



Neuro-Training with Kinesiology

Dana Hookins

B.Ed, Dip T, Cert IV TAA

Kinesiologist / Neuro-Trainer / Natural Therapist

What is Neuro-Training with Kinesiology?

Simply put, Neuro-Training with Kinesiology re-trains the messages in your neurology – the brain – so that your central nervous system can respond more appropriately to a particular distress or challenge.

We all come across challenges in our life, whether it be a physical injury, an emotional trauma, or some psychological conflict, and depending on how our nervous system responds to that challenge will determine our overall feeling of wellbeing.

If your nervous system habitually responds negatively then your brain responds by continually pumping stress chemicals into your body, which over time can cause a number of different physical, emotional and psychological complaints.

Some of these complaints may be:

Irrational emotional response to stress

Nutritional imbalances

Concentration & Learning difficulties

Digestion issues

Hormonal imbalance

Using the Kinesiology tool of “Muscle Monitoring”, Dana can access your nervous systems reaction and determine whether it is appropriate.

Some of the techniques that may be needed to help re-train the messages in your neurology so that your nervous system can respond appropriate for your long term health and recuperation are:

acupressure; massage; visualisation; deep states (which works with your subconscious); muscle work; cranial work; plus more.

About Dana

Dana taught in the State Education system for many years with various age and competency levels.

She now runs a successful Kinesiology clinic at Flagstaff Hill using her expertise knowledge gained both in South Australia and interstate.

Dana is a Government Accredited Trainer with a Certificate IV in Training and Assessing.

She delivers a Government Recognised Certificate IV in Kinesiology & an Industry Recognised Certificate of Solution Oriented Neuro-Training.

And also runs one day workshops where you can learn to train your Nervous System and individual innate systems.

Neuro-Training with Kinesiology is a holistic way to:

- Promote recovery and wellbeing
- Improve response to stress levels
- Improve energy levels
- Relieve muscular disorders
- Detect nutritional deficiencies
- Assist with learning difficulties
- Release untapped potential
- Improve hormonal imbalance
- Break genetic inherited patterns

Neuro-Training with Kinesiology integrates many of the natural healing therapies, techniques, references and principles from both Western and Eastern philosophies.

You are already perfect for what you are to achieve in life.

The challenge is to find those things that are stopping you from expressing that perfection.

Optimum Health & Wellbeing



Clinic Address:

**54 York Drive
Flagstaff Hill**

Telephone: (08) 8270 8045

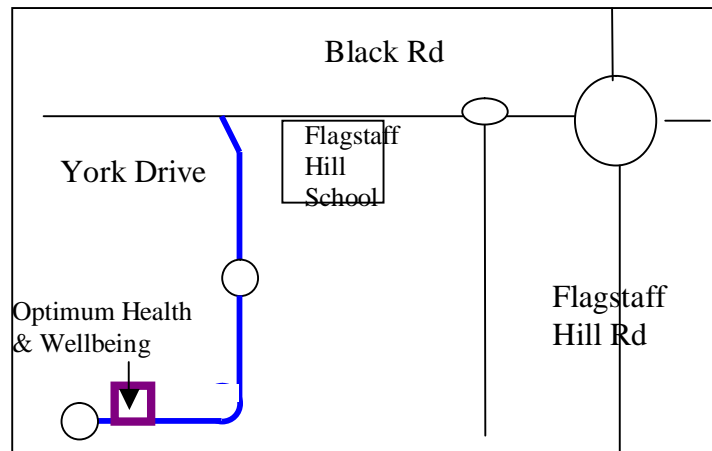
Mobile: 04123 70945

Email:

dana.hookins@optimum-health.com.au

Website: www.optimum-health.com.au

Only 30 minutes south of the city



Optimum Health & Wellbeing

An holistic approach to a balanced and healthy life.



Neuro-Training with Kinesiology
Telephone: Dana

**(08) 8270 8045
04 123 70 945**

www.optimum-health.com.au