

## [Sample Article - 492 Words]

### Kinesiology - What is It?

My online dictionary defines kinesiology as 'the study of the mechanics of body movements'.

Your health can be assessed through the testing of muscles to identify any imbalances, be it physical or emotional, chemical or nutritional. One of the aims of kinesiology is to locate these imbalances of our body and restore equilibrium. The imbalances can be detected through the variations of stress resistance in a number of muscle groups.

Kinesiology looks at the whole body to establish balance. A kinesiologist will try to increase energy flows if they find imbalances, with the use of pressure and manipulation at certain points on the body to assist energy to circulate evenly.

### How Can Kinesiology Help Me?

There are so many maladies where kinesiology may assist to alleviate the body's systems. From some unspecified pain, that seems to have no immediately identifiable cause, to identifying allergies.

The kinesiologist can test the reaction of your body to different or specific food groups. They will place the food over the body and test the muscles reaction. The muscle reacting strongly, or weakly, provides an indication of a good or poor tolerance to that food. This procedure may also help to identify some health triggers for you.

Kinesiology may also assist you if you suffer from headaches, low energy, stress and anxiety. The kinesiologist may be of great benefit to you concerning your emotional state as well.

### Types, or styles of Kinesiology

There are many different styles of Kinesiology, and they normally fall into these three groups:

1. Dentists, Chiropractors, Medical Doctors and Osteopaths, use **Applied Kinesiology**
2. **Traditional Kinesiology** is primarily biomechanics and exercise physiology.

3. Then there is **Specialised Kinesiology**, which incorporates manual muscle testing on various parts of the body and neural system.

## **What does a Kinesiologist do?**

Most Specialised and Applied Kinesiologists use muscle tests. They will test the work of the muscles, which will then tell them the overall state of structural balance of the body. These kinesiologists recognise there are a number of energy flows in the body that relate to more than the muscles. They are also connected to every tissue and organ that make the body what it is, a living thing. You will be seen as, and treated as, a whole organism, not just a collection of symptoms.

Kinesiology relies upon feedback from the muscle that measures how your nervous system controls it working as well as the channels of the brain and body. In this way, it helps the body by 'balancing' its energies. Many believe that all stress, imbalance and blockages in the neural system can be found by measuring the tension in some muscles.

## **Benefits of Kinesiology**

Kinesiology is used for the relief of pain, stress, stomach disorders, tiredness, allergies, nerves, sports injuries and general wellbeing. You will probably find it is beneficial to have a number of treatments. Muscle testing is not intrusive or painful in a Kinesiology session.