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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Everything You Need To Know About Kinesiology

By Eric Cho

The word 'Kinesis' in Greek means movement and Kinesiology studies the relationship between the quality of muscular movement and overall health. Kinesiology deals with methods of maintaining good health through proper functioning and movement of all the muscles in the body.

This system operates under the belief that each part of the body is connected to a corresponding muscle. If a muscle is not working properly, associated parts will be affected and this manifests as a disease.

Kinesiology is related to acupuncture and draws on the principles of ancient Chinese medicine. Both sciences deal with the specific paths in the body called meridians. As in acupuncture, Kinesiology believes that physical disorders are a direct result of blocks in the path of the energy flow in our body.

A trained Kinesiologist employs muscle testing to identify problem areas. The doctor applies pressure on a clenched muscle and asks the patient to resist the pressure. Thus he assesses muscle movement and response. The practitioner looks for any physical disorder, lack of nutrition or lack of energy that may be at the root of the problem.

Once the problem area is identified, gentle techniques are used to re-establish harmony and to rejuvenate the flow of energy. A light massage on the relevant pressure points usually restores the flow of blood to the muscles and stimulates the secretion of lymph. Lymph is responsible for detoxifying the muscles. So when the muscles receive a good supply of lymph and blood, they function well.

Other common forms of treatment include the use of magnets, flower essence, homeopathy and even thought control. Most patients find their Kinesiology sessions immensely enjoyable and relaxing. They leave therapy with a feeling of wonder that such a joyous experience could really cure them of their illness.

An experienced Kinesiologist would be able to assess the ENTIRE health chart of a client in just a single sitting. The therapist may identify allergies, deal with phobias or stress, rectify nutritional imbalances and may even start the process of detoxifying the entire system of the patient.

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Like any other holistic medical practice, you really do not need to have any external symptom to benefit from Kinesiology. Even in the absence of illness, Kinesiology helps improve health, increases the feeling of well-being, boosts intellectual functioning and unleashes positive attitudes. In short, it can help individuals reach the highest point of their potential. One can achieve success in just about any field by riding on a high wave of confidence and ability.

Kinesiology works because it is non-invasive, gentle and free of side effects. Kinesiology is an effective preventative therapy. Some of the areas where Kinesiology works wonders are:

– Prevents illnesses – Increases energy levels – Relieves physical pain by improving posture – Heals traumas – Identify allergies – Enhances brain functioning and coordination

Spiritual Kinesiology is a relatively new but powerful branch of Kinesiology that helps people transcend

their unresolved emotions and limiting beliefs. If used properly Spiritual Kinesiology uses the healing power of the soul to reverse an unbalanced energy pattern and sets it right in just a few MINUTES!

Kinesiology offers a complete health care package by taking care of physical, emotional and mental development. The ease and effectiveness of this technique is sometimes mystifying, even miraculous.

<http://www.methodsofhealing.com/>

Holistic Junction's Featured School of the Week: Bodymechanics School of Myotherapy and Massage

By C. Bailey-Lloyd/LadyCamelot

Holistic Junction's featured school of the week is premiere teaching institution,

Bodymechanics School

of Myotherapy and Massage

. Located in scenic

Olympia, Washington

; Bodymechanics School of

Myotherapy and Massage 'is the only state-approved massage school in the nation that is based in a hospital facility.' Bridging the gap between traditional and alternative medicine, www.holisticjunction.com/categories/alternative-medicine.html Bodymechanics School of Myotherapy and Massage brings together the fundamental philosophies and techniques of both

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Eastern and Western Medicine. Offering Licensed Massage Practitioner curriculum, their educational program is comprehensively designed to fulfill graduation requirements and quality preparation for the National Certification Exam. Bodymechanics School of Myotherapy and Massage's mission is to "create exceptional

massage therapists

by utilizing advanced educational techniques."

Bodymechanics School of Myotherapy and Massage' curriculum includes rewarding educational courses in Anatomy & Physiology, Structural Anatomy &

Kinesiology

Pathology for Bodyworkers; and

massage instruction including advanced and specialty,

bodywork therapies

bodywork therapies, deep

tissue techniques, clinical and medical massage,

medical massage

Bodymechanics Myotherapy™,

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Myofascial Release,

Neuromuscular

Neuromuscular

Therapy,

Cancer

Massage,

Connective Tissue Massage,

Pregnancy/Pre-perinatal Massage,

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Infant Massage,

Infant

Massage,

Trigger Point Therapy,

and much, much more.

In addition to its superb and knowledgeable teaching staff,

Bodymechanics School of Myotherapy and

Massage

offers a variety of financial aid and scholarship options for those who qualify.

Bodymechanics School of Myotherapy and Massage

is a member of the AMTA (American Massage

Therapy Association) Council of Schools.

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Treating ADD With Alternative Medicine

Tapping your troubles away

Holistic Junction's Featured School of the Week: Lake Lanier School of Massage

Demand For Massage Therapists Increases As Interest In Benefits Of Massage Creates More Converts

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