

# KINESIOLOGY NEWSLETTER BY DANA HOOKINS



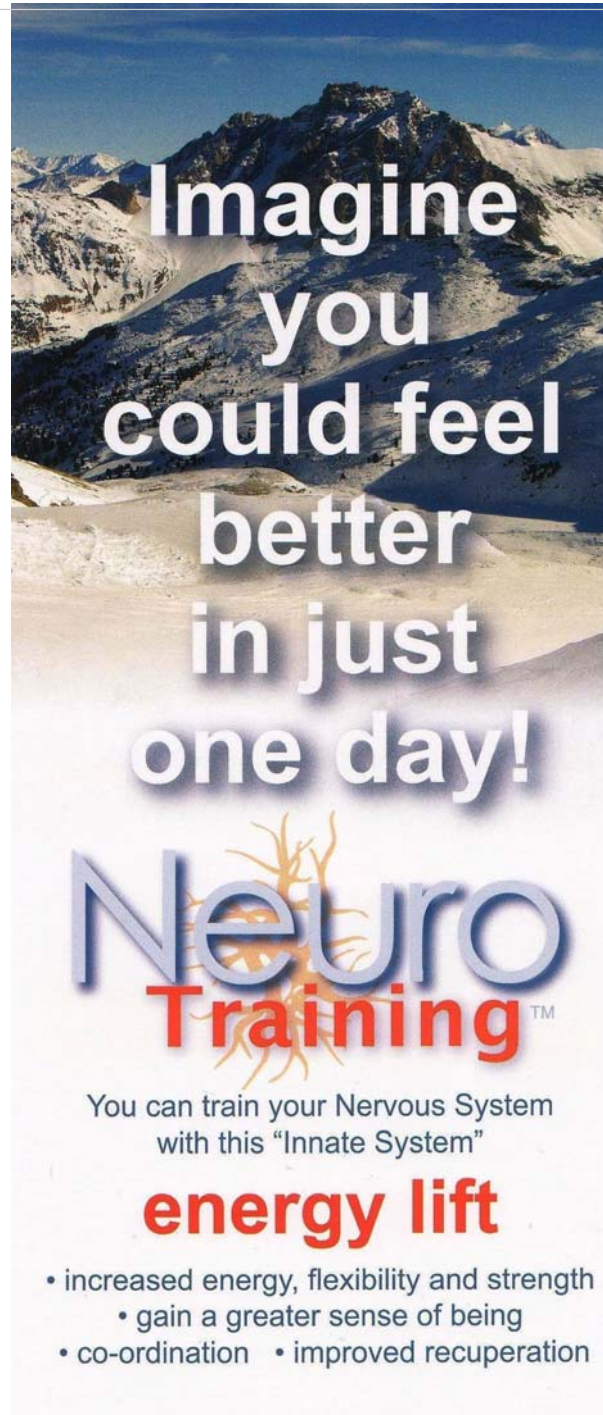
I am pleased to say that the national AKA (Australian Kinesiology Association) Conference was a huge success. There is always a wonderful sense of achievement when something you work so hard towards turns out so well. I have also relinquished all my positions on the association and so now it is time to concentrate fully on the various branches to my business.

I'd like to take this opportunity to say:

**Thank you for your continued support.**

**And I sincerely wish you and all your loved ones a very**

**JOYFUL CHRISTMAS  
and  
EVERY HAPPINESS AND  
FULFILMENT IN THE  
NEW YEAR**



**Imagine  
you  
could feel  
better  
in just  
one day!**

**Neuro  
Training™**

You can train your Nervous System  
with this "Innate System"

**energy lift**

- increased energy, flexibility and strength
- gain a greater sense of being
- co-ordination • improved recuperation

The weeks leading up to Christmas can be quite chaotic and stressful, therefore it's important to make sure you have the energy necessary to cope.

Training your Nervous System to work efficiently with your Lymphatic System can help increase your energy and release toxins from your body.

This one day workshop, strategically scheduled before Christmas and the New Year, will help you cope with the pre Christmas rush, and help you clear out the toxins from the New Year celebrations.

**This is something you need to do for yourself** and then use on your family and friends.

**Workshop Date:  
Saturday 15<sup>th</sup> December**

**Workshop Time: 10am – 4pm**

**Workshop Cost:  
\$150 (inc Reference journal)**

**Workshop Venue:  
Blackwood Hills Baptist Church  
Coromandel Road, Blackwood**

Bookings by Friday 7<sup>th</sup> December essential.

As mentioned, the weeks leading up to Christmas, and then the celebrations themselves, can be a cause of distress for many people.

**However, there are some things that you can do to help ease the pressure:**

\* Write Lists

- Who to send Christmas cards to
- Who is receiving which Present
- Menus & when to buy

\* Delegate

Even Father Christmas has his Elves

\* Take time out to recharge

You will be more productive if you give yourself at least 5-10 minutes every day during these hectic weeks to sit down and do some deep breathing and visualisation

\* Be flexible and go with the flow

Just ENJOY

**Some other tips:**

- \* Remember to keep your water intake up, especially between the glasses of champagne

**Vitamins/Minerals/Herbs that may help:**

Vit B Complex – good for the nervous system  
Aloe Vera – good for calming the stomach  
Tea made with Ginger Root – aids digestion

**Would you like to receive this newsletter via email?**

In the interest of preserving trees and the environment, if you would prefer to receive this newsletter via email, contact me via:

[dana.hookins@optimum-health.com.au](mailto:dana.hookins@optimum-health.com.au)

**Christmas Gift Idea**

A solution for the busy Christmas “present buyer” as well as a lovely gift for the special Christmas “present receiver”:

**“Pampering Session”**

**lymphatic massage to release toxins**

**PLUS**

**light touch pressure points to work with the Central Nervous System**

**\$50**

**OR**

**Kinesiology Gift Vouchers**

1 ½ hours \$95

1 hour \$70

# Newsletter

December 2007

Summer

## Optimum Health & Wellbeing

54 York Drive  
Flagstaff Hill



## Kinesiology

**An holistic approach to a balanced and healthy life.**

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