

Neuro-Training with KINESIOLOGY NEWSLETTER



Spring has sprung !

I was amazed how a couple of days after finally completing pruning my roses, we had some glorious sunshine.

And isn't it wonderful how sunshine puts a smile on people's faces.

www.optimum-health.com.au

The above URL has my new look website courtesy of my son Daniel.

Thank you Daniel ☺

He and I would welcome any feedback.

An extra point of interest on the website, if you go to the heading of "Newsletters" and click, you will find a link to my **interview with Amanda Blair on radio Fiveaa**

In hindsight I would be a little more assertive getting the points across that I would like to emphasise, however, it was my "radio debut".

And now I've had a taste of it, watch out!!

Just a reminder, contact me if you would like to receive this newsletter via email?

Frequently asked Questions:

I benefit so much from my Kinesiology sessions, but what do you do?

If only the answer was so simple. I know I have given definitions of Kinesiology before, however the distinction I haven't made is **the way I use Kinesiology as compared to how another qualified Kinesiologist may use it.**

In my practice I use a combination of **Neuro-Training with Kinesiology.**

Kinesiology can be said to be the organised use of 'Muscle Monitoring' as a verification tool used to give feedback from your nervous system.

Kinesiology strictly speaking is a tool, not a modality.

Using Kinesiology I can see how well your nervous system, and hence you, are able to adapt, (physically, psychologically, emotionally, and energetically) to a particular distress or challenge. Your distress may be conscious or subconscious.

So, if you can not adapt appropriately, you will eventually develop symptoms physically, psychologically, emotionally or energetically and feel "out of sorts".

Kinesiology is used to find, why you are having difficulty adapting and how that can be best helped.

By using Neuro-Training with Kinesiology, including working with the Universal Laws of Healing, I am facilitating your own recuperation process rather than forcing your recuperation to fit into a standard set procedure.

Neuro-Training re-trains the patterns of how your subconscious thinks your life should be. For all of us, our view of life is based on our own perception. We all see life through filters and our own biased view.

If these perceptions work against us, we are not able to access and use our natural inborn intelligence and excel as best we can.

If our perceptions have been clouded from a young age, we spend years compensating for this misperception. This has a domino affect on many aspects of our life.

In clinic I use a specific checking process via Kinesiology to find the best option for you to function better.

The Energy Lift Workshop mentioned under "Clinic News" helps you and your nervous system to function to the best of your ability.

Clinic News

Firstly the **Retreat** has been **postponed**.

As the venue has no heating in the bedrooms and the weather has been quite cold, we thought it best to postpone the retreat until early next year, possibly **April or May**.

If you would like to be on the **Retreat Database for early notification**, please let me know.

For those of you who have been receiving newsletters for a little while may remember that we were looking for a venue to hold the Cert IV Kinesiology Training as well as the 1 day self-help workshops, however have had a lot of hurdles along the way.

We have now decided to accommodate all training from our **new training facility at the clinic**.

Therefore the **Energy Lift 1 day self help workshop – Training your Nervous System to Lift the Energy using Neuro-Lymphatic Points** – can now be offered in time to encourage a good **Spring Clean**.

Date of Workshop: Sat. October 25th

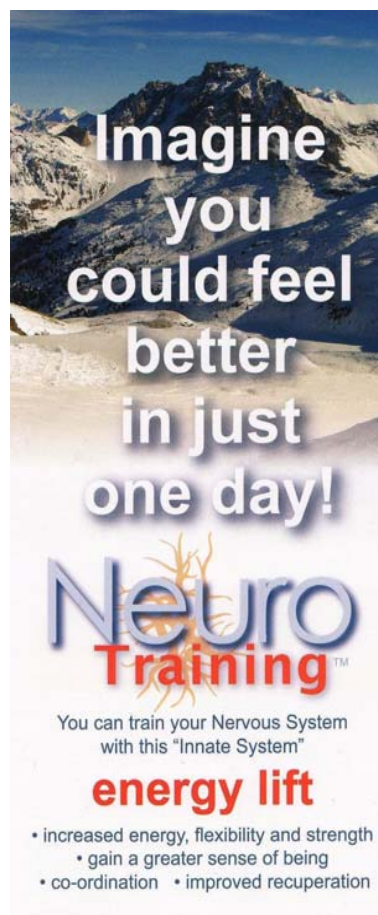
Time: 10am – 4pm

Cost: \$155 (incl GST)

Morning Tea, Light Lunch & Booklet included.

Contact me for Enrolment Forms.

Bookings & Payment due: Thursday 16th October



Certificate in Neuro-Training incorporating a Certificate IV in Kinesiology

If you would like to study to become a Kinesiologist contact me for the **Course Dates for 2009**.

www.optimum-health.com.au

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*Optimum Health &
Wellbeing*

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Neuro-Training with Kinesiology

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

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