



Hello and Welcome

To the February – March Edition of
your Health & Wellbeing Newsletter

From the Editor's Desk

With the New Year behind and 2019 stretching before us, it's time for making decisions about what we want for the year ahead. Do we want to look back on 2019 with a sense of dissatisfaction about what we've achieved, or will we have a feeling of having fulfilled those things we set out to do?

SUCCESS. That sense of having achieved or succeeded in reaching our goal, however big or small. For some it may be climbing mountains, and for others a daily walk in the park. Success is very much an individual, personal accomplishment, measured in a myriad of ways. To succeed is to feel triumphant in the face of the obstacles faced on the journey, to overcome adversity and to challenge our fears.

We can either plan for success or fail to plan.

At the very least we need to have a clear picture of where we want to go, and a roadmap for direction. It's all very well to have an idea of what we want, if we don't know what we want, we may not recognise it when we see it and miss the opportunity.

More often than not, success comes in increments. Sometimes the end goal seems insurmountable, however, if we take it in small chunks, one step at a time, before we know it we've achieved the big goal.

So, what do you want for your-self, family and friends in 2019? Do you have some kind of roadmap to help you on your journey?

Roadmaps are interesting things, so many diversions and ways of getting to your destination. Which road do we take? The one least travelled or the main route that leads directly to where you want to go.

Life's like that - our journey is seldom in a straight line. More likely there are lumps and bumps, and plenty of curves along the way. How well we navigate will determine the duration and comfort of the trip. Good navigation depends upon our resilience, flexibility and determination in meeting whatever challenges we face. So, all the best for your travels through 2019 and a safe trip whatever the destination.

Annette Sheppard. Editor

So ... You're thinking about
a career in Natural Therapies?
The Aminya Academy Pg.

What's inside?

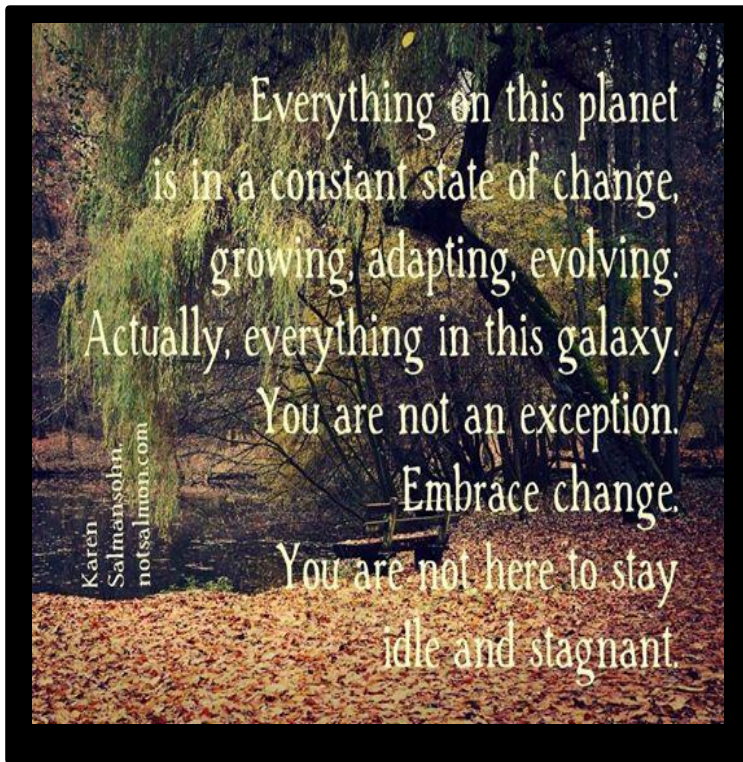
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Success

Disappointment
Persistence
Hard Work
Huge Risks
Late Nights
Competition
Discipline
Courage
Doubts
Criticism
Personal Failures
Adversity
Rejections
Sacrifices





The Wisdom of Aristotle

Knowing yourself is the beginning of all wisdom

It is the mark of an educated mind to entertain a thought without accepting it

Patience is bitter, but its fruit is sweet

It is during our darkest moments that we must focus to see the light

Pleasure in the job puts perfection in the work

Those that know do, those that understand teach

There is no great genius without a mixture of madness

ADD TO YOUR QUALIFICATIONS

KINESIOLOGY TRAINING

INTEGRATIVE KINESIOLOGY PRACTICE

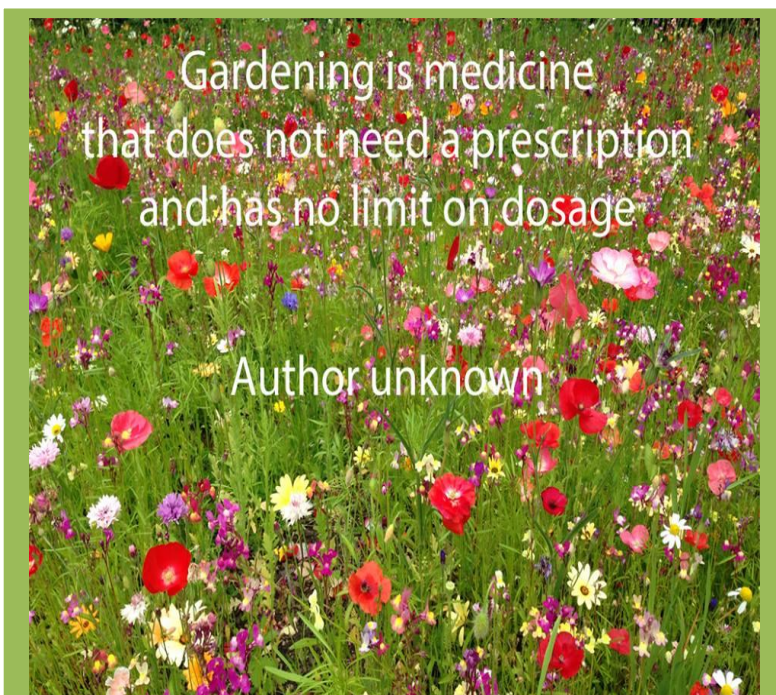
Incorporating **TOUCH for HEALTH KINESIOLOGY SYNTHESIS (Stages 1 – 4)**

Five Element Metaphors

Whole Brain Integration

Nutrition for Life

Next Course Begins 18 March 2019 See Pg. 10 - 13




From Grandma's Book of Handy Hints

To revive choice blooms that have faded during transit, plunge the stems into hot water, and allow them to remain until the water has cooled. By that time the flowers will have revived. The ends of the stems should then be cut off and the blossoms placed in cold water in the usual way.

A good way of testing butter is to rub a little of the suspected compound upon a piece of paper and set the paper alight. If it is pure butter, the odour will be dainty and agreeable, while the presence of Margarine is made known by an unpleasant tallowy smell.


To boil eggs satisfactorily, a little vinegar should be added to the water. If this is done, it will be found that none of the contents will boil out




Did You Know?




11 Basic Guidelines for General Health and Longevity


Leading a common sense, healthy lifestyle is your best bet to produce a healthy body and mind, and increase your longevity. The following guidelines form the basic tenets of optimal health and healthy weight—foundational strategies that will not change, regardless of what marvels modern science comes up with next.

- 1** Eat a healthy diet
- 2** Replace sweetened drinks (whether they're sweetened with artificial sweeteners, sugar, or HFCS) with plenty of pure, clean water 
- 3** Avoid all genetically engineered foods. There are nine primary GE food crops, but their derivatives are in over 70 percent of supermarket foods, particularly processed foods.
 - Soy
 - Corn
 - Canola Oil
 - Cottonseed
 - Hawaiian papaya
 - Alfalfa
 - Sugar from sugar beets
 - Some varieties of zucchini
 - Crookneck squash

- 4** Optimize your gut flora with fermented foods
- 5** Consume healthy fats, like butter, eggs, avocados, coconut oil, olive oil, and nuts
- 6** Eat plenty of raw food 
- 7** Exercise regularly
- 8** Get an appropriate amount of sunlight to optimize your vitamin D levels 
- 9** Limit toxin exposure
- 10** Get plenty of sleep 
- 11** Manage your stress



Remember, it is up to YOU to take control of your health, and do what is right for you, to live a healthier, longer, drug- and disease-free life.

For More Natural Health Tips, Visit www.Mercola.com 

Can my dog eat this?		
YES	YES, BUT . . .	NO
BANANAS  Rich in potassium and vitamin C	APPLES  . . . don't let him eat the seeds!	AVOCADOS  Can cause vomiting
BLUEBERRIES  High in antioxidants	LEMONS  . . . he may not like the bitter taste.	CHERRIES  Can cause cyanide poisoning in large quantities
KIWIS  Good source of vitamin C and potassium	ORANGES  . . . they're high in natural sugar; give in moderation.	GRAPES  Can cause kidney failure
PINEAPPLE  Try frozen for a cool treat!	PEACHES  . . . remove the pit; it can cause intestinal blockage.	RAISINS  Can cause kidney failure
STRAWBERRIES  High in fiber and antioxidants	WATERMELON  . . . remove the rind first!	



Bircher Benner Muesli

Serves: 4 (makes 5 cups)

Prep Time: 15 minutes, plus overnight refrigeration

Make-Ahead: The muesli will keep for up to 3 days, covered, and refrigerated

2 Gala apples, quartered and cored (not peeled) Any tart tasting apples are great

2 cups rolled oats (Gluten free)

2 cups plain yogurt

1 cup apple juice Lemon or lime juice can also be used

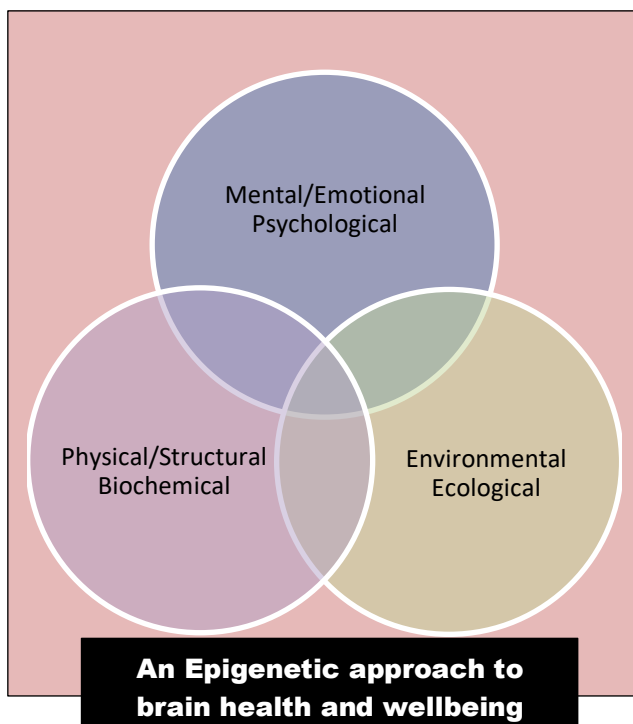
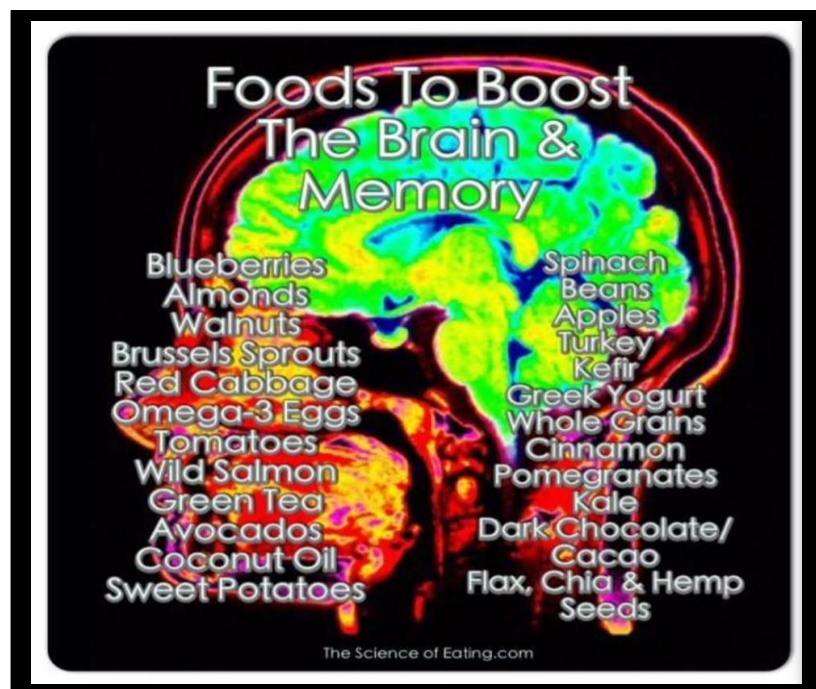
1/4 teaspoon ground cinnamon

Topping of your choice (Any seasonal fruit, whole or pureed, coconut sugar, honey or pure maple syrup)

1. Using a box grater, coarsely grate the apples into a large bowl. Mix in the oats, yogurt, apple, lemon or lime juice and cinnamon. Cover and refrigerate overnight.

2. Divide the muesli among four bowls. Top with your chosen topping and serve.

BRAIN HEALTH & WELLBEING



HOLISTIC INTEGRATION means that all aspects of our being are brought together in a way that fosters equilibrium, or balance, within our total self. It can be demonstrated in the above model. Each of the parts overlaps and has a profound influence upon the others. The body constantly seeks homeostasis or harmony within itself, and when things become unbalanced it reacts with negative consequences.

THE STRESS CYCLE is a self-perpetuating cycle of dis-stress and pain (physical and mental/emotional) resulting from stress related biochemical changes. It may be triggered by any stimulus that is not satisfactorily dealt with. Increased physiological arousal involves a range of physical and mental/emotional symptoms including:

- Biochemical imbalances, Nutritional deficiencies and/or excess, Digestive dis-stress
- Alterations to brain structure and function
- Sleeping problems/Unrefreshing sleep
- Fatigue/Lethargy/Lack of focus and motivation
- Anxiety and/or Panic
- Depression/Mood changes/Fuzzy head

Cumulatively these effects can cause, maintain and exacerbate physical and mental/emotional pain and dis-stress.

The foods we eat and drink have an effect upon our internal ecology and brain function, if we are allergic or intolerant to a particular food we will react adversely. The environment we live in also impacts on our health and wellbeing in various ways. In a world where change is increasingly part of our everyday lives and where science is producing more and more ways to interfere with the natural environment, we need to become more in control of the choices we make. We need to learn as much as possible about the effects of chemicals and other pollutants, and avoid exposure where we can. In our homes and workplaces we need to eliminate, or ensure minimal and safe use of potentially harmful substances. Through self-education we can make a difference to how we and our families cope with the chemicalisation of our environment, and we can make a contribution to a reduction in the use of these substances. Brain health and wellbeing is contingent upon our following as natural a lifestyle as possible, and ensuring a plentiful supply of fresh, wholesome food along with clean unadulterated water, as well as movement and exercise. The following article offers an overview of some of the foods that can promote brain health and wellbeing.

Super Foods

Modern science is now revealing the secrets of ancient wisdom

It is no coincidence that foods now identified as excellent sources of nutrients have been used in traditional diets for thousands of years for their medicinal and health promoting benefits.

Whilst the 20th century was remarkable for its revelations about vitamins, minerals, enzymes, fats, carbohydrates and protein, and the role they play in health and nutrition, the 21st century is rapidly opening up our understanding of a vast range of food compounds that are critical to the way we assimilate and metabolise nutrients from our food. We are beginning to understand that a varied whole food diet is vitally important in maintaining good health and wellbeing. The following foods have been shown to contain substances that fight disease and stimulate our immune systems to heal our bodies. Try to include some from each group in your diet every day.

THE ROOT OF ALL THINGS

Beetroot, Carrots, Cassava, Potato, Sweet potato, Taro, Yams

THE ALLIUM FAMILY (Onions and other odorous things)

Asparagus, Aloes, Chives, Garlic, Leeks, Onions/Red Onions, Shallots

FANTASTIC FUNGUS (Mushrooms)

Cordyceps, Maitaki, Enoki, Kombucha, Reishi, Shitake. All kinds of mushrooms and fungi

THE MINI POWERHOUSE (Sprouts)

Most seeds can be sprouted. You can purchase them from your local health food shop.

Legumes - Alfalfa, Lentils, Chickpeas,

Beans – Adzuki, Mung.

Grains & Cereals – Barley, Buckwheat, Millet, Wheat

Herb Seeds – Celery, Dill, Fenugreek, Mustard

MORE THAN JUST FLAVOUR (Herbs and Spices)

Basil, Bay leaf, Borage, Capers, Coriander, Dill, Echinacea, Fennel, Horse-radish, Lemon grass, Lime leaves, Marigold, Marjoram, Mint, Oregano, Parsley, Peppercorns, Rosemary, Sage, Tamarind, Thyme, Tarragon, Allspice, Chilli, Cardamom, Cayenne, Cinnamon, Cumin, Cloves, Cocoa, Five spices, Ginger, Masala, Mustard seed, Nutmeg, Paprika, Saffron, Turmeric, Vanilla etc.

SWEET & TANGY (Citrus)

Cumquat, Grapefruit, Lemon, Lime, Mandarin, Orange, Tangerine, Tangelo, Pomelo

BERRY DELICIOUS (Berries)

Blueberries, Blackberries, Cranberries, Gooseberries, Kiwi fruit, Mulberries, Strawberries, Raspberries

FRIENDLY BACTERIA (Fermented foods)

Buttermilk, Kefir, Naturally pickled vegetables, Sauerkraut, Sour cream, Yoghurt, Naturally fermented soy sauce, Miso, Kimchi, Apple cider vinegar (naturally fermented 5% + acidity), Naturally fermented vinegars.

OCEAN FRESH Salmon, Sardines, Tuna, Seaweeds, Unrefined/unprocessed salt, NZ Green Lipped Mussels

FATS THAT ARE GOOD FOR YOU (Essential fatty acids)

Cold pressed organic oils only should be used. If organic is unavailable it should be cold pressed

Cooking Animal fats - Butter, Ghee, Dripping, Lard, Duck (preferred for high temperatures)

Cooking Vegetable/fruit oils - Coconut, Extra Virgin Olive (low temperatures)

Dressings only Apricot, Avocado, Flaxseed, Hempseed, Macadamia, Pumpkin, Sesame, Sunflower, Walnut, Olive oil and coconut may also be used in dressings

Make this Your SPECIAL TREAT!

Relaxation Massage

Our Massage Students

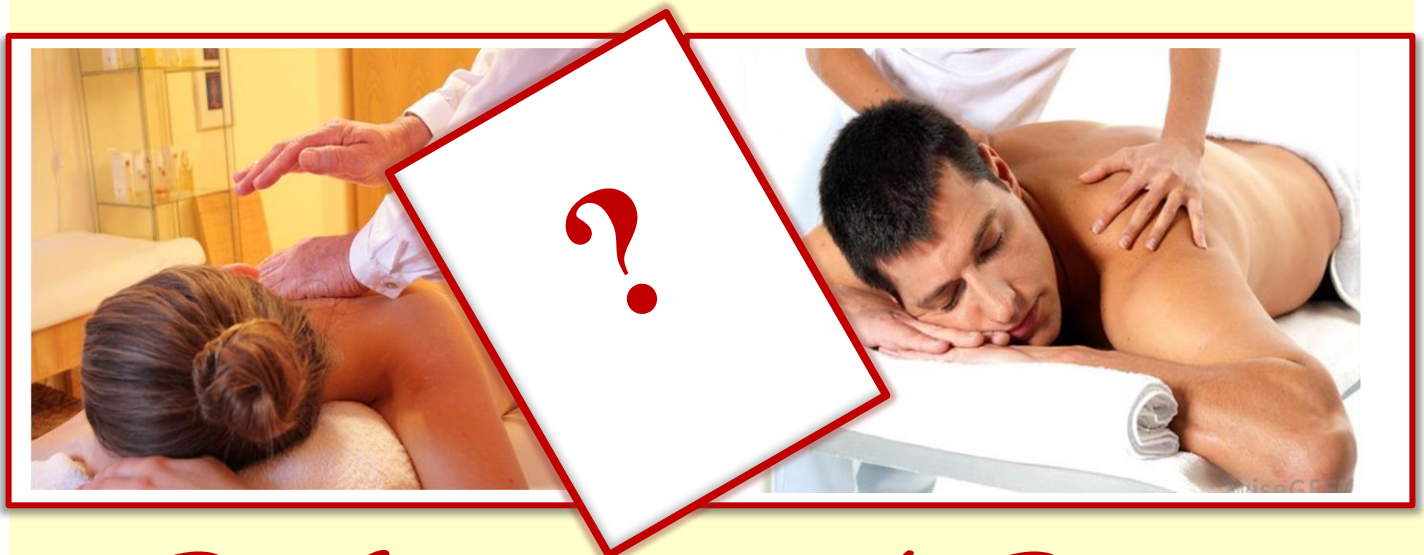
Require practical clinical hours as a requirement to successfully complete their studies

45 min Appointment \$25

Special Deal - Pay for 4 get 1 FREE

Bookings PHONE 4031 7738

Online @ www.at-ease.com.au



Put Yourself in the Picture

Massage is probably one of the most popular ways of getting a 'feel good' boost, it's also amazingly therapeutic. Therapeutic massage is used for both relaxation and remedial purposes. It can involve soft and deep tissue techniques that can be both relaxing and invigorating.

As with Aromatherapy, massage has been an important part of traditional medical folklore and history since ancient times. Most modern massage is based on techniques that were refined over thousands of years. Massage is often used along with other therapies including Chiropractic, Osteopathy, and Physiotherapy.

Regular massage can be beneficial to people with chronic health problems to help ease tension and relieve aches and pains. For persons with specific musculo-skeletal issues a targeted massage procedure can assist the body to realign and help correct the problem. Specialised massage procedures and techniques have been shown to achieve excellent results with relatively few contraindications or adverse reactions.

The Aminya Academy

Campuses at 6 locations around Australia

- Sunshine Coast (Head Office)
- Brisbane
- Adelaide
- Sydney
- **Cairns**

Taking new enrolments

**CONTACT US NOW
FOR A COURSE PROSPECTUS**

**The Aminya Academy –
For Your Career in Natural Medicine**
Aromatherapy • Reflexology • Massage

**Website: at-ease.com.au
Or CALL US on
4031 7738**



Delivering on-campus, flexible learning programmes to fit in with your life

At Ease Natural Therapies in association with **The Aminya Academy** deliver
Government Accredited Natural Therapies Courses in a range of remedial modalities

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ENROL NOW to begin your Natural Therapies career

- **Ask About Our Easy Budget Payment Plan Options**
- **Find out how to add to your current qualifications**
 - **Recognition of Prior Learning – Cross Credits**

**ACCREDITED
TRAINING
RTO40815**



Remedial Massage

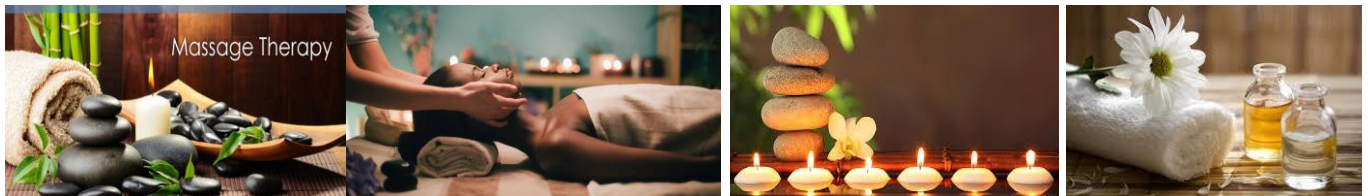
- Diploma of Remedial Massage HLT50307
- Certificate IV in Massage Therapy Practice HLT40312

Aromatherapy

- Diploma of Aromatherapy HLT51407

Reflexology

- Diploma of Reflexology HLT51712



ARE YOU READY FOR AN EXCITING CAREER CHANGE?

A Diploma of Remedial Massage can take you places!

This qualification is portable, at very little set up cost

You can support yourself whilst creating a life that works for you

Remedial Massage is the only Natural Therapy listed by recent Government legislation as qualifying for the medical benefits rebate under the funding provisions for private health insurance. This endorsement of massage as being an authentic evidence based, research proven therapy establishes it as a truly professional modality. It is an acknowledgement of the value of massage and places it within the Allied Health field, a complementary therapy that can offer an integrated approach to treatment and management of a broad range of health issues.

This qualification offers an opportunity to enter a field that can expand into specialised areas of therapy such as sport, fitness and exercise, postural alignment and integration, pregnancy, baby and child, disability and aged care, relaxation and stress management, and spa treatments, and is complementary to many allied health therapies including physiotherapy, occupational therapy, chiropractic and osteopathy. It is an extremely portable qualification that can enable you to earn whilst travelling and exploring the world.

Use your 'gap year' to gain skills to earn whilst studying for higher qualifications, a **Cert IV in Massage Therapy Practice** could enable you to fit in work around further study.



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TRAINING
RTO 40815**

ENQUIRE FOR 2019 - ENROLLMENTS OPEN NOW

Website: at-ease.com.au

Or CALL US on 4031 7738

Remedial Massage

- Diploma of Remedial Massage HLT50307
- Certificate IV in Massage Therapy Practice HLT4031





Aromatic Medicine

Ancient History - New Frontiers

How powerfully evocative a smell? We can be repelled and disgusted or inspired and motivated. We can be taken back in time, distant memories triggered. Our appetite can be stimulated, and our softer, romantic side brought out. Smells can make us feel good – and not so good. In an instant our mood can be changed, emotions roused and we can be in another space in no time flat!

Aromatherapy harnesses the healing power of essential oils to influence how we feel in body, mind and spirit. Essential oils can be added to massage oils to soothe and relax the body, and to reduce pain and tension. They can be used to disinfect, clean and heal wounds, and can be taken in medicines. You can sprinkle the oils on pillows and bed linen, and mix your own potpourri to make your rooms smell nice and fresh. They are great for house and garden, and can be used for disinfecting and as an insect repellent. Wonderfully versatile, essential oils have a multitude of uses, and have been used since time immemorial for their therapeutic value and simply to add pleasure in our lives.

It is important to purchase pure essential oils. They are more expensive but you are getting the full therapeutic benefit of the essence, and you use less than if it has been adulterated with filler oils, and possible toxic substances. You cannot afford to inhale vapours that might be detrimental to your lung function.

A popular way to get the healing benefits of essential oils is to use a vaporiser, either an electric one or a candle heated essential oil burner. There are many different oil combinations that can be blended together to relax and soothe, or to invigorate and stimulate the senses. As you become more confident you can experiment and create your own blends. We instinctively know what works best for ourselves and you can know how you respond to different combinations. You can mix a perfume, make an aftershave lotion or deodorant using your favourite blend and get the benefits throughout the day, wherever you are.

You can learn how to make your own personal care products, chemical free soaps, lotions and creams, as well as household cleaning and pest control items. The use of essential oils in everyday life is an ecofriendly way to making our world a better place.

~ Study Aromatherapy here in Cairns ~

Diploma of Clinical Aromatherapy HLT52315

ENQUIRE NOW

PHONE 4031 7738 - Online @ www.at-ease.com.au



Whole Brain Integration

This Weekend Workshop Could Change Your Life

- ✓ Improve Literacy & Numeracy
- ✓ Improve Comprehension
- ✓ Improve Behaviour
- ✓ Improve Mental Co-ordination
- ✓ Improve Physical Co-ordination
- ✓ Improve Sports Performance

ATTENTION PARENTS AND CARERS!!

If you or your child has difficulty with learning, and mental or physical co-ordination, then this weekend could be the key to a brighter future.

The program is also useful for addressing behavioural, attention and memory issues.

A series of easy to learn movements assist with overcoming the frustrations that come from not keeping up with school-work, study, or a lack of physical co-ordination that can cause embarrassment when playing sport or joining other activities that require co-ordinated body and motor skills.

An Introduction to Whole Brain Integration

COST: Stage 1 \$250.00 incl. Manual
(**\$150.00 Credit towards Full Kinesiology Training**)
19 Hours

WORKSHOP DATES: 18 – 19 March 2019

VENUE: 3/53 Anderson Street. Manunda

TIME:

8.30am – 6.00pm Saturday & Sunday

PHONE 4031 7738

Online @ www.at-ease.com.au

ATTENTION TEACHERS, TRAINERS and COUNSELLORS!!

The training is useful for persons engaged in working with children, young people or adults who experience these challenges. Incorporating the movements and principles into your day to day practice can bring improvements to your results, and empower your students to gain confidence, and engage with their tasks more easily.

The program is a holistic, drug free approach to addressing learning, movement and behavioral issues in children, youth and adults using integrative exercises, dietary and environmental measures, and postural balance. It can be applied in any situation, and once learned only takes a minimal amount of time each day to practice.

Whole Brain Integration

Touch for Health Kinesiology Synthesis

Stage 1 Workshop 20 hours



This introductory Stage 1 Workshop will teach you the basics of Kinesiology and will give you the tools to help yourself, and others, to gain optimal health and wellbeing. The techniques are easy to learn and you can begin to use your new skills right away.

TOUCH for HEALTH KINESIOLOGY SYNTHESIS can easily be learned by anyone who is concerned about achieving maximum health and wellbeing. This exciting and specialised group of workshop seminars are presented by our professionally trained and registered TOUCH for HEALTH Trainer.

Derived from various holistic traditions, both ancient and contemporary, Touch for Health Kinesiology addresses the environmental and physical, nutritional and emotional stresses common in our everyday lives. The use of simple, safe and effective techniques can help reduce and alleviate pain and discomfort, and improve health and general wellbeing. Whether a person has a debilitating health issue or is just feeling below par, there is a technique that can assist them to gain the maximum benefit for improving their condition.

STAGE 1 is enough to give you sufficient information to make a real difference to a person's quality of life.

You will learn how you can stimulate the body's natural resources to regain energy and vitality. Using time proven techniques taken from the ancient traditions of Oriental Medicine, you will find out how to use muscle monitoring to assess and balance the meridian systems so as to overcome the physical, mental/emotional and environmental challenges that affect our lives.



TOUCH FOR HEALTH Energy Kinesiology



COST: \$380.00 incl. Manual

(\$250.00 Credit towards full Kinesiology Training)

WORKSHOP DATES: 4 – 5 May 2019

VENUE: 3/53 Anderson Street. Manunda

TIME: Saturday & Sunday 8.30am – 6.00pm

IF YOU HAVE ALREADY COMPLETED Stage 1 YOU CAN REPEAT FOR \$75.00

PHONE 4031 7738

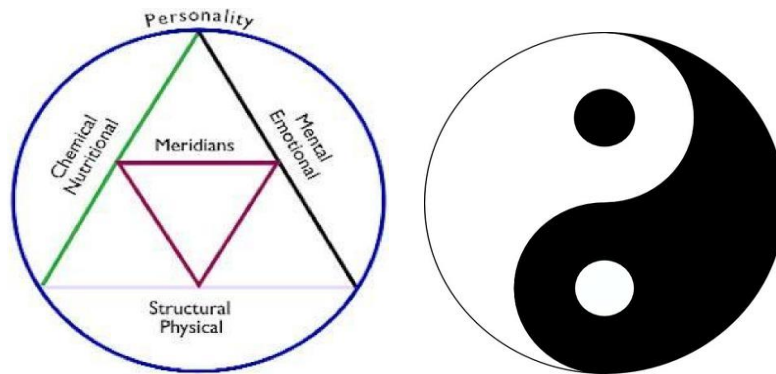
Online @ www.at-ease.com.au

Add to your current Qualifications

Kinesiology is a modality easily blended with your existing qualifications or used as a stand-alone therapy

KINESIOLOGY TRAINING

WHAT DO YOU LEARN?



INTEGRATIVE KINESIOLOGY PRACTICE

There are many strands of Kinesiology practice dealing with every aspect of health and wellbeing. It is a holistic modality that has numerous applications and can be adapted seamlessly into any other therapy. Whatever your principle practice focus may be, there are advantages in incorporating Kinesiology into the mix. It may also be your stand-alone therapeutic tool.

INTEGRATIVE KINESIOLOGY PRACTICE is a foundation course designed to add to your existing qualifications and enhance your current practice; it is a pathway into more advanced forms of Kinesiology. All manuals, charts and notes are provided to enable you to immediately begin to apply what you learn.

Following the Touch for Health Kinesiology Synthesis program you learn the basics of Kinesiology, and advance to more in-depth understanding of its applications following the Traditional Chinese Medicine (TCM) systems. It blends the TCM diagnostic systems with Western assessment and treatment methods.

Muscle monitoring is the primary assessment tool and is used to determine what therapeutic method may be applied. Depending upon individual priorities, therapy may attend to any aspect of a person's being, physical, mental/emotional, diet, lifestyle or external environment. Built around 42 muscle structures, you learn how to trouble shoot and hone in on the priority area to correct and maintain physical and mental/emotional balance. Various techniques address postural deviation, range of movement, ease of movement issues and pain relief.

Underlying mental/emotional stressors may be identified with gentle, relaxing techniques designed to rationalise and deflate those issues causing dis-stress, and to bring about a sense of resolution, enabling the person to move forward.

For many people, of all ages, frustration with a lack of mental and/or physical co-ordination can be a significant inhibiting factor in their lives. The program offers a holistic, drug-free approach to addressing memory, focus, learning, movement and behavioral issues in children, youth and adults using integrative exercises, dietary and environmental measures, and postural balance that can be applied in any situation, and once learned only takes a minimal amount of time each day to practice.

Dietary intolerances and nutritional guidelines for specific issues may be identified and integrated into a whole living approach to health and wellbeing, with consideration for individual preferences and cultural choices. As well, environmental hazards may be addressed in the context of personal exposure and reactivity.

INTEGRATIVE KINESIOLOGY PRACTICE is a modality easily and seamlessly integrated into any mode of practice and is a worthwhile tool for any practitioner wanting to add to their therapeutic toolbox. The simple and easy-to-apply techniques, along with the diagnostic methodology, can be applied across all modalities in the allied health and natural therapies fields.



KINESIOLOGY TRAINING

INTEGRATIVE KINESIOLOGY PRACTICE

Add to Your Current Qualifications

Kinesiology is a modality easily blended with your existing qualifications or used as a stand-alone therapy

KINESIOLOGY TRAINING

NOW is your opportunity

TOUCH for HEALTH KINESIOLOGY SYNTHESIS

Stages 1 – 4

+ Metaphors

+ Whole Brain Integration 1

+ Nutrition for Life

\$1950.00

*Payment Plan available
Includes 2 Course Manuals
Notes

1 Chart

112 hours training
+ Clinical Practice

1 weekend per month
over 8 months

REGISTER NOW

Next Course

Begins 18 March

2019

If you have already completed Stage 1

**TOUCH for HEALTH
KINESIOLOGY SYNTHESIS**

You can repeat that Stage
for the low cost of \$75

* \$400 deposit + 6 monthly Payments

TOUCH for HEALTH KINESIOLOGY SYNTHESIS

can be easily learned by anyone who is concerned about achieving maximum health and wellbeing. This exciting and specialised group of four workshop seminars are presented by our professionally trained and registered Touch for Health Instructor. Simple and powerful techniques are applied using muscle monitoring to create balance within the meridian systems of the body on all levels. Touch for Health Kinesiology addresses the Structural, Nutritional and Emotional stresses common in our everyday lives. It assists in identifying environmental factors that may impact upon health and wellbeing.

TOUCH for HEALTH KINESIOLOGY SYNTHESIS

is recognised as the foundation stone of all Kinesiology training. Courses are offered by your professionally trained Touch for Health Instructor. All courses are recognised internationally by the International Kinesiology College (IKC) and nationally by the Australian Kinesiology Association (AKA). Touch for Health training hours are assessed for competence to go towards your professional Kinesiology training requirements as set down by the AKA.

General Healthcare

- ✓ Increase Vitality & Wellbeing
- ✓ Reduce or Eliminate Pain & Discomfort
- ✓ Improve Posture

Personal Development

- ✓ Resolve Dis-stress
- ✓ Set Goals
- ✓ Generate Motivation

Kinesiology for Whole Brain Integration

- ✓ Improve Literacy & Numeracy
- ✓ Improve Comprehension
- ✓ Improve Behaviour
- ✓ Improve Co-ordination
- ✓ Improve Sports Performance

Nutrition for Life

- ✓ Healthy Weight Management
- ✓ Identify Food Intolerances
- ✓ Health Promoting Foods
- ✓ Identify Environmental Toxins

All this and more.....Get 'IN TOUCH' now.....

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