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Kinesiology

At House of Sage we use kinesiology in addition to our remedial massage to assist the body with just a few of the following problems.

Pain

Stress & Confusion

Fatigue & Tiredness

Back Problems

Nervous Disorders

Sports Injuries

General Wellbeing

Digestive Disorders

Allergic responses

Personal Development

Muscle testing measures how the nervous system controls its muscle functions.

There are over two-hundred bones connected to hundreds of muscles in the body. These all need to be working properly together, to enable good nerve, lymph and blood supply throughout the body. Gentle corrections and alignment of these systems may be applied to balance the body's physical structure.

Muscle monitoring is used to assess how the system is functioning. This process can highlight possible areas of





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weakness. eg. a problem with the nervous system, the lymphatic drainage, the vascular supply to a muscle or organ, a nutritional excess or deficiency, a problem with the cranial-sacral, an imbalance in the meridian system or a host of other problems. Kinesiology borrows from many different disciplines and through the use of accurate, scientific muscle testing, in addition to the knowledge of the practitioner, helps direct the care to exactly what the patient's needs are.

Kinesiology can assess a person's nutritional status, including food intolerances, vitamin and mineral deficiencies, and other chemical sensitivities. It can help determine the supplements the body requires the most at that particular point in time. This benefits athletes as well as clients who require supplements such as minerals or other vitamins they may be lacking from their diet.

Eliminate the questions regarding your health and ask our practitioner about incorporating kinesiology into your next health assessment!





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