

BALANCED HEALTH FOR BODY & MIND

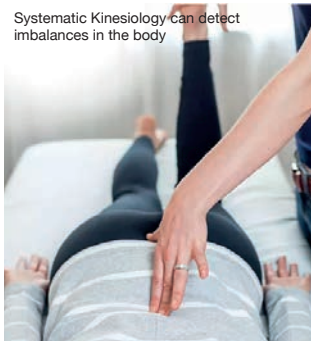
Systematic Kinesiology - an effective yet little-known health therapy - could be the answer to your health problems. JO BREWER from **JB Kinesiology** explains...

Feeling under the weather but visits to the doctor are inconclusive? Do you have a persistent problem but are told "There is nothing wrong with you" or "As we get older"? Or perhaps you have a diagnosis, but you just can't get well. It can be so frustrating when we know we don't feel right but can't find any answers or solutions.

Systematic Kinesiology can help you find out what is wrong and identify solutions to get you back to, and then maintain good health. **My treatments have helped many individuals with a wide variety of ailments, including:**

- **Weight management**
- **Fibromyalgia, ME, chronic fatigue**
- **Muscular or other physical aches & pains: sciatica, tennis elbow, etc**
- **Migraines and headaches**
- **Low energy levels, fatigue**
- **Hormonal imbalances**
- **Emotional issues like anxiety, panic attacks, stress & depression**
- **Digestive issues such as IBS, colitis & indigestion**

Systematic Kinesiology can detect imbalances in the body



- **Food intolerances**
- **Skin complaints: eczema, psoriasis, acne, etc**
- **Residual problems from old injuries/traumas**
- **Respiratory problems**

WHAT IS SYSTEMATIC KINESIOLOGY?

Systematic Kinesiology is a holistic approach to personal health and wellbeing, based on the principle that muscles are linked to the various organs and systems within the body. This link was discovered almost 100 years ago by an orthopaedic surgeon. By applying gentle pressure to gauge muscle responses, I can detect imbalances in the body and root causes of health issues. The muscle testing also informs me what treatment strategies are required to restore the body to good health, which may include lymphatic reflex massage, acupressure points (no needles!), dietary changes, nutritional supplementation, or other Kinesiology techniques. It's important to say, Kinesiology testing does not 'diagnose' diseases, but a client's symptoms will indicate to the practitioner where imbalances are most likely to be found.

Our bodies and minds function due to electrical currents conducted through our cells – this electricity is essential for the nervous system to send signals throughout the body and brain, making it possible for us to move, think and feel. The natural flow of energy can be disrupted by emotional, physical or chemical stress,

and when these energetic pathways become blocked or imbalanced it can result in symptoms, illness or disease. Kinesiology allows me to find and remove these disruptions, treating the client as a whole, rather than focusing only on the isolated parts which are not functioning well. There can be many reasons for poor health and generally they fall under one, or more, of these four categories: physical/ structural, emotional, nutritional, and energy/electrical. I investigate all four 'realms' with clients to find root causes and solutions.

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Kinesiology is non-invasive, drug free, enormously empowering and suitable for young and old alike. Many clients feel an improvement in symptoms and wellbeing after just one treatment, but sometimes more are recommended, particularly for long term issues.

I am a Systematic Kinesiologist and Nutritional Therapist based in Westbury. To find out more email jo@jbkinesiology.co.uk, call 01373 859689 or 07906 063489 or see my website.

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