

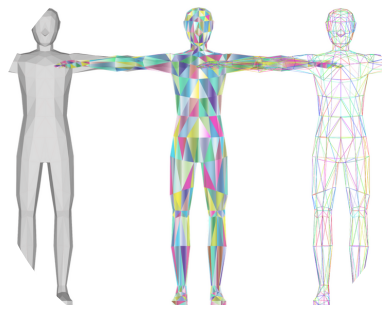
KINESIOLOGY



What Is Kinesiology?

I'd love to talk to you about kinesiology and how practitioners qualified in this modality can assist your body to heal itself safely and naturally.

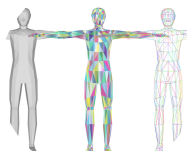
Your therapist is interested in you as an individual, and because of this they tailor your session to exactly what your unique needs



If you are experiencing internal stresses like anxiety, depression, insomnia, constipation, fatigue, indigestion, or maybe pains like headaches, menstrual problems, muscle soreness, sinus infections or sensitivities, it is vital you check in with a licensed medical practitioner first.

We recommended you seek out a kinesiologist so you can get to the core of your issues and experience changes fast.

Taking this type of approach to your health can save you time and money.



Self-care in this way is a comprehensive approach, both for now, and the long term.

Kinesiology uses muscle monitoring, a highly efficient means of accessing direct feedback from your own body's bio computer, (or the brain) about the where's, how's and whys of holding stress or disease in your body.

It finds out exactly what is needed to rectify what we call these imbalances.

In simplistic terms, when you are in a state of health and optimal function, we call this a balanced state, and any deviation from this state we call an imbalance.



Kinesiology is gentle, effective and fast. We often see results instantly or shortly after each session.

Your body will be speaking to your therapist through a variety of muscle tests to unravel what is going on for you and what your body needs to heal itself.

Kinesiology is an energy-based system using a synergy of modern western medical knowledge and traditional eastern healing wisdom, offering you a truly holistic approach to your issues.



We don't claim to treat, care, diagnose or prescribe for any named conditions.

However, consistently kinesiologists achieve results with people who are experiencing a vast range of issues because we are working directly with the energy behind the manifestation of your issues through your own body.

Remember at the molecular level everything is energy. We work to give you back your sense of empowerment within your body by accessing the subconscious, stress based connections that led to the state of being you are currently in.



By identifying, unlocking and resetting compensations your body has created, which may have resulted in a specific energy pattern or the set of symptoms you're experiencing. We are able facilitate your body to create changes to return to the natural state of health.

From years of experience and documented results from thousands of our clients. We have found working with kinesiology has been an effective tool to support people experiencing food intolerances, cholesterol issues, blood pressure troubles, weight problems, skin issues and has even hastened healing time of things like cold and flu.



It has been effective on past cases where people have complained of menopausal type symptoms, diabetes, arthritis, asthma and even infertility.

Depending on the system of kinesiology your therapist is working with, they will utilise a whole plethora of natural methods to strengthen your body physically, mentally, emotionally or spiritually.

This may include things like:

Specific lymphatic, spinal, vascular or other reflex point stimulation, direct muscle tension release, acupressure, essence infusion,



directed energy simulation, or sedation of your subtle bodies, including your chakras.

They may employ techniques, which involve neurological release of emotional patterns, or belief system release, or tried and tested techniques geared to resolve stress from the body at the core level.

We would love to connect with you to find out how we can assist you ourselves or how we can connect you with the best kinesiologist in your area soon.

**This Ebook is a collaboration between Kylie Bryan,
Kinesiologist at Precisionhealthcareclinic.com
& Global Healing Exchange**

