Definition

Kinesiology is the science of muscle testing. It is a gentle non-evasive way to listen to your body's needs to be healthy and unlock it's ability to heal itself on an emotional, physical and chemical level.

Kinesiology does **not** treat named diseases. Nor does it diagnose them. Kinesiology is concerned with imbalances in the body’s energy. In this respect, Kinesiology has close links with the acupuncture concept of energy flow. Where, as the result of injury, emotional trauma, nutritional or other unresolved stress, the energy flow is interrupted and the whole body is affected. The exact nature of blockage in the energy flow can be more closely identified by ‘muscle testing’. Acupressure massage, light touch and other simple correction skills are used to restore muscle ‘balance’, which has a flow-on effect into total body energy.

achieving any goal of their choice - in sport, relationships, learning or coping with life generally.

Kinesiology is the most holistic of all the natural therapies and, like traditional Maori medicine, recognises the importance of body, mind and spirit in health and healing.  
  
Kinesiology enables people to detect and correct imbalances that relate to stress, nutrition, learning problems, minor injuries, and other issues they meet in their daily life. A non-invasive method, Kinesiology is grounded in the study of anatomy and physiology and uses muscles as monitors of stress and imbalance within the body.  
A fundamental premise of kinesiology is that the body has innate healing energy and is always doing its best to care for itself, but sometimes needs to be helped into a better position to achieve this care.  
  
Kinesiology recognises the flows of energy within the body not only relate to the muscles but to every tissue and organ that make the body a living, feeling being. These energy flows can be evaluated by testing the function of the muscles, which in turn reflect the body’s overall state of structural, chemical, or emotional balance. In this way Kinesiology taps into energies that the more conventional modalities overlook.  
  
Kinesiology looks beyond symptoms and does not treat named diseases nor does it diagnose them. Kinesiology is concerned with imbalances in the body’s energy. In this respect, kinesiology has close links with the acupuncture concept of energy flow.  
  
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Kinesiology is not limited to dealing with ailments. Energy balancing brings a person closer to achieving any goal of their choice - in sport, relationships, learning or coping with life generally.

Health Benefits

* Enhance learning
* Boost sports performance
* Eliminate emotional, physical and mental stress
* Help with finances and decision making
* Pin-point and eliminate allergic reactions (IMRs)
* Help overcome past trauma
* Identify nutritional deficiency or excess
* Help overcome fears and phobias
* Aid the healing of muscle injuries

Click any of the following links to read testimonies from people all over the world who have experienced the benefits of kinesiology for themselves:

[**ADHD**](https://www.icpkp.com/Story?Action=View&Story_id=1636)  
[**Allergies**](https://www.icpkp.com/Story?Action=View&Story_id=1217)  
[**Anger Management**](https://www.icpkp.com/Story?Action=View&Story_id=2161)  
[**Anxiety and Panic Attacks**](https://www.icpkp.com/Section?Action=View&Section_id=63&Story_id=3439)  
[**Emotional 'Baggage'**](https://www.icpkp.com/Section?Action=View&Section_id=63&Story_id=2468)  
[**Fears and Phobias**](https://www.icpkp.com/Story?Action=View&Story_id=2160)  
[**Infections**](https://www.icpkp.com/Story?Action=View&Story_id=1941)  
[**Learning Difficulties**](https://www.icpkp.com/Section?Action=View&Section_id=63&Story_id=2470)  
[**Migraines**](https://www.icpkp.com/Story?Action=View&Story_id=2044)[**M.E. / Chronic Fatigue Syndrome**](https://www.icpkp.com/Story?Action=View&Story_id=3440)  
[**Neck/Back Pain and Sciatica**](https://www.icpkp.com/Story?Action=View&Story_id=2164)  
[**Physical Healing**](https://www.icpkp.com/Story?Action=View&Story_id=2471)  
[**PMS**](https://www.icpkp.com/Story?Action=View&Story_id=2164)  
[**Post-Surgery Pain**](https://www.icpkp.com/Story?Action=View&Story_id=2167)  
[**Relationships**](https://www.icpkp.com/Story?Action=View&Story_id=2469)  
[**Respiratory difficulties**](https://www.icpkp.com/Story?Action=View&Story_id=2166)[**Sports Performance**](https://www.icpkp.com/Story?Action=View&Story_id=1312)  
[**Stress - Exams**](https://www.icpkp.com/Story?Action=View&Story_id=1633)  
[**Stress - Job and Family**](https://www.icpkp.com/Story?Action=View&Story_id=2162)   
[**Substance Abuse**](https://www.icpkp.com/Section?Action=View&Section_id=63&Story_id=2468)

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| **How does Kinesiology work?** |
| **Kinesiology (Kin-easy-ology) is the most comprehensive of the modern natural therapies.** It is, however, very easy to learn some kinesiology techniques to boost your own energy or help you handle day-to-day stress situations.  Have you ever come in from shopping with tired feet, felt your energy at an all time low and wish you could get a quick energy boost? Try the [walking gait reflexes](https://www.icpkp.com/Story?Action=View&Story_id=1237) for yourself and feel your energy rise.  Stressed out to the max? Hold your [ESR points](https://www.icpkp.com/Story?Action=View&Story_id=1238) for 30 - 90 seconds and marvel like we did that a simple reflex from Chinese medicine can have such a profound effect.  **Kinesiology is a therapy with a difference.**  It does not treat the symptoms or signs of named diseases. Kinesiologists look at the whole person and think in terms of a triad of health. They place equal emphasis on all sides of the triangle. Some health care systems emphasise nutrition, some concentrate on nutritional, chemical, mental or psychological aspects of ill health. Still others look only at structure or the exercise component. The result is an unbalanced triangle or one-sided view of health or disease.  Each of us is special, unique and different. Inside our head we all have our own personal bio-computer that has been programmed by both our genetic make up and our life experiences. Our body is the like VDU (visual display unit) or monitor for our bio-computer and lets us (and everyone else) see how well our bio-computer is coping with life.  People-watching is a favourite game for most of us. Each one of us looks at subtle cues when we meet people. Body posture is a reflection of muscle activity. The way we stand or stoop, the way we walk or amble, the tense, uptight shoulders or the down-turn of the lips speak louder than any words about our life experience. Different healing professions have their own way of working with unequal muscle activity. Usually this expresses itself as pain or a knotted-up muscle.  [Chiropractors](https://www.icpkp.com/Story?Action=View&Story_id=1278) manipulate the spine, [Osteopaths](https://www.icpkp.com/Story?Action=View&Story_id=1278) do more subtle spinal adjustments, Physiotherapists and Massage Therapists work more directly on the muscles themselves. All these professions aim to relax the knotted-up muscle. Medical Doctors use pain relieving drugs or anti-inflammatory medication (NSAIDs) to relieve the inflammatory process in the knotted-up muscle. Kinesiologists, [acupuncturists](https://www.icpkp.com/Story?Action=View&Story_id=1278) and other energy-based body-workers work from the perspective that knotted-up muscles relate to imbalances in body energy. If the diagrams to the left were of a swing door with two springs attached to the wall, an engineer would note that one spring was knotted-up and the other overstretched. He would replace the weak overstretched spring in figure 2 and the door would hang in the middle of the door frame. Because both springs were pulling equally, the knotting-up from the second spring disappears. Kinesiology works with muscle activity in a similar manner to the engineer and the door. Instead of trying to relax the knotted muscle like other healing professions, kinesiology works on the weakened muscle. When a kinesiologist is faced with pain or a knotted-up muscle they test several muscles for equality of strength on both sides of a joint (or the spine). If they test and find a muscle tests weak on one side of the body compared with the same muscle on the other side, they work with body energy reflexes to restrengthen the weak muscle. Kinesiologists call this "muscle balancing".  Kinesiologists have found that many things (including mental stress or fears, our diet and daily exercise) affect muscle balance and hence our energy levels, posture and the way we function and feel. When all aspects of our lives are balanced, the best results follow and we function at our vital best. |

**What to expect from a Kinesiology session**

Kinesiology treats the whole person, to find out what is behind the symptoms! Kinesiology is a participatory process so the client is actively involved in the session in order to notice old patterns that have kept them stuck and to actively change and assess their willingness to create change and positive outcomes.

During a session there are energy shifts that occur as well as new insights and clearer understanding. Sometimes these changes are felt immediately – less pain, feeling relaxed, feeling happier – sometimes it may take a day or two for the changes to become noticeable.

Kinesiologists are not doctors and as such they do not diagnose or treat diseases unless they are licensed to do so. They work with what the client wants to achieve or change. During a Kinesiology session you will be fully clothed and may be asked to lie down. A session may last between 1- 2 hours. All consultations must be booked in advance and any consultations not cancelled timeously will be charged for.

#### After a Kinesiology session you may experience:

* better learning, and clearer thinking
* improved communication in relationships,
* enhanced sport performance,
* better health and immunity
* reduced or no pain
* feeling motivated and a renewed ability to move forward or move on
* better sleep
* more energy
* improved digestion
* lessening of skin conditions
* relief of depression
* more and better life choices
* understanding and acceptance of others
* improved quality of life
* better coping strategies
* self empowerment
* weight loss by clearing emotional blocks
* understanding and acceptance of yourself

**Kinesiologists do not:**

* Heal – only your body can do that (just as it heals a broken bone or a cut!)
* Diagnose or treat – we work with you towards finding solutions
* Work with illness –we believe that we can assist in improving your quality of life and so “re-educate” your body and yourself.
* Interfere with your faith or religious beliefs –we are trained to work within the realm of your belief system to best assist you to find solutions to your well-being.
* Make predictions

***FREQUENTLY ASKED QUESTIONS***

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| **Q: Who can benefit from Kinesiology?** | **A:** Everybody willing to accept responsibility for their own health, looking to remove blockages in a natural way and thereby enabling the body to function optimally and heal itself. |
| **Q:** **What happens during an appointment?** | **A:** During the 1st appointment the client’s health is assessed by discussing his health history.     The kinesiologist provides an explanation of the how and why of procedures and decides in conjunction with the client a course of action.    The duration of a session is more of less an hour. Generally the neurology of a person can comfortably integrate new patterns in 45 minutes.  Clients remains fully clothed during sessions. |
| **Q: How many appointments will I need?** | **A:** Specialised Kinesiology is client specific and unique to every client.    For this reason it is not possible to predict beforehand what the specific needs of a person will be. The discomfort that has urged a client to look for help didn’t develop overnight and will possibly not disappear after 1 session.    The general suggestion is that it could take between 3-5 sessions depending on the severity of the problem. In most cases the client experiences relief/change already after the first session. |
| **Q: What is a ‘balance’?** | **A:** Kinesiologists refer to the work done on the client during a consultation or session as a balance.Essentially implying that the holistical body which include the physical-, mental-, emotional- and energy bodies of the body is brought back into homeostasis or balance. |
| **Q:  What 'corrections' are used during a kinesiology**  **balance?** | **A:** The kinesiologist muscle tests to identify the best correction for the client’s problem.    Possibilities could include:     * Briefly stimulating or holding a reflex point on the body or skull * Gentle manipulation of vertebrae or joints that is out of alignment * Balancing the polarity (negative and positive energy flow) in the body * Defuse emotions that are stressors for the client * Balance the meridian-/organ systems of the body * Balancing of weak muscles * Balancing the hormonal system of the body by stimulating glands * Increase the immunity by stimulating certain organs i.e. spleen,adrenals * Aligning the cranial bones and sutures on the skull * Genetic corrections that clear unwanted genetic issues |
| **Q:** **Is kinesiology a form of medical treatment?** | **A:** It is not a medical treatment but a natural therapy. Various schools of kinesiology have been developed by chiropractors and/or homeopaths. |
| **Q: Is it safe?** | **A:** The procedures are safe with built-in checks and balances to ensure safety.  It is advisable that a client finds a kinesiologist that is registered with an association. |
| **Q: Can kinesiology help me with allergies?** | **A:** Allergies, sensitivities and intolerances can be cleared effectively through specialized kinesiology.  Different approaches can be followed and through muscle testing the best approach for the client is identified. |
| **Q:  Can kinesiology help with carpal tunnel syndrome, frozen shoulder or tennis elbow?** | **A:** Specialized kinesiology can be very helpful with the above issues.  The treatment could be physical of nature or it could be approached from an emotional or mental angle.  A combination of the approaches is possible. |
| **Q: Can Kinesiology help me with emotional problems?** | **A:** Emotional problems are treated very effectively through the different specialized kinesiology procedures.    Inappropriate emotional patterns are the cause of many diseases and because most people shy away from their emotions they built up resistance to it which cause blockages.  Where there are blockages illness will soon follow. |
| **Q: Can kinesiology be used with animals and babies?** | **A:** Specialised kinesiology is gentle and non-invasive and can be helpful to animals and babies in the same way that it is helpful to humans and adults. |
| **Q: How can children benefit from Kinesiology?** | **A:** Specialised kinesiology procedures are very helpful for children with     * learning difficulties * anxiety * bedwetting * acid reflux * trauma * emotional * mental and * behavioural problems |