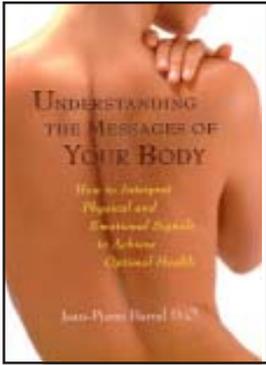


# BOOK REVIEWS



## Understanding the Messages of Your Body

by Jean-Pierre Barral D.O.

### How To Interpret Physical and Emotional Signals to Achieve Optimal Health

Understanding the Messages of Your Body is another one of those books that address the underlying emotional and metaphysical causes of ill health. There are quite a few around these days and each has its own slant, presentation and focus, thus making them relatively unique to each other.

This book is no exception. Dr. Barral asserts we are all born with certain parts of our bodies that are less healthy than others and that as stresses and trauma of life accumulate these areas become what he calls our 'weakest link'. This is especially the case with our organs. In

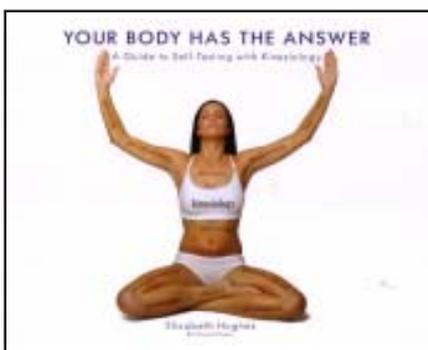
Understanding the Messages of Your Body Dr. Barral discusses each organ and its complex relationship with the rest of the body, explaining how pain can originate with an emotional upset that creates distress in an organ, or how a physically damaged organ can cause emotional problems. The latter aspect is not something always covered in other books of this type as it is always presumed the emotion/stress starts off first. Consequently for some this book may add another dimension to the wellbeing/emotions connection.

Also covered are detailed analyses of various "types" of human personality and the physical-emotional complexes and related organ dysfunctions that accompany them. In fact each organ is presented as a chapter heading accompanied by a theme e.g. The Stomach and Duodenum: Our Social Self. Within the chapter one finds an explanation of the workings of the organ or part of the body and symptoms when not working well. Following this comes the description of personality types e.g. the stomach and duodenum people. The author offers advice and encouragement for each type to improve physical, psychological, and emotional health that can be used by both professional therapists and the public.

Again, as with many other books of this type, one can use it as a reference, to look up what might be associated with a given condition related to an organ. However the details are not alphabetically referenced, but presented chapter by chapter as explained above.

Since this book focuses mainly on organs, the health conditions it covers may not be as broad as other books. None the less it does offer other unique aspects that may make it valuable for anyone specially interested in the mysteries of what lies behind our physical imbalances, from an emotional perspective.

*Available from Equilibrium, 03 9578 1229, info@kinesiologyshop.com, \$27.00 plus \$5.00 postage.*



## Your Body Has The Answer

by Elizabeth Hughes

### A Guide to Self Testing with Kinesiology

Elizabeth Hughes is a Kinesiologist and Natural Therapist on the Sunshine Coast in Queensland. Her book 'Your Body Has the Answer' is a self-help guide to kinesiology that allows one to broadly explore the cause of one's ailment and discover the best treatment for it.

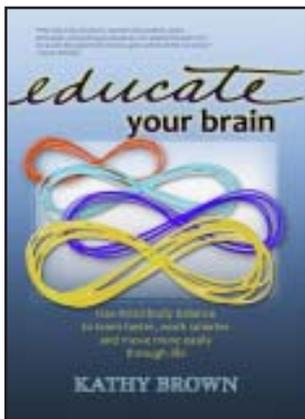
The book is divided into 4 parts however the bulk is taken up by the 50 common ailments (from acne to yeast infections) and their associated corrections & applications. Each ailment covers 2 double-page spreads. And for each the corrections or treatments may include affirmations, mind/body awareness, flower essences, meridian tracing, crystal healing, foods, oils and other supports. There is also a case study included.

Importantly the other parts of the book cover: How to use the material (the book), self-testing techniques & treatment applications.

A superb feature of the book is its glossy presentation. Very colourful without being over the top. In fact every page is laid out logically and consistently, making it easy to find your way across the pages devoted to each condition. In consideration of the volume of information it is remarkably well presented.

This book is almost a reference manual for self-help on a variety of health complaints. It would be suited to anyone studying Kinesiology, especially Touch For Health, but it certainly can be used by anyone without any Kinesiology training. You just need an interest in helping the body naturally.

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## Educate Your Brain

by Kathy Brown

**Using Mind-Body Balance to Learn Faster, Work Smarter and Move More Easily Through Life**

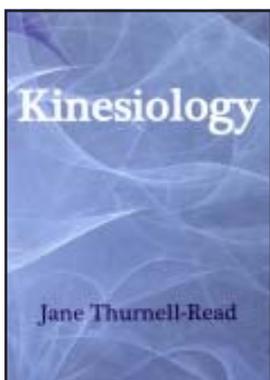
In *Educate Your Brain*, Kathy Brown has brought together the simplified basics of the Brain Gym program. There are many texts these days on using Brain Gym techniques, whether they be adapted material or direct Brain Gym approved information. It should be said from the outset that this book is part of the latter and Paul Denison, co-creator of the Brain Gym Program, comments himself by saying: "I found it a joy to read this book", putting his own endorsement or stamp of approval on the material.

In essence *Educate Your Brain* can be divided into three sections. The first chapters go step-by-step through the 'pace' process, describing the four Brain Gym movements that are its components, and how they work together as the perfect boost for living and learning. The middle chapters explore diverse elements of theory and practice, from understanding the balance process and why movement is necessary for learning and reading, to exploring whole-brain processing, The Three Dimensions, and more. The final chapters illustrate how Brain Gym can be used in a wide variety of situations throughout life: the workplace, in sports, in the classroom, as a personal growth and stress management tool, and in the home.

Given that Brain Gym material has been presented many times before in print, a lot of thought has gone into this book on how to present it with a bit more on offer. It is set out very well, covers the many topics in detail and with interest, and included are highlighted areas, stories of clients and side page boxes with tips and extra comments. There are many diagrams (photographs, charts and illustrations) to exemplify the concepts and the procedures. In fact the only negative is that the presentation may be too busy for some. However the set out from page to page is very consistent - if you get a handle on how any small section comes across, you will also cope with the whole book.

While Brain Gym is for people of all ages, this is not one of those Brain Gym books for children to read themselves. It aims to educate the adult for their own use or use with others, be they children or not. Overall it is a wonderfully fresh presentation of the Brain Gym material in all its detail.

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## Kinesiology

by Jane Thurnell-Read

This latest book by Jane Thurnell-Read is a fantastic 'What is Kinesiology' type book that is both detailed and broad across the Kinesiology field. There has been a gap in the reading material of this kind for some time. By the 1990's there were three 'what is kinesiology' type books which all went out of print around the turn of the millennium. Fortunately one of these books was reprinted last year and now Jane's new book is an exceptional addition to this to this sought after material. Jane has thought about the content and presentation of this book very well and has made sure it catches up on the missing years of this information by being comprehensive, up to date and modern. The book covers the expected topics such as the history of kinesiology and the different systems that have

evolved (more than 30 systems covered). It covers key concepts & terms used in Kinesiology, and also correction methods and what happens in a session. Included are case studies from around the world and accounts of how practitioners and system developers got involved in amazing therapy. More specifically I like the fact that Jane has presented information that has come directly from the authors of Kinesiology modalities, making these snippets interesting and personal.

Even though this book is a UK based publication it has a solid representation of Kinesiology around the world. In addition one gets the sense of Australia being an important contributor to the Kinesiology field world wide via its pages.

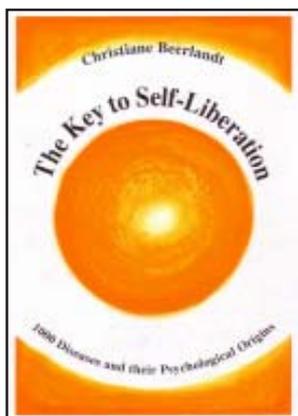
As the newest publication of its kind, this book is up to date with its information and also is unsurpassed as a detailed introduction to the field. Great for the public, for beginning students and for the kinesiologist wishing to loan or hand out, or use a reference.

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# The Key To Self Liberation

by Christiane Beerlandt

## 1000 Diseases and their Psychological Origins



The Key To Self Liberation is an extraordinary and huge piece of work from an author who lives in Belgium. As with a lot of these types of books that endeavour to itemise the psychological-emotional and spiritual solutions to human disease and imbalance, it is not based on scientific observation. Rather Christiane freely admits that this material was obtained through tuning in and listening to the deep language of life itself, thus making it essentially channelled material.

At the front of the book Christiane has a 'Message to the Reader', which makes it clear that she believes healing the planet is about healing oneself. She puts it all so beautifully so one realises at the very beginning that is going to be a very specially written book.

The Key to Self Liberation is actually in 2 parts:

The first part is the much smaller section and is entitled "Key to Living in Happiness". It is here Christiane imparts abundant wisdom on topics such as the true origin of illness, living according to one's truth, illness as a signal, love of oneself versus ego and many more ideas, concepts and spiritual philosophy of life in general. This section is about 60 pages and could be a book in itself.

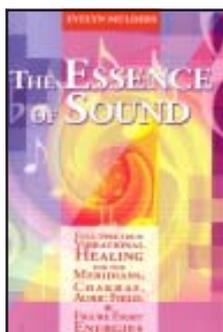
Not to undermine the first part of the book and all its wonderful wisdom, the second part is the what attracts people to pick it up - that is the 1000 diseases and their psychological origins. This section is over 600 pages by itself. But it is not the number of pages that makes this part of the book so impressive but the detail that Christiane goes into for each health condition or ailment. One gets more than a few lines of information - but many paragraphs and sometime pages. This level of details allows the information to be potentially very insightful. There also exists the possibility of being able to spend time with the information through contemplation or going over it.

As one would expect the health conditions are arranged alphabetically, but some conditions do appear beneath other headings. There is however a comprehensive index at the back which will identify further anything that may be sub-categorised. In addition symbolism of the organs are covered which adds an extra dimension to the material - it is not only stomach conditions that are covered, but the stomach itself and what it symbolises, for example.

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# The Essence of Sound

by Evelyn Mulders



This beautifully presented book is an encyclopedia of sound & energy medicine by Canadian Kinesiologist Evelyn Mulders.

Using sound as a starting basis Evelyn has compiled a sophisticated guide to the body energy systems, teaching one how to use sounds, herbs, crystals, aromas & affirmations to orchestrate the energies of one's meridians, chakras, auras and figure 8's.

Evelyn created her own Sound Essences in 1999 and while a chapter is devoted to the anatomy of these essences, most of the book is devoted to sound and energy healing in general. In particular there is a focus on the Five Elements and the Chakras tying the various ingredients of energy medicine and healing into these two areas.

The Essence of Sound has so many facets to it pages it is difficult to describe them all. It tackles emotional issues in the meridians and aspects of the chakras by presenting the information down wide margins in the book. Inside these margins one finds more detailed and comprehensive information, defining and discussing a wide array of topics.

Although presented in paperback size 'The Essence of Sound' has been printed on glossy paper and is colour coded for easy reference. And for easy use, it is spiral bound, but done so in manner that makes the publication look very neat and pleasing to the eye (not always a feature of spiral bound books). The publication is 350 pages and will be enjoyed by all who are fascinated and inspired by using energy medicine information.