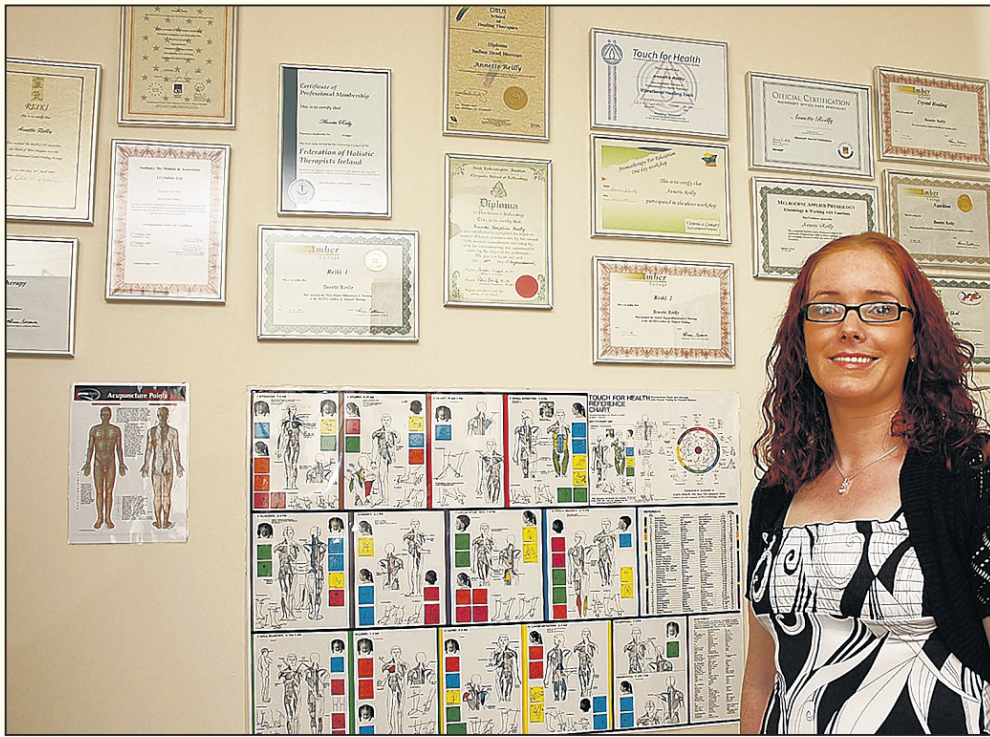


## Aughnacleiffe Kinesiologist sets up Brooklands Integrated Healthcare

# Get the balance right with Kinesiology



Annette in her workplace at Brooklands Integrated Healthcare Centre.



Annette Reilly pictured with all her qualifications.



Annette demonstrates her technique.

Aughnacleiffe native, Annette Reilly recently joined the team at Brooklands Integrated Healthcare Centre on the Ballinalee Road to provide customers with a Kinesiology treatment service. Annette began studying complementary therapies six years ago and she has qualified in many different disciplines including Reflexology, Indian Head Massage and Hopi Ear Candling. Speaking to the Leader Annette explained: "My real passion is in Kinesiology, so I have decided to specialise in this area and I intend to complete further, more in-depth studies in this discipline. I have also completed an Instructor Training Workshop in Touch for Health."

Annette has several years' experience in her field, having treated patients from home before joining the team at Brooklands.

For many, the word Kinesiology may seem quite mysterious, but it is simply the science of human kinetics or movement. It focuses on how the body functions and moves. A Kinesiologist uses muscle testing to identify imbalances in the body's structural, chemical, emotional or other energy, to establish the body's priority healing needs. It's a system of natural health care which combines muscle monitoring with the principles of Chinese medicine to assess energy and body function, applying a range of gentle yet powerful healing techniques to improve health, wellbeing and vitality.

"The body has innate healing energy and is doing its

best to care for itself, but sometimes needs assistance to achieve this state," Annette explained. Kinesiology can be used to treat a variety of condition such as pain, stress, depression, digestive disorders, tiredness, back problems, respiratory ailments, nervous disorders, sports injuries to achieve general well being.

One of the most widely used and fastest growing systems of Kinesiology today is Touch for Health. It was developed by Dr John Thie and it is a brilliant synthesis of recent Western discoveries and Ancient Chinese Medicine based on the theories of Dr George Goodheart, the founder of Applied Kinesiology. Dr Thie applied the essentials of Applied Kinesiology for the use of lay people in his book, which he called "Touch for Health". Now, with the use of muscle testing, you can evaluate many aspects of your health and lifestyle and discover the causes of many different problems and with specific reflex points and movements, you can experience improvements in all these areas within minutes.

As Annette is qualified as an Instructor for Touch for Health she will be running courses for the people of Longford from Brooklands Integrated Healthcare Centre.

"After attending just a two-day class, you can start effectively using Touch for Health with yourself and others. You don't have to wait for results, most of the time, you feel them immediately. Prolonged use can also help

you to achieve a much healthier body and improvement in general well-being," Annette explained.

Annette will be running Touch for Health courses in Brooklands from September 1 to 14, 2 to 28 of September, October 3 to 12 and October 4 to 26. Touch for Health has already been taught in over 62 Countries worldwide to over one million people. For further information please contact Annette on 085 7858770. She is also available by appointment on Tuesdays in Brooklands Integrated Health Centre on the Ballinalee Road, Longford, contact 043 48500.

**Contact Annette**  
on 085 7858770  
or 043 48500

**The Old Forge Bar & Shop**  
Tel:  
(043) 46857

**Wishing Annette every success**

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wish Annette every success for the future

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