

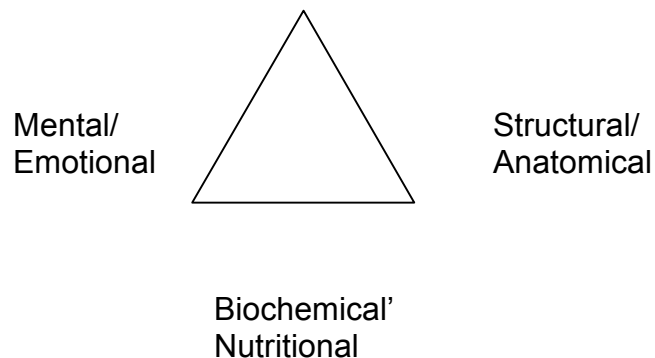


Sports Touch® and Kate' Montgomery, CSMT, ND

OPTIMAL LIFE – FORCE
EXISTS ONLY IN
EQUILATERAL BALANCE

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.



WHAT ARE THE BENEFITS?

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

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, 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 this Triangle of Health? With the knowledge and skill of a Specialized Kinesiologist.

WHAT IS SPECIALIZED KINESIOLOGY?

Specialized Kinesiology is a broad term used to incorporate many systems of energy medicine. Each technique will utilize “muscle monitoring” as a means to evaluate the Body’s natural healing ability. Each strives to assist the individual through a hands-on approach to bring the Body back into a state of harmony and wellness.

The future of your health care may come to rest in hands that are skilled in these specialized techniques. They are believed to be the most effective stand-alone technology of the future in alternative medicine.

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 various 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, massage techniques, movement exercises as well as nutritional and lifestyle recommendations.

Kinesiology allows the Body to be perceived as a “Wholistic” creation, a finely tuned Instrument that can be Explored and Harmonized within this Paradigm

ARE YOU INTERESTED IN CLASSES, A SPEAKER FOR YOUR GROUP...

As a health care educator. I am available to speak to your group, give corporate classes or individual instruction.

A Private Sessions with Kate' is 1.5 - 2 hours. Please call to schedule an appt.

Classes and Individual Sessions taught are:

* Internet counseling for self-healing techniques via webcam – minimum 30 minutes

- Meridian Tapping for Emotional and Physical Release - Release blocked energy that inhibits performance, health obstacles and create a deeper sense of harmony and well being within.
- Dyslexic Learning Correction and Brain Integration
- End Carpal Tunnel Pain Without Surgery - The Montgomery Method™ (A Self-Care Program)
- Pain Free Back - (Lower Body Alignment) – The Montgomery Method™ (Self-Care Program)
- The Athletic Ritual - Learn your individual sport ritual that can help you win the gold. Tried and Proven by Olympic Athletes!
- Sports Massage + Muscle Balancing - individual session
- Nutritional Balance - Hair Tissue Mineral Analysis + consultation on life style changes
- Touch For Health Mini Classes - Balancing the Energy Within - all ages
- Vestibular Sensing System - Improve Your Sense of Balance. Better eye/hand coordination, posture, muscles tone, agility, improved learning + all five senses enhanced. Billy Board® Balance Skill Discs

Achieving Balance in All aspects of Your Life Enhances Your Quality of Health and Your Quality of Life!

Testimonials...

From those that have used Kate's Programs

Sports Performance...

"Many times, after exhausting all avenues of conventional treatments, I have turned to Kate and her methods to get me back on the court. I have integrated her programs into a daily ritual which I used during the Olympic Games in Seoul, South Korea and the results were impressive. Not only did we win the gold medal, but my level of energy didn't wane during the entire 21 days! Kate's methods are worth learning. You have nothing to lose but a few minutes a day...and oh so much to gain."

Bob Ctvrlík - 1988-92, 98 USA Olympic Volleyball Team

Repetitive Strain Injury of the wrist and hand...

"With the current health trend of visiting local gymnasiums and being invaded by commercial television to get some other device to improve your abs, it's extraordinary that the one part of your body that you rely on to work and communicate with is taken so much for granted. Until something goes wrong! Regardless in which capacity you use your hands, whether it be punching stuff into a lap-top or being concert pianist, you'd do well to put Kate Montgomery's program at the top of your health regime. Assuming, of course that you have one. Very kind regards Kate. Thanks for steering me the right way."

Keith Emerson - Emerson, Lake and Palmer - Keyboards

Hair Analysis...

"My name is Lola and I am 43 years old. It seems to me that most women are more concerned with their appearance than their overall health. That is, until a health crisis occurs. My whole life I have been blessed with good health and good looks. I have never broken any bones or been hospitalized. I basically took my health for granted. I would eventually pay for the chronic stress and hurried lifestyle that I was accustomed to. Stress was my constant companion since childhood. Through my 20's, 30's and into my 40's I didn't correlate stress as a mediating factor in my health problems. Symptoms I was experiencing, headaches, stomach problems, hormonal up's and downs, endometriosis, depression and on and on. I knew I had to restore balance to my life

and body. Knowing that nutrition was a key ingredient, I researched and found Kate Montgomery. She suggested a hair analysis and the results were an eye opener. With a tailored program and her guidance, my health began to come back in subtle ways that I didn't expect. My body was regenerating itself. My eyelashes grew longer, the skin under my eyes became firmer and younger looking; my dentist said my gums looked much improved and my optometrist reduced my eyeglass prescription! And most of all, my energy was back! With modifications to my lifestyle, I know now that good health is not an accident and not to be taken for granted. Thank you Kate for showing me how to "Breathe" again and to regain a quality life."

Lola

Back Pain...

"About a year ago, I herniated a disc in my lower back. I had back spasms so bad I could hardly walk. My lower spine was in a very exaggerated "C" pulling my spine to the left. (So they tell me). My life was at a standstill. I had lots of problems and I was in constant pain. My mother found Kate. After several sessions but even after the first session, my pain went down and with her help, following her exercises and "rubbing points," I can now play basketball and run...I have a life again! And I still follow her program to make sure my back pain doesn't come back."

Jeremy, Age 20.

Learning Disability...

"Several years ago I had a brain tumor removed. It left me very disoriented. I had feelings of anger, frustration, and depression - all because doing the simplest thing was such as effort. I had a hard time organizing myself and handling things. Then I met Kate. After several sessions, I was able to comprehend and hold information, read, dyslexic patterns disappeared, and a sense of calmness that I had never had was there and most of all I stopped stuttering. My body no longer feels extreme stress. I know now I can lead a normal life again. This has been a miracle for me!"

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