.** In the beginning, you have two choices:

- Enroll in an ICAK approved Basic Course or Muscle Testing Course.
- Enroll in the **QA** Course, either LIVE or Distance Learning.

### **Q. If I choose the QA Course, how do I begin my study of QUINTESSENTIAL APPLICATIONS?**

**A.** The best way to begin the study of **QUINTESSENTIAL APPLICATIONS** is by purchasing the **QA** Enroll @ Home Special. The Enroll @ Home Special provides a discounted (Save \$80), comprehensive introduction to **QA** and includes the following:

- **QA** Book – a comprehensive clinical reference manual embodying all procedures and techniques covered in the **QA** Course
- **QA** Audio CDs – an in-depth discussion of the thought process underlying the **QA Clinical Protocol** in a set of 4 CDs based on Dr. Schmitt's 35 page paper, "The Neurological Rationale for a Comprehensive Clinical Protocol Using Applied Kinesiology Techniques."
- **QA** Session 1 DVDs – recorded live, with two camera's and direct feed audio, this 1<sup>st</sup> Session of the **QA** Course introduces fundamental and powerful pain relieving procedures that will complement any clinical practice

With this beginning, the doctor can more clearly decide whether distance learning supported by the **QA** Webinars or LIVE mentoring in a **QA** Course may be most appropriate for his or her learning style and specific educational needs.

In either case the doctor receives instruction covering all the tools necessary to apply the principles embodied in the **QA Clinical Protocol** (including manual muscle testing.)

### **Q. I have no muscle testing experience. Can I still benefit from studying QA at home?**

**A.** Absolutely! Studying **QA** in a home based, distance learning format was part of the plan from the very beginning. However, even though manual muscle testing is taught in the **QA** Course and is discussed and demonstrated on the **QA** DVDs, personal hands-on training in muscle testing is recommended and is required for **QA** Proficiency Examination. This hands-on training can either be accomplished at a LIVE **QA** Course, at an ICAK approved Basic or Muscle Testing Course, or by Other approved muscle testing competence verification.

### **Q. I have heard about the QA Webinars. How can they help me learn QA?**

**A.** Each **QA** Webinar (past recordings available on the **QA** Web Site) highlights a particular topic or topics taught in the **QA** Course elaborating on the thought processes that underlie their application. They are thus designed to:

- expand the understanding of the concepts & principles taught in the **QA** Course
- enhance the practitioner's ability to use the techniques taught in the **QA** Course
- provide the opportunity to ask questions directly to Drs. Schmitt and McCord

### **Q. Can I join the QA Webinars at any time?**

**A.** Yes! It is recommended that you join as soon as possible, even if you are just starting to study **QA**. The thought processes discussed in each **QA** Webinar will be beneficial even if you have not yet studied the specific clinical materials reviewed in the Webinar.