



FREQUENTLY ASKED...

What is muscle testing?

This involves the kinesiologist applying a gentle pressure to either an arm or leg and having the client meet that pressure, the muscle will either be able to meet the pressure or not. The kinesiologist is measuring muscle tone response and energy systems, not muscle strength, therefore it is important to remain relaxed.

What is a meridian?

These relate to the acupuncture meridians; they are energy pathways in the body. Working with meridians helps to keep the body in balance.

What is meant by holistic medicine?

Rather than looking at a specific symptom a holistic approach addresses the whole body, physically chemically and emotionally if you are out of balance in one area it will have an impact on the others.

Is kinesiology recognised by the medical profession?

It was developed by members of the medical profession in the 1970's; Dr George Goodheart pioneered applied. Kinesiological diagnosis is a science in its own right governed by the International College of Applied Kinesiology,

What do you mean by structure?

Looking at the physical, rather than the chemical or emotional aspects of an imbalance.

How does kinesiology relate to nutrition?

Whilst many of us have a healthy diet, there are times when the body needs specific supplementation with vitamins and minerals. A kinesiologist is able to determine where the imbalance lies, and will recommend a relevant supplements. The on-going need for these is checked during your course of treatment.

How does kinesiology relate to emotions?

The body stores emotions in tissues, not just in the brain\heart - and kinesiology can help release these tensions and stresses.

Is there a difference between intolerance and an allergy?

Both are inappropriate or exaggerated responses of the body's immune system where it misidentifies substances as potentially harmful. The difference between them is the degree of impact that this has on the person.

Can kinesiology help with allergies & intolerances?

Very much so - muscle testing with a complete food and substance testing kit can help diagnose allergies and intolerances. Once identified, kinesiology can then balance the body so that where possible it will learn to cope with the substance again and not have the inappropriate immune system response.

How many visits are necessary?

It depends on several factors, such as: how long the problem has existed, the severity and causes, new stressors bringing the problem back, mental attitude and lifestyle. Generally speaking it is better to have 3 or 4 treatments close together because each balance reinforces the previous one.

How long do these corrections last?

It is advisable once the body is fully balanced to have a maintenance treatment every 3 months - at the same time this facilitates the relevance of the nutrition - i.e. it will need to be adapted. To remind the body what is good health and to keep the balanced state



How can it help to give me energy?

By finding where the imbalances are in the body and helping to address these, thereby it helps the body to function at optimum level.

What does Neuro Linguistic Programming literally mean?

Neuro - the voluntary and autonomic nervous system through which our experience is processed via the five primary senses - Visual, Auditory, Kinaesthetic, Olfactory and Gustatory.

Linguistic - language and non-verbal communication through which our neural representations are coded, organized and given meaning through our secondary senses: Pictures, Sounds, Feelings, Tastes and Smells.

Programming - the ability to discover, utilize and change the ways in which we can consistently use our neurology and physiology to obtain desired outcomes.

Isn't massage just about a bit of TLC?

Not at all, although you shouldn't underestimate the importance of this! As well as being able to help specific muscle and joint problems it can help in all sorts of ways - if you have any questions that aren't covered on the 'What is holistic massage' page then please contact me.