

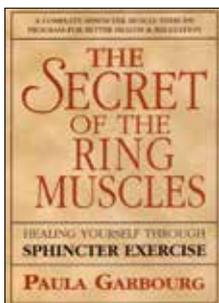


### 2015 Kinesiology Conference Journal

\$28

The journal of papers/presentations from the 32nd National Conference of the Australian Kinesiology Association, Brisbane, October 2015.

- Nutrition, History and Kinesiology by *Henry Osiecki*
- Probiotics: The Importance of Strain Specificity by *Sunaina Patel*
- Emotions and Stress by *Hugo Tobar*
- Kinesiology Research by *Susan Koschel-Gatenby*
- Chakra Psychology by *Maureen Callister*
- Claims and Cover by *Jaclyn Lees & Josh Hardwick*
- What Type Are You? by *Robyn Kirk*
- Integration of Different Streams of Information by *Andrew Verity*
- A Return to Wisdom in Business by *Natalie Wareham*
- Contraction to Extension by *Danny Liddell*
- The Winds of Change by *Geraldine Gallagher*
- Miracles, Placebos and Spontaneous Remission by *Anna McRobert*



### The Secret of the Ring Muscles BOOK & DVD

by Paula Garbourg \$69

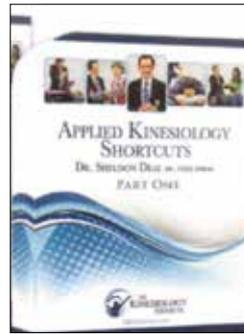
#### Healing Yourself Through Sphincter Exercise

The internal & external 'ring muscles' all coordinate with harmonious contraction and relaxation that initiates breathing, digestion, circulation, elimination and muscular motion. When they don't work together, illness and imbalance can result.

Paula Garbourg began working with this 50 years ago and in this book she explains her method of self healing, as well how sphincters function, their effects on the body and their importance in every day life. She also offers a series of easy to follow sphincter exercises based on decades of experience, importantly, backed up with the instructional DVD.

This is a truly a fascinating book & DVD on a totally unique topic. It will open an entirely new understanding of your body and offers gentle, non-invasive, cost free methods of improving one's health. Further, this information is untapped area of understanding and may present itself as an area of research & development within the Kinesiology/Natural Health field.

**Distributed exclusively in Australia by Equilibrium**



### Sheldon Deal Shortcuts Part 3: DVD Study Program

Sheldon Deal's recent addition to his DVD Programs, specifically filmed for training in the many & varied Applied Kinesiology techniques. Like Part ONE and

Part TWO, the new Part THREE is presented as 5 DVD's with a spiral bound manual all in a supportive casing folder.

Part THREE has over 60 techniques which include: Emergency Modes, Treating Bruising, Ligament Interlink, 8th Chakra, Sex & the Brain, Cataract treatment & Macular Degeneration, Morning Stiffness, Alkaline Indicator, Balancing for Insomnia, Changing Aging Set Point, Luscher Colour Test, Shoulder Problems, Emotional Quick Fix, Blind Spot Neurology and MANY MORE !

Also Disc 5, has mp3's of jokes, stories and webinars of more techniques as well as pdf's of power points, quizzes for each class and client records.

These DVD sets are very professionally produced and one gets to see one of the masters of AK demonstrate over 100 different techniques on the table, explaining everything carefully as he moves along, in great detail as well as with extra tips and bits of relevant information. The manuals back up the visual perfectly with clear diagrams and instructions that show the tests & corrections of each technique.

These sets will be a great study and training tool for:

- \* Those who wish to further their kinesiology training with some of the most practical and applicable techniques in the Kinesiology world.
- \* Students & others who want to refresh or brush up on some the fundamentals in their training as well add extra to their Kinesiology arsenal (contact us for a full list of techniques).
- \* People who live in isolated areas or who are unable to attend the usual Kinesiology classes.

**Part One, Two OR Three: \$785 each**

**Part One & Two: \$1450 set of 2**

**Part One, Two & Three: \$2090 set of 3**

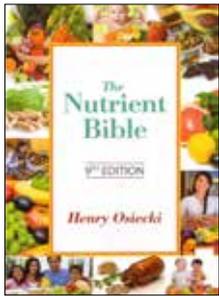
**plus on line extras (webinars, quizzes and certificates) are available - please enquire.**

**Go to our website to see the full contents of the different DVD sets/parts:**

**www.kinesiologyshop.com and click on the green 'General Kinesiology' button**

# Henry Osiecki Books

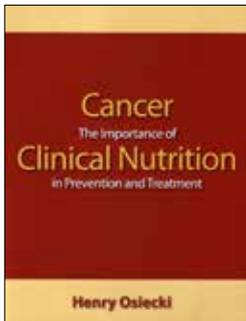
Henry is an Internationally recognised Nutritional Biochemist, author & co-founder of Bio Concepts. He spoke at the 2015 AKA Kinesiology Conference in Brisbane on Nutrition. Here is a selection of his books.



## The Nutrient Bible \$45.00

**A popular classic for many years**

The Nutrient Bible is an invaluable text providing extensive profiles of over 100 Vitamins, Minerals, Amino Acids, Contingent Nutrients, Polyphenols, Flavanoids & Toxic Metals. It is the go to reference for students and clinicians for brief but technical information on nutrients etc. It covers sources, factors increasing demand, functions facilitated, deficiencies associated with, therapeutic uses, daily dosages, toxicity, drug/nutrient interactions, various technical notes and chemical structure. All logically set and referenced. The most recent 9th edition been comprehensively expanded and revised with up to date research.



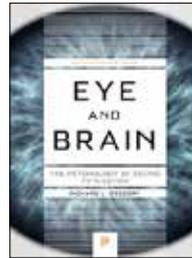
## Cancer: The Importance of Clinical Nutrition \$93.00

This huge text details the impact of Clinical Nutrition on Cancer - from a theoretical, physiological and practical perspective. Covering all aspects of the physiology and biochemistry of cancer, it also offers suggested practical Nutritional Guidelines for the treatment of many Cancers. It is an invaluable text containing comprehensive information on: - What is Cancer? - Biochemical Aspects of numerous Cancers - Theoretical Models of Carcinogenesis - Cancer and Metastasis Prevention - The Basis of Chemotherapy and Detoxification from Cancer - The Effects of Radiotherapy including Dietary and Nutritional suggestions - Surgery and Nutrition including the Nutrients that Support Healing - Diet-Cancer interaction and Calorie-restricted Ketogenic Diet Cancer - The Importance of Clinical Nutrition in Prevention & Treatment: - Outlines the risk factors, symptoms and medical treatment for numerous cancer types. - Offers Practical Nutritional Guidelines and Dietary Suggestions for the treatment of common cancers. - Discusses food sources that are potential Carcinogens and outlines potential Anti-Carcinogenic nutrients, minerals, amino acids and herbs. - Offers Dietary Advice including foods to add or avoid and suggested Dietary Changes. This is a must have book for any clinician, student or for anyone who strives for optimal health! 600 pages - Large format.

**Plus also available (by Back Order only).....**

- The Power of Clinical Conditions in Cardiovascular & Respiratory Conditions. \$66.00 plus postage
- Sleep, Health & Consciousness: A Physicians Guide. \$130.00 plus postage
- Asthma Breakthrough: Breathe Freely & Naturally. \$25.00 plus postage

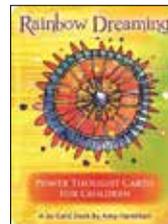
[www.braingym.com.au](http://www.braingym.com.au)



## Eye and Brain

by Richard L Gregory \$44.00

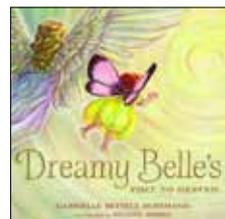
Since the publication of the first edition in 1966, "Eye and Brain" has established itself worldwide as an essential introduction to the basic phenomena of visual perception. Richard Gregory offers clear explanations of how we see brightness, movement, colour, and objects, and he explores the phenomena of visual illusions to establish principles about how perception normally works and why it sometimes fails. Successive editions have incorporated new discoveries and ideas, and this latest edition has completely revised and updated text, with more than thirty new illustrations. There are also new sections on what babies see and how they learn to see, on motion perception, and tantalizing glimpses of the relationship between vision and consciousness and of the impact of new brain imaging techniques. The thousands of readers of the previous editions of Eye and Brain will find this new revised edition even more attractive and enthralling.



## Rainbow Dreaming Cards

by Amy Hamilton \$30.00

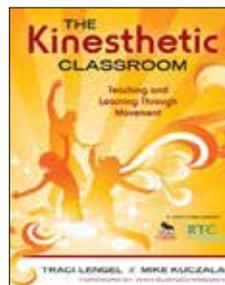
These cards are designed to empower children to find their inner strength. Each set contains 50 beautifully illustrated cards, using the colours of the rainbow and calming mandalas. Each card contains a power thought, affirmation, statement or thought, to promote positive thinking, provide inspiration and bring balance to a child's life. The cards help children tap into their inner strength and direct their mind-set and perspective towards one of confidence and happiness. Includes instructions outlining different ways to select and use the cards. Suitable for up to early teens.



## Dreamy Belle's Visit to Heaven CD

by Gabrielle Bettels-Hoffman \$17

Meet Dreamy Belle, a little fairy from Fairy Valley, and accompany her to the heavenly realms after the sad passing of her beloved fairy sister. Medium, spiritual healer and Reiki practitioner, Gabrielle Bettels-Hoffmann, uses this gentle story to help parents and children who are experiencing difficulties while grieving by explaining the process of passing over in a child-related and appropriate way.

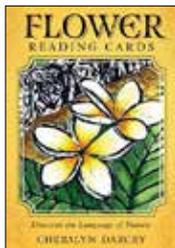


## The Kinesthetic Classroom

by Lengel & Kuczala \$64

Current research shows that regular physical activity helps children and teenagers perform better in school. Taking physical activity beyond gym class and recess, this inspiring book shows how to integrate movement as part of classroom teaching and learning. Drawing on cutting-edge educational research, the authors offer: \*User-friendly information on how physical activity influences the brain \*Hundreds of movement activities that can be easily implemented in the classroom, including many requiring two minutes or less \*Case Studies \* & Much More.

## Flower/Essences Cards



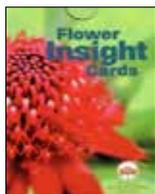
**Flower Reading Cards**  
by Cheralyn Darcey \$25

**NEW**

Flower Reading Cards are an excellent introduction to flower reading as well as an entry level botanical reference. If you have ever wondered what a flower means or why anyone has ever attributed symbolic meaning to a plant then this card set will answer those questions. Floramancy is a way of connecting with the Language of Nature, and is the foundation of this boxed set of 36 pictorial cards and 96 page full colour guidebook of the world's favourite flowers. The ancient art of reading flowers and plants for divination and for healing insight, is gained through understanding these meanings so that you may wish them on others or bring that energy into your own world. It features unique flower spreads for readings and a special card of the day instruction.

### PLUS:

**Australian Wild Flower Reading Card Set: \$25.00** In a similar vein to the Flower Reading Card Set above but with Aussie Wildflowers.



**Flower Insight Cards: \$50.00** The 50 cards set that belongs to the Australian Bush Flower essences.

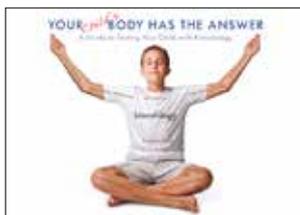
**Bach Flower Picture Reference Cards: \$35.00**  
The set of hand drawn pictorial cards that belong to the 38 BF remedies.



**Shells Essence Card Set: \$35.00** Colour photos & descriptions of the 25 main shell essences. Includes the Shell Essence Booklet



**Desert Alchemy Cards: \$69.00** Cards for 78 of the Desert Alchemy essences



### Your Child's Body has the Answer

by Elizabeth Hughes \$50

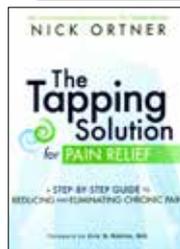
This is a follow up book to Elizabeth's 'Your Body Has the Answer', and is also a self-help guide to using kinesiology for exploring the cause of ailments and discovering the best natural treatment for them.

Your Child's Body Has The Answer has simple step-by-step instructions so you can ask your child's body what it needs to heal thirty common conditions including ADHD, worms, bullying, sleeping difficulties and dyslexia.

Learn about the healing power of affirmations, flower essences, massage points, homeopathy, reflexology, crystals, meridian tracing, pure essential oils, mind body awareness and dietary support.

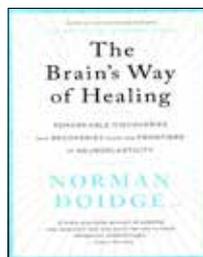
This book will be an essential handbook to keep close by to help you tap into your child's inner wisdom. Learn to listen to your child and trust that their body has the answer.

## Bestsellers Last Newsletter



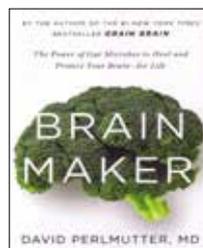
**Tapping Solution for Pain Relief**  
by Nick Ortner \$20.00

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, Nick opens the 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. Beginning with on the surface-tapping to address the pain itself—the book moves to the deeper issues that often affect pain. Contains easy-to-follow tapping scripts and exercises to guide readers into their pasts, and help heal the emotional pain and underlying beliefs that often keep people stuck. Also covers 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, Working through anger.



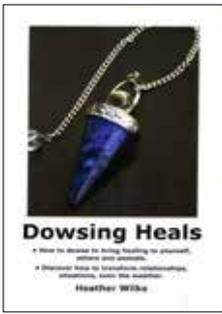
**The Brain's Way of Healing**  
by Norman Doidge \$35

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 re-set 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.



### Dowsing Heals by Heather Wilks \$38

**Dowsing to bring healing to yourself, others & animals.**

This is an excellent manual & workbook on dowsing. It covers everything from basic to advanced dowsing, with scripted protocols for dowsing many different aspects of life such as negative programs, non-beneficial frequencies, shock, grief, as well as foods and substances and much more. There is a section on energised water and also templates for dowsing charts. Plus dowsing rods are covered as well as dowsing for absent healing & animals. Spiral bound A4 manual for easy use and application. 97 pages.

### Isis Essence \$28

**From Australian Bush Flower Essences.**

A life changing gift from the Divine Feminine, that can have a profound effect on the healing of deeper inner issues that go back beyond this life and this domain.....



*\*Allows you to feel the presence, protection and love of the Divine Feminine. \*Illuminates our inner dark places where we store our pain and suffering. \*Replaces aspects of our wounded self with love and courage. \*Helps you to draw love into yourself in times of turbulence, anxiety and uncertainty. \*Enables you to access and release wounding in your soul arising from the Spirit world, this and other lives. \*Integrates any separated, emotionally cut off parts of ourselves.*

EQ45

## 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.

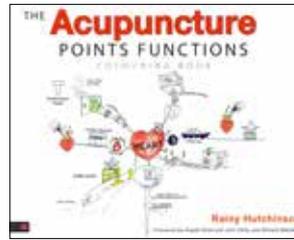
**PayPal:** We can send you a paypal invoice so you can pay via paypal.

### 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



### The Acupuncture Points Functions Colouring Book

by Rainy Hutchinson \$39

Learn the functions of the major acupuncture points on the 12 primary and 8 extra meridians with this fun and practical book. It also uses imaginative visualisations to assist remembering; to which one can embellish, to aid recall further.

Can also be used as a quick reference to the functions and meaning of the major acupuncture points of the body. Note this book is not an acu point locator - it focuses on functions of the acu point. However one can extend the colouring in aspect and draw in the points on the meridian diagrams for reference.

### Energy Ball \$11

**Back In Stock !** For demonstrating electrical energy flow through the human body.

