

KINESIOLOGY NEWSLETTER BY DANA HOOKINS



Welcome to the 2007 Spring issue of my Kinesiology newsletter.

As I mentioned in my Winter issue, our SA branch of the Australian Kinesiology Association is in the final countdown of preparing to host the annual AKA Conference.

Registrations are still open, so contact me for the details.

On "house keeping" news, unfortunately I have not been very vigilant in recording the names of people who have borrowed from my library in the waiting room.

If you have borrowed a book, can you please ring, text or email me the name so that I can start keeping a record.

Thank you.

Frequently asked Questions

If I drink a lot of water will I have to go to the toilet all the time?

Initially when people begin to increase the amount of water they drink, they will find themselves going to the toilet more frequently than before.

Basically, the bladder, like all organs in the body, needs to be exercised, stretched and reminded how to function efficiently.

However this generally settles down after a while once the bladder has been retrained to fill appropriately.

The other amazing phenomena that occurs once a person has retrained themselves to drink 8 glasses of water a day, is that **they start to "feel thirsty"** if they reduce their intake.

We are all born with a "thirst mechanism" which, as the name suggests, alerts our neurology when our body needs to be hydrated in order to function optimally.

However, over time, by ignoring our "thirst mechanism" we manage to "switch it off", resulting in a person "not feeling thirsty".

Sometimes we can be very dedicated to the amount of water we are drinking and yet still show signs of dehydration.

There could be a number of reasons for this, one being that our body is not utilising the water appropriately. Therefore we may need a Kinesiology session to facilitate it to do so.

Another cause may be the context of "defence". When our body is in a state of "fight flight" a lot of water can be used. Some of this we see, such as sweating or continuously going to the toilet. Some of this we are not consciously aware of as our bodies physiology will use the chemical components to help the heart beat faster or the lungs to breathe quicker and the blood to circulate freer.

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

I recently completed a compulsory up-date for my Senior First Aid and would like to share some interesting information that you may, or may not, already know.

To ring for emergency service from your mobile telephone dial 112.

This is an internationally recognised number and will connect you to your nearest emergency centre.

In your "contacts" section of your **telephone directory** in your **mobile** place the **contact name ICE** and programme in the **telephone number of the person you wish to be called In the Case of an Emergency.**

This also means that if you ever attend an emergency look up ICE in the person's mobile telephone address book and check if they have a contact person listed.

The other telephone number you may wish to have somewhere handy at home is the Poisons hot line 131126.

Also the **State Training Services** has a service called **Saving Our Children** where they will come and run a **First Aid workshop** relevant to **parents of small children** in a **person's home** while children are present.
Call **1300 766 086** for details.

Newsletter

September 2007

Spring

Optimum Health & Wellbeing

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Kinesiology

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

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