

Kinesiology – An introduction

Most people would like to have a lot more energy, a better memory, freedom from aches and pains and help to cope with the stresses of modern living.

Kinesiology is one of the Fastest developing natural health Sciences

Kinesiology links traditional Chinese ideas of meridian energy flow found in acupuncture and acupressure with Western style muscle testing, diet and stress management. Today almost every country in the West accepts the 'Eastern' forms of healing alongside orthodox medicine.

The continuous existence and rapid development of Kinesiology in today's modern and scientific society testifies to its effectiveness. This system of diagnosis and treatment is based on sound reproducible principles.

In 1965 Dr. George J. Goodheart D.C a Chiropractor in the U.S made a dramatic discovery. He found that when a muscle was tested the result could reveal vital information about the individual, quite impossible to determine by any other method of investigation. Many aspects of the health and physiological function of the person being tested may be assessed in seconds.

Kinesiology is holistic in its approach as it treats the whole person by quickly identifying the areas which need to

be brought back into balance. It focuses on enhancing the physical, nutritional and emotional well-being of the person.

Muscle testing is a form of language which communicates with the body. Simple, gentle and non-intrusive muscle testing enables the client's own body to reveal imbalances which can then be treated.

Whether your health problems are

- ◆ **Aches and pains**
- ◆ **Energy swings**
- ◆ **Tired all the time**
- ◆ **Anxiety, mood swings,**
- ◆ **Depression, fears and phobias**
- ◆ **Dietary sensitivities**
- ◆ **Nutritional deficiencies**

Kinesiology can help!

The feedback directly from the body indicates what is required to correct not only the presenting symptoms, but also more importantly the underlying cause. The therapist restores balance within the body simply and quickly, relieving energy blockages, reducing tension and enhancing the body's cleansing of toxins and natural healing ability.

In the last twenty years Kinesiology has developed rapidly and clinical research has validated the many new discoveries. Kinesiology has steadily gained worldwide acceptance.

Many orthodox Western doctors and complementary therapists now find muscle testing of great value. It is an almost 'magical' way to glean a great deal of information. It is simple, gentle, quick and non-intrusive.

Enjoy improved health

You do not have to be a health nut, a food freak, or an exercise buff to take control of your life and to enjoy improved health and well-being.

Our Kinesiology therapists are dedicated to prevention as well as to the alleviation of symptoms. Therapists are able to help clients much more effectively if each person commits to self-help and improving their own health regime.

In practice, although considerable benefit may be gained from just one visit, it depends on the severity and duration of the problem. Experience shows that in most cases significant improvement is seen in **three to six visits.**

Your health is your most precious possession – take care of it while you have it.

Do you suffer from

- Acid stomach, indigestion, flatulence
- Allergies and food sensitivities
- Anxiety, depression, phobias
- Arthritis, or joint pain
- Asthma
- Back ache
- Breast pain – periodic or constant
- Catarrh
- Candida, thrush and bloating
- Colitis, diverticulitis
- Constipation
- Digestive disorders
- Dizziness
- Dyslexia/Dyspraxia
- Eczema
- Elbow pain, tennis elbow
- Frequent infections
- Frozen shoulder
- Heavy or restless legs
- Hyperactivity
- Insomnia
- I.B.S.
- Low back pain
- Migraines and headaches
- R.S.I. Tennis elbow
- Sinus problem
- Skin problems, spots, poor skin
- Stiff neck
- Stress and worry
- TATT – tired all the time

These are just some of the disorders which can be treated using Kinesiology

KINESIOLOGY

Fee Structure

First visit inclusive of consultation
(Allow 2 Hours for first visit)
All treatments **£40.00**

LADIES, please wear comfortable trousers and a top.

Nutritional Supplements

Are a VITAL part of the treatment and they greatly assist a speedy return to well-being and are charged for separately.

They are an important and valuable part of your investment in your own health.

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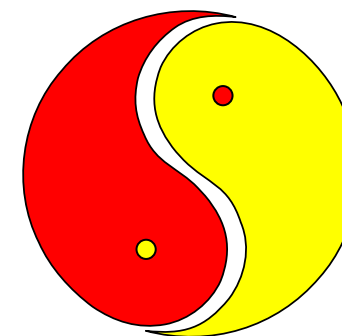
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Angela Power is also a Member of the Professional Kinesiologists Association
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KINESIOLOGY

It can
Change
Your life



Seeing is
Believing

