

Kidney Procedure

- The kidney area is where courage and “strong heart” energy is shown.
- Any weakness in this area needs to be addressed with an empathetic attitude to the psychology of the dog, especially in the adrenal fight or flight response.
- The kidney procedure must be completed with the emphasis on correct protocols of ABT, very slowly and with thought, intent, and with your energy in a soft spot.
- This is probably the procedure that puts the dog in its most vulnerable position so use your utmost respect when doing this procedure.
- This Move is over the kidney reflex point. The Move is angled to address the structures lying beneath the last rib T12, T13 – i.e. the kidney.
- The actual Move is done on the bladder meridian on the vital point that is the direct reflex to the kidney organ.

Kidney Procedure

Addresses:

- Arthritis
- Allergic reactions
- Mucous production either infection, allergenic or acid related
- Fluid balance, homeostasis of body fluids
- Poor circulation
- Urine retention
- Kidney overload
- Renal problems
- Urinary bladder and kidney gravel (will need vet attention for larger stones)
- Hormonal problems in females
- General tightness of muscles
- Spongy musculature
- Tight stringy muscles
- Regulates fluid balance in muscles
- Infections and viral conditions – helps to rid body of dysfunctional debris and toxins
- Roached back in lumbar spine
- Sway back
- Fluid edema over loin area
- Normalizing vital signs
- Regulates electrolyte balance in muscles
- Works on the fear factor in conjunction with heart and lungs
- **Kissing spine (see next page for description)**

Bonus Thinking

Move 19 from Specialized Moves (lateral/medial Move under the Sitz bone) lays along the caudal aspect of the bladder meridian.

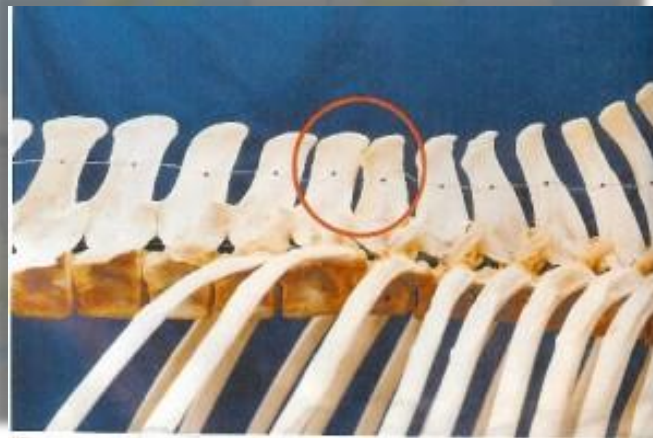
Works in with the hamstring procedure, which works along the cranial aspect of the bladder meridian.

Excellent for releasing fluids, assists lymphatic's, therefore works with the kidney/bladder function

Kidney Procedure may help with Kissing Spine

Kissing-spine is another name that medical practitioners use for Baastrup-disease. Some medical journals describe the condition as Baastrup-sign. This disease affects the spinous processes and can be detected in human beings, certain horses and animal groups related to canines, especially dogs. This disorder is orthopedic in nature. In human beings, kissing-spine or Baastrup-sign or disease is quite commonly suffered by the aging population. There are spinous process protrusions along the lumbar spine. When one suffers this disease, the protrusions would tend to be larger. The enlarged bone area is normally around the posterior end protrusions of the spinous processes. This situation will cause the contact of spinous processes with one another. The name "kissing spine" was derived from the contact or "kiss" of the spinous process protrusion with each other during extension of the vertebrae of lumbar.

<http://www.spinousprocesses.com/kissing-spine-baastrup-disease-and-the-spinous-processes/>



Animals with this condition can present with one or more of the following:

Roached back - sway back – cold back – lumps along spinal processes – weak abdominals (pot belly)

Kidney Procedure

Note: May be inserted after Move 10 of WBB or used on its own in acute situation or as a regular “tune up” for dogs in need of this procedure.

Use the following 4 Moves to create the Kidney procedure

Moves 1, 2

2 minute WAIT

Move 3 – (on the TFL) reflexes back to the kidney, preparing the kidney area and opening up the kidney energy.

2 minute WAIT

Move 10 - works specifically on the organic systems of the body and has an immediate effect on the following reflex via the bladder meridian.

Liver/bladder

Kidney/heart/lung energy, which is often out of balance in kidney issues

2 minute WAIT

Kidney Move - RHS

Immediately followed by

Kidney Move - LHS

2 minute Wait

Continue Tx if necessary

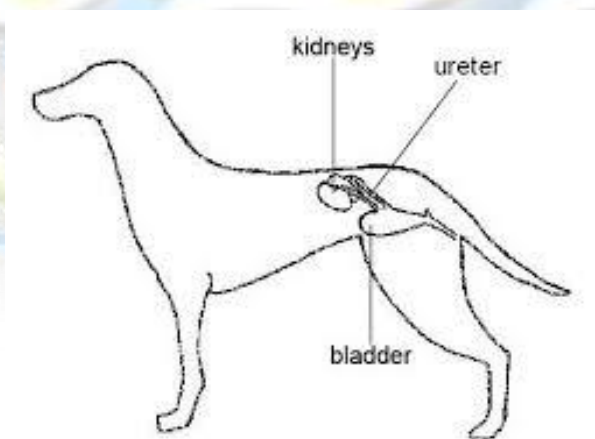
Kidney Move

The Kidney Move is a lateral activating Move, the energy of which is contained between the stoppers of Move 1 and 10, thereby directing the energy into the abdominal cavity in the direction of the kidneys lying in the thoracic/lumbar space.

The ABT Practitioner starts by standing on the LHS, which is the receptive, sedentary Yin side of the body and performs the Move on the Yang side (RHS) in a lateral activation move.

This double activation creates enormous energy, which shoots into the kidney reflex and underlying structures having been contained between two energy holders.

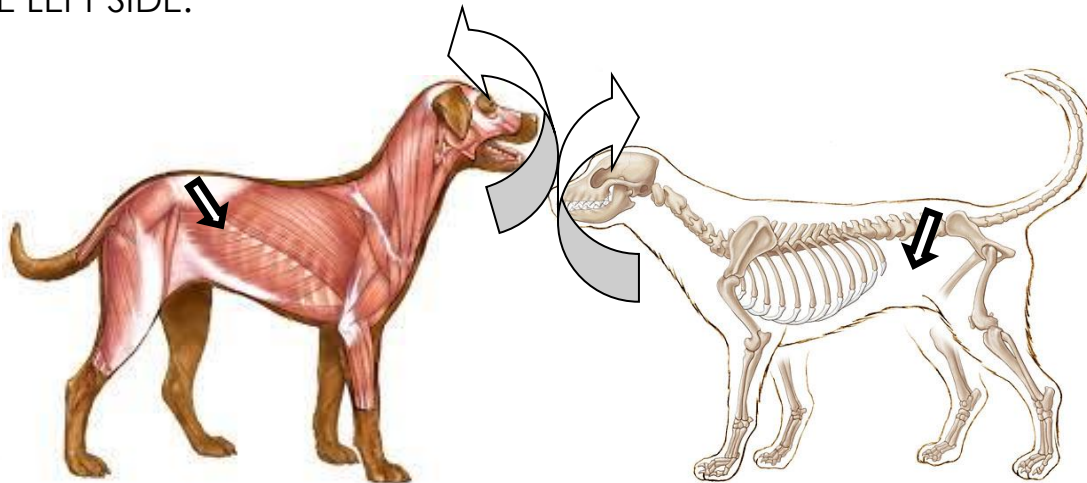
The left kidney metabolizes toxic substances therefore by completing the Move on the RHS first we are reflexing again to the LHS to start discharging before activating the energy into the left kidney directly.



Performing the Kidney Move

The position of this Move is between Move 1c/d and Move 10.1, behind the last rib.

THIS IS THE ONLY MOVE IN WHICH WE DO THE RIGHT SIDE FIRST THEN THE LEFT SIDE.



Perform right side Move with head flexed to the left.

Then perform left side Move with head flexed to the right.

This is a thumb (Roll Out) Move between the spinal process and the edge of the Longissimus Dorsi in the lumbar region.

Make a lateral move at an angle of 35 degrees cranially away from the spine.

LHS - Standing on LHS with dogs head flexed comfortably towards you (without tension), perform the Move on right side of dog.

RHS - Stay on LHS with dogs head flexed comfortably away from you (without tension), perform the Move on left side of dog.

Option 1 Practitioner brings head around.

Option 2 Family member assists to bring head around at spine level. (guide family member to be gentle). Food may be used to encourage the dog into proper head flexion