

## We Have Moved But Not Far Away!

After 21 years at our prior position  
we have moved up the road to:  
**523 North Rd. Ormond.**

All other details remain the same:

Ph: 03 9578 1229, [info@kinesiologyshop.com](mailto:info@kinesiologyshop.com)  
PO Box 155, Ormond VIC 3204

Moving means a clearing out and a change of focus.

The shop presentation will reflect our mail order  
service and website products a lot more.

See them on the website(s) or see them in the shop!

If you live in Melbourne or are visiting,  
pop into the new Equilibrium store at:  
523 North Rd Ormond.

We are still close to the Ormond Railway Station.

## Equilibrium has a New Distribution

In March 2015, we acquired the  
Australian distribution of Brain Gym  
materials from our long time colleague,  
and now retired, Barry Summerfield.

[www.braingym.com.au](http://www.braingym.com.au)

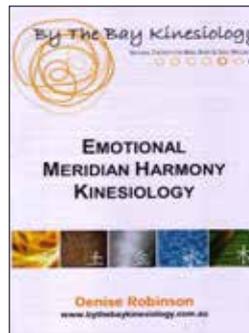
The above website has now become a sister website  
to our kinesiology supplies website of  
[www.kinesiologyshop.com](http://www.kinesiologyshop.com)

The braingym.com.au website is a shopping cart  
website that covers all the brain gym resources as  
well as many other related books and materials on:

- \* Kindergarten & Primary School Learning
- \* Teenagers and Adult Learning.
- \* Autism Spectrum Disorders
- \* Relaxation, Meditation etc Tools for children
- \* Effective Teaching
- \* Educational Toys
- \* Tools for Learning Maths
- \* Music
- \* Natural Health
- \* Babys & Parents
- \* Raising Kids
- \* Infant Reflexes.

AND MORE

Since Brain Gym has its roots in the Kinesiology field,  
this new distribution fits right in.



## Emotional Meridian Harmony Kinesiology

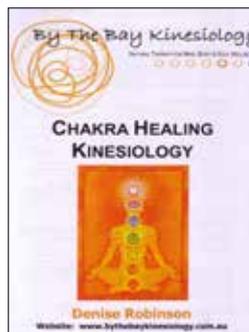
by Denise Robinson  
**\$138**

This is the complete manual for the  
course Emotional Meridian Harmo-  
ny Kinesiology. It is a detailed text  
on balancing meridians using well  
known Kinesiological tools such as  
finger modes and acupuncture theory and contains a myriad  
of correction techniques with an emotional focus.

As a course text this manual is set out clearly and logically  
for anyone with a basic understanding of Kinesiology to fol-  
low (e.g. Touch For Health would be a good prerequisite). It  
begins by explaining some of the basics in Kinesiology that  
are used such as circuit retaining mode, finger modes, setting  
goals, age recession etc. Then the various correction tech-  
niques are explained such as acupressure points, affirma-  
tions and meridian balancing corrections. Other corrections  
used are relationships; such as emotions, essential oils, crys-  
tals and colour etc, that are associated with each meridian.

The manual also contains the Emotional Meridian Harmony  
Kinesiology balancing procedure and includes session sheets  
that can be completed. However the bulk of the text works  
through the meridians one by one, starting with a meridi-  
an overview and functions and indications and then moves  
through the emotional aspects and onto the corrections and  
associations, all for that meridian, before going onto the next  
one. Towards the back one finds a section on the five ele-  
ments and 8 extra meridians.

**A4, spiral bound. 188 pages**



## Chakra Healing Kinesiology

by Denise Robinson  
**\$83**

Another course text by Denise, this  
time for the Chakra Healing Kine-  
siology workshop. There is a bit  
of overlap with the above manual  
in the beginning pages in regards  
to introducing the basics. Beyond that the material narrows  
onto to the Chakras themselves. In the manner of the above  
text, the Chakra Healing Kinesiology balancing procedure is  
presented, along with the associated session sheets that can  
be filled in.

Information on each chakra is offered with its governing role,  
qualities, life issues and properties in detail. Remedies in  
the areas of affirmations, oils, acu points, nutrition are then  
covered.

Being a course text this manual is also presented for practical  
use. **A4, spiral bound. 102 pages**

**PURCHASE BOTH MANUALS at 15% off: \$188.00 (save \$33)**

### Chakra Essence Set

(10 x 10ml stock boxed set) \$125.00

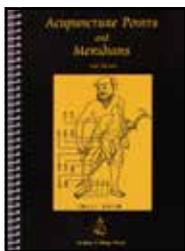


The Chakra Essences are a powerful set of Flower, Gem & Crystal Essence combinations helping you to work at a deep level with the issues and patterns of each of the chakras that most affect your mental and emo-

tional well being. There are ten essences in the set; one for each of the seven main chakras as well as one for the feet chakra, higher heart chakra and the higher chakras above the head. From the well respected and established Crystal Herbs in the UK - also the manufacturers of Bach Flower Essences supplied by Equilibrium.

### Acupuncture Points & Meridians

by David Legge \$39.00



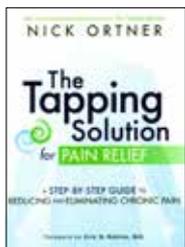
#### Comprehensive & Invaluable Quick Reference Guide to Meridians & Acupuncture Points

This Top Seller has just been reprinted yet again. While the content remains the same the presentation has had a facelift.

Contains clear diagrams of all major meridians and their associated acupuncture points plus geographical description. Includes secondary vessels and eight extra meridians, plus theory on all aspects of Chinese medicine regarding points & meridians. Spiral bound & pages are tabbed for easy access to information. **Excellent reference & resource.**

### Tapping Solution for Pain Relief

by Nick Ortner \$20.00



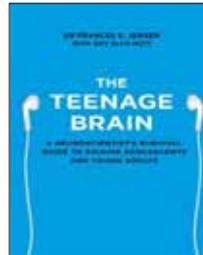
#### Step by Step Guide to Reducing & Eliminating Chronic Pain

In this book which builds on the information contained in The Tapping Solution, Nick Ortner presents a startling alternative to a growing problem that is invariably treated by conventional medicine. He lays out a step-by-step plan that teaches people how to use

tapping, or EFT (emotional freedom techniques), to reduce or eliminate chronic pain. Looking at the scientific research surrounding pain, stress and tapping, he opens readers eyes to just how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long term. Nick guides readers on a journey that begins on the surface-tapping to address the pain itself—and moves to the deeper issues that often affect pain. With easy-to-follow tapping scripts and exercises to guide readers into their pasts, Nick helps them heal the emotional pain and underlying beliefs that often keep people stuck. He also addresses topics that many people don't know are associated with chronic pain, such as: Releasing the past and clearing resistance to change, Creating personal boundaries, Dealing with toxic relationships, Understanding the power of a diagnosis and Working through anger.

### The Teenage Brain

by Frances E Jensen \$30.00

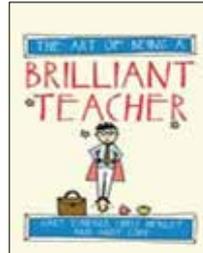


We used to think that erratic teenage behaviour was due to a sudden surge in hormones, but modern neuroscience shows us that this isn't true. The Teenage Brain is a journey through the new discoveries that

show us exactly what happens to the brain in this crucial period, how it dictates teenagers' behaviour, and how the experiences of our teenage years are what shape our attitudes, and often our happiness in later life.

### Art of Being a Brilliant Teacher

by Various \$28.00

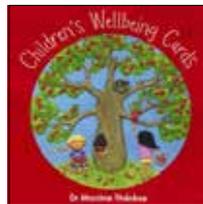


With their fresh perspectives, sage advice and a hint of silliness, the authors show you how to unleash your brilliance. Have you ever had a class that are angels for your colleagues but Lucifer incarnate as soon as they cross the threshold of your classroom?

Or realised too late that your best-laid lesson plans were doomed from the start? Or had your energy and enthusiasm sapped by a mood-hoovering staffroom Grinch? Not a problem when you've mastered the art of being a brilliant teacher. With plenty of practical advice and top tips, let this book show you how. A brilliant book for teachers. An inspiring, engaging and informative new series that shows you how to transform your practice and become - quite simply - brilliant.

### Children's Wellbeing Cards

by Therese Maxine \$25.00

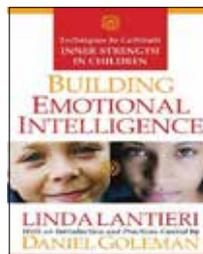


The Cosmos Child Childrens Wellbeing Cards have been designed with the intention of lovingly supporting children to affirm their 7 foundational

needs. They bring awareness to childrens needs according to the chakras. Each of the 28 cards has an accompanying reading, supporting parents to encourage and affirm their childrens needs in a simple way. By using the cards, children discover words and images to help them express their feelings and come to know that their needs matter, which is vitally important to their wellbeing. Boxed set of 28 cards with reference booklet

### Building Emotional Intelligence

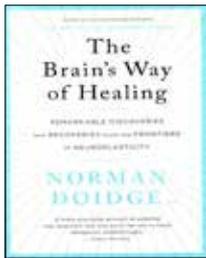
Book & CD \$25



Maths, science, or reading are important, but there is an overlooked element that is fast becoming essential in today's stressful world: the capacity known as "inner resilience." In Building Emotional Intelligence, pioneering

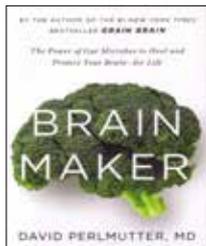
educator Linda Lantieri joins forces with renowned psychologist Daniel Goleman to help children respond to and rebound from the challenges unique to the 21st century, via a breakthrough, step-by-step guide that teaches children how to quiet their minds, calm their bodies, and manage their emotions more skillfully. Contains proven techniques for increasing self-esteem, improving concentration and awareness, and enhancing empathy and communication. A powerful curriculum is arranged according to age group and complemented by a spoken-word CD with exercises presented by Daniel Goleman.

## New 'Brain' Books



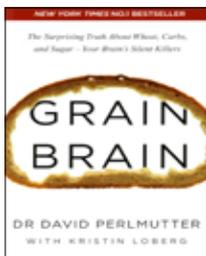
### The Brain's Way of Healing by Norman Doidge \$35

This is a brilliant and beautifully written follow-up to Dr Doidge's record-breaking bestseller 'The Brain That Changes Itself'. In his first book, Norman Doidge described the most important development in our understanding of the brain in four hundred years: the discovery that the brain can change its own structure and function in response to mental experience — what we call neuroplasticity. Now The Brain's Way of Healing shows how this amazing discovery really works, significantly broadening the field from traumatic brain injury to all manner of diseases and conditions in which brain functioning is a factor — including multiple sclerosis, Parkinson's disease, epilepsy, cerebral palsy, and dementia — and describes how patients have retrained their brains and learned to walk, speak, or hear, while others have reset the brain's energy patterns and circuits to overcome or reduce chronic pain or alleviate anxiety, trauma, learning disorders, and many other impairing syndromes.



### Brain Maker by David Perlmutter MD \$30

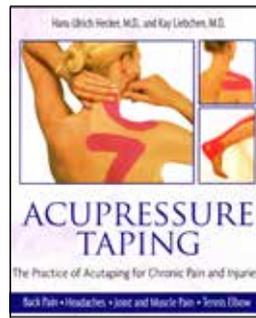
Debilitating brain disorders are on the rise - from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem. Astonishing new research sheds light on the influence of the human microbiome in every aspect of health, including your nervous system. In BRAIN MAKER, Dr Perlmutter explains the connection between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on the environment, how it can become 'sick', and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better.



### Grain Brain by David Perlmutter MD \$30

It's not just unhealthy carbs that are doing the damage: even healthy ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more. Dr. Perlmutter explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He also offers an in-depth look at how you can take control of your 'smart genes' through specific dietary choices and lifestyle habits, demonstrating how to remedy your most feared maladies without drugs. Including a revolutionary 30-day plan to help you cut grains from your diet, Grain Brain will show you how you can reprogram your genetic destiny for the better.

## Bestsellers Last Newsletter

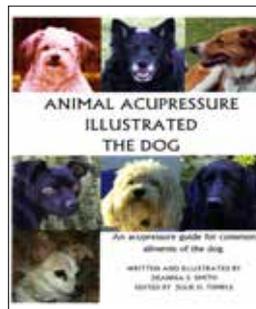


### Acupressure Taping by Hans-Ulrich Hecker MD & Kay Liebchen MD \$33.00

The Practice of Acutaping for Chronic Pain & Injuries

This book is based on Kinesiology Taping but uses the therapeutic principles found in Chinese Medicine. Another well presented, professional text with excellent photographs and descriptions. Takes one through the basis of Acutaping and how it works as well as 25 body section tapes. Includes an ailment reference at the back. Large format paperback of 122 pages.

**Kinesiology Tape Available: \$16 per roll or \$81 for a 6 pack - various colours**



### Animal Acu Books

#### The following books are Acupressure Guides for Common Ailments of Various Animals.

Each of these texts is a detailed pictorial guide to the 14 major meridians of the said animal.

All acupuncture/acupressure points are diagrammatically shown on charts, along with an accompanying table giving a geographical description of the points. Following that are acupressure treatments with symptomology, charts and tables on each. For example:

- \* Blood Test Balancing
- \* Immune System Performance
- \* Dental, Eye & Ear Disorders
- \* Asthma and Breathing Disorders
- \* Appetite Disorders, Weight Loss etc
- \* Various Digestive System Disorders
- \* Heart, Liver, Kidney and other organ disorders
- \* Female Disorders
- \* Diabetes
- \* Thyroid Issues
- \* Allergies
- \* Anxieties
- \* Arthritis
- \* Muscle, Tendon, Ligament Issues

Also included in each book:

- \* alarm points and other special points in chinese medicine.
- \* An anatomical chart of the animal
- \* Section on using acupressure
- \* An opening and closing massage.
- \* Blank charts for records and new treatments
- \* English & Chinese name of all points

**Each book is large format paperback of around 100 pages. \$44.00 each, \$39 each for 2 or more.**

**Purchase now for Dog, Cat or Horse**

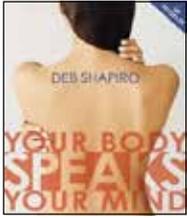
**Plus available by order:**

**Cow, Poultry, Pig, Sheep, Rabbit, Parrot and more.**

**Our Ageing Brain \$28.00** The stereotypical view of the general decline in our brain is not real.

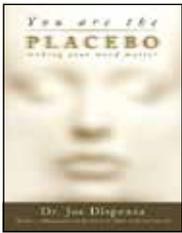
**Digestive Intelligence \$27.00** Our Second Brain. The connections between emotions and digestion and the way our digestive system influences our mood & character.

## General



### **Your Body Speaks Your Mind** by Debbie Shapiro \$39.00

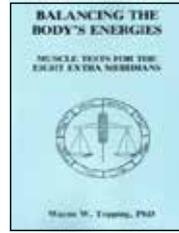
Learn to interpret your body's 'Language of Symptoms'. This book shows you how mastering the language of your symptoms can actually increase your potential for healing. And how unresolved psycho/emotional issues can affect your physical health, how feelings and thoughts are linked to specific body parts, and steps you can take to heal your body with your mind and to heal your mind with your body. The first section of the book goes through the language of your body, thoughts & emotions as well listening to your body speak. The second section goes through all the body parts and pathologies. Includes a CD with 2 Guided Meditations for listening and responding to the messages from your body.



### **You Are the Placebo** by Joe Dispenza \$20.00

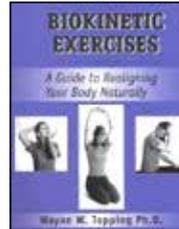
Dr. Joe Dispenza, author of the 'Evolve Your Brain', explores the history, the science and the practical applications of the so-called placebo effect. The many amazing case studies will empower you to personally use 'the expectation of a particular outcome' to alter your internal states - as well as external reality - solely through the action of your mind. This book offers the necessary understandings to change old beliefs and perceptions into new, and teaches a model of personal transformation that correlates with the placebo effect, without the need for any external influences.

## Spotlight On



### **Balancing the Body's Energies** by Wayne Topping \$39.00

The text for 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. Includes muscle tests for the extra meridians, corrections points, emotions, nutrition and biokinetic exercises. Uses illustrations & photographs. Spiral Bound Manual format.



### **Biokinetic Exercises** by Wayne Topping \$49.00

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 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 kinesiologists, body workers etc The presentation of the manual is very clear and professional with first class diagrams and photographs. Spiral Bound.

## INTERNATIONAL ORDERS

### **Cost Of Your Order:**

We recommend you email us your potential order so we can quote you on the cost of your order including freight to your country. Prices in our catalogues & newsletters and on our website are in Australian Dollars and include our local taxes. International orders are tax free, so the prices will be less than shown in this newsletter. We can also offer a quote in your currency.

### **Payments:**

**Email:** Email your Visa or MasterCard details to us at [info@kinesiologyshop.com](mailto:info@kinesiologyshop.com). If you would like different options for doing this let us know.

**PayPal:** We can send you a paypal invoice so you can pay via paypal.

### **General:**

- Orders are sent Airmail or Express depending on weight and destination.
- Orders are usually dispatched within one or two working days, from receipt of payment. For most parts of the world, Airmail usually will take 7-10 days from dispatch date, but allow 2-3 weeks to be sure.
- We have been selling kinesiology materials within Australia and various parts of the world for 30 years. We wish to assure you of our year's of experience.

Please do not hesitate to email or fax us with any questions.

In Health - Michael Wild