

What can Kinesiology do for you?

well being



Remember all the Strength and Energy we use to have? Well lets get some of that BACK NOW!!



If you have any questions about Kinesiology you can contact me on 086 2288104 or by e-mail joanne.cranley@kinesiology.ie I look forward to meeting you in the near Future

Joanne

energy balancing

natural health

Joanne Cranley

What is it?

Systematic Kinesiology is a complete holistic therapy. Using a combination of muscle testing and traditional Chinese medicine, we are able to reveal structural, bio-chemical and energetic imbalances. This is done in a non-intrusive way and allows us to apply a range of gentle yet powerful techniques to improve health.

Systematic Kinesiology takes the whole person approach: mentally, chemically, physically and energetically and therefore enables us to pinpoint imbalances in all areas of life to facilitate the healing process. Kinesiology encourages each client to take responsibility for their own health and well-being, facilitating profound and lasting positive changes.

As well as Muscle testing we use a range of other techniques such as Food Sensitivity Testing (FST) and Emotional Stress Release (ESR) as part of its holistic approach.

What problems can Kinesiology Help with?

Being a WHolistic Therapy the range of ailments which can be helped are wide and extensive. Here's a list of commonly treated problems treated with Systematic Kinesiology.....

- Headache relief
- Digestive problems
- Constipation
- Back pain
- Old injuries
- Low energy
- Fears and phobias
- Skin problems
- Aches and pains and lots more

Disease can come after many years if enough things have happened to us emotionally, physically or nutritionally, which have been neglected because no one was aware they were happening. Kinesiology can find these and make you aware and help correct the problem.

What does a treatment involve?

- Treatment time is one hour long
- Most people find 3-6 treatment resolve an issue, some just one session
- You will only be asked to remove your shoes and jacket, this is a non intrusive treatment
- Muscle testing is done by putting slight pressure in a joint e.g. wrist, ankle or knee.

Joanne Cranley DipAK

How did I find myself studying Kinesiology?

What can I say I was amazed at what it could do and what my body was trying to tell me, screaming at me!! I went to the Mind Body and Spirit show in the RDS as something to do on a Saturday with my sister. I kept finding myself beside this Kinesiology stand (Not know what it was or how to say it KINeasyOLGY). After a mini treatment I was hooked and had rung the instructor asking how what why when?? There happened to be a class starting in two weeks time – Sign Me Up Now I said and I have never looked back. I hope to do the instructors course in the near future so I can teach the basics to everyone that want to let the benefits of Kinesiology into their life.