

Kinesiology

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Kinesiology is a system of natural health care which combines manual muscle monitoring with the principles of Chinese Medicine to assess energy and body function.

The essential skill of the Kinesiologist is muscle testing. This technique relies on the way the muscles are connected to your brain, via your nervous system. Anything that registers a stress in your body is reflected in your nervous system and your muscles. When muscle testing is done with specific references and challenges, your body will reveal what stresses you; be it a particular situation, activity, memory or food. Once the imbalance; emotional, biochemical, structural or electrical is identified, it can be diffused and positively corrected.

Clients gain important insights into their life story as they talk directly with their own 'internal doctor', uncovering beliefs, attitudes, habits and behaviours that may not be serving them as well today, as they did the day they were formed. These embedded patterns have a large and direct influence on physical, mental and emotional problems within the body. This is a very empowering process.

In cases where the client is not fully able to co-operate, be it a small child/baby, an elderly client or an animal, surrogate testing can be employed.