

Neuro-Training KINESIOLOGY NEWSLETTER



Sawatdeeka!

Yes I know, you're thinking, "she's been to Thailand"!!!

However, I use the above greeting because it means so much more than just "hello".

It is also "how nice to see you"; "I'm glad to see you"; "may you be blessed".

If I had to choose a highlight, it would be cuddling and playing with the wild Tiger who lives with the Monks 2 ½ hours out of Bangkok at a place called the Tiger Temple.

You won't be able to miss the photos in the clinic.

Yes Thailand was wonderful and the Thai people are beautiful and gentle.

What I hope to have brought back with me is some of their "calmness" and inner strength and trust that all will be well.

So here's to a wonderful 2008!!!

Frequently asked Questions:

What is this thing called "suppression" that I talk about?

Simply put, "that which we don't express, we suppress".

Suppression can occur on a physical, emotional or mental (psychological) level. And we can intentionally and unintentionally suppress.

For example, paracetamol can suppress the symptom of pain.

However, in doing so the person may overexert themselves, thereby causing further damage, as is often the case with professional or elite sports people.

The other issue is that the expression, or cause of the pain, is not dealt with by suppressing it with the paracetamol.

Therefore, one of two things can happen. The pain can intensify with the person taking more and more paracetamol, or the person can think that the pain has gone away, but the expression or cause of the original pain will find another "symptom" to draw the person's attention that there is an "issue" that needs to be addressed.

Sometimes "issues" or "causes" or "contexts" can be suppressed time and time again causing them to be stored further and further into the recesses of the person's cells and tissues.

The result of this in the long term is disease.

We have all suppressed something some time.

Like I said, it's easy to do so unintentionally.

Think of a time when you really wanted to learn something new, or begin a new project or you started something but were interrupted and had to put it on hold.

They too are forms of suppression, that is, suppressing a creative outlet or suppressing an adventurous outlet, etc.

Perhaps there was a time when you didn't fully express the feelings you were feeling at the time for one reason or another.

I don't like to be "gender specific", however who remembers the old saying "boys don't cry", thereby suppressing a boy's emotions at that time?

In clinic when I tell you we are working on a "suppression", that is a very good thing for your long term recuperation.

It means that your neurology has decided that a "cause" or "context" that was expressed in the past and not dealt with appropriately, therefore "suppressed", has come to the surface to be worked on again.

I know, now you all want "suppression" to come up each session!

Clinic News

The big news is the development of the Kinesiology training I run.

The workshops will soon be part of a Government Accredited Certificate IV in Kinesiology with the Diploma being in scope for 2009.

This is excellent for Kinesiology as a health modality and great for providing more choice for the students here in South Australia.

Now may be the perfect time to start to learn Kinesiology.

The first module begins at the end of March, so you will need to contact me immediately for a place.

During week 3 of the state school calendar I was asked to run "Anger Management" workshops for 22 classes, Reception to Year 7, at Reynella Primary School.

The sessions included explaining to the students what happens physiologically in their bodies and brain when in a state of "Fight / Flight".

I included showing them ways of getting their neurology and physical body out of "Fight / Flight" and some ways to prevent being in that state in the first place.

I also gave them some techniques to use when feeling "angry" to help them to release their anger appropriately so as to not impede on anyone else which also gives their neurology permission to "release" the anger feelings thereby allowing them to "move on" and be in a state of "happiness".

The workshops were well received by the students and the teachers.

Isn't that an excellent example of a progressive thinking school?!

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

Mother's Day Gift Idea

A special gift for mum, mother-in-law, Grandmother or even yourself (so that you know you will get something you like):

"Pampering Session"

**lymphatic massage to
release toxins**

PLUS

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

\$50

Newsletter

March 2008

Autumn

Optimum Health & Wellbeing

54 York Drive
Flagstaff Hill



Neuro-Training Kinesiology

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

Telephone Dana

(08) 8270 8045

0412370945