



healthspace

Kinesiology

To Provide

To provide every individual the opportunity to be happy and healthy and achieve their genetic potential

To Serve

To serve our community with integrity and passion using evidence based holistic health care

To Inspire

To inspire families to take ownership, educate themselves and make better health choices



Kinesiology may help with

Kinesiology reveals the body's overall state of structural, chemical and emotional balance, it may be able to help the body heal a wide range of health issues.

Physical Problems

Such as headaches, migraines, pain syndromes (e.g. Fibromyalgia), ligament/ muscle/ bone/ joint pain or strain.

Biochemical Imbalances

For example food allergies/ sensitivities/ malabsorption, hormonal imbalances (PCOS, endometriosis, infertility), nutritional toxicity or deficiency (anaemia).

Emotional Issues

Emotions that overload our sympathetic nervous system can affect the reproductive system such as infertility and decreased libido, any digestive system complaints such as IBS, bloating, constipation, malabsorption and deficiency syndromes (e.g. iron deficiency) and of course anything where the immune system is depressed like chronic fatigue syndrome, lupus, autoimmune issues and latent pathogens such as parasites. Other symptoms that may be a sign of emotional imbalance include: anxiety, depression, insomnia, fatigue, alopecia, obsessive compulsive disorders, behavioural problems (especially in kids), addictions, recovery from emotional overload (e.g. verbal abuse, death of someone close to you, severe accidents or diagnosis of a disease).

Tried everything? Nothing working?

Health Space has an amazing array of practitioners that have many years of experience working with chronic, weird and wonderful cases. Visit www.healthspaceclinics.com.au for Clinic locations and contact information.



TOTAL BODY MODIFICATION (TBM)

NEUROLOGICAL INTEGRATION SYSTEM (NIS)

NEURO-EMOTIONAL TECHNIQUE (NET)

APPLIED KINESIOLOGY (AK)

Advanced holistic therapy using muscle monitoring and bio feedback to identify:

Physical Problems

Biochemical Imbalances

Emotional Issues

www.healthspaceclinics.com.au

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Kinesiology at Health Space

What is Kinesiology?

At Health Space our experienced and passionate chiropractors Kinesiology is an advanced and holistic therapy that is based on the science of energy balancing. It uses muscle monitoring and bio feedback to identify imbalances in the body that may be causing health concerns. It looks at health as a whole, addressing not just the symptoms in the physical body, but the biochemical and emotional environment of each individual. Kinesiology is suitable for all ages.

History of Kinesiology

In the 1960s an American chiropractor developed a system of evaluating body functions by testing specific muscles. He discovered that each muscle was related to an energy circuit and each circuit was connected to an organ. Since then, many different branches of kinesiology have evolved aiming to restore balance to three key areas of health – structure (musculoskeletal), mental/emotional (psyche) and biochemical (nutrition). Kinesiology combines the knowledge of Chinese acupuncture theory of chi (energy that unites body and mind), modern chiropractic, nutrition and psychology and tied together using muscle testing.

How does Kinesiology work?

Kinesiologists use a process of gentle muscle monitoring techniques to gain an insight into muscle patterns and are able to assess how the body is functioning and can locate imbalances within the body. The process indicates whether stress is directly related to the muscle or is linked to a particular organ/gland or energy pathway. Various methods may be employed during treatment including tapping, emotional release, massage, magnets, oils, crystals, homeopathic remedies, acupuncture, nutritional advice and/or affirmations.

Getting ready for your first Kinesiology session

You will be asked to provide detailed information about your health status, medical history, environment and goals. Avoid wearing perfumes and jewellery as that can affect your energy circuit. Ensure you are well hydrated as a dehydrated body often doesn't heal as quickly. You will be sitting or lying, fully clothed, on a treatment table. Sessions last from half an hour to an hour and a half depending on the kinesiology style chosen.

Kinesiology can be used in combination with many other natural health care treatments such as massage, chiropractic, physiotherapy, osteopathy, naturopathy and acupuncture.

TBM (Total Body Modification)

TBM is an advanced technique that only a small number of practitioners in Australia practice. It was developed by Dr Victor Frank and has been fine tuned and used all over the world for more than 50 years. In this day and age many people find their body comes under chronic stress (physically, chemically and/or emotionally), creating overstimulation of the sympathetic nervous system (fight or flight). Long term activation of our sympathetic nervous system (due to stress) particularly affects our systems that generally aren't required during a life threatening situation i.e. our reproductive, digestive and immune systems.

TBM utilises kinesiology testing to find an organ or area of the body that is out of balance, determine the cause of this imbalance and correct the problem by restoring balance to the nervous system so the body can heal itself again. TBM corrects the Functional Physiology (how the body works) which may then influence the body's structure. It involves a combination of gentle, low force techniques including cranials, acupuncture and acupressure points, chiropractic realignments, emotional tapping and releases as well as nutritional advice.

The body is like a circuit and for it to function properly it must be plugged into a power source (eg. the brain) and not be overloaded (eg. stressed). If a circuit is blocked or has too many things plugged into it then at some point it will blow a fuse and need to be reset, affecting everything on that circuit. So too if the body is blocked somewhere or too stressed (physically, chemically and/or emotionally) and a particular neurone or pathway is overloaded, the brain essentially loses effective control over the afflicted organ or body part leaving it with little or no information about its internal or external environment. Over time our body loses its ability to heal itself.

AK (Applied Kinesiology™)

AK stands for Applied Kinesiology™ and is founded on the belief that optimal biomechanics of the body, personal biochemistry and emotional balance are all essential for optimal health. All your bodily functions, (both conscious and subconscious), are controlled and monitored by your nervous system. AK practitioners use muscle testing to assess the function of your nervous system in order to find imbalances, their causes and then formulate a treatment plan to balance the nervous system so they body will heal itself. The theory of AK was developed by George Goodheart, Jr., a Michigan chiropractor, therefore AK practitioners are often chiropractors, but may also be osteopaths, dentists, or even doctors. Practitioners must first be trained in their respective fields before they can study AK in a postgraduate setting.

NET (Neuro-Emotional Technique)

NET was created by Dr Scott Walker who was inspired to take the emotional work of TBM one step further. It uses kinesiology to detect links between current and stored emotional issues and how that expresses physically in the body. NET is based on a proven combination of the latest scientific research and century-old techniques used in Eastern healing to acknowledge the relationship between the body's emotional health, environmental toxicity, nutritional balance and structural integrity. Particularly useful with people who have symptoms such as phobias, addictions, obsessive compulsive behaviours, self sabotaging behaviours, organ dysfunction (high blood pressure, cholesterol issues, thyroid problems), skins issues such as dermatitis/eczema and any stress related conditions. NET does not claim to heal, cure or treat symptoms or the client as a whole but rather remove or help the body integrate emotional blockages allowing the body to once again heal itself.

NIS (Neurological Integration System)

NIS was developed by global company NeuroLink and is based on the principles of neuroscience which extends beyond the scope of mainstream medicine. The techniques have been used for over 20 years using muscle testing which has been scientifically validated as an indicator of altered physiological function in combination with the meridian system (a proven series of contact points used in Chinese Medicine to enable access to information from glands, organs and muscles.) Specialising in acute pain & chronic illness NIS protocols use the latest scientific research at a cellular level to address CAUSES not symptoms. ONLY by addressing your health at cell level can you achieve optimum sustainability.

The 3 principles of NIS are unique and what are believed to set this technique apart from other healthcare modalities.

Principle 1 - Your brain detects, evaluates and corrects all complaints (not the practitioner).

Principle 2 - Looks beyond "labelled" complaints or symptoms to the CAUSE of the problem. These could be structural, physical, hormonal, emotional, neurological, pathological. Did you know there are over 600,000 possible symptoms that the human body is capable of experiencing? These are all warning signs that the body is out of balance.

Principle 3 - Practitioners 'facilitate' the resetting of the neurological circuitry but the BRAIN MAKES THE CORRECTIONS.