

Guidelines for My Favourite.....

*See Specifications for Articles document for general article guidelines

MY FAVOURITE MUSCLE or favourite anything (gland, organ, chakra, brain part....)

Choose one of your favourite muscles (or other) and write about it:

- Its name - anatomical and commonly known names and where its name was derived from
- Description of the muscle
- Origin and attachment
- Meridian associated (TCM information if you know it)
- What the muscle is a good indicator for in balancing
- Problems that can arise with the muscle/conditions related
- Ways to strengthen/balance – kinesiology techniques you favour – example(s) of client(s) you have treated if you have
- A simple exercise that may help
- Picture(s) – if you have particular ones you want to include to support your article (resolution 500kb – 1mb) MUST BE 100% COPYRIGHT FREE, otherwise editor can source
- Head shot and contact details of author
- All photos can be put into Dropbox and shared with intouch@aka.asn.au
- Approx 1000 – 1300 words (flexible)

Muscles written about in previous issues of In Touch

Pec Minor	Lateral Pterygoid	Opponens Pollicis
Masseter & Temporalis	Fasciae Latae	Tibialis Anterior
Pec Major	Sartorius	Gracilis
Psoas	Gastrocnemius	Pectineus/Adductors
Gluteals	Sacrospinalis	Rectus Abdominis and friends
Piriformis	Subscapularis	Triceps
Supraspinatus	Teres Minor	Quadratus Lumborum
Latissimus Dorsi	PMS	

Muscles and other favourites can be re-visited – contact the editor.

Other favourites written about in previous issues:

Elements: Fire, Earth, Metal, Water, Wood

Brain Parts

Amygdala
Hippocampus
Hypothalamus (feeding behaviour)

Crystal
Kunzite

Chakras

Throat
Heart
Earth Star
Solar Plexus
Sacral

Acupoint- St-36

Nerve – Vagus

Bone - Sphenoid