

Neuro-Training with KINESIOLOGY NEWSLETTER



Welcome to this Winter issue of the Neuro-Training with Kinesiology newsletter.

I know that with shorter daylight hours and darker skies winter can be a difficult season for some people.

However, we need to re-frame the experience of these coming months.

Let's be grateful for the rain watering our gardens and filling our tanks and reservoirs.

Exercise need not be left out – try dancing around the room to your favourite CD's or signing up at a gym or aqua-aerobics.

If you have some safe steps in your house you might even like to utilise the bottom one and incorporate your very own personalised "step class" in your house.

Winter is also a wonderful time to **indulge in some personal time** like snuggling up with a good book, (or favourite person!)

Perhaps even get out that pack of cards or old board games.

Frequently asked Questions:

Why do I always catch everyone's cold at work while some people never do?

Would it surprise you to know that a lot of it has to do with how you are handling the stresses in your life?

Every time you are repeating your worry, anger, frustration or grievances in your mind you are releasing inflammatory responses and stress hormones into your body repeatedly.

Our immune system has a very important job (as does all the innate systems in our body) and that is to fight and destroy external bugs.

However, if it is constantly attacking internal bugs, (your stress thoughts), on a daily basis, it can become over taxed and not work as efficiently.

There is always a lot of talk about the herbs and vitamins to take to build up the immune system, however very rarely is it mentioned the importance of helping your heart and mind to boost your immune system.

Therefore,

Step 1: Think about how you react to stressful situations.

Is there a similar pattern you play out each time?

Explore the reasons for your stress reactions and find a resolve.

If you can't resolve it on your own, then have a Neuro-Training with Kinesiology treatment to break the unwanted patterns and find better options so that you can get past it and move forward.

Step 2: Eat fresh and as nature intended without too many additives.

Make the most of these cold months by cooking up lots of soups and stews.

And add lots of garlic – it's a natural antibacterial agent and helps break down mucus.

Step 3: Keep up your water intake.

Yes, yes, I know that you don't "feel" thirsty in winter, but remember what I have said in the past about the importance of water (Spring issue 2007).

Added to that, the way the body removes toxic material is to wash it away.

The mucus we produce to do that helps protect the tissues and if there is not enough water in the system to create thin enough mucus to wash away the toxins, the mucus can't get away from the area and then those tissues become a repository of toxic materials that continue to infect the area.

Step 4: Keep warm and stay out of draughts.

I know it sounds like something your mother would have said – but it's true.

Clinic News

As you all know I am a Kinesiology Instructor for a newly formed Registered Training Organisation whose Head Office is in NSW.

Because of this I had to register for GST and have been collecting GST for the Tax Department since April without altering my scheduled fees.

However, from June 1st a follow-up consultation will be \$70 plus \$7 GST.

I have to say, I had expected to include GST payment for the workshops, however I had thought that Kinesiology consultations would have fallen under the GST exempt category as some other health services – sadly, it doesn't.

As a result of this I have notified our SA representative of the Australian Kinesiology Association and asked that the matter be added to their agenda as a matter of urgency.

Now for more exciting news:

A good friend, and fellow Kinesiologist, and I are in the process of organising a **weekend retreat**.

I had hoped to include full details of dates and venue in this newsletter, however accommodation seems an interesting challenge.

Our itinerary will include yoga, meditation, personal development exercises, walking, and vegetarian meals. As it will be offered to clients from both clinics, places will be limited.

Therefore register your interest asap.

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

Kick a Germ Juice

I know I have printed out this recipe before, however I still get asked about it.

This is from my Herbalist / Kinesiologist friend in Byron Bay.

A good boost to the Immune System – although I must admit, not the most flavoursome of drinks.

Clove garlic – pressed
½ lemon – juiced
Pinch cayenne pepper
½ teaspoon raw honey
Bit of grated ginger

Place all the ingredients in a cup and add hot water.
Drink as hot as possible.

And remember those positive thoughts and surrounded yourself with love.

Newsletter

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Winter

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Neuro-Training with Kinesiology

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

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