

# Equilibrium

## CATALOGUE OF KINESIOLOGY MATERIALS

### CONTENTS:

|                                     |           |
|-------------------------------------|-----------|
| Introductory Kinesiology Books .... | 2 & 3     |
| DVD's .....                         | 3         |
| General Kinesiology Books.....      | 4, 5 & 11 |
| Jane Thurnell-Read Books .....      | 5         |
| Advanced Kinesiology Titles .....   | 6         |
| Hugo Tobar Manuals.....             | 7         |
| Kinesiology Accessories .....       | 8 & 9     |
| Touch For Health Materials.....     | 10 & 11   |
| Educational Kin. Materials .....    | 12 - 15   |
| David Hawkins Booklist .....        | 15        |
| Kinesiology Charts .....            | 16 & 17   |
| Natural Health Charts .....         | 18 & 19   |
| Anatomy Charts.....                 | 20        |
| Complementary Books .....           | 21 & 22   |
| Order Form.....                     | 24        |

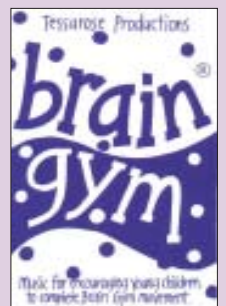
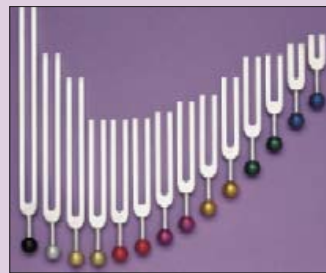
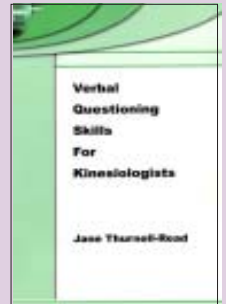
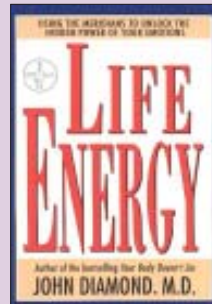
You can download this catalogue and any catalogue updates from our website



*One of the largest catalogues of kinesiology materials in the world!  
Established 1984 - Over 27 years servicing the industry worldwide.*

### KINESIOLOGY BOOKS, CHARTS & MATERIALS ON:

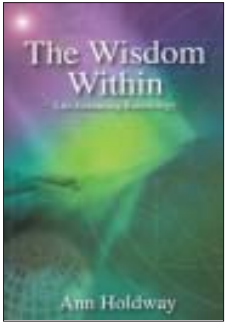
- ♦ Allergies ♦ Nutrition ♦ Stress Release ♦ Energy Balancing ♦
  - ♦ Learning Difficulties ♦
  - ♦ Sports Performance & MORE...
- Plus Natural Health  
& Anatomical Charts**



**The Shop:** 457 North Road, Ormond Melbourne  
**Postal:** PO Box 155 Ormond VIC 3204  
**Telephone:** (03) 9578 1229 **Fax:** (03) 9578 1468  
Email: [info@kinesiologyshop.com](mailto:info@kinesiologyshop.com)

**Website:** [www.kinesiologyshop.com](http://www.kinesiologyshop.com)

# INTRODUCTORY KINESIOLOGY BOOKS



**The Wisdom Within**  
by Ann Holdway \$19.00

**Life Enhancing Kinesiology**

This is a reprint of Ann's book 'KINESIOLOGY' originally published by Elements books in 1990's. However like many 'What Is

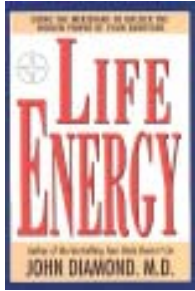
Kinesiology' type paperbacks, it has been out of circulation for some time. Consequently this new edition comes as a welcome relief for the kinesiology field.

It serves as a very basic introduction to Kinesiology for the public or beginning student and covers What is Kinesiology (of course!), various introductory or fundamental techniques in the field and definitions of many of the common terms and concepts used in Kinesiology.

Included is some basic self help material, plus descriptions of various Kinesiology Modalities as well as other fields that compliment Kinesiology.

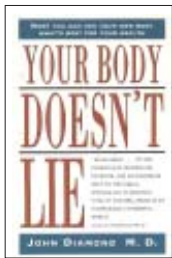
For the professional a great book to loan to clients or students or have on sale at events.

**Life Energy.....\$22.00**  
by John Diamond

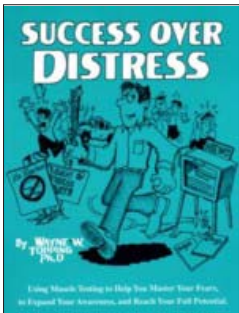


Dr. Diamond's popular book relating the Acupuncture Meridians to Emotions. Achieve maximum Life Energy by balancing meridians and their emotions. Reduce negative emotional states (hatred, anger, jealousy etc.) and increase positive emotions (love, faith, courage etc.)

**Your Body Doesn't Lie.....\$15.00**  
by Dr. John Diamond



An introduction to the benefits of Muscle Testing or Kinesiology. Explores muscle testing your thymus gland, life energy, cerebral balance, emotions, music, food, posture and environment.



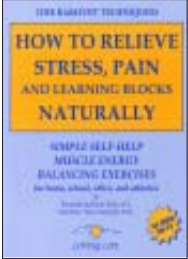
**Success Over Distress**  
\$39.00  
by Wayne Topping Ph.D.

A practical workbook on Stress Release that is well illustrated and both easy to read and follow. Very suitable for the layperson and beginners in Kinesiology.

*Books by Hap & Elizabeth Barhydt.....*

**How To Relieve Stress, Pain & Learning Blocks Naturally.....\$28.00**

Simple energy balancing exercises for the home, school, office and athletics gathered from various areas in the kinesiology field. Includes chapters on Muscle Testing, Stress Release, Brain Energy Balancing, Muscle Balancing, Structural Balancing and other useful energy exercises. An excellent and thorough basic self help package. Also wonderful as a guide to the practice of basic muscle testing.



**Accurate Muscle Testing for Foods & Balancing Meridians.....\$28.00**

A basic how to book on testing foods and supplements. Includes the nutritional reflexes, finger modes for testing Nutrition, Candida, De-Tox and Priorities plus section on Balancing Meridians.

**Self Help for Kids.....\$28.00**

Subtitled 'Improving Performance & Building Self Esteem in the School, Home & Sports', this book sets out many **Kinesiology** related exercises and techniques in an easy to follow manner including:

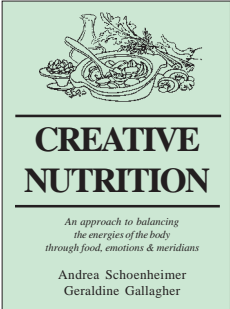
- \* Stress Release \* Tuning Up \* Cross Crawl \* Lazy 8's
- \* Visualisation \* Muscle Release \* Headache release
- \* Environmental Sensitivities \*
- \* Muscle Balancing for writing and using a computer

**Creative Nutrition ..... \$39.00**

by Geraldine Gallagher & Andrea Schoenheimer

**An approach to balancing the energies of the body through food, emotions & meridians**

Manual for the kinesiology course 'Creative Nutrition' expanded and updated.



**Contents include:**

- Nutrients ● Digestion
- Biocidics & Biogenics
- 5 Elements Concept
- Priority Nutritional Stressor Procedure
- Food & Supplement Testing ● Nutritional Support
- Food Families ● Recipes ● Muscle Monitoring Procedures
- Charts & Summaries (Supplement List, PNS Summary Procedure, Food & Supplement Balancing, Digestion Energy Levels, Acupressure Points).

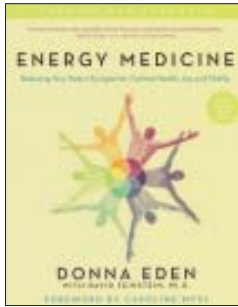
For More Introductory Kinesiology Titles see:  
**Mini Workshop Manuals - Page 11**  
**Educational Kinesiology Materials - Page 12**



**The Therapist Within You**  
by Jonathan Livingstone \$55

Since muscle testing is often viewed as a 2 person process, it can eliminate a lot of procedures as far as self help goes. By using the pendulum as its basis this book aims to open up one to the kinesiology field to all its wonderful tests, corrections & procedures in respect to

self use. It covers a wide variety of fundamental kinesiology techniques, including those relating to finger modes, meridians, 5 Elements, alarm points, various balancing aspects etc.



**Energy Medicine**

by Donna Eden \$44.00

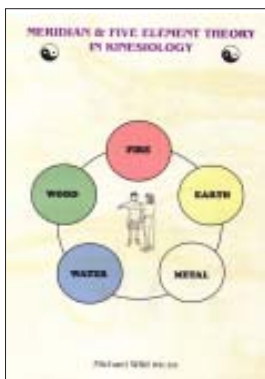
This New Edition is a wealth of info on energy healing from a unique and gifted energy healer who founded **Energy Kinesiology**.

- Introduces subtle energies and terminology on energy (muscle) testing.
- Covers the Anatomy of the Energy Body, 8 energy systems: The

Meridians, The Chakras, The Aura, The Celtic Weave, The Basic Grid, The Five Rhythms (5 elements), the Energetic Arm of your Immune System (Triple Warmer energy flows) and the Strange Flows • Contains chapters on many techniques for illness, pain and 'habit fields' • Throughout the book there are over 35 'How To...' boxes, that cover everything from helping to mend broken bones to energy bathing an unborn child. \*In addition there are almost 50 diagrams including a valuable Dental Chart showing teeth relationships to the rest of the body.

**380 pages of practical and informative material.**

**Also available "Energy Medicine for Women": \$44.00**



**Meridian & Five Element Theory in Kinesiology**

by Michael Wild BSc.Ed.  
\$19.00

The most comprehensive information available on the theory of meridians and five elements as they relate to Kinesiology. Many practical aspects are also explained as well as often asked questions on these subjects. Presented in a very readable format with 25 diagrams and tables.

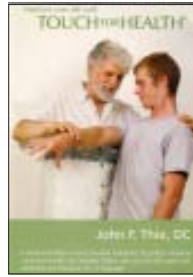
A4 size. Spiral Bound. 40 pages.

**Chapters On:**

Chi Energy, Yin/Yang, Meridians and Circulation of Energy, Meridians, The Law of the 5 Elements, Balancing the 5 Elements, 5 Elements & Emotions, Solid & Hollow Organs, Extra Meridians, Types of Meridian Points, Pulses, Appendices (Balancing Methods)

**You can request to go on our Kinesiology Supplies mailing list (by mail or email) and receive our catalogue updates:  
info@kinesiologyshop.com**

**DVD's**



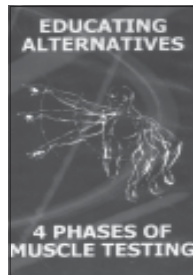
**The Touch For Health DVD**

by John Thie D.C. \$33

A short introduction to the TFH system by the founder of TFH itself. Originally published on video and recently converted to DVD.

Outlines many of the TFH concepts including meridians and neurolymphatics.

Also contains the TFH balancing procedure including goal balancing. This DVD is suitable for students as a quick review of the TFH basics especially the 14 muscle balance. It is also suitable for TFH Instructors for playing segments during a class or practice evening.

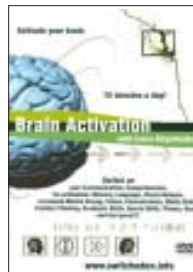


**The 4 Phases of Muscle Testing**

by Andrew Verity \$28

This training DVD has been presented to assist in the understanding of muscle testing and to extend knowledge of the four phases of testing muscles. These four phases relate to different types of contraction and extension tests which in turn relate to four different contexts (such as adaptation or suppression).

Testing is shown on 16 different muscles relating to the 14 major meridians. Also covered is checking for blocking/overenergy with demonstrations on balancing whole circuits with spindle cell theory. The DVD is indexed so that one can find particular parts of the DVD, quickly & easily, like using the contents of a book.



**Brain Activation DVD**

by Irena Kirpichnikova \$33

The Brain Activation DVD is great presentation of all the wonderful exercises in kinesiology, that people the world over have come to know & love. What is different about this presentation however is the DVD format that allows for immediate access to the activation/

exercise one requires plus the explanations accompanying the visual material are very helpful. This DVD is a professional production and allows for easy use and understanding of the content. The main program introduces the brain activation movements and how they can be used, when, who and what for. The brain activation movements themselves cover nutrition, water, eye tracking, deep breathing, alphabet 8's, Elbow & hip 8's, various switch on points and muscle releases as well as stress release - almost 20 activations in total.



**Meridian Dance DVD \$33**

**A 14 Meridian Dance/Massage**

This short but very usable & practical DVD by Earl Cook is a great way to tune yourself up with what in the Touch For Health system is termed a meridian massage. With music and a wonderful

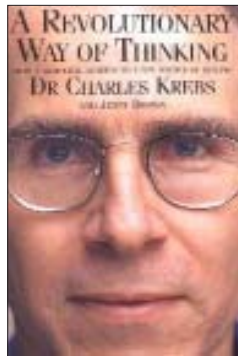
backdrop of the Rocky Mountains, Earl Cook takes one through a tracing of the 14 meridians as they relate to Kinesiology. Exceptionally simple and perfectly presented.

# GENERAL KINESIOLOGY TITLES

## A REVOLUTIONARY WAY OF THINKING . \$33.00

by Charles Krebs Ph.D.

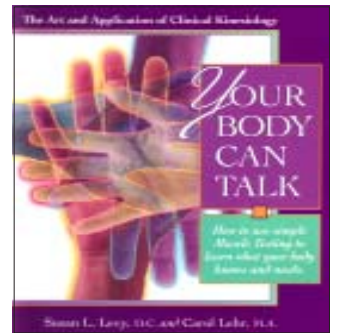
A Revolutionary Way of Thinking is a fascinating account of how Charles Krebs' near fatal accident led to the development of a very successful Kinesiology based approach to re-integrating brain function. This book is a well grounded publication covering in detail the history and development of Kinesiology as well as the most updated neuroanatomy and physiology as it relates to brain function that is so relevant to the Kinesiology field.



## YOUR BODY CAN TALK ..... \$44.00

Susan L Levy & Carol Lehr

Clinical Kinesiology was founded by Alan Beardall, a highly respected pioneer in the Kinesiology field, most famous for his development of the 'finger modes'. This book covers a wealth of information on CK and kinesiology in general from the basics to its application in areas such as electro-magnetics, allergies, immune system, men & women problems etc. It also covers therapy localisation, emotions, chakras and the acupuncture meridians. The latter is covered in detail via its illustration of the secondary vessels.



"One of the finest texts on Clinical Kinesiology.

A must have" - Christopher Beardall

## HYPERTON-X MANUALS

by Frank Mahoney (Re-Edited by Trevor Savage)

**1. Basic Workshop Manual** - The material from the HTX 1 & 2 Workshops. Complete theory of HTX, Evaluations, Primary & Secondary HTX muscle tests and corrections, self corrections and more. **\$55.00**

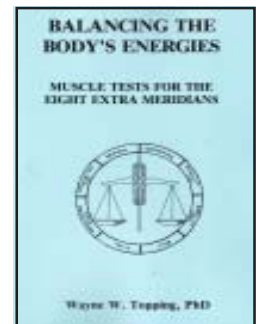
**2. Advanced Workshop Manual** - material from the previous HTX3 and 3A advanced workshops. Pressure pads, intercostals, advanced muscle concepts, five minute balancing, sports/specific movements, hypertonic skin & joints, Reactive muscles, traction, compression, pitch/roll & yaw, experimental & more. **\$55.00**

**3. Ancillary Workshop Manual** - material from the prior workshops: a) HTX 4: Emotions & Life Experience, b) HTX 5: Working with the Learning Impaired, c) HTX 8: Birth Preparation for Expectant Couples. **\$44.00**

## BALANCING THE BODY'S ENERGIES ..... \$39.00

by Wayne Topping Ph.D.

The text for the course 8 - Extra Meridians. In Touch For Health & Applied Kinesiology one uses the major 14 meridians of 20. The 8 extra meridians are Central & Governing and the 6 remaining less known & used meridians. Includes muscle tests for the extra meridians, corrections points, emotions, nutrition and biokinetic exercises. Uses illustrations & photographs.

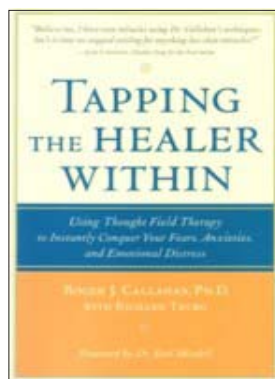


## TAPPING THE HEALER WITHIN ..... \$33.00

by Roger Callahan

**Using Thought Field Therapy (TFT) to Instantly Conquer Your Fears, Anxieties, and Emotional Distress.**

This latest book from Roger Callahan on his kinesiology founded 'Thought Field Therapy' (TFT) techniques is the most accessible and comprehensive information available on his work. Thought Field therapy is a specialised meridian tapping technique born out of Kinesiology research, Chinese medicine and contemporary clinical psychology. It is used to conquer various phobias, anxieties, stress, compulsions and addictions.



Chapters cover.....

- Development and History
- How it Works
- Science behind TFT
- The Algorithms
- Working with..... **Trauma, Anxiety, Addiction, Phobias, Depression, Anger & Rage, Obsessions, Guilt, Shame & Embarrassment, Jet Lag, Physical Pain,**
- Troubleshooting

## BIOKINETIC EXERCISES ..... \$55.00

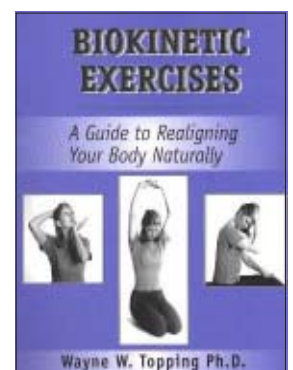
by Wayne Topping Ph.D.

*A Guide to Realigning your Body Naturally*

Biokinetic exercises (from Biokinesiology) are passive exercises that use position-releasing to balance muscles, tendons, ligaments and fascias that are too weak or too strong.

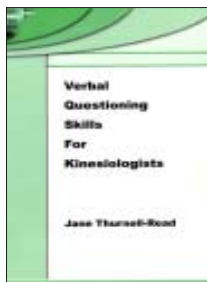
**The manual covers**

- \* Biokinetic Exercises for 102 different muscles & ligaments
- \* How to circuit localise tissues
- \* How to identify which muscles & ligaments need correction.
- \* How to know when you are in the optimum position and how long to hold the positions for maximum effectiveness.
- \* How to use muscle testing for biofeedback



Ideal as a self help manual or for therapists using specialised kinesiology or other forms of body work. The presentation of the manual is very clear and professional with first class diagrams and photographs.

## Books by Jane Thurnell-Read



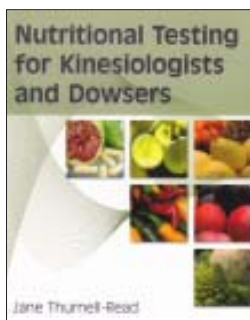
### Verbal Questioning Skills for Kinesiologists \$22.00

Asking verbal questions is one of the most useful skills for a kinesiologist to acquire.

Explores in detail the increasingly used technique of 'verbal questioning' that can accompany muscle testing. It is a practical book for both students and Kinesiologists who would like to try out verbal questioning for themselves or for those who already use it in their work, but would like to take it further.

#### Chapters cover:

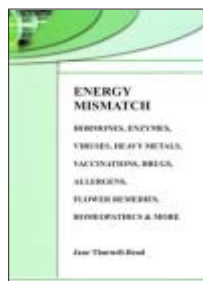
- \* The Basic Considerations such as Intention, Silent Questioning, Pedantic Bodies (of clients), Which Muscle?, Statements rather Questions, Conflicting Answers, Appropriate and not Appropriate words, Narrowing Down,
- \* Finding Thoughts, Words & Phrases. \* Placement: Where Is It? \* Establishing Quantities: How Much? & How Many?
- \* Time: How Often?, When? & How Long? \* Allergy & Intolerance testing \* Nutritional Supplements, Remedies & Test Kits
- \* Indexes and Calibrations \* Managing Sessions
- \* Appendices: Grammar, Food Categories, Emotions



### Nutritional Testing for Kinesiologists & Dowser \$30

A practical reference to assist one in testing in the hugely dense area of nutrition in a clear and systematic manner. It explains a system that allows you to test quickly and easily the exact area you need to be working in. Then you can quickly turn to the relevant section of the book, where you will

find information that will help to remind you of the important nutritional facts and issues that you need to take into account. You will also find detailed information and advice on how and what to test. A valuable book in this area.



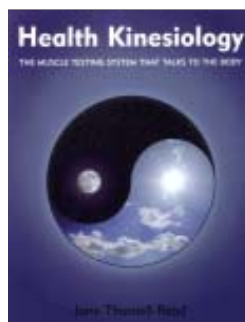
### Energy Mismatch \$22.00

Testing the body's ability to recognise substances appropriately

The Energy Mismatch is a test to determine whether or not the energy system recognises or categorises correctly, a substance such as a food, bacteria or toxin.

If the body categorises something as harmful that is beneficial, it will do its best to enhance absorption of the substance. If it categorises something beneficial as harmful, it will do its best to block entry or excrete the substance quickly.

This book covers in detail this relatively simple testing procedure from the Health Kinesiology modality. It shows one how to do the Energy mismatch test using the Energy Mismatch point and to correct for any Energy mismatch problems. Also topics such as: Using actual substances versus test kits. Foods, Food Phenolics & Food Additives, Inhalants & Contact Substances, Dental Material, Bacteria, Viruses, Fungi, Parasites etc., Amino Acids, Vitamins, Supplements, Minerals: Toxic & beneficial, Vaccinations, Drugs, Hormones & Enzymes etc., Essences & Homoeopathics



### Health Kinesiology \$33.00

The Muscle Testing System that Talks to the Body

The book of Health Kinesiology (HK) founded by Jimmy Scott.

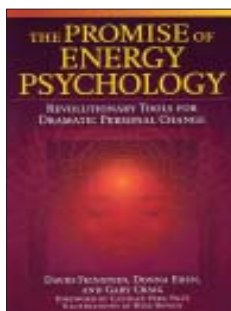
Jane Thurnell-Read has taught HK throughout Europe, Russia and the USA for 12 years. The book covers:

- What happens in a HK Session • Working with issues using HK • The HK Menu • The Energy Control System • Psychological Corrections • Allergy & Tolerance • Detoxifying the Body • Energy Flow Balance • Emergencies, Accidents, Operations & Scars • Helping People to Help Themselves

Includes many HK detections & corrections, photographs and are dozens of testimonials integrated into the text that exemplify and explain each topic. A professional text.

### The Promise of Energy Psychology \$33.00

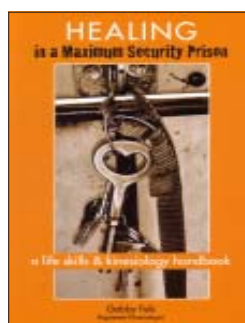
by Donna Eden, David Feinstein & Gary Craig



### Meridian Tapping using EFT & Energy Psychology

A more recent book on Meridian Tapping, from 3 leading energy healers. Donna Eden author of Energy Medicine, David Feinstein, author of The Mythic Path and Gary Craig founder of the Emotional Freedom Technique (EFT). These 3 have combined resources to produce a groundbreaking material on how to tap

into your body's energy to improve health & change behaviours. Learn how to shift your neurology and actually alter patterns in your brain that maintain unwanted habits, emotional responses and self limiting ways of thinking. The techniques also help to reduce the effects of trauma, eliminate phobias and help manage uncontrollable anger.



### Healing in a Maximum Security Prison \$49.00

by Gabby Fels

A Life Skills & Kinesiology Handbook

This book was published as a result of how the atmosphere in a prison in South Africa was revolutionised by kinesiology, even to the extent where inmates themselves turned their energies to teaching the program outlined in the book to fellow prisoners. It is not so much a story of the actual experience or events that took place in the prison, but a clear presentation of the concepts, practices & techniques used to achieve the end results. Ultimately it is a very in-depth and practical workbook that can be applied to any one's life as we are often 'prisoners' to the demands and stresses of modern living. This book therefore aims to benefit anyone. It is very well set out and presented, and includes many photographs and diagrams.

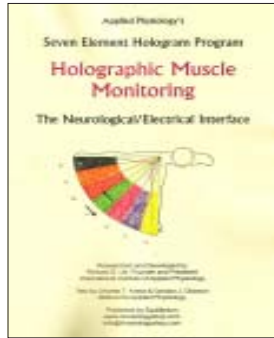
# ADVANCED KINESIOLOGY TITLES

## HOLOGRAPHIC MUSCLE MONITORING

by Utt, Krebs & Dickson ..... \$44.00

An important book about the physiology of muscle testing and holographic principles from Applied Physiology. Includes diagrams (some in colour) & extensive explanations, chapter by chapter, on:

- The Physiology of Muscle Testing
- Muscle Monitoring and the Meridian Matrix
- The Seven Chemo/Electrical States of a Muscle
- Proprioception, Contraction and Extension of Muscles
- Pre checks      ● Pause Lock
- Finger Modes and Indicator Points
- Neurolymphatic & Neurovascular reflexes
- Major Muscles of Applied Physiology
- Five Element Pattern of Applied Physiology Muscles



## APPLIED KINESIOLOGY - SYNOPSIS ..... \$188.00

by David S. Walther D.C.

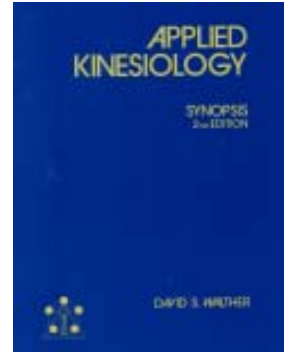
### The Bible of Applied Kinesiology

Now in Softcover Form (only), but still retains the same professional look & feel of the text & photographs.

#### CHAPTER TITLES

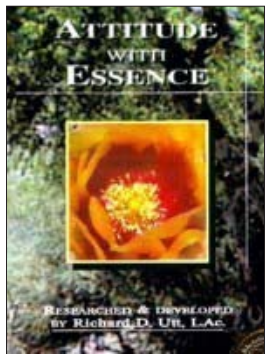
##### INCLUDE:

- 8 General Examination & Treatment Procedures
- Spinal Column ● Nutrition
- Neurologic Disorganisation
- Meridian Therapy
- Muscles: Testing & Function
- Stomatognathic System
- Orthopaedic Conditions
- Mental & Emotional Conditions
- Systemic Conditions.



## ATTITUDE WITH ESSENCE ..... \$125.00

by Richard Utt



### Flower Essence, Attitude, Feeling & Thought Form Reference for the 7 Element Hologram

Professional Colour Coded manual relating meridians to flower essences (Bach, Australian Bush and Desert Flowers). Complete with all descriptions and affirmations. Also includes flower essence directory and alphabetical locator for emotional conditions and Colour Alarm Point Chart. Sections on using the book without special training. How affirmations work and on muscle monitoring, pause lock, finger modes and procedures.

How affirmations work and on muscle monitoring, pause lock, finger modes and procedures.

## KINESIOLOGY PRINCIPLES IN PRACTICE.....\$55

by Toni Lilley

A huge compendium of information for the practising kinesiologist & student. Hundreds of topics are covered in 11 chapters with many sub topics, including: What Is Kinesiology? Principles & Practices of Kinesiology: Regulations & Guidelines, Assessment of Clients Needs & More.



## PKP PRACTITIONER DATABASE SET ..... \$295.00

by Bruce Dewe MD & Joan Dewe

### What to Do and When with PKP - Set of 3 Mode Manuals

#### Mode Book A:

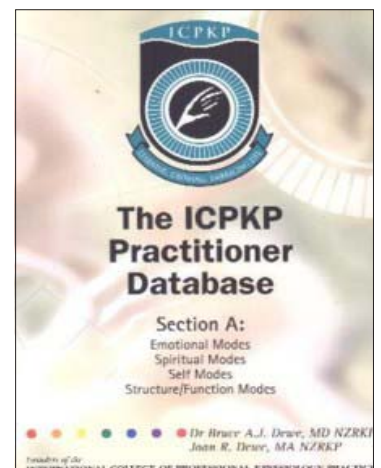
Emotional Modes  
Spiritual Modes  
Self Mode  
Structure/Function

#### Mode Book B:

Electrical Modes  
Personal Ecology  
Reactives  
Other

#### Mode Book C:

All Muscles  
Structural Modes



- All finger modes are arranged by the PKP Database.
- All finger modes are shown graphically (illustrated)
- photographs of muscle tests etc. are clearer than ever before. Text presentation also superb.
- Each manual is professionally and smartly presented.
- Everything in one area in one place (no need to flip from book to book as the previous PKP 1-4 manual system).

## KINERGETICS FORMATS & DICTIONARY

\$33.00



The manual of formats from kinergetics. Includes Formats for:

- Blood Pressure      ● Pancreas
- Bladder      ● Kidney      ● Stress
- Cells      ● Skin      ● Reproductive
- Ear ● Menopause      ● Heart
- Spleen      ● Lungs ● Stomach
- Small & Large Intestine      ● Liver
- Immune System      ● Lymphatic System
- Digestive System
- Endocrine System

Plus Chart of the Glands

Also includes the **Kinergetics Dictionary** with over 400 'emotion'

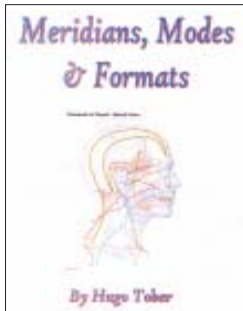
words and their meanings for use in kinesiology emotion work. In total over 1000 references to 'emotion' words. Handy reference to have. Use for scanning also. Kinergetics Emotions Chart on the back cover.

# HUGO TOBAR MANUALS

Manuals produced by Hugo Tobar, international kinesiology researcher and lecturer and founder of the Neural Systems Kinesiology courses.

## MERIDIANS, MODES & FORMATS \$40.00

### What the Practising Kinesiologist Has Always Wanted



A superb graphical reference for meridians, acupuncture points and finger modes.

It contains exquisite diagrams of the alarm points, association points, command points, plus all major meridians with front, back and side views of the arm, leg, torso and head channels including acupuncture points.

There are also photographs of nearly 200 hand modes, shown with black background for clarity of viewing. The

last section of the manual the theory and practice of Formatting. A4 Spiral Bound.

## PHYSIOLOGY FORMATTING \$28

Formats and procedures include Oxygen Availability, Water Availability, Energy Production, Fatty Acid Procedure, Glucose Procedure, Krebs' Cycle Procedure, individual procedures for all the 14 Meridians and lastly the Physiology Formatting Procedure. Contains full colour pictures of finger modes, acupuncture points and meridians relevant to each procedure. Spiral bound A4 manual.

## HORMONES & THEIR RECEPTORS \$44.00

120 page spiral bound A4 manual designed for further information on the endocrine system for kinesiology practitioners and students. Chapters include:

- \* Hormones & Their Receptors
- \* Hypothalamus & Posterior Pituitary Glands
- \* Anterior Pituitary Gland \* Adrenal Corticoids
- \* Adrenal Medulla \* Thymus \* Cell Growth Factors
- \* Prostaglandins \* Plasma Hormones \* Pancreas
- \* Gastrointestinal Hormones \* List of over 200 hormones
- \* Male & Female Reproductive Systems
- \* Hormones of Pregnancy & Lactation

## CHAKRA METAPHORS \$28.00

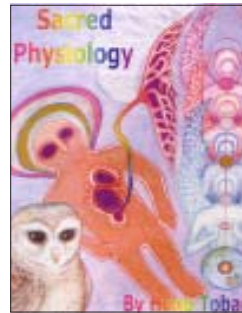
### Metaphors & Formats for the Major & Minor Chakras



This manual covers the formats (finger mode and Acu Points) and the meanings associated with the 7 major Chakras and 8 minor Chakras. Within each chakra there is the format and meanings (or metaphors) for both Yin and Yang and also for both Over & Under Energy.

The 7 Major Chakras cover Base to Crown and the 8 Major Chakras are Gonadal, Placenta, Liver, Ananda K, Thymus, Ear, Eye and Frontal.

The diagrams showing the finger modes and the Acu Points are excellent with two pages devoted to each chakra. There are also client sheets at the back for recording results. A4 Spiral bound manual of 52 pages.



## SACRED PHYSIOLOGY

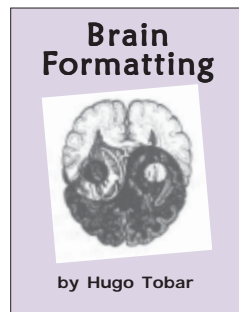
\$44.00

The Sacred Physiology is a philosophy and a course that integrates the energetic systems of the body (the Chakras, Auras, Meridians, Nadis, Figure 8 etc) with the physiological facts of the human body (the nervous system, endocrine system and genetics etc.).

Although Sacred Physiology was designed as a course for non-Kinesiologists as well, it has been extracted from over 20 workshops in Kinesiology (written by Hugo) in an attempt to offer important information to light workers. It comes as a spiral bound A4 manual 150 pages.

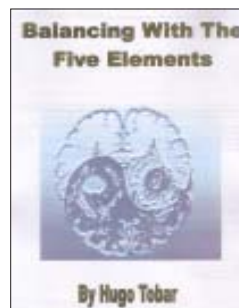
## BRAIN FORMATTING \$28.00

Using the revolutionary kinesiology technique of 'formatting' in reference to the brain physiology and accessing underlying stress.



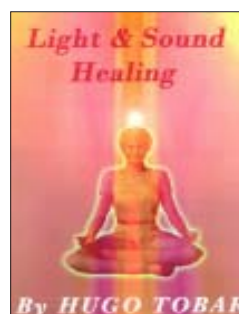
Chapters include:

- \* The Treatment Triangle
- \* Introduction to the Nervous System
- \* Introduction to Brain Formatting, including procedures for balancing different brain structures such as the Cortex, Limbic Brain etc.
- \* Jaw Stacking including further balancing procedures
- \* The Enteric Nervous System & The Heart/Brain including balancing procedures for both. *Spiral Bound A4 format. 33 pages.*



## BALANCING WITH THE FIVE ELEMENTS \$28.00

A new manual written for a basic course in balancing energy flow using the 5 elements. Introduces the procedure with an explanation of pause lock and the necessary finger modes, as well as an explanation of the 5 Elements themselves and their intrinsic energy flows. Testing procedure for FE balancing is covered including navel indicator points, emotions and examples. Meridian Chi Flow balancing is also covered including procedure and emotions. Several full colour FE Profile sheets & 14 Meridian Profile sheets are included in the back of the manual for one to record results of balances.



## LIGHT & SOUND HEALING \$37.00

Covers colour healing, symbols and healing with sound. In part it has been written in response to requests for information on the use of Tuning Forks in Kinesiology.

The manual begins with a short section on Human Energy Structures such as Chakras, Meridians, Nadis and Auras. The next section covers in greater detail, Colour Light Healing, relating colour to the major, minor & celestial chakras as well as the basic and extra meridians. There is a short section on Symbols followed by an important section on Sound Healing that brings in the use of Tuning Forks.

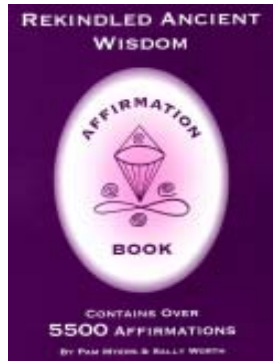
# KINESIOLOGY ACCESSORIES

## Rekindled Ancient Wisdom Affirmation Book

by Pam Myers & Sally Worth.....\$38.00

**Over 5500 Affirmations for use in kinesiology, other therapies or personal use.**

The affirmations have been compiled into over 140 groups or lists such as Abundance, Allergies, Beauty, Commitment, Decision Making, Destiny, Family, Forgiveness, Freedom, Grounding, Hydration, Hormones, Instinct, Letting Go, Memory, Opportunities, Patience, Personal Power, Relationships, Responsibility, Sexuality, School, Survival, Tolerance, Trusting, Visualisation, Weight, Willpower, Workplace. **Spiral Bound A4**



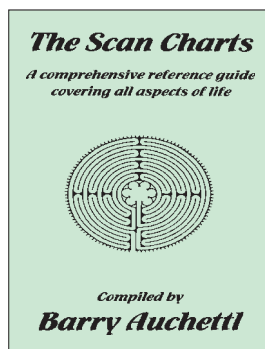
## The Scan Charts Book

by Barry Auchettl.....\$30.00

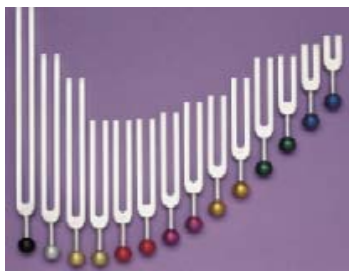
**Book of scan charts for kinesiologists covering many aspects of life**

10000 entries over 40 scan charts compiled in an easy to access A4 spiral bound manual. Each chart is 1 page and includes topics such as:

- |                 |                |
|-----------------|----------------|
| Addictions      | Dream Analysis |
| Self Love       | Sexuality      |
| Bones & Muscles | Essences       |
| Colour          | Fears          |
| Crystals        | Food           |



## Healing Tuning Forks



**Meridian Set  
\$1045.00**

Set of 14 Meridian Healing Tuning Forks

Made from Aircraft Alloy. Hand Machined. Finely Tuned. Includes Pouch.

- Chakra Sound Set of 8.....\$595
- Vessel Sound 8 EXTRA MERIDIAN SET of 8 ..... \$695

## Crystal Sacred Geometry Sets



Beautifully Boxed Sets of 7 Geometric Shapes: 5 Plutonic Shapes, plus Merkaba & Sphere. Available in Rose Quartz, Clear Quartz, Amethyst, & Smoky Quartz. **\$65 per set**

## Tei - Shin with Spring Modulator & Magnet

Tei Shins for treating or locating acu-points, including ear points & trigger points. They have adjustable pressure and a spring activated cutaneous probe. They are 13 cm long with a 7 x 1cm grooved handle and 4.5 cm spring loaded probe with rounded tip (does not puncture skin). The other end features a powerful 2,000 gauss magnetic ball probe (4mm diameter) which may also be used for acupressure and acu-massage. The polarity may be changed from north to bio-south pole by removing the ball probe and reversing the magnets position. The kit includes 5 interchangeable springs of different strength.

Boxed with the springs: **\$49.50**



## Colour Therapy Torch Kit

**\$225.00**

**A popular product for practitioners**

The Colour Therapy Torch Kit contains a high quality magnalite torch, a head with a clear quartz crystal that fits over the torch. Seven coloured discs and a miniature instruction booklet. All this comes inside a wooden case. The Colour Therapy Torch can be used on acupuncture points, chakras or any aspect of the body required.

There is also an accompanying manual available.....

**Crystal Light Balancing & Colour Therapy Workbook (\$25)** which introduces colour therapy and the energy systems, itemises in detail the aspects of colours associated with the five elements, includes colour correction sheets for the meridians and offers colour procedure flow chart plus info on emotions, and details for practitioners using kinesiology.



## Testing Kits

These testing kits are sold all over the world, often through kinesiology channels and have a solid reputation for professional use by Kinesiologists and natural therapists such as Biocom Practitioners.

There are over 60 different kits in the range, from as little as 8 vials in the Invasive Organisms Composite Test Kit to as many as 103 vials in the Elements Test Kit. Therefore the price of each kit varies widely.

The kits cover a wide variety of both popular and more obscure topics including Amino Acids, Viruses & Bacteria, Body Chemicals, Environmental Chemicals, Pesticides, Foods & Food Additives, Fungi, Moulds, Dusts, Drugs, Vaccinations, Vitamins & Minerals, Parasites, Hormones, Alcoholic Drinks. There is also a range of Pathology & Histology Test Kits that cover the Anatomical Parts and the Pathologies of many human Organs & Systems.

The Test Kits are presented in zip seal bags. Boxes are purchased separately so that purchasers can arrange the vials as they please, or use their on containers.

Each vial is sized at 8 x 40mm and made of glass with a tight fitting plastic top. The vials are labelled with an identifying code & number plus actual contents. Test kits are accompanied by a contents list complete with functions and/or normal use or application. Alternatively a full 160 page manual of all kits, contents and individual vial information is available for \$18.00.



**Testing Kit  
Description Manual:  
\$18.00 A4 spiral bound  
160 page manual  
detailing a  
description of all vials  
including functions  
& indications etc.**

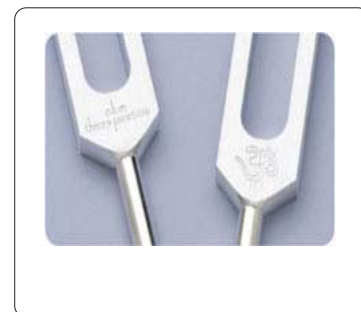
Phone, Fax or Email us for our free **Test Kit Booklet** or check out our website link  
<http://www.kinesiologyshop.com/eqop3.htm>

## Sound Healing Tuning Forks

The Ohm Tuning Forks are manufactured to the sound frequency of the Universal Ohm vibration and overtones. The body with its natural intelligence is able to assimilate and resonate with the Ohm vibrations and utilise its healing properties for balance and reconnection. The sound vibration of Ohm is restful and has a calming and healing effect as it grounds and centers. Considered the primordial sound from which all other sounds emanate, the Ohm tone is an excellent tool for beginning & seasoned Sound Healers.

The quality standard of the Ohm Tuning Forks is very high. They are made with a space & medical grade aluminium alloy and are precision tuned to within 0.5% of their indicated frequency.

There are six different Ohm Sound Healing Tuning Forks. The classic or main Ohm resonance fork is the Mid Ohm Fork of 136.10 Hz frequency. The other 5 forks are higher or lower octaves either side of the Mid Ohm. Three of the forks are weighted to allow the vibration to descend into the physical body when the base of the fork makes contact with the body. The physical feeling is quite pronounced & exquisite. The effects are profound. The forks are available separately or in various sets. Book, DVD, Musical CD's and practitioners aids also available.



Phone, Fax or Email us for our free **Sound Healing Tuning Fork Booklet** or check out our website link  
<http://www.kinesiologyshop.com/eqopohm.htm>

## Essences

**We supply a variety of Flower Essences, and other types of Essences, plus accessories:**

- \* Australian Bush Flower \* Bach Flower \* Desert Alchemy \* Sky Flowers \*
- \* Living Essences \* Shell Essences \* I Am Power Essences \*
- \* Sound Essences \* O'ORA Essences \* Gem Essences \* **PLUS:**
- Combination Essences & Sprays • Empty Dropper Bottles (25ml & 15ml)
- Charts & Posters (see page 18 & 19) , • Books & Cards (for some see page 21)



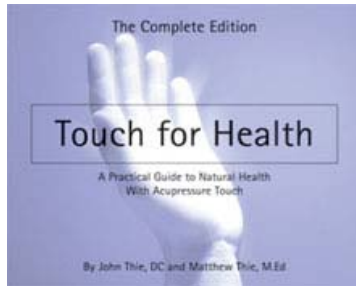
Phone, Fax or Email us for our free **Essences info** or check out our website link:  
<http://www.kinesiologyshop.com/eqop.html>

# TOUCH FOR HEALTH MATERIALS

## TOUCH FOR HEALTH COMPLETE EDITION

**\$66.00** by John Thie D.C.

The TFH Complete Edition is the latest, updated and revised text of the old classic TFH Manual that has sold millions & has been printed on over 20 languages. These days this manual is a classy presentation, in full colour, of all the TFH balancing material in meridian order. A must for all students and those interested in self help.



## TOUCH FOR HEALTH POCKET BOOK .....\$9.50

This little book (7 x 7cm) contains the necessary information from the basic TFH class - all tests, muscle & corrections. Very Handy! Easy to use and carry around.

## TFH CHINESE 5 ELEMENT METAPHORS

**POCKET BOOK** by John & Matthew Thie ..... **\$33.00**

This small booklet has all the balancing information in TFH with the addition of the **NEW Chinese 5 Element Metaphors**. The metaphors are exceptionally effective for cuing key issues, bringing much greater awareness and clarity to the person being balanced. Develop awareness of mental/emotional and sensory/associative aspects of your life, memory, goals, issues and symptoms. Includes:

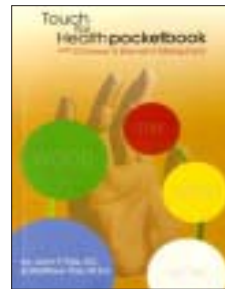
- \* 111 sets of metaphor questions covering each specific Muscle/Meridian/Element.
- \* All TFH Folio Pages for quick reference to the 42 muscle tests and reflex points.
- \* New tips on muscle testing
- \* 21 pages of detailed notes for implementing Dr. Thie's positive goal and powerful goal protocol.
- \* 184 pages, 22 full colour illustrations/reference pages with colour reference tabs, 10 x 16 cm

## TFH STUDENT WORKBOOK .....\$59.00

by Toni Lilley



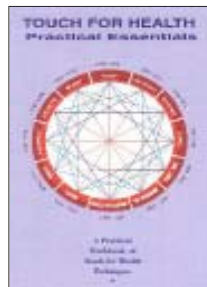
The modern text for the Touch For Health 1 to 4 courses in Australia. This new 2011 edition, updates what was previously the TFH Student Workbooks 1 & 2 (two separate manuals), now combining all the material into one text with clear diagrams & photographs, in full colour, of all muscles tests and corrections as well as other peripherals taught in the TFH Series of workshops. Spiral bound, A4 size



## TFH PRACTICAL ESSENTIALS

**\$18.50** by Toni Lilley

A handy A5 summary reference of all the practical information in the Touch For Health series. Clear diagrams & photographs of all muscles tests and corrections as well as other peripherals such as ESR, Figure 8 Energy, Pain Control, Foods, Time of Day Balance, Reactive Muscles, Five Elements and more Basically a summary of the TFH Student Manual above but easy to carry around.



## MERIDIAN & FIVE ELEMENT THEORY IN

**KINESIOLOGY** by Michael Wild BSc.Ed. .... **\$19.00**

The most comprehensive information available on the theory of meridians and five elements as they relate to Kinesiology. Relevant to stages 2, 3 & 4 TFH. See page 3 for more details

## COLOUR FOR HEALTH BOOK .....\$11.00

Learning aid for the basic TFH course in colouring book form. Each double page gives meridian, muscle, muscle test and corrections. For the right brain learner.

## eTOUCH FOR HEALTH CD (software) ... \$121.00

by Earl & Gail Cook



The eTFH CD software provides instructions, illustrations & digital movies to guide you through the testing & balancing process of Touch For Health, and includes client records & practice management software.

The eTFH CD is in a format, typical to most modern software applica-

tions. There is a menu and reference section that can take you to any aspects of TFH balancing, corrections, explanations and tips. Built in movies are available at the click of button that show the testing of particular muscles, meridian tracings, the various correction methods, switching, figure 8's and much more.

The client record & practice management part of eTouch is sophisticated with tracking and reports and is a unique tool in the kinesiology field. **VERSION 2, Available for PC or Mac.**

## TFH REFERENCE FOLIO .....\$44.00

30 x 23cm flip chart (larger than A4) See description below.

## TFH POCKET FOLIO .....\$33.00

16 x 11cm flip chart version (smaller than A5 - hand size)

Both folios contain all the practical balancing information in TFH Stages 1 through 4 (presentation same as the TFH Reference Wall Chart): Full Colour - Spiral Bound at the top for flipping pages over. Pages are card (not paper thin).

## TOUCH FOR HEALTH CHARTS

See Page 16 for descriptions

TFH Reference Chart ..... \$33.00

TFH 5 Element & Acupuncture Chart .... \$33.00

TFH Metaphor Chart ..... \$25.00

## TOUCH FOR HEALTH DVD

See Page 3 for description.

# TFH Mini Workshop Manuals

**Kinesiology For Kids.....\$13.00**  
**A Workshop for Parents & Children**

by *Toni Galton*

The manual for latest mini workshop within the Touch For Health system. Each technique/topic has diagrams and photos and is divided into sections on 'what the technique does', 'how you do it' and a section for parents on muscle testing or further explanations.

Covers muscle testing, switching on techniques, food allergies, feelings and others. Parent & child friendly.

**Perceptive Vision.....\$13.00**  
 by *Toni Galton*

Ways to enhance, maintain and improve vision from the Kinesiology perspective.



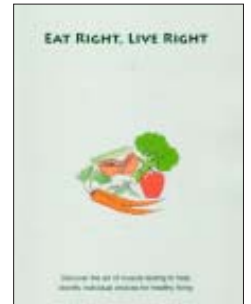
**Eat Right, Live Right.....\$13.00**  
 by *Greg & Toni Galton*

Introduces muscle testing for food and supplement choice and basic food combination concepts.

**HEALTHY PETS: A Kinesiological Approach.....\$13.00**

by *Greg & Toni Galton*

The manual for the kinesiology mini-workshop called Healthy Pets. Contents include Muscle Testing & Surrogate Testing, Comparative Physical Anatomy, Nutrition, Emotions, Vibrational Remedies, Acupressure (including acupressure charts for dogs & cats). Appendices include: Putting it all together and suggested foods for dogs and cats.



## More General Kinesiology



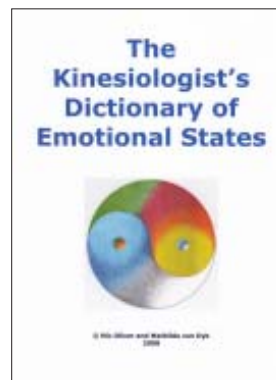
### Perfect Health with Kinesiology & Muscle Testing

**DVD Training Series**  
 comprising of  
**12 DVD's & 2 Full Colour Hardback Manuals. \$595**

Learn, or refresh, many of the broad range & important fundamentals in Kinesiology with this professionally produced training package. Works wonderfully as an adjunct to any other kinesiology training or for people who live in far away places, where access to such training is often difficult.

This package has been presented by Stephanie Relfe, an Australian now living in the USA, and founder of Synergistic Kinesiology. Stephanie has clearly set out many fundamentals of muscle testing including the very basics of testing accurately, identifying emotional upsets, food testing, various important test and corrections from different modalities, the Candida Correction & Wernicke's Correction (exclusive to this DVD series).

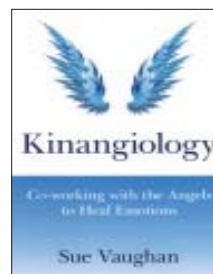
These DVD's are exceptionally well produced and the accompanying hardback manuals are very professional and easy to reference and read. All in all this package is unique to kinesiology and is a serious consideration for learning techniques in the field and for back up study and practice. Please contact us for more information or testimonials on using this package.



### Kinesiologist's Dictionary of Emotional States

by *Mathilda van Dyke*  
**\$28.00**

Often when working with clients, a practitioner needs to find a precise word to help their client to construct the right goal or gain greater understanding of their issue. This dictionary has been compiled to help Kinesiologists find that right word and contains over 10,000 words in similar fashion to a Thesaurus. A popular tool from Mathilda van Dyke of Integrated Healing and published in Australia by Equilibrium. Spiral Bound A4 Manual.



### Kinangiology Co-working with the Angels to Heal Emotions

by *Sue Vaughan*  
**\$30.00**

Kinangiology (KA) combines the practice of kinesiology to communicate and co-work with angels to clear emotional blocks, program positive affirmations and eliminate phobias. KA can also be used to communicate with the angels to access guidance on everyday issues such as relationships, work, health & family. This book offers a toolbox of techniques that you can make use of to help yourself and others to make decisions, clear the clutter that may be blocking progress towards living a more fulfilled life.

# EDUCATIONAL KINESIOLOGY MATERIALS

## BRAIN GYM ORANGE ..... \$22.00

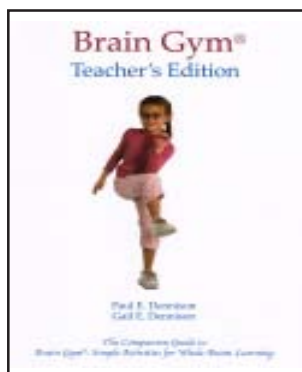
by Paul & Gail Dennison

The book of EK exercises for switching on the brain for learning. Over 20 different exercises with illustrations and simple descriptions. Plus the exercises which enhance learning skills are referenced at the back of the book.

## BRAIN GYM - TEACHER'S EDITION ..... \$50.00

by Paul & Gail Dennison

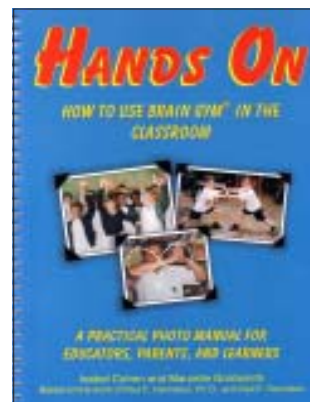
Contains more detailed explanations of each of the exercises in the 'Brain Gym Orange' book, for school teachers, parents and EK instructors. The information on each exercise comes under the headings: About The Movement, Teaching Tips, Variations, Activates The Brain For, Academic Skills, Behavioural/ Postural Correlates, Related Movements, History Of The Movement. **EXCELLENT.**



## HANDS ON: How to Use Brain Gym In The Classroom ..... \$65.00

by Cohen & Goldsmith

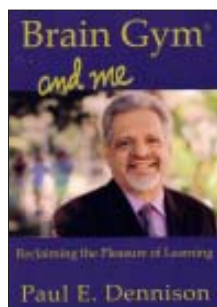
This book is a useful photofilled spiral bound manual that gives the teacher, parent or learner visual, step by step ideas on how to use Brain Gym movements when teaching reading, handwriting, spelling or mathematical computation. Starting with PACE Hands On invites movement, pleasure and success in to the learning process. The copious photographs of children doing Brain Gym activities are clear and easy to follow, instructive and inspirational.



## VISION CIRCLES HANDBOOK ..... \$35.00

by Paul & Gail Dennison

The manual for the Edu-K Vision Circles Course. Includes balancing procedure for the 8 aspects of perceptual intelligence that contribute to vision. Plus the Vision Gym exercises and theory.



## BRAIN GYM AND ME.....\$42.00

by Paul Dennison

### Reclaiming the Pleasure of Learning

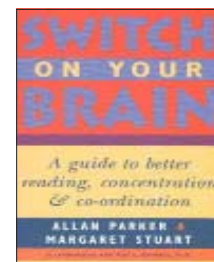
Paul Dennison is the co- founder of Brain Gym & Edu-K. In this book he tells how he overcame severe learning challenges to become an internationally known educator and shares his vision of children and adults learning in a way that is most natural: through movement. An

enlightening story of discovery that is both inspirational and informative.

## SWITCH ON YOUR BRAIN.....\$22.00

by A.Parker & M. Stuart

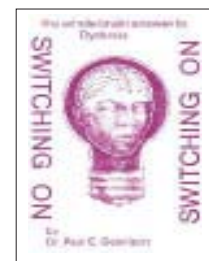
A chapter-by-chapter account of all the practical aspects of EK, including topics such as stress release, self esteem, spelling and the EK switching on exercises.



## SWITCHING ON.....\$33.00

by Paul Dennison Ph.D.

Paul Dennison's first book introducing his work. Covers chapters on Muscle Testing, Energy & the Environment, Stress & Negative Thinking, Cross-Motor Patterning, Posture From Within, Brain Dominance, Writing Analysis, Switching On To Reading.

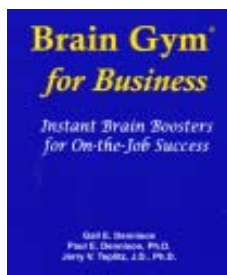


## BRAIN GYM FOR BUSINESS

\$39.00

by Paul & Gail Dennison

Brain Gym exercises set out for business people

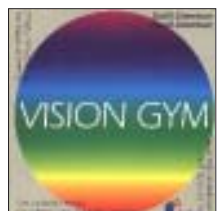


## VISION GYM CARDS

\$55.00

by Paul & Gail Dennison

Contents: 34 x 12 cm round double sided coloured cards, 1 display stand, 1 instruction booklet, **Boxed.**

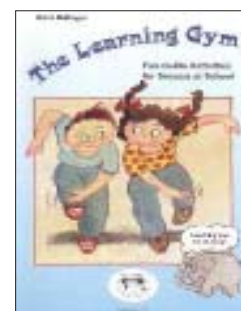


## LEARNING GYM ..... \$26.00

by Erich Ballinger, Edu-Kinesthetics Inc.

### Fun To Do Activities For Success At School

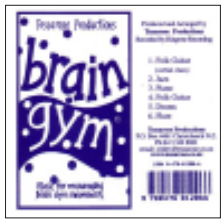
Contains the key Brain Gym exercises presented in a very readable and cheerful manner. Plus brief and simplified explanations of left/right brain activation and learning, along with a short description of the Brain Gym program. Eleven Brain Gym movements are included with playful descriptions of how to do each movement, a more in-depth note on 'when & why' and clear illustrations of those activities.



# EDU-K RELATED AUDIO & VISUAL

## BRAIN GYM PACE CD.....\$25

by Tessarose Productions



**Music for encouraging young children to complete Brain Gym movement.**

Music and verse written for Brain Gym Pace exercises in a number of versions for variety (Folk, Jazz, Piano, Drums Flute). The first version includes verbal clues on how to do the exercises. **Professional production**

## GET READY FOR SCHOOL (2 DVD SET).....\$45

by Robyn Cox



This DVD explores the importance of children's physical & sensory development and why learning & behavioural problems may develop.

**It is an excellent introduction to retained reflexes, importantly, showing how to text or check for them.** The remaining information is entirely practical offering activities for kinder and primary schools to address the issues.

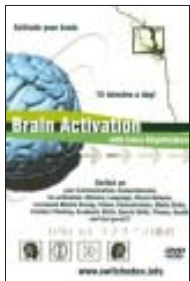
2 DVD Set of over 3 hours material. Second DVD contains all new material in addition to previous publication.

## LOOK AT ME I'M MOVING (DVD).....\$33



Action Songs for Sensory Perceptual Motor Programmes (SPMP), from the authors of the Brain Gym Pace CD and other audio/visuals. This DVD is a for ages 3-7 years and contains no less than 22 songs for teachers & parents working with groups of children. It is a superb production and includes song selection and extras. There is also an introduction to the DVD as well as an a commentary to each song that

explains fully what is going on. Examples include crossing the midline, ball play, and rhythm, all with playful themes. Excellent material in an important area that is lacking in audio/visual material. **HIGHLY RECOMMENDED**



## Brain Activation DVD by Irena Kirpichnikova.....\$33.00

The Brain Activation DVD is great presentation of all the wonderful exercises in kinesiology, that people the world over have come to know & love. What is different about this presentation however is the DVD format that allows for immediate access to the activation/exercise one re-

quires plus the explanations accompanying the visual material are very helpful. This DVD is a professional production and allows for easy use and understanding of the content. The main program introduces the brain activation movements and how they can be used, when, who and what for. The brain activation movements themselves cover nutrition, water, eye tracking, deep breathing, alphabet 8's, Elbow & hip 8's, various switch on points and muscle releases as well as stress release etc.

## MOVEMENT & LEARNING MUSIC & BOOK Vol 1 with Cassette OR CD .....\$35.00

by Brendan O'Hara

Delightful compositions to aid children with their EK exercises. Includes cassette or CD of EK exercise songs with accompanying book of words and music. The book also includes drawings and descriptions of the activities accompanying the songs, plus 10 pages of theory relevant to Integration.

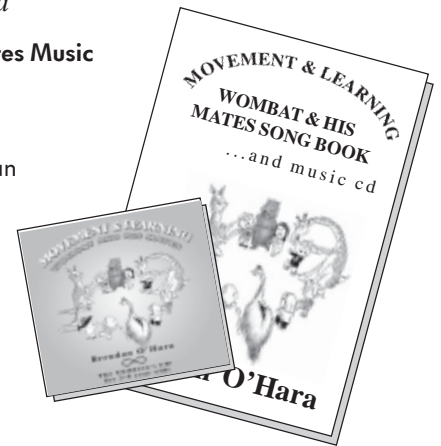


## MOVEMENT & LEARNING MUSIC & BOOK Vol. 2 with CD ONLY.....\$35.00

by Brendan O'Hara

### Wombat & His Mates Music Book & CD

More songs, music & exercises from Brendan O'Hara for improving all facets of learning. Great for groups of children ages 3- 8, in the home or at school.



## MOVEMENT & LEARNING BEAN BAG

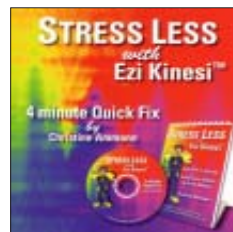
### DITTIES CD & 2 Bean Bags.....\$35.00

by Brendan O'Hara



Long awaited CD from the master of games & activities for learning enhancement; Brendan O'Hara. Includes illustrations and explanations & 2 bean bags.

The bean Bag Ditties CD contains simple melodies to be sung whilst performing the Beanbag Games & activities. Besides being fun and helping with coordination generally, these games and activities, which are illustrated and explained inside the front cover, help integrate Primitive & Postural Reflexes. They will assist with balance, vision, spatial & auditory awareness, gross & fine motor skills, brain integration, fluency over the midline which in turn will assist with reading, coordination, writing, concentration and calmness.



## STRESS LESS WITH EZI-KINESI (CD) by Christine Ammann \$15

A combination of gentle music and guided kinesiology based techniques for stress and body mind tuning.

Track 1: Tune Up Routine (4 min.)  
Track 2: Wind Down Routine (4min.)

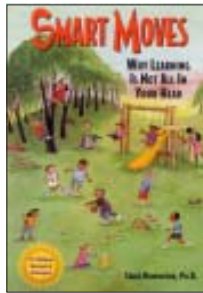
Can be used with the Stress Less with Ezi Kinesi palm sized booklet (also \$15).

# EDU-K & RELATED MATERIALS

**SMART MOVES** by Carla Hannaford Ph.D. ... \$47.00

## *Why Learning Is Not All In Your Head*

The body's role in thinking and learning is presented for the first time in a popular readable format, supported by scientific research. Neurophysiologist and Brain Gym educator, Carla Hannaford, tells us why we must move - and shows us how to move to fully activate our learning potential. **Chapters on:** Neural Networks, Sensory Experience, The Role of Emotion, Movement, Brain Gym, Water, Oxygen & Nutrition, Stress, Labelling, Drugs, Hyperactivity, Learning Disorders.

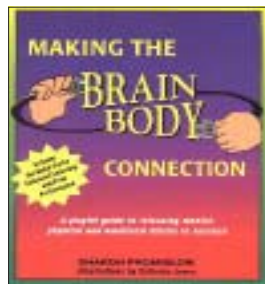


**MAKING THE BRAIN BODY CONNECTION**  
by Sharon Promislow..... \$39.00

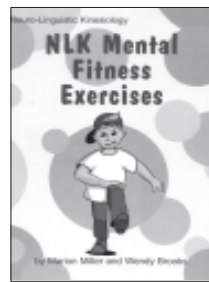
## *A Playful Guide to Releasing Mental, Physical & Emotional Blocks to Success*

Fantastic workbook blending leading brain research with simple techniques from TFH, EK and One Brain etc. Set out in clearly identifiable Sections with copious illustrations for children and adults alike.

**Chapters include:** \* Introduction to kinesiology & brain/body integration \* Brain Organization profiles \* Brain/Body Communication \* Emotional Balancers \* Sharpening Your senses (Vision, Hearing etc.) \* Fine Tuning \* Putting it all together

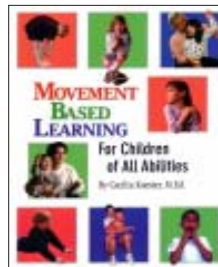


**NLK MENTAL FITNESS EXERCISES** ..... \$22.00  
by Marion Miller & Wendy Brooks



The NLK Mental Fitness Exercises Book contains over 30 pages of exercises for switching on brain function for improved learning, coordination and general performance. The exercises are those taught in the Neuro-Linguistic Kinesiology (NLK) courses. The exercises are presented clearly with details on what they are for and how to apply them.

**MOVEMENT BASED LEARNING:  
FOR CHILDREN OF ALL ABILITIES**.....\$65  
by Cecelia Koester

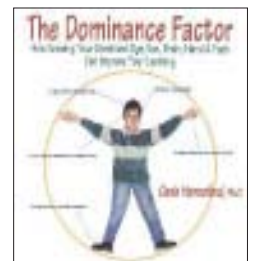


From the author of 'I Am the Child' comes this most practical and insightful workbook based on the idea that movement 'grows the brain'. A large format book that is literally full of diagrams, photographs, instructions and explanations, that will be a huge asset to therapists working in the Brain Gym and Learning Performance fields, or the interested parent/teacher. **Excellent Material** from a renowned educator in the field of special needs, for over 25 years.

**THE DOMINANCE FACTOR** ..... \$44.00  
by Carla Hannaford Ph.D.

## *How knowing your dominant eye, ear, brain, hand & foot can improve your learning*

Carla Hannaford provides a simple method for determining dominance profiles and explores 32 different profiles linking the side of the body we favour for seeing, hearing, touching and moving. Your Dominance profile is actually a key factor in shaping the way you think and act. Knowing your profile will help you and your children to learn in the way that suits you best.

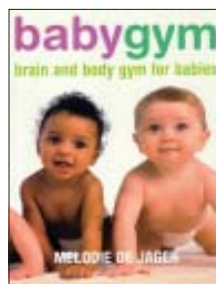


## BOOKS BY MELODY DE JAGER

● **Baby Gym: \$33**

### *Brain & Body Gym for Babies.*

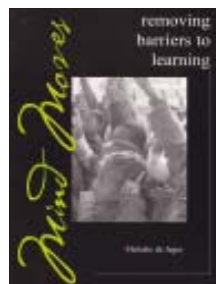
Movement & play for optimal development of baby's brain & limbs, senses & reflexes, social & language skills, feelings & thought processes. Make the most of those vital early life experiences through brain & body gym with this easy to follow guide.



● **Mind Moves: \$59**

### *Moves that Mend the Mind. Including DVD .*

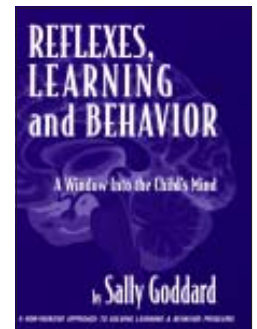
New edition now with DVD. Takes an objective look at the reasons for developmental/learning problems in children and provides hands-on, constructive solutions which are within every person's reach She helps make sense of children's neurological development and presents it in her typical easy to understand format.



## **REFLEXES, LEARNING & BEHAVIOUR**

By Sally Goddard.....\$55.00

This book will be a welcome one for many kinesiologists as it contains rare information (in such a form) that may hold keys to those working with learning and behaviour problems **It covers the importance of the primitive and postural reflexes in the developing child's ability to learn and cope.** With many diagrams and illustrations it details chapter by chapter the all the primitive and postural reflexes, brain development, the senses (including balance), PLUS reflex testing and remedial steps available to the teacher.



# EDU-K & BRAIN GYM CHARTS



## Brain Gym Activities Chart

Beautiful, full-colour wall chart of the 26 Brain Gym activities, with photos of demonstrating each movement. Great for the classroom, home, and gymnasium. Students will identify with the chart's bright, eager learners and will enjoy getting ready to learn by doing these simple, safe, and effective activities every day.

**Each type is Laminated**

**Choose from:**

**BG Activities Chart for CHILDREN (LARGE): \$55** (69x95cm)

**BG Activities Chart for CHILDREN (SMALL): \$40** (42x60cm)

**BG Activities Chart for TEENS (LARGE): \$55** (69x95cm)

**BG Activities Chart for TEENS (SMALL): \$40** (42x60cm)

## Alphabet 8's Chart



Learners enjoy the physical (kinesthetic and tactile) experience of tracing the alphabet letters on this colourful and visually calming chart of the Alphabet 8s activity from Brain Gym. Discover the alpha and beta letters. How do they feel alike? How do they feel

different? Your students will soon be writing (and reading) with ease and confidence. Size 35 x 43 cm. **Laminated \$25.00**



## Brain Gym Pace Chart

Colourful Wall Chart (40 x 60cm). Clearly shows each of the four PACE activities. It's great for classrooms, children's bedrooms, and the offices of Brain Gym Consultants, where it can serve as a cheerful reminder to get into PACE each day.

**Each type is Laminated**

**Choose from:**

**BG Pace Chart for CHILDREN: \$35** (42 x 60cm)

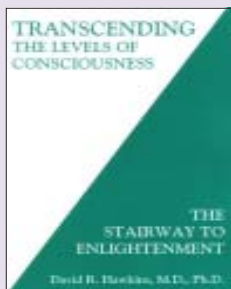
**BG Pace Chart for ADULTS: \$35** (42 x 60cm)

## Integrated Movements Poster

This full-colour poster is suited for an office or classroom, as it depicts modified versions of the Integrated Movements from Edu-K that are easy for office workers or students to do during a work or study break. **\$35.00 Laminated** (42 x 60cm)



# David Hawkins Booklist



*Possibly the most spiritually profound and enlightening books ever written on the information obtained through the use of muscle testing.*

From over 20 years of kinesiology research the author has created a calibration system for all aspects of human endeavour - a kind of vibratory scale or ladder of consciousness. In presenting the information the author offers us wisdom and inspiration for us as individuals and as a collective.

*"Overwhelming! A Masterpiece!" - Sheldon Deal "A beautiful gift of writing. You spread joy, love and compassion through what you write" - Mother Theresa*

**Power VS Force (\$28)** The first book of the trilogy on Hawkins' inspirational treatise on the levels & evolution of consciousness. Introduces the calibration system & research.

**Eye of the I (\$38.50)** Second Book in the trilogy. More wisdom & understanding on the anatomy of consciousness - focuses on levels 500-850.

**I: Subjectivity & Reality (\$44)** Third Book in the trilogy. Focuses on levels 850-1000, the more enlightened levels. Explains and describes the very essence of consciousness as it has evolved from primordial experiences, up through the human ego and beyond through transcendence.

**Truth Versus Falsehood (\$49.50)** Hawkins delves further into the results of his calibration system in regards to the 'truth' of various aspects and facets of society. With the wisdom and insight of the other books, but is more confronting and controversial.

**Transcending Levels of Consciousness (\$44)** Chapter by chapter the calibrated levels are offered in more detail than ever before.

**Discovery of the Presence of God (\$38.50)**

Hawkins' recent book is about 'making one's life the prayer', and presents the final steps for spiritual commitment.

**Reality, Spirituality & Modern Man (\$44)** While modern technologies have provided a plethora of new toys and conveniences, the basic problems of human existence remain. And in fact we are more confused than ever before, This book provides the tools to survive and regain our autonomy.

**Healing & Recovery (\$44)** This book resulted from a group of lectures given by the author at the request of the original publisher of A Course In Miracles, along with members of several self help groups and a number of clinicians. In it you will learn why the body may not respond to traditional medical approaches. Specific instructions and guidelines are provided that can lead to complete healing from any disease. Hailed by many is his greatest material yet.

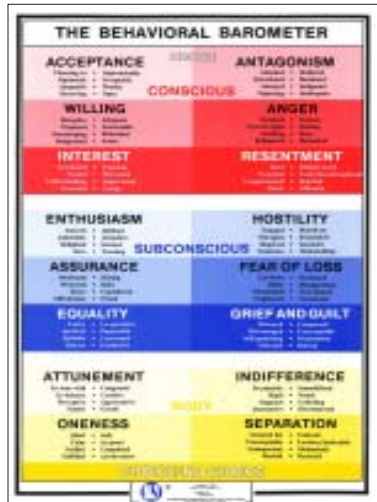
**For a review of David Hawkins books go to:**  
<http://www.kinesiologyshop.com/eqgen5.htm>

# KINESIOLOGY CHARTS

Full Colour and Laminated (unless otherwise stated)

## Behavioural Barometer

Chart of the  
*Barometer Emotions*  
from  
Three in One  
Concepts



All Sizes Sheened

WALL Size:  
89 x 59 cm \$44.00

A4 Size: \$13.00

Pocket Size: \$5.50

## Universal Barometer

by Andrew Verity

**\$28.00** (60 x 84cm - laminated wall chart)

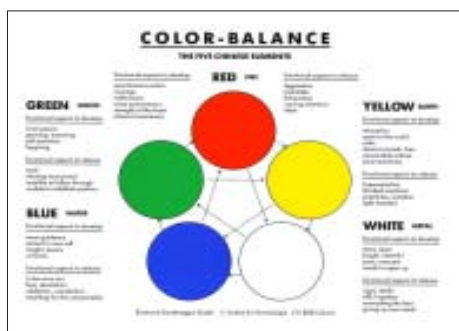
The Universal Barometer from Neuro-Training, with emotions from the different kinesiology modalities linked together on the one chart.



## Colour Balance Chart

**\$18.00**

A4 Colourful  
plastic chart for  
balancing the  
body using  
Colours,  
Emotions and  
the Five  
Elements.



## Touch For Health Charts

**TFH REFERENCE CHART .....** \$33.00

This huge, colourful and informative chart contains all the TFH information - muscle tests, meridians, nutrition, all the corrections and the muscles themselves.

A wonderful  
reference for the  
**1 m x 70cm**



**TFH 5 ELEMENT & ACUPUNCTURE CHART ..** \$33.00

**A double sided chart:** The Law of the 5 Elements on one side with Acupuncture Meridians in detail on the reverse side. Meridians drawings include Acupuncture Points.

3 body view: front, back and side (many Acu Charts have only front & back views). **90 x 60 cm - horizontal**



**Also available as acupuncture side only for \$27.50**

**TFH METAPHOR CHART.....**\$25.00

Full Colour, Doublesided & Laminated. **44 x 18 cm**

**Side A:** Lists all the TFH 5 Element Chinese Metaphors new to the TFH curriculum. The metaphors are exceptionally effective for cuing key issues, bringing much greater awareness and clarity to the person being balanced.

**Side B:** Contains the TFH Wheel, 5 Elements, Alarm Points and Pulses.



# PKP Charts

## PKP 5 ELEMENT EMOTION CHART

The colourful chart of the complete list of 5 Element Emotions used in the PKP system.



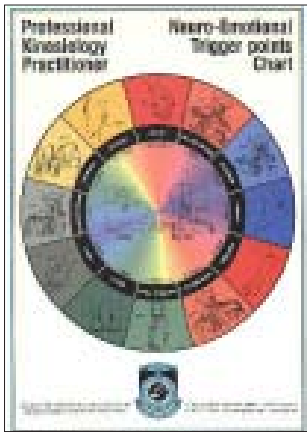
**Wall Chart (A2):**  
59 x 42 cm: \$35.00

**Super Wall Chart (A1):**  
84 x 60 cm: \$49.50

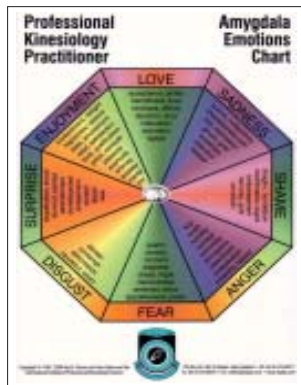
**A4 Size: \$13.00**

## PKP NEURO-EMOTIONAL TRIGGER POINT CHART (A4) ..... \$13.00

Double sided chart with the Neuro-Emotional Trigger Points for each meridian on one side and the Meridian Emotions (5 for each meridian) on the other. Sheened.



## AMYGDALA CHART (A4) ..... \$13.00



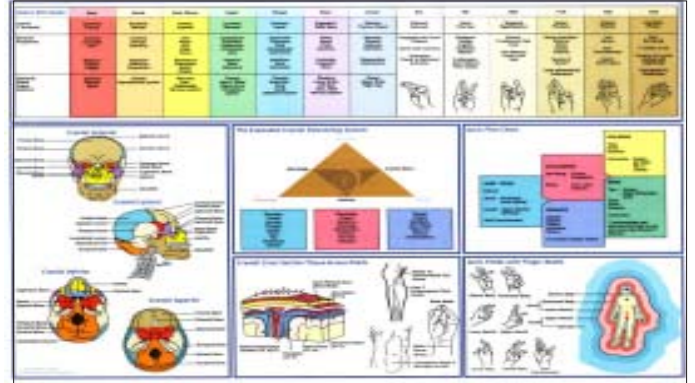
Laminated, Single Sided

The Amygdala (a part of the brain), has an important relationship to emotions, in particular early emotions that have been taken on board independent of the spoken word. Balancing the Amygdala provides a way of balancing early memories that are wordless and may involve emotional and illogical outbursts.

# Cranial Kinesiology Chart

Taken from the modality Cranial Kinesiology, developed by Guy Bennett (B.Sc.), this work explores techniques to free up the cranio-sacral respiration. The chart traces the flow of the chakra energies and the harmonic movement of the cranial wave throughout the body. It explores the close relationship between the structure of the body and its energy system.

**A2 size, laminated, full colour: \$28.00**



## Counselling Kinesiology A4 \$11

This black & white double sided A4 chart shows the emotional states that are central to the Counselling Kinesiology modality. One side is the Developmental Directory™ Chart - The Psychosocial Developmental Phases of the General Emotional Adaptation Syndrome. The reverse side is The Grief Gauge™ Chart - The Grief Cycles of the General Emotional Adaptation Syndrome.



## Aromatic Kinesiology Emotional Barometer A4 Chart Laminated \$15.00

from...

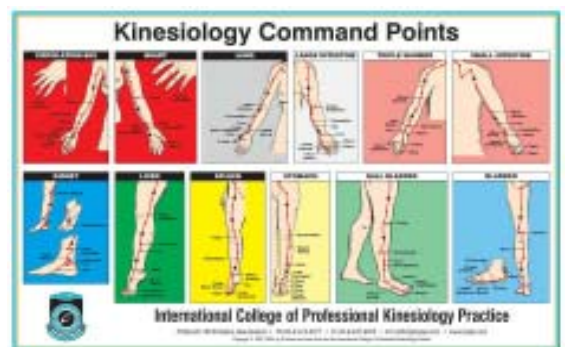
**The Blossoming Heart Book by Robbi Zeck \$33.00**



## KINESIOLOGY COMMAND POINT CHART.....\$49.50

A1 (84 x 60cm) large, laminated chart from ICPKP

New laminated wall chart from the International College of Professional Kinesiology practice. On each of the 12 bilateral meridians are five 'points of command' between meridians and named after the five elements: wood, fire, earth, metal and water points. These are the 60 command points. This chart also includes Luo points, Accumulation points, Horary points and Source points which have a special relationship with the organ or function associated with the meridian. They are very responsive to stimulation.



# NATURAL HEALTH CHARTS

In Full Colour and Laminated (unless otherwise stated)

## BACH FLOWER CHART

**\$28.00**

Pictures all the Bach Flowers with their negative and positive aspects. A beautiful and informative, large wall chart. 60 x 85 cm



## DESK SIZE CHARTS (A4 SIZE)

All Double Sided. Sheened. \$7.50 each

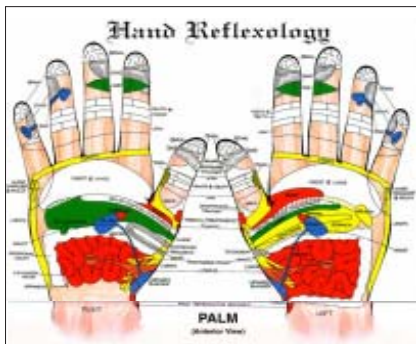
**CHAKRA GUIDE:** Colourful Chart showing the Chakras with descriptions. The reverse side describes philosophical background, awakening the Kundalini, Tantric Yoga plus a summary in tabular form.

**CRYSTAL HEALING GUIDE:** Colourful Chart with an extensive list of over 70 crystals and their psychological, spiritual or physical associations. Includes A-Z reverse referencing from health condition. Plus details on crystal shapes, Astrology & crystals, chakras and the Psychotherapeutic value of crystals.



## EAR ACUPUNCTURE & HAND REFLEXOLOGY CHART

Both the acupuncture points of the ear and the reflexology points for the hand in one chart.



A2 size

**29.00**

A2 size has both Ear & Hand Reflexes on the one single side. Sheened.



A3 size  
**\$22.00**

A3 Size is Double Sided and folds to A4. Laminated

## AROMATHERAPY CHART:

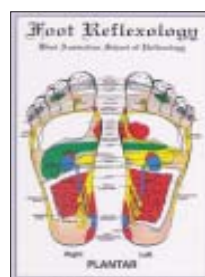
A handy desk chart that lists 40 essential oils and their benefits plus a list 40 ailments from Acne to Wounds and their recommended oils for therapy. Also includes methods for using the oils, storage and carrier oils.



## FOOT REFLEXOLOGY CHART

A4 Double Sided size, Laminated

**\$15.00**

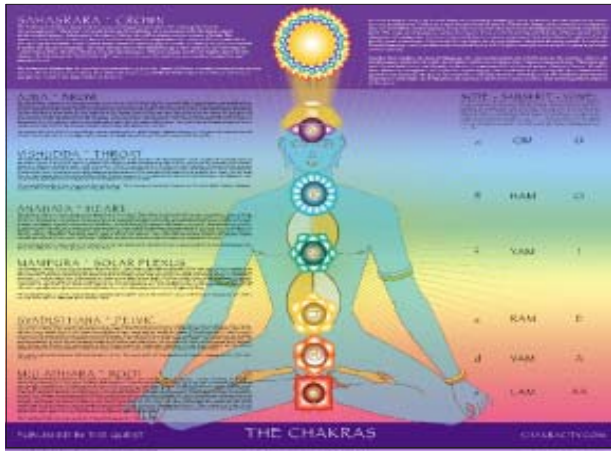


Shows foot reflex zones, plantar, dorsal & medial views. Based on the early work of Robert St. John and the principles of Zone Therapy.

**THE QUEST CHAKRA CHART.....\$39.00**

Imported from the US specially by Equilibrium.

This beautifully coloured representation of the Chakras shows their yantra symbol and Sanskrit names. Included is an esoteric description of each chakra plus sounds and other information. Top right of chart describes the origin of the chakras. **Large laminated wall chart 61 x 91 cm**

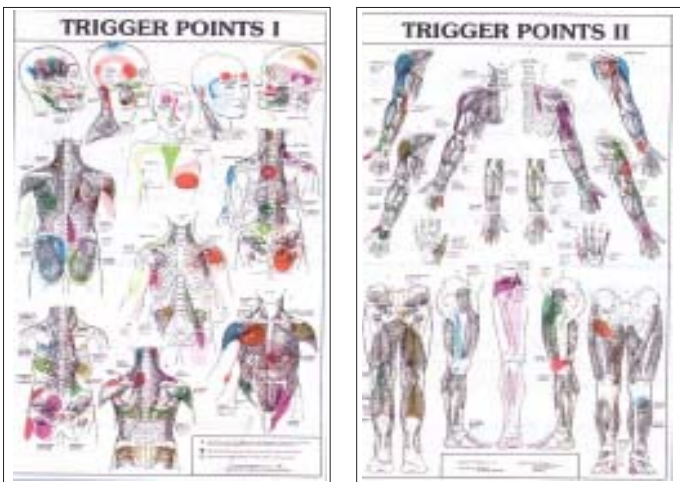


**HOMEOPATHIC FIRST AID CHART \$19.00**

Contains details of Homeopathic dosages & potencies, herbs & tinctures for shock, bruises, burns & scolds, breaks & strains, bites & stings and punctures. Also contains information on rescue remedy and on the care of remedies. **60 X 42 cm**



**TRIGGER POINT CHART SET \$77.00**  
Set of 2 large laminated wall charts. **set of two**  
Most famous Trigger Point charts.



**NEW CHARTS**

*Examples below, but contact us for a full colour catalogue of these new charts or go to our website and download.*

*Imported from Europe by Equilibrium:*

**Laminated A2 charts (\$25)**

- Chakra ● Marma Points ● Ear Reflex
- Foot Reflexology ● Hand Reflexology

**Laminated A3 fold to A4 charts - Double Sided (\$19)**

- Tree of Life ● Chakras & Characteristics

**Laminated A4 Charts - Double sided (\$13)**

- Polarity ● Teeth & Health ● Facial Diagnosis
  - Reiki Self Treatment ● Cranial Reflexology
  - Acupressure for the Head ● Facial Reflexology
- and many more !**

*Imported from the US by Equilibrium*

**Bernard Jensen Iridology Charts:**

- Master Iridology Wall Chart \$44
- Master Iridology Large Desk Chart \$19
- Iridology & Nutrition \$33
- Bowel, Embryo & Spine Chart \$19
- Iridology & the Nervous System Chart. \$19

**GEMSTONE ELIXIR CHART \$28.00**

Contains metaphysical descriptions and clear colour photos of 70 gemstones and crystals.



**SKELETAL EMOTION & CHAKRA CHART \$28.00**

Colour coded chart that relates all the bones in the body to their chakras and lists the associated emotional descriptions. Also shows one how to use the chart and reference the emotions to muscles, ligaments, nerves, skin & tendons. *An amazing chart with unique information. A must for Kinesiology work.*

770 x 500 vertical

**For the bestselling book see page 23**



# ANATOMY CHARTS

## Worlds Best Anatomical Chart Series

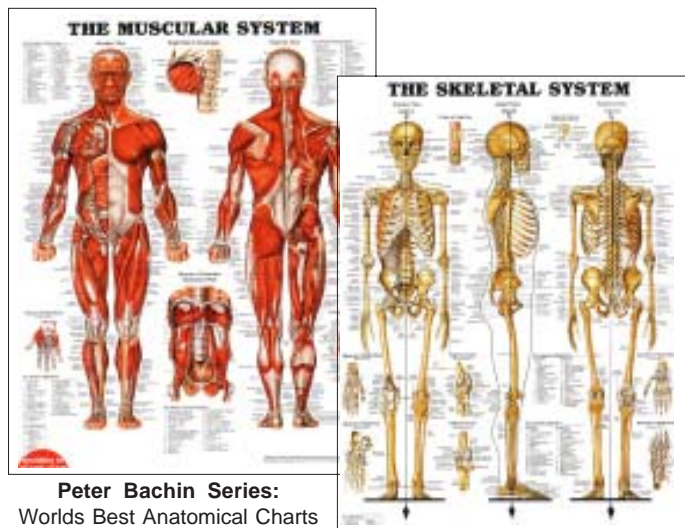
100 different charts to choose from, including:

### WALL CHARTS

All Laminated, 65 cm x 50 cm.

1 CHART ..... \$28.00

ANY 2 or more CHARTS ..... \$25.00 each



Peter Bachin Series:  
Worlds Best Anatomical Charts

### ANATOMY CHART BOOKS

The anatomy charts in desk size book form.

All full colour. 25 x 35cm - larger than A4.

- **Systems & Structures Book** (as listed opposite)  
- 40 charts: **\$59.00**
- **Diseases and Disorders Book** (as listed opposite)  
- 60 charts: **\$89.00**
- **Classic Anthology Boxed Set:** 2 Flip chart books  
totalling 100 charts (all charts listed opposite)  
- laminated pages that flip over the top: **\$198.00**

**SYSTEMS OF THE BODY:** • Muscular • Female Muscular • Skeletal • Nervous • Autonomic Nervous Sys • Lymphatic • Digestive • Respiratory • Urinary Tract • Female Reproductive • Male Reproductive • Endocrine • Vascular

**STRUCTURES OF THE BODY:** • Heart • Brain • Anatomy of the Brain • Anatomy of the Inner Ear • Ear, Nose & Throat • Vertebral Column • Human Skull • Skin • Eye • Eye - Ant. & Post. Chambers • Ear - Organs of • Hearing & Balance • Pharynx & Larynx • Human Hair • Spinal Nerves • Anatomy of the Teeth • Shoulder & Elbow • Hip & Knee • Head & Neck • Foot & Ankle • Hand & Wrist • Pregnancy & Birth • Kidney • Liver • Prostate • Dermatomes • Understanding Human DNA • Anatomy of the Teeth • Development of Blood Cells • Internal Organs of the Human Body • Ligaments of the Joints

**DISEASES & DISORDERS:** • Arthritis • Knee Injuries • Carpal Tunnel Syndrome • Injuries of the Foot & Ankle • Anatomy & Injuries of the Hip • Anatomy & Injuries of the Shoulder • Hip & Knee Inflammations • Spine Disorders • Osteoporosis • Whiplash Injuries • Benign Breast Disease • Cesarean Section • Menopause • Prostate • Sexually Transmitted Infections • Dangers of Alcohol • Allergies • Diseases of the Urinary Tract • Heart Disease • Asthma • Allergies • Chronic Obstructive Pulmonary Disease • Dangers of Smoking • Dangers of Alcohol • Keys to Healthy Eating • Risk of Obesity • Cardiovascular Disease • Hypertension • Cholesterol • Deep Vein Thrombosis • Heart Conditions • Heart Disease • Alzheimer's • Headaches • Epilepsy • Stroke • Parkinson's • Breast Cancer • Cancer Skin • Cancer • Disorders of the Teeth & Jaw • Temporomandibular Joint (TMJ) • Gastroesophageal Disorders & Digestive Anatomy • Diseases of Digestive System • Ulcers • Diabetes Type 1 • Diabetes Type 2 • Metabolic Syndrome • Thyroid Disorders • Middle Ear Conditions • Disorders of the Eye • Common Cold • Hepatitis • Bacterial Infections • HIV & Aids • Influenza • Viral Infections

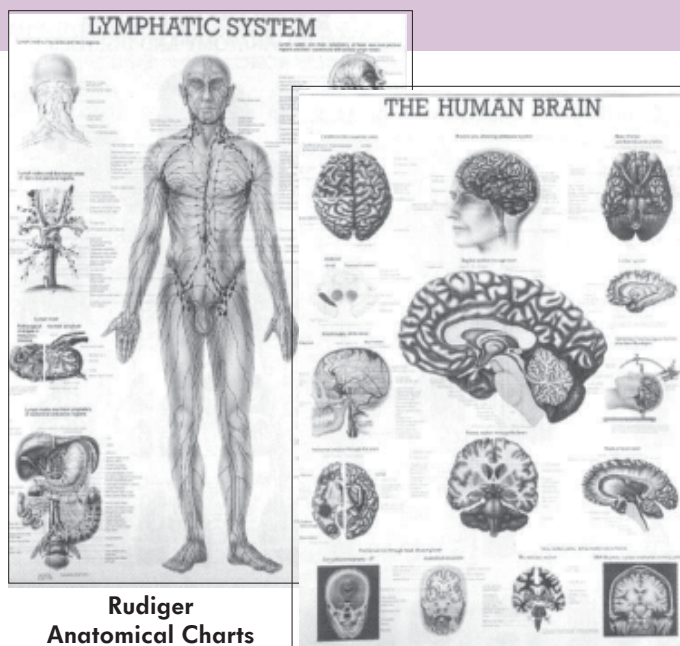
## Rudiger Anatomy Charts

Laminated, 100 cm x 60 cm, \$33.00 each

While the charts listed above are the most famous anatomical charts in the world there are two Rudiger charts that are extremely impressive. In addition they are twice the size and hence are not only clear and concise but good for instructional purposes.

**THE HUMAN BRAIN:** This huge Brain chart is superb. It has large, clear diagrams in full colour showing the normal brain anatomy & brain pathology including: • Brain Base • Blood Supply • Frontal View • Horizontal Cut • Midbrain • Cerebrum • Medial View • Atrophy • Hydrocephalus • Alzheimer • Parkinson • Stroke • Tumour • Aneurisma • Cerebral Infarction etc.

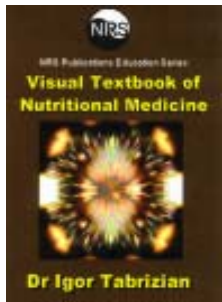
**THE LYMPHATIC SYSTEM:** This chart is a **SUPERIOR** lymphatic system chart. Great for classes to demonstrate the extent of the Lymphatic Vessels in the body, exemplifying in detail, and with perfect clarity how the Lymph system interconnects each organ and function of the body



Rudiger  
Anatomical Charts

# COMPLEMENTARY BOOKS to the KINESIOLOGY FIELD

Dr. Tabrizian (re 4 titles below) is a medical doctor who practices solely in Nutritional Medicine. He has written a number of books on NM, and lectures extensively on the subject. His work has been valuable to many practitioners in collating modern scientific research in the NM area and tying it into the medical field where it has been lacking.



## Visual Textbook of Nutritional Medicine.....\$75.00

In this remarkable text, Dr. Tabrizian has simplified vast amounts of data into bite size digestible pieces backed up by wonderful graphics and clinical and personal research. What is also valuable about this book is that he has gone beyond the modern medical academia in to other areas of modern scientific research to find answers to nutritional health issues. Such findings are revelations and leave

the medical perspective way behind.

For those with little time to scour the varied textbooks for information in this area, this text delivers well and covers clinical problems associated with ADD, Depression, Chronic Fatigue etc. For the kinesiologist, the many tables and charts are accessible to the kinesiologist procedure. 262 pages large hard cover format text.

### Brain Foods, Brain Poisons: Autism as a Case in Point: \$28

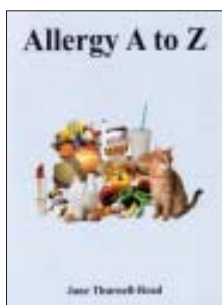
This book is based on a lecture that outlines how clinical nutritionists examine the mechanisms and formal treatment schedules for Autism.

### Magnesium, Zinc, Iron, Copper & other Trace Elements: \$28

Another great text that simplifies and synthesises a large amount of data into bite size digestible pieces. The 'essence' of the section on minerals in the above Visual Textbook of NM.

### Degeneration of the Brain: Nutritional Interventions: \$28

Expresses the 9 puzzles pieces for understanding the brain and disease and their nutritional interventions.



## Allergy A - Z by Jane Thurnell Read..... \$39.00

Contains symptoms, origins, ingredients & correlations of potentially allergenic substances from A to Z e.g. glue on stamps and envelopes, the ingredients in newsprint, the difference between white and red wine, dishwasher powder, nail polish, moulds, pet hair, various chemicals in the environment & in foods stuffs - several hundred references.

**The main contents are:** • What Is Allergy? • Why Do People Become Allergic? • Allergy Equals Addiction • What Symptoms Can Be The Result Of Allergies? • Allergy Signs In Children

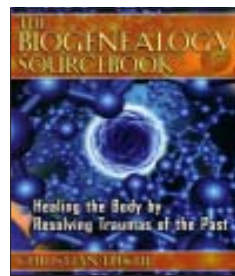
- Correlations • Detecting Allergies • Correcting Allergies
- **Allergens A to Z - covers 150 pages - bulk of book**
- Appendix 1: Classification Of Food Additives
- Appendix 2: Food Families • Appendix 3: Pollen Calendar
- Appendix 4: For Practitioners & Students

A handy reference for practitioners & students or the home bookshelf.



## Adrenal Fatigue: The 21st Century Stress Syndrome by James Wilson \$33

James Wilson draws on 24 years of clinical experience and research to help readers determine if they have adrenal fatigue and learn how to treat it. Beginning with a diagnostic questionnaire, he moves through the causes, symptoms, and treatment of the condition through lifestyle and dietary modification.



## Biogenealogy Sourcebook: \$35

### Healing the Body by Resolving Traumas of the Past.

A practical guide to understanding the relationship between emotions, organs systems and disease. The beauty of this book is the detail in covering all the organ systems of

the body and their anatomical parts. For example the emotional relationship to 17 different parts of the Digestive System is covered, as well as the diseases or upsets of the system. Amazing & Unique material. Large paperback format.

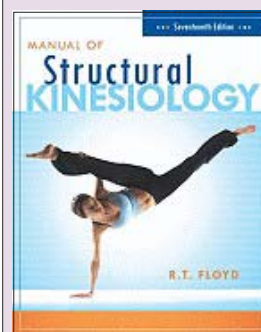
### Talk To Your Cells by Elaine Croke \$17



This little reference booklet is collection of 95 emotional, spiritual & physical stress releases, based on Elaine's concept of changing your life by instructing your cells to behave as you choose. Included are step by step instructions on accessing each of the 95 stress releases, which in themselves are full of wisdom, making this booklet a must for any home or clinic.

## THE MANUAL OF STRUCTURAL KINESIOLOGY

by Thompson & Floyd (new edition).....\$110.00



Structural Kinesiology is the study of muscles as they are involved in the science of movement. This manual would be of interest to kinesiologists and those studying anatomy & physiology where a more detailed analysis of the muscular/skeletal system is required. For each muscle there is described: origin, insertion, action, palpation, innervation, functional application

strengthening. Joints, bones and movements are similarly attended to. **INCLUDES INTERNET ACCESS SUBSCRIPTION**

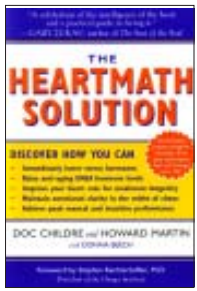
### MUSCLES: TESTING & FUNCTION

by Kendall, McCreay & Provance.....\$95.00

New edition (with CD-Rom) of this classic of manual muscle testing. Contains professional photographs and diagrams of muscles and testing positions of over 90 muscles plus details on facial & eye muscles. Also contains chapters on cranial and spinal nerves, posture, joint motions, pain exercises and more. **Hardcover. 450 gloss pages.**

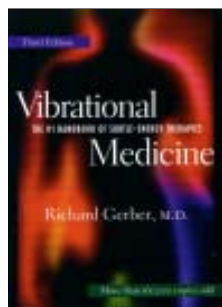
## MORE COMPLEMENTARY BOOKS to the KINESIOLOGY FIELD

### The Heartmath Solution by Doc Childre.....\$33.00



This book describes 'heart intelligence', explains how it works and why it is so important. Scientific research is presented that reveals an intelligence residing in the heart and shows how the heart communicates with the rest of the body. In addition the book looks at what blocks us from heart intelligence and how we can eliminate the obstacles.

This is the owner's manual we've been waiting for to help us recognise and use our heart's energy to help heal our bodies and our lives.



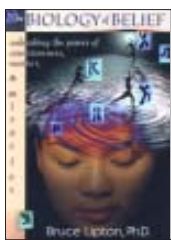
### Vibrational Medicine.....\$33.00 by Richard Gerber M.D.

The practice, theology, history, philosophy and scientific research into energetic medicine, covering fields such as homeopathy, flower essences, crystal healing, touch, acupuncture, radionics, electrotherapy, herbal medicine and psychic healing. Fascination and understanding beyond

description. **A CLASSIC!**

### The Tissue Salts Book.....\$17.00

For each cell salt this book covers general description, symptoms appearing in body type, Mind, Teeth, Gut, Eyes, Respiratory system etc. plus supportive measures, related disciplines and keywords. At the back there is a list of symptoms and the tissue salts for them.

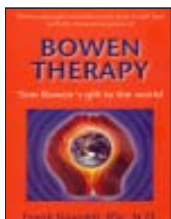


### Biology of Belief.....\$35.00 (HC) by Bruce Lipton, Ph.D.

#### The Science of How Thoughts Control Life

Stunning new scientific discoveries about the biochemical effects of the brain's functioning that show that cells of your body are affected by thoughts. The author, a cell biologist, uses simple language, illustrations and everyday

examples to demonstrate the new science of Epigenetics, and that genes and DNA do not control our biology. A truly revolutionary and important book - more so than can be described here. Fast becoming a best seller.



### Bowen Therapy.....\$35.00 (HC) by Frank Navratil, Bsc.N.D

The Bowen method is a dynamic technique of muscle and connective tissue release is considered a miraculous discovery in natural medicine. Covers:

1. Promoting a Healing Environment.
2. How it All Began & How it Works
3. Useful Information to Know Before Your Session
4. The Method, Moves & Sequences (**Bulk of Book**)
5. After Your Session
6. Case Studies, Special Thoughts & Patient Comments.

### 65 Australian Bush Flower Remedies ... \$18.00

Contains each Bush Flower remedy with descriptions, negative conditions and positive outcomes, plus illustrations.

### Australian Bush Flower Essences ..... \$45.00

Contains full descriptions and beautiful colour photographs of each Bush Flower remedy. For a more complete understanding of the Essences introduced in the above book.

### Australian Bush Flower Healing ..... \$50.00

Latest book on healing properties of the 12 new essences and further research on the first 50, plus much more.



### Flower Insight Cards ..... \$60.00

Full Colour Cards (photographs) of the 65 of the Australian Bush Flowers plus 3 companion plants with positive & negative descriptions.

### Dictionary of Bach Flower Remedies ... \$17.00

Positive & Negative Aspects and Keywords

### Bach Flowers Picture Reference Cards \$33.00

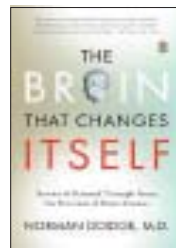
Pack of the 39 Bach Flowers (inc. Rescue Remedy) with water colour pictures on one side and descriptions in the reverse side.

### Complete Book of Chakra Healing.....\$43.00

by Cyndi Dale



The new & revised edition of 'New Chakra Healing' book that introduced readers to the 32 energy centers - 12 chakras and 20 other spiritual energy points - and the first book to explain how to work with the the energy of the back sides of the chakras.



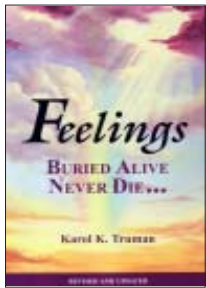
### The Brain That Changes Itself... by Norman Doidge \$30.00

An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable. Norman Doidge, M.D., meets both the brilliant scientists championing neuroplasticity and the people whose lives

they've transformed.

We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed.

Using these marvellous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential. **EXCELLENT READING.**



## Feelings Buried Alive Never Die

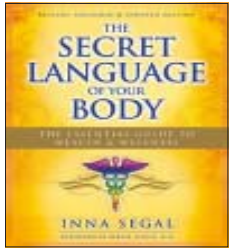
by Karol K. Truman...\$29.00

**The Book recommended by Therapists to their Clients**

A book on the story of 'feelings' that changes lives. Karol Truman explains feelings and energy vibrations. She speaks of where feelings begin (from before birth onwards) and tells you why you feel the way you do, based on where feelings start. She then goes on to explain how one can easily transform undesirable feelings so that they no longer hinder your growth. **Follow up book 'Healing Feelings From Your Heart' also available, \$35.00**

## Secret Language of Your Body

by Inna Segal....\$35.00



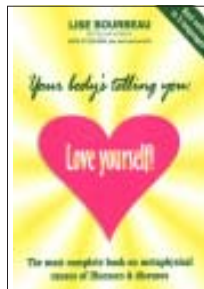
This new book explores parts of the body, giving possible reasons for problems in specific areas and offering step by step method to assist in returning health and balance. It also reveals the underlying energetic causes of over 200 symptoms and medical conditions.

## Your Body's Telling You: Love Yourself

by Lisa Bourbeau.....\$55.00

**A Complete Book on Metaphysical Causes of Illnesses & Diseases**

A comprehensive guide to the causes of over 500 illness & diseases from an author with over 25 years research in the field of metaphysics and personal health. Lise Bourbeau is an international speaker and workshop presenter. Her book has become a bible for referencing the underlying causes of physical issues - a bestseller now printed in 3 languages. Each health issue is accompanied by physical, emotional, mental & spiritual 'block'. Alphabetised for easy use. Over 550 pages. She has also written 'Listen to Your Body, Your Best Friend on Earth'



## Heal Your Body ..... \$13.00

by Louise Hay

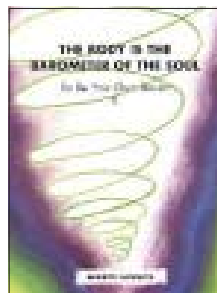
The extensive list of metaphysical causes for diseases and illnesses. Contains affirmations for every condition.

## Your Body Is the Barometer of the Soul

by Annette Noontil .....\$22.00

**EXTREMELY POPULAR BESTSELLER**

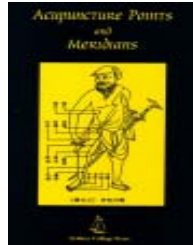
This wonderful companion to any clinic or home bookshelf relates all the metaphysical causations for ill health and disease and includes on its pages, in colour, the Skeletal Emotion Chakra Chart (see p19). If you found Louise Hay's 'Heal Your Body' book a handy reference then this one will add much more to your resources. A wealth of information and well worth it!!



## Your Body's Many Cries for Water

by F. Batmanghelidj.....\$33.00

This book explains that a lack of water in the body - chronic dehydration - is the root cause of many painful degenerative diseases, asthma, hypertension, allergies etc. and some emotional problems including depression. It also explains the damaging effects of dehydration in the dimension of time. *"I believe this book will prove to be the most important health book of this century."* - Wayne Topping, Wellness Kinesiology



## Acupuncture Points & Meridians

by David Legge.....\$33.00

Comprehensive & Invaluable Quick Reference Guide to Meridians & Acupuncture Points Contains clear diagrams of all major meridians and their associated acupoints plus geographical description.

Includes secondary vessels and eight extra meridians, plus theory on all aspects of Chinese medicine regarding points & meridians. **BESTSELLER !**

## FOR NATURAL HEALTH & HEALING STUDY

**The Nutrition Almanac ..... \$45.00**

The world's Almanac of Nutrition. Over 2.5 million copies sold.

**The Nutrient Bible by Henry Osienki .....\$45.00**

Everything you need to know about Vitamins, Minerals, Amino Acids, Enzymes and Toxic Metals. Popular handbook detailing information on over 60 nutrients and many related topics.

**Anatomy Coloring Book by W. Kapit et al .....\$55.00**

The most famous colouring book for anatomical study. Very detailed & with a lot of theory. (Usual Price \$63)

**Physiology Coloring Book ..... \$49.50**

As in the Anatomy Coloring Book above but for Physiology. (Usual Price \$55)

**Human Anatomy Coloring Book ..... \$16.50**

Basic edition colouring book for anatomy.

**Trigger Point Therapy for Myofascial Pain & Dysfunction**

**\$35.00** Clinical reference manual for the evaluation and treatment of muscle pain. Contains detailed illustrations of pain patterns and trigger-point locations. Popular.

