

AKA Conference 2011

Books & Materials of Particular Interest

from the 28th Australian Kinesiology Conference, Fremantle, WA, September 2011

Conference Journal

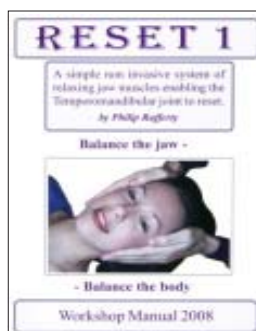


2011 AKA Conference Journal available for public sale, October 2011:
\$35 plus \$7 postage.

Papers of the presentations from the Conference including 4 bonus papers. Topics include:

- Contributions from Bio-Kinesiology by *Wayne Topping Ph.D.*
- How Homeostasis & Stress Combined Chaos Theory & Quantum Mechanics Provide a New Model for Energetic Healing by *Charles Krebs Ph.D.*
- Why Busy People Die Young by *Peter Dingle Ph.D.*
- Prostrate Health - Are We Missing Something by *Lisa Throssell RN*
- Something Somewhere Has Changed - The Concept of Asymmetric Cortical Function by *Randy Beck Ph.D.*
- The Chi of Vibrant Wellbeing & Fertility by *Parijat Wismer*
- Kinesiology - What's in a Name? by *Irene Oram*
- Application of Creative Arts in Empowerment for Children with Dyspraxia by *Mikailah Lehmann OT*
- Kinesiology and Aromatherapy by *Kirsten Hocking*
- The Eight Extra Meridians by *Wayne Topping Ph.D.*
- Body Nutrition by *John Holodnak ND*
- Balancing the TMJ by *Philip Rafferty*
- Brain Integration as a Means of Mental Hygiene and General Wellbeing by *Dorothea Bassett*
- Hidden Dimensions & Influences that Impact Our Lives by *Sylvia Marina ND*
- Golden Age Essences by *Annette Krah*
- Kolor Kinesiology Eases Anxiety in Children by *Rainbow Gold A. Theol. B.Ed.*
- Rotation - Nutrition for the Brain (RNB) by *Judith Gorlesky*
- Coaching, Counselling and Kinesiology - What's the Difference by *Gordon Dickson*

Books by Philip Rafferty (2011 Conference Speaker)



RESET BOOK

Balance the Jaw

\$15.00 (2008 colour edition)

The manual from the RESET course by Philip Rafferty. Shows all TMJ correction positions & sequences with excellent photographs and diagrams.

Kinergetics Formats & Dictionary

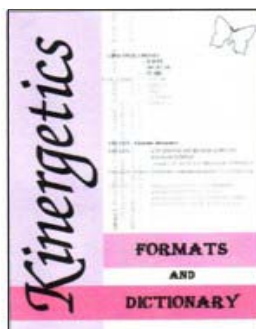
\$33.00

The manual of formats from Kinergetics. Includes Formats for:

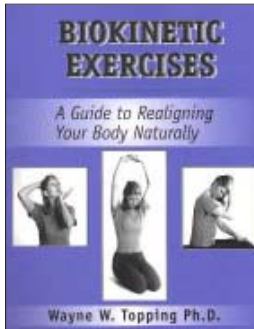
Blood Pressure, Pancreas, Bladder, Kidney, Stress

Cells, Skin, Reproductive, Ear, Menopause, Heart, Spleen, Lungs, Stomach, Small & Large Intestine, Liver, Immune System, Lymphatic System, Digestive System, Endocrine System. Also includes 'Chart of the Glands'

PLUS includes the Kinergetics Dictionary with over 400 'emotion' words and their meanings for use in kinesiology emotion work. In total over 1000 references to 'emotion' words. Handy reference to have. Use for scanning also. Kinergetics Emotions Chart on the back cover.



Wayne Topping Manuals (2011 Conference Speaker)



BIOKINETIC EXERCISES

A Guide to Realigning your Body Naturally

\$55.00

Biokinetic exercises (from Biokinesiology) are passive exercises that use position-releasing to balance muscles, tendons, ligaments and fascias that are too weak or too strong.

The manual covers

- Biokinetic Exercises for the low back, neck & shoulders.
- Biokinetic Exercises for 102 different muscles & ligaments
- How to circuit localise tissues
- How to identify which muscles & ligaments need correction.

- How to know when you are in the optimum position and how long to hold the positions for maximum effectiveness.
- How to use muscle testing for biofeedback

Ideal as a self help manual or for therapists using specialised kinesiology or other forms of body work. The presentation of the manual is very clear and professional with first class diagrams and photographs.



ALLERGIES: HOW TO FIND & CONQUER

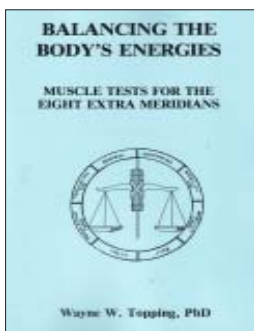
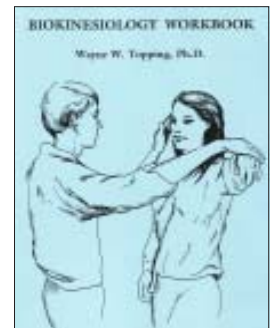
\$45.00

100 specific allergies and their Emotional - Nutritional - Structural associations. Using the BK system..

BIOKINESIOLOGY WORKBOOK

\$45.00

The manual for Wayne Topping's Biokinesiology Workshop. The most comprehensive information available on the system and the use of Biokinesiology.



BALANCING THE BODY'S ENERGIES

\$39.00

The text for the course 8 - Extra Meridians. Includes muscle tests for the extra meridians, corrections points, emotions, nutrition and exercises. Well illustrated, photographs too

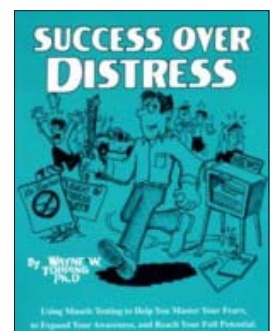
The text relating to the course 8 - Extra Meridians. In Touch For Health & Applied Kinesiology one uses the major 14 meridians of 20. The 8 extra meridians are Central & Governing and the 6 remaining less known & used meridians; for example: Belt Meridian, Vital Meridian, Regulating Yang Meridian. Includes muscle tests for these extra meridians, corrections points, emotions, nutrition and biokinetic exercises. Uses illustrations

& photographs.

SUCCESS OVER DISTRESS

\$39.00

A practical workbook on Stress Release that is well illustrated and both easy to read and follow. Very suitable for the layperson and beginners in Kinesiology.



Also Popular at the Equilibrium Stall at the Conference

R.A.W. Affirmations BOOK ONE by Pam Myers & Sally Worth **\$38.00**

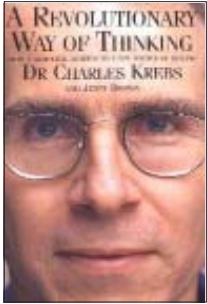
R.A.W. Affirmations BOOK TWO by Pam Myers & Sally Worth **\$38.00**

Meridians, Modes & Formats by Hugo Tobar **\$40.00**

Essences for Kinesiologists by Linda Rodgers **\$33.00**

Sound Healing Book & DVD by Marjorie de Muijnck **\$88.00** (accompanying Ohm Tuning Forks)

Books by Charles Krebs (2011 Conference Speaker)



A REVOLUTIONARY WAY OF THINKING

by Charles Krebs Ph.D \$33.00

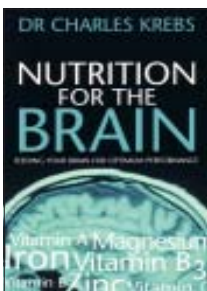
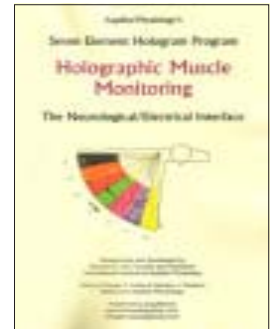
A Revolutionary Way of Thinking is a fascinating account of how Charles Krebs' near fatal accident led to the development of a very successful Kinesiology based approach to reintegrating brain function. This book is a well grounded publication covering in detail the history and development of Kinesiology as well as the most updated neuroanatomy and physiology as it relates to brain function that is so relevant to the Kinesiology field.

HOLOGRAPHIC MUSCLE MONITORING

by Utt, Krebs & Dickson \$44.00

An important book about the physiology of muscle testing and holographic principles from Applied Physiology. Includes diagrams (some in colour) & extensive explanations, chapter by chapter, on:

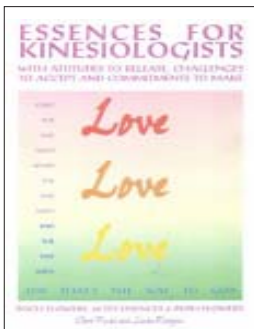
- The Physiology of Muscle Testing
- Muscle Monitoring and the Meridian Matrix
- The Seven Chemo/Electrical States of a Muscle
- Proprioception, Contraction and Extension of Muscles
- Pre checks
- Pause Lock
- Finger Modes and Indicator Points
- Neurolymphatic & Neurovascular reflexes
- Major Muscles of Applied Physiology
- Five Element Pattern of Applied Physiology



NUTRITION FOR THE BRAIN

Feeding Your Brain For Optimum Performance \$44.00

Nutrition For the Brain demystifies a very complex field. It offers a specific, comprehensive prescription to natural nutrition, that will not only impact our general health and wellbeing but our mental performance. Chapters include: Nutritional Deficiencies and Reasons For, Nutrition and How it Works, The Zinc Connection, Effects of Stress on Mental Performance, How Nutrition Can Optimize Mental Performance, Nutrition & Nutraceuticals for Optimum Mental Performance. A wealth of information!



(As recommended by Charles in his pre conference workshop)

ESSENCES FOR KINESIOLOGISTS

...with Attitudes to Release, Challenges to Accept & Commitments to Make

by Linda Rodgers & Carol Rudd \$33.00

This wonderful manual comes highly recommended by internationally known Kinesiologists as support for the use of flower essences in the kinesiology work. It is a comprehensive list of flower essences from 3 popular flower ranges - The Bach Flowers, The Australian Bush Flowers and the Flower Essence Society Flowers (Californian Essences).

Each essence is listed with:

1. An attitude to become aware of and to release
2. A challenge to meet and
3. A commitment to make
4. Meridian, Chakra and/or 5 Elemental Correspondences

It is presented as a spiral bound A4 manual of 90 pages. The detail on the essences is presented in affirmation format, with options and suitability for refinement in a kinesiology session.

(As recommended by Charles in his Conference Presentation)

THE FIELD - The Quest for the Secret Force of the Universe

by Lynne McTaggart \$27.00

This book has already gained an almost cult following in hardback and is a number one category bestseller. How does the power of prayer and energetic healing work? How is the human mind and body connected? How does consciousness shape the world? These and much more are all discussed in *The Field* in relation to science and the hidden force of the universe. McTaggart, an investigative journalist, describes scientific discoveries that she believes point to a unifying concept of the universe. At issue is the microscopic vibrations in and between physical objects. These fields, McTaggart asserts, are a "cobweb of energy exchange" that link everything in the universe; they control everything from cellular communication to the workings of the mind, and they could be harnessed for unlimited propulsion fuel, levitation, ESP, spiritual healing and more.

