



Kinesiology

Allergies & Sensitivities

by Danny Liddell

An allergy or sensitivity is an over reaction of the body's immune system to what is normally called a harmless substance, such as a food, perfume or flowers. An allergen is the substance that causes or triggers the allergy. Some people are more susceptible than others.

Typically with allergies if you touch, taste or smell a substance a reaction occurs. These allergies / sensitivities commonly show as skin problems often diagnosed as psoriasis or dermatitis, breathing problems often diagnosed as asthma. They can also be the cause of anything from hayfever to fatigue, tiredness, chronic pain, arthritis, abdominal pain or even headaches. The list could go on.

A person's nervous, meridian, muscular and skeletal system all respond instantly to any sensory stimulus such as sight, sound, touch, taste and smell. Kinesiology uses a combination of these systems to identify, alter then rectify a problem.

What is Kinesiology?

Kinesiology combines theories and knowledge from modalities such as Chiropractics, Acupuncture, Traditional Chinese Medicine, Physiotherapy, Naturopathy, Nutrition and Counseling. It focuses on a healthy body, mind and spirit to see how we can keep it healthy or return it to this healthy state.

How it works

Kinesiology uses neurological feedback known as muscle testing or muscle monitoring, via messages to and from the brain to the limbs. When under stress this feedback shows imbalances to the body's energy systems. These energy systems feed and help regulate organs, muscles, in fact all the systems that make us

work. It even deals with our thought processes affecting any emotional issues.

What can be done?

If an activity, issue or allergen is a stress to a person the brain responds by shutting off muscles for a split second to identify the problem. In the case of an allergen the brain may respond by sending inappropriate messages causing a variety of symptoms. Symptoms to an allergen may differ from one person to the next.

Professional Kinesiology Practitioners (PKPers) place the substance on the body then place the muscles in specific positions using light pressure against them. If a substance is a stress, the muscles will not hold and seem 'weak' indicating this is a possible allergic response. It will also provide information about what is being affected. Some Kinesiologists only test one or two muscles to the substance. This is only a partial test and may miss many possibilities. PKPers put each substance through at least ten tests not just the basic one or two.

Once an allergen has been identified it will be corrected by one or more of the many techniques used in Kinesiology. Some of these techniques include holding points, rubbing points, clearing of a meridian, dietary changes and movement. Corrections are generally done while you are fully dressed.

Due to the direct feedback from the body a number of allergens may be desensitized in a single consultation.

Example of a typical sensitivity: Australians are obsessed with sugar. We all know it causes weight gain and contributes to our society's growing obesity problem. What most people don't realise are the many other health problems it causes.

Case Study

A 6yr old girl with a thick crusty psoriasis behind ears and through her scalp had not responded to any treatment used. Using Kinesiology it was discovered that the girl, who had a sweet tooth, was reacting to sugar. Kinesiology identified that sugar was the culprit causing the body to produce acetaldehyde that affected the detoxification pathways and was turning off the lymphatic drainage from the head. The child was rebalanced and kept away from sugar. Within just two weeks the psoriasis in the scalp had gone and the ears had all but cleared up. Her brain had become much clearer helping her to learn much easier and to her teacher's delight was no longer slow with her class work. Her ears continue to improve, as does her spelling. After a short desensitizing period she will once again be able to have sugar in moderation.

Sugar sensitivity is often a culprit in back and neck pain and VERY often involved with gut and digestive problems feeding yeast overgrowth causing a variety of symptoms. Kinesiology is needed to rebalance the body so that it no longer reacts to the substance. Keeping off sugar is not enough. Other foods may cause similar or other reactions.

I could go on for pages with examples but the point is many health problems are caused by some type of allergies or sensitivities. A Kinesiologist can identify the involved substances and in most cases re-balance the body to no longer treat the substance as a poison. Professional Kinesiology Practitioners around Australia are just a phone call away and can help.

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