KINESIOLOGY NEWSLETTER BY DANA HOOKINS

What a glorious autumn we have had.

Although cold, rainy days certainly do have some advantages, one being snuggling up in front of a warm fire with a good book.

One book I suggest for those of you who want a little more information about Kinesiology is "A Revolutionary Way of Thinking" by Dr Charles Krebs.
I have a copy here at the clinic you are welcome to borrow and I am sure there are copies readily available at libraries.

Dr Charles Krebs is just one of the wonderful speakers at our **annual AKA (Australian Kinesiology Association) Conference which is being hosted by South Australia this year and to which the general public are also welcome.**
Let me know if you are interested in the details.

Frequently asked Questions

Should I get the flu vaccination?
This is certainly a curly question.

Firstly, and most importantly, I would like to stress that the decision is entirely that of the person concerned.
And they should not feel pressured one way or another.

It is probably of no surprise that I personally would not have one and the reason being as follows.
Mainstream medical vaccine doesn't follow the natural parth of an illness.

The body defends itself with specific and non-specific reactions to an "invader".
The non-specific defenses are provided by intact skin and mucous membranes, the inflammatory response, and a number of proteins produced by body cells preventing entry and the spread of microorganisms throughout the body.

The specific defenses, more commonly known as the immune system, must be ready to neutralise or destroy micro-organisms, and the poisons they make wherever they attack the body.

This is where the lymphatic system plays an important part.
The spleen, thymus gland, tonsils, bone marrow and other bodily organs, along with its network of capillaries and lymph vessels, drain the clear body fluid known as lymph from the body's tissues and into the bloodstream.
And it is by special cells called lymphocytes – a type of white blood cell originating in bone marrow – and complex blood protein molecules called antibodies that the immune system mostly does its job.

So basically the body's defense system has everything strategically organised if it is exposed to something "harmful".

Now, what happens in the situation of a mainstream medical vaccine procedure is that the "foreign" substance, or antigen, is placed directly into the body's blood stream, thereby by-passing all of the body's first line of defense systems.

This, therefore, can put the body's immune system into a great deal of stress.

So why not build up one's immune system naturally in the first place.

"Olive Leaf extract" is excellent for the immune system, as to a herbal mixture called **"Asta Forte"** and of course **"antioxidants"**.
Then there is the natural antibiotic – **garlic.**
And not to forget **fresh fruit and vegetables and exercise.**

Should you still be interested in the flu vaccine, you may like to contact a homeopath and having it homeopathically.

Are you interested in the 1 Day Self-Help Workshops?

Then contact me either by telephone or email, so that your name can be placed on the database and you will be automatically contacted when dates are available.

Thought about studying Kinesiology?

A reminder that I do run Kinesiology workshops.

You can collect a brochure outlining the workshops from the waiting room at the Flagstaff Hill Clinic.

Would like to receive this newsletter via email?

In the interest of preserving the trees and environment, if you would prefer to receive this newsletter via email, contact me via:
dana.hookins@optimum-health.com.au

Clinic News

Unfortunately the council squashed the proposed site of the new clinic due to new parking restrictions.

However, that has not dampened our enthusiasm to open up a holistic "Recuperation Centre" some time in the future.
Obviously when the time is right, the perfect venue will appear.

I realise Mother's Day has passed, however just a reminder that there are gift vouchers available for purchase for either a 1 hour Kinesiology session or a ½ hour "pamper and relaxation" session.

Just a reminder about contacting me at the clinic.
As you all know, I don't answer the clinic telephone or my mobile, while in consultation with a client, however be assured that if you leave your name, telephone number and a time when you will be contactable, I will get back to you as soon as possible.

Alternatively, you are also welcome to email any questions:
dana.hookins@optimum-health.com.au

Newsletter

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Winter

Optimum Health & Wellbeing

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Kinesiology

An holistic approach to a balanced and healthy life.

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