

What is Kinesiology:

Kinesiology is a system which links traditional (Chinese) Oriental ideas of energy flow found in acupuncture, acupressure with western style muscle testing. It brings about balance within the body by removing toxins, relieving energy blockages, reducing tension and enhancing the body's natural healing ability.

What benefits are derived from Kinesiology?

Kinesiology works with the body's innate intelligence and its ability to heal itself. As the body holds all the answers as to what works for you, Kinesiology provides the key to unlocking this knowledge. The more you learn about your mind and body, how it works, and what is beneficial to you, the easier it becomes to creating the life you want!

Through balancing the body, many clients have experienced:-

- soaring energy levels along with an overall feeling of wellbeing and life purpose.
- a clearing of anxiety, depression and negative thought patterns to take the leap to a happier way of being.
- dramatic improvements to digestive problems and weight reduction
- reduced hormonal imbalances and improved reproductive functionality
- improved immunity to viruses and flues

What can I expect to experience from a treatment?

A gentle assessment of muscle responses identifies blockages in the body, impairing physical, emotional and energetic wellbeing. By stimulating spinal reflexes, acupressure, neuro-lymphatic, neuro-vascular points and identifying nutritional support, the body's natural state of balance is reinstated.

What is involved in a consultation?

1. **An initial consultation** will begin with a short questionnaire relating to physical, chemical and emotional wellbeing and your life history.

2. **A physical examination** will then be performed identifying and noting any postural imbalances. This will be given to you in order to make before and after comparisons.

3. **The Muscle Test** is one of the universal tools used in kinesiology, where an assessment of the body's communication system can be gained. Each muscle will provide information about imbalances in the body.

This involves lying down on a massage table fully clothed. Gentle pressure is applied to certain indicator muscles. If the muscle cannot hold, then a series of adjustments are made either physically, emotionally or nutritionally. The muscle is retested. If the muscle holds its position then the correction has been made. This provides you with an instant indication that the adjustments have made the necessary changes in the body.

4. **Looking at Food Sensitivities.** Because muscle testing allows us to tap into the body's bio-computer, we can very effectively and simply identify food that increases our energy and foods which make us feel sluggish and at times bloated. You will come away with a list of cans and cant's, tailored specifically to you!

5. Finally, if required, you will be given the opportunity to simply lie back and enjoy some **relaxing energy work.**

Ongoing treatments:

Firstly there will be a re-evaluation of the muscle tests in relation to the particular goal. Then the treatments will become tailored to your particular needs, focusing on a combination of the physical, emotional and chemical (food) aspects of your body. Using of wide variety of techniques it is my goal to help you take the steps towards maximising your potential at a personal and professional level.

Kinesiology Sessions

Consultation.....	\$100	1.5 hour
Additional sessions.....	\$70	1 hour
Babies/Children.....	\$20	30min

To make an appointment, please contact me by phone or email and I will endeavour to see you at the earliest possible time.

"...I can honestly recommend it to everybody. Try it! It is truly mind blowing!"

Agnes Pasztor – Kingston.

Nanette Abbott

Level V – TFH
International Facilitator : Touch for Health Kinesiology
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KINESIOLOGY

....uses muscle monitoring to identify and correct blockages at a physical, chemical and an emotional level.

New Leaf



.....**New Beginnings**

Nanette Abbott

Touch for Health Instructor
Touch for Health Practitioner
In addition – Chakra Clearing, Meditation, Energy Healing

"..."My initial view was that Kinesiology couldn't hurt the torn ligament in my knee, so it was worth a try. As well as considerably strengthening my knee and taking away much of the pain, Nan was also able to help me with many other things in my life, both physical and emotional." Lucy Ace - Surrey