

Easing Allergies with Kinesiology

Linda Woodley



Most people who have allergies are silent sufferers. Nobody hears you scaling your itchy skin with your fingernails at 2am, or the frustration and embarrassment of sending back yet another dish at a restaurant because they have added your allergen in error. The good news is that kinesiology can help to ease your frustrations and get you back on the path to wellness.

The literal translation of kinesiology (pronounced kin-EASY-ology) is the study of movement in the body. It specifically relates to the movement of muscles and the key tool in kinesiology is **muscle testing**.

Muscle testing uses light pressure to specific muscles in your body. If there is a clear signal from your brain to the muscle, your muscle will test strong or will **'lock'**. If there is an imbalance in the body, your muscle will test weak or will **'unlock'**. This gentle testing of your muscles can pick up physical, emotional, dietary imbalances and stresses in the body.

The muscle testing is like a direct link to your body's bio-computer and it **by-passes your conscious mind**. This is why kinesiology can help to uncover patterns and beliefs in the body at a subconscious level that often stop us from feeling healthy, achieving our goals and reaching our full potential in life.

Kinesiology is particularly useful for allergy sufferers as it is a completely holistic approach. Most allergy testing tends to focus on physical allergens. Kinesiology can uncover physical allergens such as foods, materials or substances, but it goes **one step further** and looks at the emotional patterns and behaviours that are loitering at subconscious level.

For example, there could be a particular time in your life when the allergy started and that is causing a stress in the body, or perhaps your body has a hidden belief about allergies, even though consciously you believe otherwise. Kinesiology can bring these hidden patterns to the surface. Once you are consciously aware of the sabotages and beliefs that are causing your allergy, you can start to make changes in your life.

Kinesiology does not believe there is one solution for everyone. Your muscles will indicate exactly what your body needs to help with your allergies. The techniques used in kinesiology to balance the body have **origins** in both Western and **Traditional Chinese Medicine**. A correction technique could include holding a reflex or acupressure point, lymphatic massage, a nutritional assessment, colour and sound balancing, physically resetting the muscles or emotional stress release techniques. You may need to add or delete foods from your diet, or take an essence to support your healing.

You no longer have to suffer in silence. Kinesiology is an effective and holistic way to help manage your allergies and your health. And who knows, maybe you can find something else to do at 2am, like sleeping soundly.

Linda Woodley
Kinesiologist

*Linda Woodley is a professional Kinesiologist who practices at Art of Health on Fridays and Saturdays. For more information on kinesiology, or to make an appointment call Linda on **0419 974 488** or email linda@artofhealth.com.au*



art of health education

Art of Health Australia Pty Ltd PO Box 125 Annandale NSW 2038
Tel: 1800 089 770 Fax: (02) 95290750 Email: info@artofhealth.com.au
www.artofhealth.com.au