



What Is Kinesiology?

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Wouldn't it be great if we could look inside the body ourselves when something isn't right or when we're just not feeling well and make a decision ourselves what to do about it.

This is where kinesiology comes in. It is a tool to access the information about everything in the body; find out what state the body is in from the cell to larger organs and to personalise a plan to suit each individual for optimal health.

All information and every memory is stored at cellular level within the subconscious brain so if we want to clear the cause of a problem we have to have access to that information. Well it just so happens we have access – the muscles. The ANS – Autonomic Nervous System – controls the muscles, organs and other body tissues and is constantly sending messages to them. By reversing the process, the Kinesiologist moves the muscles via a 'muscle testing' technique accessing the internal information about the body – like a mouse scanning the software in a computer.

The client comes with a problem and the Kinesiologist 'reads' the body, finding the cause and what the body wants as its preferred healing modality. At all times it is the client telling the Kinesiologist from the ANS via the muscles what the cause of a problem is and what to do about it. The body is a very smart machine and already has the blueprint of health and is always working hard to maintain its own homeostasis – happy state. Diseases are brought about by causes, not by bad luck or a deficiency in chemical drugs. There may be many causative factors but the majority appear to be diet, nutrition and environmental stress.

Three cheers for emergency medicine and its staff when we need them, but our first port of call should always be self care from the very first niggles. Natural medicines and therapies allow the body to regenerate

itself by stimulating its own inbuilt defenders and healthy system promoters. But which of these 'natural therapies' do you choose? Again the subconscious body knows what's best and it's just a matter of accessing that information from the ANS.

Ever asked yourself 'how did I end up like this? I am an intelligent person'. Many of our problems begin with cellular programming. Scientists in the late 70s such as Dr Candice Pert, PhD, author of *Molecules of Emotions*, discovered that the body isn't just a biochemical mass, but one where many processes of information exchanges are occurring. When we think and feel, the brain produces chemicals called peptides which bounce up and down on receptors on the cell surface. The bouncing is what scientists call binding (the same way a drug acts in the body) and causes a vibration which opens the doorway to the cell. Just as a cell phone (pun intended) sends information in the form of vibrations, the peptides also transmit messages from the surface to the cell's interior where messages can change the state and direction of the cell dramatically, such as cell division, manufacturing of new proteins, adding or subtracting of chemical groups and the life of the cell. These minute physiological phenomena can translate to larger changes in behaviour, mood and physical consequence. Put simply, if the cell is the engine that drives all life, then the receptors are the buttons on the control panel of that engine and it's the peptides that are the fingers that push the buttons.

Some cellular information stores are what we call sabotages, acting as auto fail switches. The process of clearing them is like rewiring the brain and installing a better software for a successful outcome. Most health and behaviour issues appear to have sabotages and removing them can have a profound effect on one's life.

Kinesiology can address a wide range of health issues from A to Z whether physical, mental or behavioral. Consultations are 1 hour. The first consultation will be longer as time will be spent in gathering information in order for the practitioner to build up a picture of the state of the body paying attention to any specific symptoms you may have, though all aspects will be covered as it is an holistic approach. Results from a consultation may be felt immediately or may evolve over time (hours, days, weeks) – again the body is in control and heals at its own pace.

I have clinics in Karaka, Papakura, Wellington and in Pukekohe at the Natural Health Clinic, 19 Manukau Road. I also teach workshops in Stress Release, Mastery of Emotions and Muscle Testing, particularly for other natural therapists who want to add to their tool box. Next month I will be teaching a fascinating course in Face Reading, a study in behavioural genetics which reveal our innate personality traits allowing us to be better communicators, investigators and negotiators and improve all our relationships at home or in business. For more information or help contact me on 09 2927944, 021 1025337 or kinesiologist@slingshot.co.nz ■



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