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Autore	La Touelle Maggie
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Balancing: Corrections and Treatment; Types of correction and treatment; Massaging neurolymphatic reflexes; Holding neurovascular reflex points; Meridian tracing; Holding acupuncture points; Muscle reprogramming; Cross Crawl - right-/left-brain integration; Emotional Stress Release (ESR); Nutritional balancing; Options for balancing Hyperton-X (hypertonic muscle release) Clinical Kinesiology (CK); How CK works; Advanced Kinesiology; Conclusion; 8 Kinesiology and Other Fields; Kinesiology as an adjunct to holistic medicine; Kinesiology and manipulative therapies; Chiropractic; Osteopathy; Physiotherapy; Dentistry; Kinesiology for performers; Kinesiology as an aid to nutritional and herbal remedies; Nutritional therapy; Aromatherapy; Medical herbalism; Kinesiology and counselling, psychotherapy and lifestyle; Counselling; Management training; Hypnotherapy; Energy medicine; Acupuncture; Healing; Flower essences; The future
Conclusion

Sommario/riassunto

Kinesiology is a system of natural health care that combines muscle testing with the principles of Chinese medicine to assess energy and body function. A touch therapy, it uses a range of gentle yet powerful healing techniques and can be effective in the treatment of many conditions, including allergies, backache, fatigue, emotional difficulties, headaches and skin and bowel problems. This book describes how kinesiology can help with these problems by correcting imbalances found in the different forms of kinesiology assessment. This introductory guide explains how kinesiology works, how to find
