



Putting some muscle into Health

by *Katha Jones*

Kinesiology



Kinesiology is one of the fastest growing natural therapies in Australia and internationally. Kinesiology is a unique holistic therapy and a synthesis of the ancient Chinese acupuncture system and meridians, modern chiropractic, anatomy and physiology, nutrition, counselling and the subtle energy bodies (chakras). It works to promote physical, mental, emotional and spiritual health. Muscle testing is a reliable biofeedback system enabling the practitioner to gauge unresolved stress responses from the central nervous system. Kinesiology identifies the factors which may be blocking the body's natural healing process such as stress, sensitivities to food and environment, nutritional deficiencies or emotional issues.

The human neurology is an adaptive self-regulating system. When we are unable to adapt efficiently to a situation, a food or any kind of external stimulus, the unlocking muscle response will show the stress in the central nervous system. The practitioner is like a detective looking for blockages and "scrambled signals" in the brain, the subconscious and the body systems and communicates with the person's innate intelligence. Through non-invasive gentle stimulation of meridians, specific

reflexes and other specialised techniques we can restore balance and equilibrium to the person's triangle of health of body – mind – spirit.

The basic paradigm of kinesiology is that our health consists of three main elements: structural (anatomical factors), mental / emotional (our belief systems and feelings) and biochemical (nutritional factors). If one side of this equilateral triangle is under stress it automatically affects the other two sides, and various symptoms and signs of stress and dis-ease are experienced. The practitioner is balancing the numerous subtle imbalances in the energy (meridian) system that lie beneath the physical, mental and emotional problems that are so commonly experienced today.

If you are lacking energy and focus, are frequently unwell or sick or just feel stuck in a rut, kinesiology can help you get back on track very quickly. It can be used to resolve persistent problems in our lives and provide a sense of self empowerment, clarity, increased vitality and zest for life. It assists with helping people to release unsupportive negative belief systems, thought patterns and dysfunctional behaviours and leads to resolving blocked or suppressed emotions from

the past, setting us free to reclaim our authentic self and express our true potential in very possible way.

Kinesiology is a powerful modality for anyone who is ready to take responsibility for their experiences in life and can help when every other modality has failed to deliver the desired result. Kinesiology also deals with physical and structural problems such as neck and back pain, teeth grinding (temporo-mandibular jaw dysfunction), headaches, allergies, digestive problems, rashes and weight issues.

The practitioner takes a full medical history, and treatments usually last for 1.5 hours. Depending on the complexity and chronic nature of the problem, a suitable treatment plan is tailored to suits each client's individual needs.

Kinesiologists have witnessed amazing and sometimes extraordinary changes in clients' lives. It is a powerful catalyst for change and healing and helps to recalibrate our body, mind and spirit to a state of optimum health. ☺

Professional Kinesiology training in:

- Certificate IV in Kinesiology
- Diploma in Kinesiology
- International (Advanced) Diploma
- Touch for Health Certificate
- K-Power workshops



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