

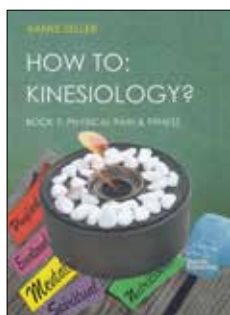


**2018
AIK Kinesiology
Conference Journal**

\$33.00

**Journal of Papers from the AIK
Kinesiology Conference,
Melbourne February 2018.**

- How Kinesiology can Assist with MS & Autoimmune Disease by Amanda Campbell
- The Meaning of Emotions - Do You Live Your Emotional truth? by John Holodnak
- Colour and tone your Relationships - What we See, Hear & Sense by Sherril Taylor
- Trauma Healing by Parijat Wismer
- Millenium Calendar by Jean Sheahan
- The HPU Condition by Hugo Tobar
- The History & Development of Kinesiology in Australia by Michael Wild
- Sit Still, Concentrate & Learn! Why that's too hard for some learners by Dr. Chris Payard
- Quantum Complementarity by Dr. Michael Christian
- The 4 Critical Steps to Wellness by David Corby
- The Impact of Primitive & Underdeveloped Postural Reflexes on Physiological Foundation for Development, Learning & Behavior by Heather Pollack
- Wholistic Community and the Art of Sacred Living by Kerryn Sedgman
- Dealing with Difficult Personalities by Gordon Dickson
- Are Your Genes Mutating by Jennifer Beasley
- The Essence of Change - Making Change Easy by Geraldine Gallagher



**HTK Book 7:
Physical Pain & Fitness**

**Latest Addition to the
'How to Kinesiology' Series**

by Rane Zeller \$57

Are you or your clients in physical pain? Or do you want to improve your fitness? Everything in one book

for the athletic to the 'less' active as well as the chronic fatigue client. As a therapist with the relevant scan lists in the categories of physical, mental, emotional, spiritual, and nutritional you can start to rebuild and reprogram a healthy body.

Included in this manual are comprehensive lists on muscles and bones, posture, breathing techniques, injury prevention, risk management, recovery strategies, gym terms as well as developing a training program. This book can be used alone if the user is experienced with muscle testing. If not, the first book of the HOW TO: Kinesiology? series is recommended.

**Spiral Bound A4 manual of 184 pages.
Text pages black on white.**

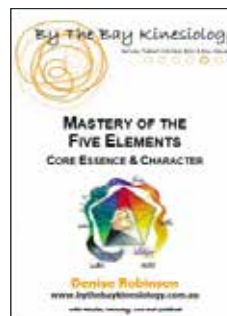


**Kineasy
Training Course Manual**
by Denise Robinson
\$83.00

Manual for the course 'Kineasy', an introductory Kinesiology course. Covers accurate muscle testing, setup & pre checks, circuit retaining mode, goal setting, balancing

protocol, finger modes, age recession and various corrections. What Finger Modes are and how to use the most common basic finger modes including more, priority, time, suppression, plus all correction remedy finger modes. Using natural healing remedies in kinesiology balances including essential oils, crystals, colour, affirmations, sound, flower essences, emotional stress release & more. Kinesiology self testing with "yes" or "no" answers. Full setup balancing protocol including a step-by-step easy to follow template to use on clients.

Spiral Bound A4 manual of 66 pages



**Mastery of the
Five Elements
Training Course Manual**
by Denise Robinson
\$83.00

Covers:

- The Law of the Five Elements including Cycles, Relationships and

Interactions of the Five Elements.

- The Five Elements in Nature: movement, season, climate, developmental stage, colour, taste/flavour, odour/scent, time of day, direction, planet, grain.
- Constitutional profiling of all the Five Elements to discover your own constitution and how to determine other people's and how this impacts your life. This process is very profound and changes your perception, it provides an appreciation and understanding of yourself and others with compassion.
- All about the Hara and its relationship to the body including how to test and identify when an Element is imbalanced.
- Finger modes for all correction healing remedies
- Element Acupressure points for each Element for quick, easy and effective use to provide deep healing, energy, grounding, balancing and more.
- Detailed element remedy information and practical application for: Element Acupressure points; Essential Oils; Crystals; Colour; Sound; Flower Essences; Nutrition; Affirmations; Other Activities; Emotional Stress Release (ESR); Oracle/Healing Cards; Energy healing; Nature's remedies ● Yin/Yang

Spiral Bound A4 manual of 108 pages

Also available:

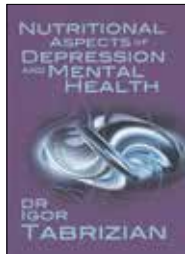
- *Chakra Healing Kinesiology Course Training Manual*
- *Emotional Meridian Harmony Kinesiology Training Manual. \$83.00 each*

Spotlight On

Nutritional Medicine Books

By Dr. Igor Tabrizian

Dr. Tabrizian is a MD who practices solely in Nutritional Medicine. He has written many books on NM, and lectures extensively on the subject. He has presented at Kinesiology Conferences with great interest from delegates. His work has been valuable to many practitioners in collating modern scientific research in the NM area for ease of understanding and application.....

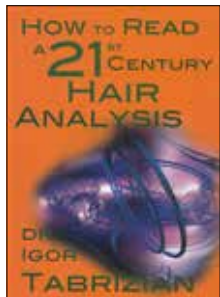


New

Nutritional Aspects of Depression & Mental Health \$28

This is Dr.T's eighth book and arrives at a pivotal time in mental health & wellbeing. As with his other books, this text interrogates the underlying causes of the common diseases of this modern era for layperson & practitioners alike. Written in a very user friendly style, & helped by many colourful pictures and diagrams. It initially covers why we get sick; looking at inflammation and chronic illness. But much of the book is about neurotransmitters; what they are, how we make them, how they are affected by the environment, how to mess with them, effects of low transmitters and more. It is here where the colourful and playful diagrams really do assist. There is also sections on: toxins and mental health, common scenarios, and the politics of mental health. **A5 sized, glossy hardcover book of 140 pages.**

Back In Print !



How to Read a 21st Century Hair Analysis \$88

Back in print in new glossy hard cover A4 edition of 280 pages.

Dr. T's revised book presents the reader with a logical description of cause and effect of nutrient surfeit and deficit and how these imbalances can be determined and treated

following HTMA. The use of diagrams plays a major part in demystifying the often complex biochemical processes behind the overt signs of distress that trace element and nutrient imbalance can create. The text follows the route of trace elements and nutrients through the body and shows how they are, or are not, assimilated.

Other Dr.T. Titles:

Visual Textbook of Nutritional Medicine

Igor's classic, famous A4 professional text on the whole field of NM. Bestseller. **\$88**

Degenerative Diseases of the Brain

Explores the nutritional aspects of normal brain function as well as the current models of neurodegenerative disorders. **\$28**

NUTRITION - The Good, the Bad and the Politics

A fascinating and accessible book for anyone wishing to explore Nutritional Medicine for their own health. **\$33**

Waiting for Reprint (please enquire):

* **Brain Foods, Brain Poisons: Autism as a Case in Point**

* **Magnesium, Zinc & other trace Minerals**

www.braingym.com.au

Selection of recent titles from Equilibrium's sister website. To view many more new & other books in this area visit the website.

The Solution is in Your Hands for Children's Learning & Behavioural Difficulties \$59.00

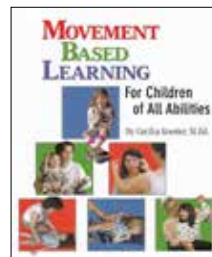


This very large volume is based on 20 years of Heather's clinical experience, which includes Kinesiology. It is a large format book of over 650 pages of incredible detail on working with learning & behavioural issues - perhaps one of the most comprehensive ever written in the field.

This book will be of interest to all who are working with children. It is a detailed 'go-to-manual' that provides greater understanding on what really matters, together with credible research outcomes. It is a must for all professionals who work with children and for parents and grandparents, particularly those who favour their left brain or have the need for simple but in-depth information. The content of the book is too extensive to describe here so please go to our website home page to see more: **www.kinesiologyshop.com**

Movement Based Learning Materials Founder & Author: Cecilia Koester

Based on the idea that all movement 'grows the brain'. The MBL approach uses some Brain Gym but also many more movement activities developed by the author plus a wealth of background information and a structure in which to use the activities.



Movement Based Learning Book \$59

If your child has learning problems, disabilities, learning delay etc, this book will inspire to help them along their way to reaching their full potential. The goal is to teach you targeted movement activities within a structure in which children of all abilities may grow and learn.

This approach uses some Brain gym but also uses many more movement activities developed by the author, plus a wealth of background information and a structure in which to use the activities. The book will stand on its own or add a wealth of new ideas and material to some one already using Brain Gym. An essential to any Parent or Teacher who wants to make a difference.

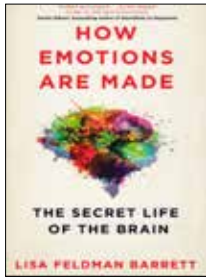


MBL 6 Desk Chart Folder Set \$50



MBL 3 Wall Chart Set \$50

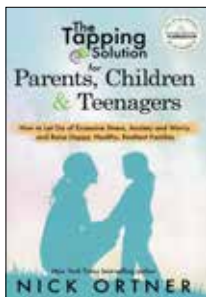
Special Interest



How Emotions Are Made by Lisa Feldman Barrett \$33.00

The Secret Life of the Brain

When you feel anxious, angry, happy, or surprised, what's really going on inside you? Most scientists would agree that emotions come from specific parts of the brain, and that we feel them whenever they're triggered by the world around us. This understanding of emotion has been around since Aristotle. But what if it's wrong? In *How Your Emotions Are Made*, pioneering psychologist Lisa Feldman Barrett draws on the latest scientific evidence to reveal that our ideas about emotion are dramatically, even dangerously, out of date - and that we have been paying the price. Emotions don't exist objectively in nature, Barrett explains, and they aren't pre-programmed in our brains and bodies; rather, they are psychological experiences that each of us constructs based on our unique personal history, physiology and environment. Has serious implications individually and for society as a whole. A big read at 420 pages!

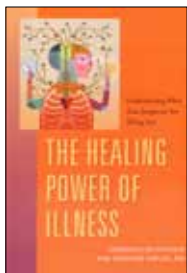


The Tapping Solution for Parents, Children & Teenagers by Nick Ortner \$25

How To Let Go Of Excessive Stress, Anxiety And Worry And Raise Happy, Healthy, Resilient Families

Nick Ortner, founder of The Tapping Solution, encourages readers to first take a look at their own stressors and worry as parents, reminding readers that self-care is vital to helping others. In the first section of the book, parents are guided on using the revolutionary technique known as EFT (Emotional Freedom Techniques) Tapping to release parental overwhelm, quiet worry, manage conflict and transform their experience of parenthood.

In the second section, Nick explores specific uses for Tapping with children, ranging from releasing negative emotions like anger, fear and phobias, sadness, grief, guilt, and shame, to overcoming specific challenges such as anxiety disorders, sleep, nightmares, performance anxiety, bullying, school jitters, divorce and much more.

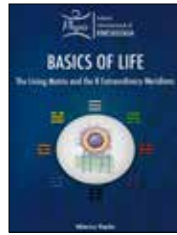


The Healing Power of Illness by T. Dethlefsen & R. Dahlke MD \$35

Understand what your symptoms are telling you. When you see symptoms as bodily expressions of psychological or spiritual conflicts, you can use them as guides to heal. Every disease pattern expresses in a certain way, every organ or region of the body has a particular significance. Chapter by Chapter, piece by piece this book explores beautifully how the physical map of our health and wellbeing has its own psycho-spiritual counterpart.

"Old classic" - now back in print after a long absence.

Bestsellers Last Newsletter

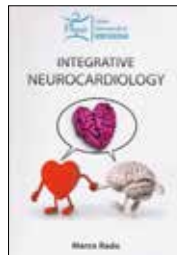


Basics of Life by Marco Rado \$55

The Living Matrix & the 8 Extra Meridians

The manual for the course of the same name. Begins by discussing the Living Matrix - the continuous, dynamic and integrated network of all activities and components of the body. From there characteristics and functions of the 8 Extraordinary Meridians are covered as well the relationship to embryological development, teeth and muscle monitoring.

The BOL balancing procedure is given which is a template for working with any of the 8E meridian as highlighted in the rest of the manual, where all the balancing information for each is contained. This BOL procedure is very much based in TCM and represents a deeper understanding of the 8E Meridians for use with Kinesiology. **Spiral Bound A4 manual of 83 pages - full colour. NOTE: This is a course manual and learning & understanding the material fully is often best achieved in the class environment.**



Integrative Neurocardiology by Marco Rado \$47

The manual for the course of the same name. Introduces the Third Brain - the Cardiac or Heart Brain (the second brain being the gut). The heart plays a unique synchronising role in the body and is in continuous communication with the

Brain via multiple pathways (neurologically, biochemically, energetically, structurally and biophysically). It is a global conductor and also has a major place in TCM. The INC manual discusses the role of TCM in understanding the third brain and covers the procedures for working with the heart and the sense organs. It also outlines the procedures relating to each of the pathways mentioned above. Finally the manual covers the spiritual aspects/energies that reside in certain organs. **Spiral Bound A4 manual of 68 pages - full colour. NOTE: This is a course manual and learning & understanding the material fully is often best achieved in the class environment.**



HTK Book 4: Learning Enhancement by Rane Zeller \$37

As with Rane's other manuals & topics in this series, Learning Enhancement is a check list, scan list, assessment list and procedure for all that is involved in learning. It is quite a compendium and here is a list of topics, some of which are covered in huge detail:

* Order of Learning * Learning Challenges * Syndromes & Developmental Disorders * Day Care Problems * Classroom Problems * Tests/Exams * Mental (Numbers/Alphabet/Homework/Computer etc) * Emotional (Bullying/Excuses etc) * Nutritional (Intolerances/Drugs/Addictions etc) * Reflexes * Sensory Integration * Auditory/Vision/Speech * Affirmations * 7 Keys of Intelligence * Milestones

Spiral Bound A4 manual of 78 pages, text pages black only

Back in Print !

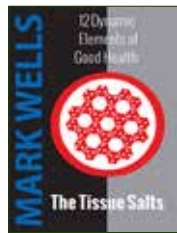
Books by Mark Wells in New edition



Bach Flowers Today \$28.00

Provides an introduction for the novice and a clarification for more experienced users of Bach Flowers. It is divided into sections: About the Bach Flowers; Bach Flowers: Agrimony – Willow and Rescue Remedy. The internal subheadings for individual Bach Flowers are: Possible

Physical Imbalances, Classical Uses, Complementary Bach Flowers, and Supportive Measures. A Classic!



12 Dynamic Elements of Good Health (The Tissue salts) \$28.00

Divided into sections: About Tissue Salts; Dr Schuessler; Guide to symptomatic prescribing; Detailed descriptions of the 12 individual Tissue Salts. For each Tissue Salt: General description, Body Type, Mind, Head, Eyes, etc., Worse

by / Better by; Related Tissue Salts, Supportive Measures, Diet, Related Flower Essences, Iridology – signs in iris, Astrology – astrological correlations Keywords & more. Another Classic !



The Essential Flower Essence Book \$49.00

Divided into two main sections. Part 1 covers: flower essence history and human/plant co-evolution, the 'doctrine of signatures' of plants (with illustrations) and how to 'read' them, a description of our subtle (energetic) anatomy and

how flower essences positively influence the subtle bodies and the chakras, and more. Part 2 answers frequently-asked questions about flower essences and covers all aspects of flower essence therapy. There is comprehensive descriptions of hundreds of flower essences from all over the world with a 'user friendly' flower essence prescribing guide, plus much more.....

New Test Kits 2018

These new test kits are available now.

For full contents go to our test kit webpage at:

<http://www.kinesiologysshop.com/eqop3.htm>

Canine Test Kit: \$60 vials, \$198

A range of vials specifically related to dogs, including healthy tissues, diseases, tumours, parasites, vaccinations and many others.

Chromosomes Test Kit: 24 vials, \$92

24 chromosomes including the X and Y chromosomes, plus DNA and RNA.

Bowel Nosodes Test Kit: 11 vials, \$39

Bowel nosodes are prepared from cultures of non-lactose fermenting flora of the intestinal tract.

Food Toxins Test Kit: 10 vials, \$62

This kit is based on the work of Michael Lebowitz, DC and are substances in common foods that can cause people problems - common/severe allergens. Most cannot be found in other kits.

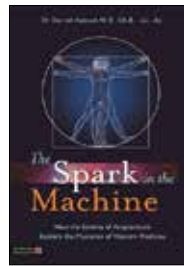
Vegetable Oils Test Kit: 29 vials, \$93

Various oils used in cooking and processed food, from Almond & Avocado Oil through to Sunflower & Walnut Oil. Includes Ghee as well.

Flours Test Kit: 41 vials, \$135

A comprehensive list of flours including various wheats, barley, millet, oat, rice and other grains as well as soy flour, banana flour, peanut, corn, almond and many other gluten free flours.

A Great Read !



The Spark in the Machine

by Dr Daniel Keown \$37

How the Science of Acupuncture Explains the Mysteries of Western Medicine

Why can salamanders grow new legs, and young children grow new finger tips, but adult humans can't regenerate?

What is the electricity that flows through the human body? Is it the same thing that the Chinese call Qi? If so, what does Chinese medicine know, that western medicine ignores?

Dan Keown's highly accessible, witty, and original book shows how western medicine validates the theories of Chinese medicine, and how Chinese medicine explains the mysteries of the body that western medicine largely ignores. He explains the generative force of embryology and how that so incredibly relates to the acupuncture system, as does the fascial system of the body.

This is a book of 'ah ha' moments as it takes one through what really makes the mystery of the meridians and acupoints tick. Truly remarkable stuff.

HOW TO ORDER:

Email: orders@kinesiologysshop.com

Please email your potential order and request a quote from us.

PAYMENT OPTIONS:

• Visa • Mastercard • PayPal

DELIVERY & FREIGHT:

Orders are usually dispatched same or next working day by Airmail or International Express

OUR SERVICE:

We have been sending Kinesiology supplies to all parts of the world for over 30 years and are very experienced in servicing customer needs. Please contact us with any questions you might have about the products or about supply to your country.

Equilibrium

03 9578 1229,
orders@kinesiologysshop.com

www.kinesiologysshop.com
www.braingym.com.au