



THERAPY OF THE MONTH

Kinesiology

There's a wonderful world of alternative therapies out there just waiting to be discovered. This month, we shine a light on kinesiology

Life is full of challenges – some big, some small – and all of them have the potential to affect us physically, mentally and emotionally. Sometimes we know exactly what the problem is but lack the confidence or knowledge to resolve it and be happy and healthy, while on other occasions we simply cannot put our finger on what it is that's holding us back. If the latter sounds familiar, then kinesiology could be the ideal therapy for you.

There are many different types of kinesiology, but central to them all is a special muscle-testing technique that 'asks' the body's subtle energy system what it needs in order to address any imbalances. Like acupuncture, kinesiology is based on the principle that energy runs throughout the body along channels known as meridians, and if this energy gets blocked, impaired or imbalanced, it can affect our health and wellbeing.

During a kinesiology session, the therapist will apply light pressure to one or more muscles and ask a specific question, monitoring how your body responds. If the muscle being tested is weak and doesn't 'lock', it indicates that the body is saying no to the question, in which case a range of different techniques can be used until the muscle is strong and locks when retested, indicating a 'yes' response. These techniques may include working specific reflex points on the head, body or feet, laying your hands on an area of discomfort, adding in supplements or removing a problem food from your diet, using flower essences or essential oils, stress release exercises and visualisation or positive goal setting.

While kinesiology is a very gentle therapy, many report how intense and powerful sessions can be and how it can address a wide range of issues. To find a kinesiologist visit fht.org.uk/findatherapist

ON TRIAL

Everything you need to know about your first session

A typical kinesiology session lasts an hour, and after a consultation you will be asked to relax on a couch fully clothed. The therapist will then carry out muscle tests and use a variety of techniques until further testing indicates that the balance of energy in the body has been restored. Some sessions may focus on a specific goal that has come from your consultation, such as being able to play sport freely and comfortably. Muscle testing will highlight where the problems lie and what needs to be done to address them.