

ARTICLE: NT Kinesiology Explained

When you visit my clinic there is generally no pain as a result of what I do. It is a gentle technique that isolates the body's imbalances. You have no need to undress, or become emotional by explaining past or present situations. I will gently use your body's neurology and monitor your muscle systems to reveal your state of health.

Why use muscle testing?

The muscle testing I use provides an excellent method to confirming of your state of health. Muscle testing your functional neurology systems is a three-part positive feedback system and takes the guesswork out of determining firstly what the problem is, secondly it confirms the treatment and thirdly it validates the expected result of the treatment. No equipment is used to do the muscle testing; it is simply part of my "toolkit" of NT Kinesiology techniques.

The way this works is that each muscle in our body is connected to our brain through our electrical and nervous system. The way we learnt to walk, run, play sport and so on is because our brain is constantly running "programs", signalling our muscles to do these things. Different "programs" run causing different movements that we want to make. These programs are very sophisticated enabling us when we walk for example, to also see, hear, keep our balance, talk laugh and so on.

What goes wrong when we become ill?

Any illness, injury and/or emotional stress can cause these normal "programs" to run incorrectly. For example, instead of walking normally you may limp, trip, lose your balance or bump into objects unexpectedly. With NT Kinesiology, muscles can be "tested" to see if they work correctly and if not to correct the underlying cause this fixing the problem and assist in correcting the bodies "program" and to restore the body normal function.

What is stress?

Stress and how we cope with it will cause changes in our lives. Many things have the potential to affect our health and well-being. How well we handle things like injuries, job changes, relationship changes, financial changes, recreational changes, spiritual changes, eating habit changes and environmental changes will affect the amount of stress in our lives. Many other things can affect our stress levels like accidents, poor nutrition, and pollution and so on. The list is long.

In NT Kinesiology terms, these "stressors" in our life can usually be overcome by testing specific muscles in specific contexts. This results in a marked improvement of our emotional wellbeing. People are amazed that even after one or two visits they feel so much better, more alive, more able to cope, and best of all the feeling lasts.

How you can benefit after treatment

An NT Kinesiology session can repair the physical, chemical, emotional and spiritual aspects of the person being treated. It has been shown that an NT Kinesiology session recharges the person's energy systems and helps restore good health and vitality.

NT Kinesiology has been used successfully to treat the following, and more:

- Postural Problems
- Allergies
- Digestive Disorders
- Learning Difficulties ADHD etc
- Learning Enhancements
- Emotional Trauma
- Nutritional Improvements
- Physical Well-being and Life Enhancement
- Pain
- Sports injuries
- Accidents

Kinesiology and Life's Experiences

When we are born our learning experience continues. We learn from our parents, grandparents, school, friends, enemies and so on and we become the result of all our experiences. We are taught many things by our families, our friends, our teachers, about how life should be for us and how we should behave, think and feel; these become our belief systems. Our genetic make up and our belief systems will determine how we handle life's experiences for the rest of our life.

Our brain learns and remembers our reactions to these experiences, and we often "replay" the reaction when we get into the same or a similar situation. We learn to run and hide during a thunderstorm, we learn to laugh at certain jokes that other people do not laugh at and so on.

If we use the same reaction often enough, it becomes easy to react without thinking in some situations. This pattern in our behaviour makes it increasingly difficult to think clearly about other alternatives and other choices we could make for ourselves. We react one way to events that frighten us and react another way to events that make us feel good.

Our sub-conscious brain, the part that remembers past events, may cause us to react in a particular way; emotionally, mentally and physically to certain situations.

For example:

- A knee or back injury may keep occurring. Why does it keep occurring? Various treatments work for a short time. Often these injuries get a label, which can often reinforce the "symptoms" and hence the "behaviour". We then "put up with it" because we believe (our belief systems) that this is how it will always be.
- A relationship problem that appears to be unsolvable or never goes away.
- We "don't have the energy" or can't "move on" from situations that distress us.
- We can't think clearly or make decisions easily; This is often a "flight or fight" situation in which three quarters of our brain power is shut down to logic but it still has 100% ability to "flight or fight"
- We aren't living to the best potential that we know we could or should be.

NT Kinesiology can assist with the resolution of these situations and put you back on track to good health.