

SPECIALIZED KINESIOLOGY AND TOUCH FOR HEALTH

Specialized Kinesiology commonly known as muscle testing, Touch for Health, or muscle monitoring, can assist your return to health. Many imbalances in the body resulting in such disturbances such as headaches, hormonal imbalance, PMT, digestive disturbance, allergic reactions, hay fever, back or muscle and joint pain, chronic fatigue or addictive behaviour patterns can be alleviated with the assistance of a Specialized Kinesiology practitioner.

- **Would you like to discover how to help yourself feel healthy without having to take pills and potions that often make you feel worse than before?**
- **Would you like to be able to set goals and achieve them with ease?**
- **Do you suffer from allergies, headaches, a bad back, low energy, PMT, mood swings, poor digestion, or simply, a lack of inner direction?**
- **Do you wish you had more energy, or could release stress?**

Specialized Kinesiology, (pronounced “Kin-easy-ology”) is a health care system which gives us the tools to become the happy, healthy, whole creatures we are intended to be. Natural therapies offer many solutions to health problems both physical and emotional. The excellent, fast and easy methods of kinesiology have been scientifically proven. Specialized kinesiology uses simple and highly effective methods to help us feel better and stay feeling better on all levels.

The key is that Specialized Kinesiologists leave guesswork out of the picture. The client’s body gives the answers through bio-feedback in the form of a muscle test or muscle monitoring. This provides the information required to discover the individual needs of each person and will uncover imbalances, which are creating ill-health or emotional disturbance. The muscle monitoring utilizes the electrical circuits of the body, rather than the physical power of a muscle, and can allow the practitioner to ascertain many different things - limited only by his/her own training and expertise.

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The approach is holistic in that the client is viewed from all aspects, structural, emotional and nutritional. The initial assessment of imbalance is however only a small part of the story of Specialized Kinesiology as there are also many corrective techniques employed to restore the body to the harmony required for health.

Often the cause of a problem is not where the pain is: for example, consider the person who has a painful back. When they are muscle tested, the cause is revealed to be a structural imbalance, or muscles not working properly due to a strain or heavy lifting. A second person with a similar pain may be revealed to have an imbalance in the kidney due to insufficient intake of water (a nutritional problem) and yet another person may be suffering pain in the back ever since suppressing grief over the loss of a loved one (emotional cause).

The person who has the structural problem would have individual muscles tested to discover which were not functioning at their optimal level and then specific points would be massaged and held to reset the 'fuses' of that muscle thereby restoring it to its proper state. The nutritional problems are addressed by providing the required nutrition, or water as in the case discussed above. Emotional disturbance may be balanced by a variety of very effective stress release techniques.

A kinesiology session will put your body in the best possible state of balance from which to heal itself in all aspects of your being.

The results can be surprising, exciting and liberating.



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