

HK - Health Kinesiology is a very effective 'stand-alone' treatment and can also be successfully used in conjunction with any conventional treatment and any other complimentary therapy. HK is a gentle, non-invasive, hands on technique safe for all conditions and age groups. It corrects at the deeper and less obvious bioenergetic and metabolic level working primarily with the nervous system to bring a client's energy into harmony and balance. It provides effective treatment for both acute and chronic ailments where the pain and dysfunction is from known or unknown causes. The cause may have occurred much earlier in the client life as a result of physical trauma, mental and/or emotional exhaustion.

The basic theory of HK includes concepts from the philosophy of acupuncture and acupressure and is part of alternative and complementary medicine. It is a holistic health and healing modality that focuses on health and wellness and is suitable for people of all ages and dispositions including the elderly, children and babies. Most clients find the session a relaxing and enjoyable experience.

Stresses frequently remain in the body following the presumed recovery after physical trauma, mental and/or emotional exhaustion (known as cellular memory). Cellular memory is often the cause of unlimited complications anywhere within the whole body, such as digestive problems, organ problems, pain from unknown cause, stiff or locked joints, muscle tension, headaches or nervousness and anxiety. Often these are the underlying cause leading to physical injury (e.g. strains, sprains and falls) resulting from normal everyday activities. By treating just the physical injury the cause is not being addressed, or reducing your susceptibility to further injury. HK does not focus on fixing symptoms; the focus is on the deeper core issues, treating the cause – avoiding endless on-going treatments.

During the first consultation a physical examination, also a detailed medical history will be taken and discussed with the client.

The approximate duration of each session is mostly 1¼ hours; the time varies as to the complexity of the client's ailment/s. The number of sessions needed is very individual, a young person may require just one session while in contrast a person with many ailments or difficulties or having experienced substantial trauma/s earlier in their life may require several sessions over a period of time before gaining the desired outcome.

When multiple sessions are required (*usually between 2 to 5*), to allow the body time to fully respond it is important to understand the time-laps between each session can vary from a few days to a month or more. This is the time it takes for their body to progressively heal before proceeding with the next stage of the treatment. It works something similar to removing a festering splinter. The body takes time for the area to heal after the removal of that splinter.

In 1964 Dr George Goodheart Jr. a chiropractor in Detroit Michigan, while using Kinesiology recognised previously undiscovered benefits, this was the beginning of Applied Kinesiology.

During the 1970s and 80s Dr Jimmy Scott developed Health Kinesiology bringing together Goodheart's work and his own education to create a healing system that could differentiate between different stresses and how to treat them.

Dr Scott gained his Ph. D in physiological psychology in 1966 from the University of North Carolina. He later joined the University of Carolina School of Medicine as a research scientist and during his time there published over 30 research papers in scientific and medical journals.

Health Kinesiology has successfully helped many people address their physical ailments, intellectual or emotional concerns. Some of these are listed below:

Digestive problems	Muscular pain	Phobias	Arthritic pain	Migraine headaches
Severe back pain	Chronic fatigue	Headaches	Poor memory	Mental confusion
Stress / Anxiety	Eyesight problems	Insomnia	Skin problems	Irritable Bowel
Learning difficulties	Food allergies and intolerances.	On-going pain & tenderness	Generally feeling unwell	
Restricted mobility	Other concerns of which medical tests and diagnosis have not been able to identify a cause.			