



## Kinesiology

Activate your body's built-in healing ability as well as identify external factors **affecting your well-being**

Kinesiology is the most comprehensive of the modern natural therapies. It is a potent, safe, powerful, hands-on, drug-free natural approach to holistic health care. It uses muscle testing to identify problem areas, and massage, touch, nutrition, and counselling to restore balance. It works on the philosophy that all stress, imbalances and blockages in the nervous system, can be detected by testing the tension in certain muscles.

### How Does It Work

Kinesiologists look at the whole person and think in terms of a triad of health; chemical, mental and emotional energy systems. Precise muscle monitoring techniques are applied to identify and correct energy blockages within the body. Muscle monitoring is a natural feedback system using an indicator muscle, which supplies information via nerve pathways to the meridian system of the Brain and Body. Kinesiology bypasses your conscious thinking processes to isolate causal factors in the subconscious, body and energetic levels. Using this system enables the body to clear itself at its own enhanced rate and priority.

### The Treatment

Your practitioner may gently press down on your arm while you try to resist and hold your arm up. If you can resist, it is a good indication that the muscle is healthy and strong. If you cannot, it shows that an energy imbalance exists in a related part of your body. To test for the relevance of an emotional event in your past, the practitioner may test the strength of a muscle while asking you to remember how you felt during a specific time of your life, or at the mention of a family member or someone close to you. A course of therapy will most likely be outlined that might include

chiropractic manipulation, craniopathy, massage, acupuncture, homeopathy, Bach flower remedies, or nutritional supplements. The practitioner may also suggest more conventional lifestyle and diet changes, and programs of exercise and stress reduction. In some cases very few follow-up visits are necessary. However, a chronic problem may require longer-term care.

### The Benefits

Kinesiology has a significant impact on a wide range of health and well-being issues. When all aspects of our lives are balanced, the best results follow and we function at our vital best. It is used for the relief of pain, stress and confusion, depressive tendencies, digestive disorders, fatigue and tiredness, back pain, learning disabilities, allergies, nervous disorders, sports injuries, personal development and general well-being. It can enhance learning, eliminate emotional, physical and mental stress, pin-point and eliminate allergic reactions, help overcome past trauma, identify nutritional deficiency, overcome fears and phobias and aid the healing of muscle injuries.

### Results You Can Expect?

Kinesiology does not treat named diseases nor does it diagnose them. You will however experience relief of stress and increased personal development and general well-being.

Kinesiology will help you improve  
Self-Esteem, Wellbeing & Performance  
in all Areas Of Your Life