

Kinesiology FAQs

Facts

- Kinesiology is a safe, natural, effective and complete complementary therapy.
- It is a way of detecting imbalances in the body through muscle monitoring.
- Kinesiology was devised by an American Chiropractor, Dr George Goodheart, in 1964.
- Through muscle monitoring you can quickly identify precisely what is involved in any imbalance found, eg nutritional deficiencies, hormonal imbalances, emotional upset, food sensitivities, structural misalignments, poor energy flow or negative beliefs.
- Treatment is then given according to the feedback the person's body gives via muscle monitoring.
- It may include acupuncture, light touch, nutrition, flower remedies and energy balancing.
- This holistic approach of simultaneously treating all the aspects of a person (emotional, nutritional, structural and energetic) ensures a quicker, more thorough return to health.

What can it treat?

Every health problem will have at least one imbalance, and every imbalance will have at least one component to it (chemical, mental, physical and energetic). Finding imbalances and treating them holistically is what Kinesiology is all about, so it can help with just about anything.

- Skin disorders
- Dyslexia
- Fatigue
- Food sensitivities
- Irritable Bowel Syndrome
- Learning difficulties
- Muscular aches and pains
- Osteoporosis
- PMS, PMT
- Phobias
- Post-operative pain
- Allergies
- Postural problems
- Accident trauma
- Arthritis
- Asthma
- Back ache
- Breast pain and congestion
- Depression
- Digestive problems
- Rheumatism

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What happens in a Kinesiology treatment?

You can read all you like about Kinesiology but there is no substitute for trying it yourself. You'll be amazed to see how it works and, of course, you'll begin to feel the benefits.

Your Kinesiologist will first take a medical and lifestyle history. You can remain fully clothed in a Kinesiology session. The Kinesiologist will place your arms, legs or head into specific positions and then apply a light pressure. The quality of response to this pressure determines whether or not there is an imbalance in the muscle-organ-meridian circuit.

A muscle test, as used by Kinesiologists, does not measure the raw physical strength - imbalances even show up on bodybuilders!

Muscle testing gives the Kinesiologist information and feedback from your body about its condition. Since our bodies accumulate imbalances in a certain order, they will return to health quicker if the imbalances are treated in a certain order. Through muscle testing, a Kinesiologist can assess the order in which to treat the imbalances. Usually, once a priority imbalance has been treated, you will see that other related imbalances disappear immediately.

Based on feedback from the muscle test, you and the Kinesiologist can discover exactly what is involved in your imbalances and devise a treatment plan. It may include nutritional supplements, various emotional stress release techniques, Bach Flower Remedies, acupuncture, gentle structural realignment, chakra balancing, light touch, firm reflex massage, suggested lifestyle changes and more. The exact treatment you receive depends on the feedback your body gives through the muscle test about what it needs to return to health.