



Jensen Health & Energy Center, S.C.

500 Elm Grove Rd, Suite 325 Elm Grove, WI 53122

Phone: (262) 782-1616 Fax: (262) 782-7815

www.health-energy.com

6 Six Steps to Optimal Health Using Kinesiology By Dr. Katharine Gandy

With all the attention turning toward wellness and preventative healthcare, it can be difficult knowing where to start and what type of practitioner can help lead you in the right direction. The majority of alternative models promote wellness and increased function with various treatments such as chiropractic, acupuncture, massage, psychotherapy, nutrition, and energy work. But how do you know which one you need, when, and for which condition? What areas of your health need attention? These questions have driven many holistic practitioners to develop models assessing multiple aspects of health. Kinesiology is a functional approach to deal with the relative state of the body by monitoring the nervous system through muscle testing.

The body is constantly communicating, monitoring and regulating its systems based on the information it receives from the internal and external environments. When things are going well and the body is in balance, we have 100% function and the body works with ease. However, when there is interference or imbalance in the systems, it creates stress on the body's ability to adjust and respond to the demands placed upon it.

The six steps to optimal health include balancing and supporting the main sources of interference and stress to the body's communication networks.

1. **Structural Traumas**- These can include auto accidents, sports injuries, falls, birth traumas, surgical scars and the like.
2. **Nutritional Imbalances**-Everyone has a unique need for nutrients and ability to digest foods. Conditions such as Gastric Reflux and IBS can be greatly affected by nutritional imbalance.
3. **Emotional Stress**- We all juggle many activities and responsibilities that can add strain to specific systems of the body.
4. **Allergies/Sensitivities**-Things we eat, breathe, and touch can be very dangerous for some and mildly annoying for others. The body has specific reactions to its environment that can be changed or supported with various treatments.
5. **Environmental Toxins**- Things are toxic to the body if the body doesn't recognize a function for it or it is not a natural substance found within the body's tissue. Toxins affect individuals at different rates and at different locations.
6. **Electromagnetic Pollution**- The human body is a polar organism much like the Earth itself and can be affected by other energies from cell phones, televisions, computers, power lines, etc.

Kinesiology and muscle testing allows a way to evaluate each of these six interferences, and guide you on your path to treating each of the components to health. Searching and recognizing the cause for the mal-function can prevent the need to only address the symptoms, which ultimately will lead to improved function and a better awareness of your body's response to its environment. We can also determine which treatments your body needs to balance and decrease interference to reduce pain and symptoms and improve general function and energy.