



2019 Kinesiology Conference Journal

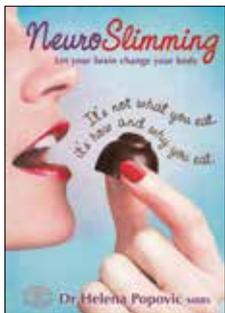
Papers/Presentations from
the AKA Kinesiology Confer-
ence, Sydney March 2019

\$33.00

Contents of the Journal

- Flower Essences and Kinesiology by Ian White
- A New Concept of the Etheric Body and its Role in Chronic Imbalances in Physical Systems by Charles Krebs
- Boundaries: Within and Without Balancing With Acupressure by Sherril Taylor
- Balancing the Ileocecal Valve by Philip Rafferty
- Use Your 3 Brains To Do More Cool Stuff in the World by Bill Lee-Emery
- Let's Talk Collaborative Social Media Marketing by Karen Humphries
- Activating the Healing Programme by Anna Heiskari
- Basic Movement Patterns by Bernard Carson
- Model of Compassion by Maureen Callister
- Anaphylaxis: Systemic Allergy Reaction by Andrew Verity
- Releasing Past Life Personas by Rachelle Sewell
- Overcome the Fear of Being in Your Business by Simone Greer
- Boost Your Brain and Clinical Applications of Neuroplasticity by Dr. Helena Popovic (synopsis only)
- Resetting the Physical Involvement of Fight Flight by Danny Liddell
- How to Bring Meditation into a Kinesiology Session by Debbie Rossi

A4 spiral bound manual



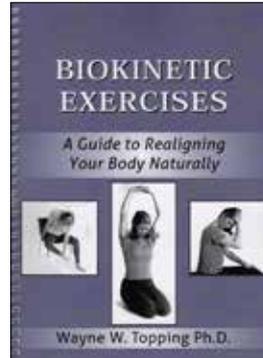
NeuroSlimming

by Dr. Helena Popovic
\$33.00

Dr Helena Popovic was a keynote speaker at the Kinesiology Conference in Sydney, March 2019.

The brain is our starting point for making positive changes to our health and body fat levels. It doesn't matter if you have a slow metabolism, a frenetic lifestyle or a genetic predisposition to gaining body fat because NeuroSlimming addresses the underlying cause of the issue and gives you a Mind Plan rather than a meal plan.

NeuroSlimming teaches you to rewire your brain to reshape your body. NeuroSlimming means re-programming your brain to achieve lifelong body fat reduction WITHOUT dieting, deprivation or discipline. NeuroSlimming comes from two words: 'neuron' meaning brain cell and 'slimming' meaning shedding excess body fat.



Biokinetic Exercises

by Wayne Topping
\$53.00

**New Updated Edition
February 2019**

This is a manual of the Biokinetic Exercises for 102 different muscles & ligaments. It has been out of print for several years and is finally available again as a new & updated edition (2019). Published in Australia by Equilibrium.

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 therapist or practitioner can sometimes assist the client by holding them in the desired position - particularly if they are very young or elderly. However, one of the features that is very attractive about biokinetic exercises is that clients can do it for themselves.

The manual covers

- Biokinetic Exercises for the low back, neck & shoulders.
- 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 102 muscles and ligaments in alphabetical order from Adductor Hallicus to Vastus Medialis. Each tissue gets a full page which follows a clear and particular format of 3 sections: Muscle Facts, Method of testing and the Biokinetic Exercise itself. A diagram or photograph accompanies each of these 3 sections, so one does get to view the muscle, the muscle test and the exercise itself.

Spiral Bound Manual of 143 pages.

NeuroSlimming applies the latest discoveries in neuroscience to weight management, and enables anyone to attain vibrant health, lasting vitality and a body they love. It doesn't matter what your starting point or past experience with weight loss. NeuroSlimming gets to the heart (and guts) of the matter to enable you to heal your brain-gut-microbiome axis.

The world is drowning in information on health, nutrition and exercise yet 95% of people who try to lose weight put it all back on plus more within 12 months of starting any sort of weight loss regime. Even diets that incorporate mindset and motivation lead to short-term results at best. The key factor in successful weight management has been ignored: the brain. The brain is our control centre. It determines why, how and where body fat is stored. It regulates our hunger, metabolism, food choices, motivation to exercise (or not) and hormone production.

New Charts



Crystals & Chakra Wall Chart

A3 size & laminated
42 x 30cm \$17

This chart is an explanation of the seven major chakras and their associated crystals. It explains their location on the body, parts of the body that the chakra affects, related elements, allocated colours and the major crystals that are used to heal and activate those chakras. It is a quick and easy guide to read.



Tongue Diagnosis A4 chart

laminated & double sided \$13

Almost all natural medical traditions use the tongue for diagnosis.

The tongue gives much information about vitality, physical condition and diseases. Its shape, colour, coating, outlines and surface tell the story of our health. The tongue does not lie. It is an objective tool for self-diagnosis and for healing and supporting other diagnostic methods. This chart is a good summary of many characteristic elements found in Chinese and Ayurvedic medicine.

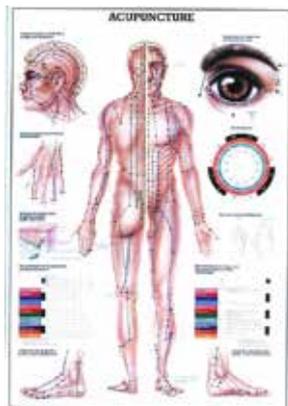


Ear Reflexology A4 chart

laminated & double sided \$13

Ear reflexology was already known to the Egypt of Antiquity. It was rediscovered by

the French Dr. Nogier and has since been successfully used throughout the world. The first diagram indicates the correspondences between areas of the ear and organs and body parts. The second diagram shows acupuncture points used to influence different psychological states. A text with explanations and instructions for use is found at the back of the chart.



BACK IN STOCK ! A0 sized chart (60cm x 1m)

\$47

Has been unavailable for some but now back in stock (paper only but has metal strips top & bottom with hook). From the Rudiger Series Germany

A popular option as an Acupuncture chart to some of the others that we sell because it has thick coloured lines for the

acupuncture meridians. Shows back & front views only. Specially imported in from Germany.

New Cards



Wild Cards by Dr. Helena Popovic \$17

Brain Boosting Cards

Dr Helena Popovic was a keynote speaker at the Kinesiology Conference in Sydney, March 2019. She gave 2 entertaining, informative and dynamic presentations.

The term Wild Card refers to an unexpected, high impact event – and that's exactly what Helena's Wild Cards offer: unexpectedly simple activities that have a big impact on the functioning of your brain.

Wild Cards are a powerful, fun, educational tool. They also serve as a daily reminder that what we do from day to day has a profound impact on our mental capacity and our long-term brain performance. It's a fascinating fact that the brains of wild animals are 15-30% larger than the brains of their tame, domestic counterparts. Why? What is it about being wild that boosts their brains? And does it apply to humans? If we all got wild, would it boost our brains? As a matter of fact, it would!

Dr Helena's Wild Cards show you how to get wild (without upsetting your boss or your mother) and in the process, how you'll get smart!

HOW TO ORDER:

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Use the search function or search by category

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Please email your order and preferred payment option (see below), or any queries.

By Phone: 03 9578 1229 10am to 2pm EST Mon-Fri
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PICK UP:

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

Equilibrium

03 9578 1229,

orders@kinesiologyshop.com

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