

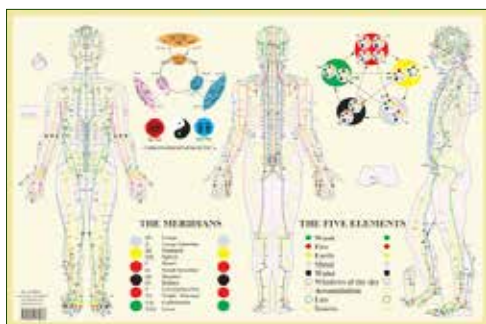
Other New Charts

8 Extra Meridians Wall Chart (QI JING BA MAI)

A2 size & laminated 42 x 60cm \$27

The 8 Qi Jing (or 8 Extra) meridians are also sometimes called extraordinary vessels. They are not directly connected to the organs and don't have the same structure as the main meridians. They are believed to function as expansion vessels. This means that they can absorb excess energy from the main meridians and give them back energy in case of need. The extraordinary meridians therefore allow treatment at a deeper level and are used when long-lasting results were not possible with the 12 main meridians.

Chart also shows the 12 major meridians but as a thinner line.



An explanatory text (in English as well as in German, French and Dutch) is on the back.

Meridians & the Five Elements Chart

A2 size & laminated 42 x 60cm \$27

A colourful representation of the meridians on the human body. The meridians are shown from the front, the back and the side, in different colours according to their corresponding element. The points for the elements on the hands, arms, feet and legs are also indicated, as well as the accumulation points, lo points, source points.



Lymphatic System Flow Chart

A2 size & laminated 42 x 60cm \$27



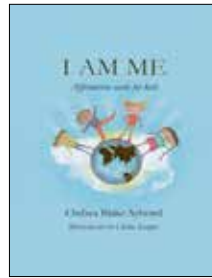
The representation of the lymphatic system with the most important lymph vessels and nodes as well as the direction in which drainage must be done. Descriptions in 4 languages including English.

Close up picture available to view on our on line website.

New Card Decks

I Am Me Affirmations Cards For Kids

by Chelsea Blake Aylward \$33



A pack of forty-four cards focused around constructive thoughts that children can repeat as often as they wish to encourage positive thinking.

In a time where social media, bullying and self-esteem issues are so prevalent, 'I AM ME' is a fun way of dealing with what's going on in our children's lives. What resonates with them one week may change the next, finding new meaning each time they explore the cards.

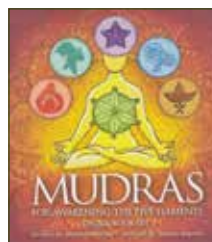
The cards are A5 in size and double-sided, featuring beautiful illustrations with affirmations which help maintain a healthy frame of mind. Themes focus around dealing with bullying, improving self-esteem, body confidence and health and wellbeing.

'I AM ME' cards are modern, school focused, on point and easy for parents to discuss with their children. For ages between five- and thirteen-years.

Some pictures of cards available to view on line. Go to 'Other products' category and choose 'Card Decks'.

MUDRAS for Awakening the Five Elements Cards

by Alison DeNicola \$40



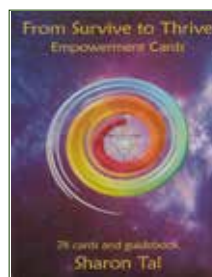
This special set of 40 vibrant cards illustrates 35 yoga mudras and 5 elements. The mudra poses for this deck were specifically chosen to awaken

and activate the energy of the five elements within us: Earth, Water, Fire, Air, and Space. The 124-page instructional guidebook, with full-color illustrations, explores the many benefits these mudras deliver for health and well-being. For each color-coded mudra there are instructions, practices and guided meditations.

Some pictures of cards available to view on line. Go to 'Other products' category and choose 'Card Decks'.

From Survive to Thrive Empowerment Cards

by Sharon Tal \$35

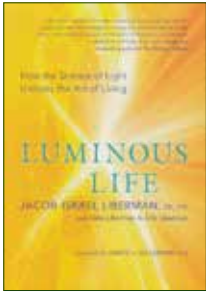


A pack of 74 cards & guidebook that come with a simple message to assist you through your day or your week, a particular question, or with a situation you need clarification on or are

struggling with. The cards seek to help you be your best and achieve a life where you can Thrive. Survive-Revive-Thrive can happen any day. This deck of 74 empowerment cards helps you identify where you are at, in any given moment. The cards provide you with affirmations to help you shift your blockages and celebrate your successes. From Sharon Tal, author and local area Kinesiologist to the Equilibrium Shop.

Some pictures of cards available to view on line. Go to 'Other products' category and choose 'Card Decks'.

Special Interest



Luminous Life

by Jacob Liberman \$30.00

How the Science of Light Unlocks the Art of Living

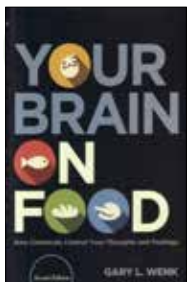
The importance of light is easily observed in the ways plants position themselves towards it and the way numerous animals are guided on migratory journeys that put GPS technology to shame. Liberman shows how humans hinder this inherent navigational system with thought, worry, and fear. Then, drawing on quantum physics, neuroscience, spiritual traditions and years of clinical research, he details simple practices - including vision, "color homeopathy," and attention-focusing exercises and practices that are practically effortless yet profoundly effective. These ways of "looking less, seeing more" affect transformation that, like his own vision improvement, is rapid, significant, and permanent. **A truly fascinating, absorbing and enlightening book. Highly recommended.**



Chakra Foods for Optimum Health

by Deanna Minich \$30.00

Nutritionist and yoga practitioner Deanna Minich provides tools and insight as to how foods and ways we eat can heal, brighten, balance, and strengthen parts of us that need not only physical but spiritual nourishment. The material for this book developed out of the authors highly successful Nutrition for the Soul classes, workshops, and private counseling sessions. Not a diet book, it looks at both the nutritional and spiritual aspects of the foods we eat and how they can heal us. For example, someone feeling stuck in her life could turn to Chapter 5 and find a list of orange foods apricots, carrots, salmon, pumpkin, oranges to help her sacral chakra. For each chakra, specific affirmations and other practices are also offered, as are meal plans and recipes. Helpful lists, charts, and diagrams help readers easily pinpoint and diagnose themselves and the various prescriptive options are all very clearly explained. With lots of useful sidebars, this book really is a treasure trove of energy medicine in the form of food truly food for the body, mind, and soul! Shows how the foods we eat can help heal or enhance the powers of our chakras. Looks at the energetics of what and how we eat and how to rebalance through healthier food choices. An easy to implement and stick with plan.

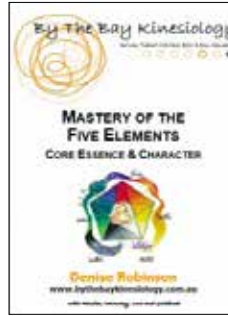


Your Brain On Food

by Gary Wenk \$47 HC

How chemicals control your thoughts & feelings. A fascinating read on how certain foods, plants and chemicals alter the very essence of your brain cells functioning and thus your behaviour and mood. Written in a delightfully reader friendly style, with kernels of history sprinkled throughout, this book provides both interest and insight into how our appetites influence our brains, - and thus our thoughts and actions. In this 2nd edition, Dr. Wenk, a Neuroscientist, draws on the latest science to answer a range of food/chemical discussions that relate to brain function.

Bestsellers Last Newsletter



Mastery of the Five Elements Course Training Manual

by Denise Robinson
\$83.00

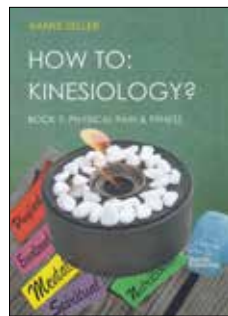
Covers the Law of the 5 Elements, Constitutional Profiling, related Finger Modes, Elemental

Acupressure, Elemental Remedies, the Hara and much more. For a more detailed description of contents go on line: <https://www.kinesiologyshop.com/mastery-of-the-five-elements>

Spiral Bound A4 manual of 108 pages

Also available in the series \$83.00 each

- *Chakra Healing Kinesiology - Course Training Manual*
- *Emotional Meridian Harmony Kinesiology - Course Training Manual.*
- *Kineasy - Course Training Manual.*



HTK Book 7: Physical Pain & Fitness

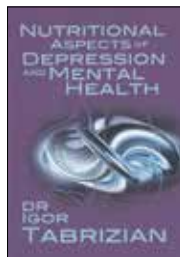
by Raneer Zeller \$57

Everything in one book for the athletic to the 'less' active as well as the chronic fatigue client. Contains comprehensive lists on muscles and bones, posture, breathing techniques, injury prevention, risk

management, recovery strategies and much more. For a more detailed description of contents go on line: <https://www.kinesiologyshop.com/htk-7-physical-pain-fitness>

Spiral Bound A4 manual of 184 pages.

Text pages black on white.

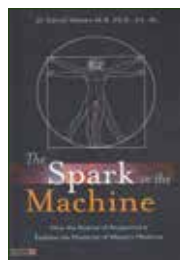


Nutritional Aspects of Depression & Mental Health \$28

The 8th book by Dr Igor Tabrizian and arrives at a pivotal time in mental health & wellbeing. As with his other books, this text interrogates the underlying causes of the common diseases of this modern era for layperson & practitioners alike. For a more detailed description of contents

go on line: <https://www.kinesiologyshop.com/nutritional-aspects-depression-mental-health>

A5 sized, glossy hardcover book of 140 pages.



The Spark in the Machine

by Dr Daniel Keown \$37

How the Science of Acupuncture Explains the Mysteries of Western Medicine

This is a fascinating book of 'ah ha' moments as it takes one through what really makes the mystery of the meridians and acu points tick. Truly remarkable stuff. Explains the generative force of embryology and how that so incredibly relates to the acupuncture system, as does the fascial system of the body. To read more go to our website page: <https://www.kinesiologyshop.com/spark-in-the-machine>

2019 Calendars & Diaries



2019 Astrological Calendar & Moon Planting Guide Chart

Paper: \$11
Laminated \$17

2019 Moontime Diary: \$35

2019 Moon Diary: \$34

2019 Lunar & Seasonal Diary: \$30



New Test Kits 2018 to date

These new test kits are available now.
For full contents list go to our test kit webpage at:
<https://www.kinesiologysshop.com/testing-kits/>

Biofilms Test Kit: 15 vials, \$52

Groups of micro-organisms where cells stick to each other on a surface. Fast becoming relevant to health & wellbeing.

Canine Test Kit: 60 vials, \$198

A range of vials specifically related to dogs, including healthy tissues, diseases, tumours, parasites, vaccinations and many others.

Feline Test Kit 1 & 2: 118 vials, \$380

A range of vials specifically related to cats, including healthy tissues, diseases, tumours, parasites, vaccinations and many others.

Equine Test Kit: 30 vials, \$98

A range of vials specifically related to horses, including healthy tissues, diseases, tumours, parasites, vaccinations and many others.

Chromosomes Test Kit: 24 vials, \$92

24 chromosomes including the X and Y chromosomes, plus DNA and RNA.

Bowel Nosodes Test Kit: 11 vials, \$39

Bowel nosodes are prepared from cultures of non-lactose fermenting flora of the intestinal tract.

Food Toxins Test Kit: 10 vials, \$62

This kit is based on the work of Michael Lebowitz, DC and are substances in common foods that can cause people problems - common/severe allergens. Most cannot be found in other kits.

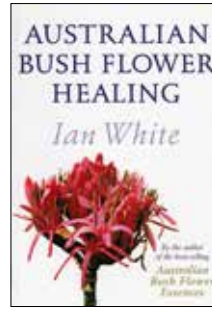
Vegetable Oils Test Kit: 29 vials, \$93

Various oils used in cooking and processed food, from Almond & Avocado Oil through to Sunflower & Walnut Oil. Includes Ghee as well.

Flours Test Kit: 41 vials, \$135

A comprehensive list of flours including various wheats, barley, millet, oat, rice and other grains as well as soy flour, banana flour, peanut, corn, almond and many other gluten free flours.

Available Again !



Australian Bush Flower Healing

by Ian White \$40

This is the companion volume to Ian White's bestselling Australian Bush Flower Essences. This second book, Australian Bush Flower Healing, covers the 12 Essences that were developed after his first book was published. This text is also fully illustrated and contains stunning photos of not only the remaining Bush Essence flowers, but also landscapes of the areas where they grow. One of the most valuable aspects of this book is the extensive repertory of emotional, mental and spiritual conditions. This index is a wonderful reference point when researching or selecting a Bush Essence.

This book covers the following topics:

- How to prepare and take the Essences
- Affirmations
- The Twelve New Essences (beyond the first 50)
- Update of First 50 Essences
- Combination Essences
- Companion Essences
- Emotional Patterns and Balance in Pregnancy and Labour
- Goal Setting and Goal Achieving
- Iridology
- Astrology, Health and the Essences

HOW TO ORDER:

On-Line: www.kinesiologysshop.com
Use the search function or search by category

By Email: orders@kinesiologysshop.com
Please email your order and preferred payment option (see below), or any queries.

By Phone: 03 9578 1229 10am to 2pm EST Mon-Fri
Call us during our business hours or leave a message.

PAYMENT OPTIONS:

- Visa
- Mastercard
- PayPal
- EFT
- Cheque

DELIVERY & FREIGHT:

Orders are usually dispatched same or next working day via surface mail with Australia Post.

Rates are based on order quantity
Express options available. Please Enquire.

PICK UP:

Feel free to pick up orders or visit the shop to peruse these newsletter items and more.

Equilibrium

03 9578 1229,

orders@kinesiologysshop.com

PO Box 155 (523 North Rd), Ormond VIC 3204

10am to 2pm Mon-Sat, Friday till 4pm

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www.braingym.com.au