



Are you happy with your health?

Fed up with symptoms but not sure of the causes?
We tackle causes to get the solution, with kinesiology and natural medicine.

Using kinesiology and the principles of natural medicine, we identify what's causing your diseases or poor health, and what you can do to get better.

We believe **kinesiology** or '**muscle testing**' is one of the best non-invasive **diagnostic** methods for uncovering and resolving underlying causes of ill health, difficult to find by other means. Kinesiology is carried out fully clothed and uses a client's ability to do certain movements with an arm or a leg against gentle pressure, to test systems such as hormones, immune response, structural or chemical imbalances that cause symptoms of illness and pain.

To book a session, call
Gitti on 01437 741176 or Lise on 01437 710767.

Natural medicine aims to foster health rather than fight disease.

With kinesiology and natural medicine, you can discover how to....

- increase your **energy** and vitality
- relieve your **hormonal** problems
- identify gut problems or **skin** problems
- aid repair of damaged tissues, **organs** and structure
- discover your personal **nutrition** needs and deficiencies
- identify food and environmental **sensitivities** and **allergies**
- relieve **pain** and **tension** and improve posture
- overcome **sleeplessness**
- defuse **stress** and its causes
- ... and anything else inbetween.



PS. Can't come in person? Send us a hair sample. Call for more details.

Please keep this card if you are having health worries or pass it on to a friend who could benefit.

To book a session, call Gitti on 01437 741176 or Lise on 01437 710767.
Fully insured therapists in NLP, Bowen Therapy and Kinesiology.