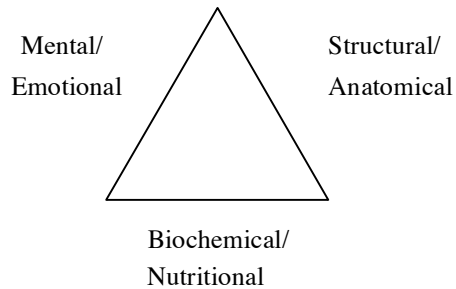


## WHAT IS THE TRIANGLE OF HEALTH?

The new paradigm for health is the Triangle of Health. It represents the Mental/Emotional, Structural/Anatomical, and the Biochemical/Nutritional Balance in all living creatures.



The more in Balance the Triangle is, the person will exist in a state of Optimal Life Force and Health. Of course, this is an ideal scenario. In truth, our lifestyles, our environment, and the food we eat, and the stress of coping with day-to-day events does not allow for the ideal picture of health.

The Body in all its magical creation is magnificent at its efforts to adapt, compensate and compromise, to maintain equilibrium and homeostasis in order to survive in a world full of challenges.

How can we maintain the Triangle of Health? With the knowledge and skill of a Specialized Kinesiologist.

## WHAT ARE THE BENEFITS?

- Stress Reduction
- Pain Reduction
- Healing Response Enhanced
- Learning Ability Enhance
- Postural Corrections with Musculoskeletal Balance
- Emotional Healing
- Nutritional Balancing

## WHAT CAN I EXPECT IN A SESSION?

No matter what the problem is, there is always a stress reaction. Stress release is the main goal in Specialized Kinesiology. It can detect and correct energetic imbalances in the Body, which may relate to stress - musculoskeletal injury, learning problems, emotional trauma, and more.

Physical, emotional/mental, chemical/nutritional, environmental and behavior stress' are things which cause problems with our health, and the area where these techniques have their greatest effect. Every session includes techniques to relieve some kind of stress.

Various stress release techniques are combined with emotional balancing, affirmations, visualizations, muscle therapy, movement exercises, as well as, nutritional and lifestyle recommendations.

Kate's programs are aimed at practical and functional techniques, which improve and revitalize the body, mind and spirit. Her focus is on self-care - helping others learn techniques that increase their knowledge, understanding and responsibility for the prevention and maintenance for their health and well being.

## WHAT IS SPECIALIZED KINESIOLOGY?

Specialized Kinesiology is a broad term used to incorporate many systems of energy balancing. Each technique may utilize "muscle monitoring" as a means to evaluate the Body's natural healing ability.

Each technique is used to assist the therapist through a hands-on approach to bring the clients Body back into a State of Harmony and Wellness = Balance or Homeostasis.

The future of your health care may come to rest in hands that are skilled in these specialized techniques.

Energy Medicine is believed to be the most effective stand-alone technology in the future of complimentary medicine.

*Kinesiology allows the Body to be perceived as a "Wholistic" creation, a finely tuned Instrument that can be Explored...and Harmonized within this paradigm.*