

Chester Wellness Centre

Health Kinesiology & Allergy Testing

www.vitalisedwater.co.uk

BEN CALDER

ASKS YOUR BODY WHAT IT REALLY NEEDS TO BE HEALTHY

Imagine if you could ask your body what you really needed to enjoy vibrant health and well-being. This is the founding principle of Health Kinesiology (HK) – an established therapy system that combines the wisdom of Traditional Chinese Medicine with the modern technique of muscle testing.

HK communicates with the body using gentle muscle testing. This highly skilled technique involves applying light pressure to a muscle and monitoring how it responds. This response reveals exactly what procedure is ideal for you. Because HK treats you as an individual, no two sessions are ever the same. In a single session a therapist may identify allergies or chemical imbalances, release psychological or emotional stress and may give you advice on changes in lifestyle. Each session last around an hour and you lie down on a therapy couch fully clothed.

HK has successfully helped many people address their physical ailments, both specific and systemic including: allergies, arthritic pain, chronic fatigue, diarrhoea, digestive problems, emotional distress, eye problems, headaches, hormonal problems, insomnia, menopause, migraine,

mood swings, muscular pain, PMS, fears and phobias, poor self esteem/self confidence, skin problems, stress/tension, unhappiness/sadness.

ALLERGY TESTING THROUGH HEALTH KINESIOLOGY

In the holistic approach of Health Kinesiology (HK) we are looking at the body as an energy system so we define allergy as 'a substance that causes an altered energy reaction in response to exposure to any amount of that substance'.

With Low Tolerances, only when you exceed your body's ability to metabolise a substance will you get a reaction that on the outside is identical to an allergy. Both allergy and low tolerance are tested in your session.

We are currently testing for 470 different items, these include: 180 foods and alcohols, over 50 food additives, food phenolics, over 50 pollens, dusts and moulds, 90 industrial chemicals and inhalants, over 50 fragrances and personal care items, pesticides and 25 common metals.

Using gentle muscle testing and energy assessment techniques from Health Kinesiology; we monitor the body's response when we place a sample of a potential allergen on the body, just below the navel.

All samples remain sealed in glass vials so there is no chance of a reaction and there is definitely no use of needles, blood testing or scratch testing. Most people find the experience relaxing and intriguing.