

Kinesiology restores the whole system to balance, facilitating the self-healing process.

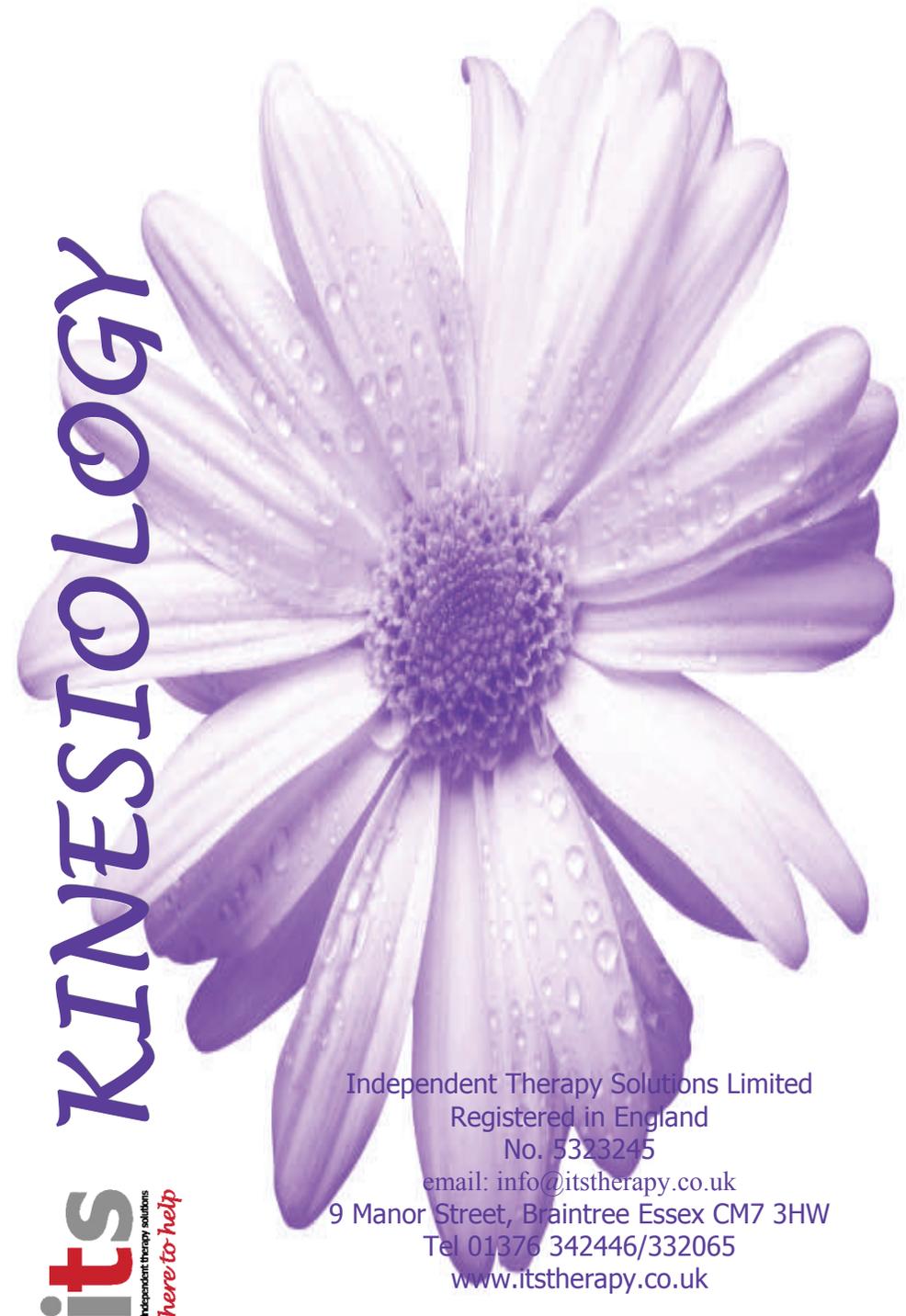
It can, for example:

- increase energy and vitality
- prevent illness
- help achieve life goals
- relieve physical pain and tension and improve posture
- defuse stress and the causes of stress
- heal traumas
- enhance brain function and co-ordination
- discover individual nutritional needs
- identify food and environmental sensitivities
- find and clear underlying causes of energy blocks/imbbalances/diseases



48 hours notice of cancellation is required,
or the full fee is payable.

*Independent Therapy Solutions exists
to provide a range of
high quality interventions
to people experiencing physical,
emotional, psychological or behavioural difficulties
to facilitate change and well being.
Releasing the unique potential of the
individual through
non-judgemental, self-empowering support.*



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Progressive Kinesiology

What is kinesiology ?

Pronounced kin-easy-ology, this was traditionally the study of muscles and movement in the body – widely used by physical educators and physiotherapists. In the field of alternative therapy, kinesiology refers to the science of muscle testing to determine and correct imbalances in the body. It is an holistic approach, treating the whole person physically, chemically and mentally. Using systematic muscle tests, kinesiology reveals the true causes of aches, pains and diseases. Once established, the causes are dealt with naturally and effectively, enabling the body to restore its balance, health and well being.

What conditions can kinesiology help ?

Kinesiology has been successful in helping digestive problems, skin complaints, aches in muscles and joints, food sensitivities, asthma, learning difficulties, headaches, and many other conditions. As the treatment is holistic, many other symptoms may be alleviated and kinesiology can help change attitude, belief systems and behaviour.

It is always advisable to discuss individual problems with a Kinesiologist, who will be able to advise whether they can help.

Progressive kinesiology's comprehensive coverage allows a practitioner to have deep communication with the body's messages to determine the root cause of symptoms and perform effective corrections.

Whatever the dis-order, disease, condition, unhappiness or ailment– Muscle testing is a gentle way to have a direct conversation with your body.

By asking "what is the cause of the problem, and what changes are needed to put things right

What does a treatment involve ?

Non-invasive muscle tests are performed which may involve you lying down, sitting, or standing, fully clothed. The Kinesiologist will ask you to place your limbs in specific positions whilst gentle pressure is applied. From the results of these tests the appropriate corrections are made.

These may include recommended changes in diet, intake of particular vitamins and minerals, massage of specific areas, energy balancing techniques and dealing with any relevant emotions.

Each kinesiology treatment is different. The sequence of tests and corrections is tailored specifically to individual requirements and will suit your body's unique needs.

The principal tool of kinesiology is muscle monitoring.

The Kinesiologist applies pressure to a contracted muscle and the client is asked to match or resist that pressure. The Kinesiologist evaluates the functioning of the muscle in response to a specific stimulus. The response of the muscle, whether it is able to remain in contraction or unlocks, gives the Kinesiologist feedback.

This feedback is used to determine what the priority stresses are and the best way to address them.

How long will it take?

Most people report improvement after just one session. It is advisable to budget for at least three sessions. Your practitioner will advise on your treatment plan and will give a better indication of how many sessions you require, depending on your issue.

Having resolved your initial issue, you may choose to address others. It is important to note that kinesiology is beneficial as a preventative measure, and can help you to improve your life even if there are no immediate or outstanding issues.