

George Joseph Goodheart, Jr., D.C.

(August 18, 1918 – March 5, 2008) was a chiropractor who founded Applied Kinesiology. He died March 5, 2008 at the age of 89



George Joseph Goodheart, Jr.

Born August 18, 1918

Detroit, Michigan, United States

Died March 5, 2008 (aged 89)

Grosse Point Farms, Michigan, United States

Occupation chiropractor

Nationality United States

Spouse(s) JoAnn Dutts

Catherine Carroll (deceased)

Children Carroll Velie (Dennis)

Elizabeth Goodheart

Mark Goodheart (deceased)

Family

Goodheart was married to Catherine Carroll (deceased) and had three children and several grandchildren. After she had passed he married JoAnn Dutts. However they did not have any children.

Career

Goodheart served in the United States Army Air Force during World War II, and was stationed in France and England. He was a Major at the age of 26 and was awarded the Bronze Star for inventing an electronic bombing release mechanism for P-47 ground attack missions, replacing an inaccurate mechanical mechanism.

Goodheart attended the University of Detroit and the National College of Chiropractic. After graduating in 1939, he practiced in downtown Detroit with his father, George Goodheart, Sr., for over 30 years. He moved to an office in Grosse Pointe, where he made observations about muscle function and health and introduced Applied Kinesiology.

The International College of Applied Kinesiology (ICAK) was founded in 1975 to provide instruction on Goodheart's research to interested health care professionals. Goodheart served as chairman of the Research Committee for the ICAK for 32 years.

First Official US Olympic team chiropractor

In 1979 Goodheart accompanied the US Olympic team to Lake Placid, NY in the XIIIth Olympic Winter Games as the first official US Olympic team chiropractor.^{[4][5]}

Author

Goodheart authored many works on Applied Kinesiology and lectured on the topic frequently.

Bibliography

Goodheart published the following works relating to Applied Kinesiology:

Manuals

Applied Kinesiology Research Manuals (published yearly from 1964-1998)

Books

You'll Be Better - The Story of Applied Kinesiology (privately published, made available in spiral bound in 2000)

Collected Published Articles & Reprints (1969)

Observation of Sonographic Computerized Analysis (1981)

A New Approach To An Old Problem (1990)

Collected Published Articles & Reprints (1992)

Being A Family Doctor (1993)

Articles

The following articles were published in *Chiropractic Economics* magazine:

"Urinary testing methods" 7(1);July/Aug 1964:14

"Arm and shoulder pain" 7(2);Sept/Oct 1964:22-25

"The anemias" 7(3); Nov/Dec 1964:32-33

"Postural hypotension and functional hypoadrenia" 7(6);May/June 1965:24-25

"Control of cholesterol" 8(1);Jul/Aug 1965: 44-45

"The acid-alkaline balance" 8(2);Sep/Oct 1965:32-33

"Fatigue and its management" *Chiro Econ*, 8(3);Nov/Dec 1965:28-30

"Posture - Its effect on structure...function and symptoms" 8(4);Jan/Feb 1966:30-33

"Chinese lessons for chiropractic" 8(5);Mar/Apr 1966:10-11

"The respiratory function of the skull" 8(6);May/Jun 1966:20

"Nutritional factors" 9(2);Sep/Oct 1966:54-56

"The ileo-cecal valve syndrome" 9(6);May/Jun 1967:32-33

"The carpal tunnel syndrome" 10(1);Jul/Aug 1967: 28-29

"The psoas muscle and the foot pronation problem" 10(2);Sep/Oct 1967:54-57

"Hyperventilation and cranial sacral mechanism" 10(3);Nov/Dec 1967:48-49

"The hiatus hernia" 10(4);Jan/Feb 1968:31-33

"Headache" 10(5);Mar/Apr 1968:22-24

"Asthma and emphysema" 11(1); Jul/Aug 1968:22-24

"Hypertension" 11(3);Nov/Dec 1968:20-23

"Cross-pattern crawling and muscle spasm" 11(5);Mar/Apr 1969:18-20

"The "frozen shoulder" syndrome" 12(1);Jul/Aug 1969:36-38

"Allergies in chiropractic practice" 12(3);Nov/Dec 1969:12-14

"Principles of muscle balancing" 12(5);Mar/Apr 1970:30-32

"The schizophrenic pattern" 13(1);Jul/Aug 1970:51-53

"Structural imbalance and nutritional absorption (a new route to the brain)" 13(3);Nov/Dec 1970:20-23

"Tarsal tunnel syndrome" 13(5);Mar/Apr 1971:6-7

"Sacroiliac and ilio sacral problems" 14(4);Jan/Feb 1972: 44-46

"Sacroiliac and ilio sacral problems, Part 2" 15(1);Jul/Aug 1972:42-45

"The cervical challenge" 15(2);Sep/Oct 1972:36-39
 "The R.N.A. meridian relationship to applied kinesiology" 15(5);Mar/Apr 1973:28-32
 "The fixation vertebral pattern" 16(1);Jul/Aug 1973:44-46
 "Innate and the interdependent triangularity of man" 16(4);Jan/Feb 1974:22-25
 "Cranial sacral nutritional reflexes" 16(6);May/Jun 1974:26-33
 "Applied Kinesiology" 17(2);Sep/Oct 1974:36-38
 "The antenna concept in chiropractic meridian therapy" 17(5);Mar/Apr 1975:36-41
 "Gait and associated problems" 18(1);Jul/Aug 1975:14-17
 "Applied kinesiology & Golgi tendon organ spindle cell" 18(3);Nov/Dec 1975:18-19
 "Temporal mandibular joint - The most important joint in the body" 20(2);Sep/Oct 1977:18-20
 "Cranial technique: A clarification of certain principles" 20(3);Nov-Dec 1977:26-29
 "Hypothyroidism and myofascial relationships" 21(1);Jul/Aug 1978: 40-41
 "Reactive muscle testing" 21(4);Jan/Feb 1979:22-27
 "The interosseous vertebral holographic subluxation, Part 1" 29(2);Sep/Oct 1986:44-47
 "The interosseous vertebral holographic subluxation, Part 2" *Chiro Econ*, 29(3);Nov/Dec 1986: 44-47
 "Posture: 30 years of observation and some logical chiropractic conclusions, Part 1" 30(1);Jul/Aug 1987:14-16
 "Posture: 30 years of observation and some logical chiropractic conclusions, Part 2" 30(2);Sep/Oct 1987:34-41
 "Posture: 30 years of observation and some logical chiropractic conclusions, Part 3" 30(3);Nov/Dec 1987:62-67
 "Pitch, roll, and yaw technic, Part 1" 30(5);Mar/Apr 1988:126-130
 "Pitch, roll and yaw technic, Part 2" 30(6);May/Jun 1988:46-51
 "The limbic technic" 31(2);Sep/Oct 1988:22-31
 "Applied kinesiology - the beginning" 31(6);May/Jun 1989:15-23
 "Do herniated discs produce pain?" 34(5);Mar-Apr 1992:14-22

The following articles were published in *Today's Chiropractic* magazine:

"Structural imbalance and nutritional absorption" 16(1);Mar/Apr 1987:19-24
 "Combating a vitamin B deficiency" 17(2);Mar/Apr 1988: 19-22
 "The applied kinesiology technique" 22(4);Jul/Aug 1993:56-58

The following articles were published in *The American Chiropractor* magazine:

"Managing lactic acid excess" Sep 1989:48-52
 "Structural imbalance and nutritional absorption" Oct 1989:40-44

Honors

He was the first chiropractor to serve on the U. S. Olympic Medical Team in 1980.

In 2001, Goodheart was placed onto Time's List of the Top 100 Alternative Medicine Innovators of the 21st Century.