

The watch effect

Paul T Sprieser

Narrative: An interesting phenomenon that I learned about while studying Applied Kinesiology in the early 1970's that was observed in the class being taught in New York and New Jersey. Someone in the class said a muscle weakness would occur if a watch was placed over SP21 on the left side only.

Indexing terms: Chiropractic; Applied Kinesiology; Pectoralis Major Sternal; Pectoralis Major Clavicular; Tensor Fascia Lata; Gluteus Medius.

Introduction

I was being exposed to muscle AK testing during my senior year at the *Chiropractic Institute of New York* in 1968. A few of the instructors spoke about Dr Goodheart and demonstrated muscle testing.

I would be graduating in August 1968. That year the *American Chiropractic Association* was having its national meeting at the Americana Hotel in New York City. My whole graduating class was able to attend the meeting. This was my first exposure to Dr Goodheart, one of the keynote speakers at the convention.

When I started studying AK in 1969, the class were being taught by Drs Sal Cordaro, Jerry Deutsch, and Jose Rodríguez. Someone said a muscle weakness would occur if a watch was placed over SP21 on the left side only. I know this was demonstrated in the class with the use of muscle testing.

Everyone in the class stopped wearing the watch on the left wrist, which was usually right-hand individuals. My wife and I still wear our watches on the right wrist even today.

Discussion

On March 30, 2021 I was discussing subtle energy patterns of the acupuncture system with a patient and showed her the 'Watch Effect'. So I decided to do a research study and collected data on 108 patients from 30 March 2021 to 29m July 2021. The group was made up of 57 female and 51 males. The watches being used were mechanical (wind up and self-winding), battery powered mechanical and digital, and must be running to have this effect. This effect also happens with a

... a muscle weakness in known to occur when a watch is placed over Spleen 21 on the left. Muscles to test include Pec major sternal and clavicular, TFL, and Gluteus Medius. Why?'



stop watch mechanical or digital. On a mechanical or digital watch it must be running and keeping time, if it is stopped it does not cause a weakness.

Spleen 21 is located in the mid axillary line, at the 7th intercostal space. (1, 2)

The indicator muscles being used in supine position were the *Pectoralis Major Sternal* (PMS), *Pectoralis Major Clavicular* (PMC), *Tensor Fascia Lata* (TFL) and the *Gluteus Medius*. If tested with the patient prone Hamstring would be used. (1)

If a stronger muscle was to be used to prove a point the *Quadriceps* was used. All muscles showed a profound weakness on all 108 patients in this study.

I have tested this phenomena on and off for 47 years. The number of tests done would be at least 5000 or more times with the same outcome. I wondered the significance of this weakness?

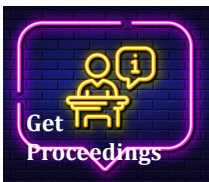
I believe a weakening response is usually a sign that an incompatibility to the body is usually a negative sign. This is seen in allergy testing on food or drug reactions. Benefits usually would not weaken an indicator muscle. I would expect it to be neutral, causing no weakness.

I spoke to other AK practitioners in particular was Jonathan Curzon, DC, of Perkasio PA. He mentioned that the spleen meridian was the *Great Lower Channel* connecting the stomach and heart. (3) Over stimulating Sp21 would cause profound weakness of the bodies muscle in general. This Channel goes around the abdominal wall below the diaphragm in the hypochondria gathering the blood around the circumference of the body. (3, 4) The spleen channel also is known as the leg greater Yin. I have also noted searching the internet a book mentioned Kosho Ryu Natural Laws of Motion, that Sp21 is located at the 6th intercostal space.

Conclusion

I know this watch effect phenomena is a fact and Dr. Curzon had been checking this in his practice for a week on 20 patients and confirmed my finding. (6) I still don't know how to explain this subtle energy change with the watch, but I do know it exists. I also know that the effects of wearing a watch on the left wrist does not cause any weakening unless the watch is placed directly over Spleen 21 on the left.

Paul T Sprieser
BS, DC, DIBAK
Private practice of Chiropractic
Parsippany, NJ
pauls42@optonline.net



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