



*'Kinesiology promotes enhancement of your whole being.
You can be balanced to personal goals and aspirations for any aspect of your life'*

What is Kinesiology?

Kinesiology is a combination of western techniques and eastern wisdom to promote physical, emotional and spiritual health. Kinesiology combines the goals you want to achieve in life and your picture of health to discover any sabotages, beliefs and patterns that are stopping you from achieving your true potential.

'A fundamental premise of Kinesiology is that the body has innate healing energy and is doing its best to care for itself, but sometimes needs assistance to achieve this state.'

Kinesiology recognises that there are flows of energy within the body that relate not only to the muscles but to every tissue and organ to make the body a living, feeling being. When the body is under stress, it will block a degree of energy flow in certain parts of the body thereby blocking the body's natural healing process. Kinesiology helps to identify and correct these blockages allowing the energy to flow freely once again.

Energy blockages can affect all areas of your life on a physical, mental/emotional and biochemical level. These three aspects create the triangle of health (see above image). When all three sides are in balance, optimum health and your highest potential can be attained. However, if one side has a blockage it causes the triangle to become unbalanced and in turn the other sides of the triangle and the other aspects of your health and well-being are also affected. For example, an emotional stress causes an emotional blockage, this in turn affects us physically (we hunch our shoulders and clench our jaw) and biochemically (we release higher levels of cortisol into our system and prepare for flight or fight). Over time, imbalances in any side of the triangle manifests as a lack of energy, a decline in health and well-being and can hinder your ability to reach your goals and your true potential.

What happens at a Session?

A case history is taken and reasons and/or goals are identified. The client remains fully clothed throughout and can choose to sit, stand or lie down for the session.

During the session, gentle muscle testing is used to identify any blockages and imbalances in the body (ie. the body's priority healing needs). Based on the traditional Chinese medicine concept of internal energy or Chi, muscle testing involves testing the body's responses when applying slight pressure to a muscle (often as simple as applying slight pressure to the forearm). An unlocking muscle test indicates a disturbed energy flow or imbalance - be it physical, mental/emotional or biochemical. This gives the Kinesiologist a physical sign that the body is responding to specific stimuli (e.g. thought of a specific emotion). The muscle can now be used to search for stresses and corrections needed to balance the body.

Every treatment is unique and correction techniques include gentle, non invasive treatments such as activation of specific acupressure points, light pressure on lymphatic points & various emotional stress release techniques. Clients often locate & activate these points themselves whilst connecting with the issue causing the imbalance and shifting the energy blockage.

Kinesiology muscle testing allows you to empower yourself and change how you relate to your past, present & future.

Kinesiology can assist with many issues including:

General health & well being	Postural Imbalances	Muscle Tightness & Soreness
Anti-Aging	Nutritional Deficiencies	Blockages to achieving goals
Stress	Shifting old patterns	Performance in school, work, sport
Lack of Energy	Self Confidence	Pressure & Feeling Overwhelmed
Jet Lag	Worry, Fear & Grief	Abandonment & Rejection
Low Energy due to shift hours	Relationship issues	Achieving life balance

Kinesiology looks beyond symptoms & treats the whole person. Kinesiology does not diagnose or treat named diseases.

After a Kinesiology Session you may feel:

Improved sense of direction & purpose	Faster recuperation from injury, illness & trauma
Deeper introspection & self awareness	Improved immunity
Recognition of new options & choices	Increased energy & vitality
Better mental & physical performance	Faster realisation of personal & professional goals
Improved ability in problem solving	Improved ability to manage stress & cope with life's challenges

Most people come out of a session feeling very relaxed and intrigued with what they've learnt.

How many balances are needed? Depending on the severity of the presenting issue/goal a number of sessions may be required. As each person has a unique response to the healing process, the number of sessions needed varies.