

## ALSO AVAILABLE

**INFRARED SAUNA** - Heat penetrates below the skin to potentially release toxic materials from the body

**DETOX FOOT BATH** - Potentially cleanses the body by drawing out impurities in the body, via the feet

**CIRCULATION BOOSTER** - Electrical impulses stimulate nerve endings causing the lower leg muscles to contract and release.

**ZEN CHI** - Promotes oxygen/blood flow to the extremities of the body to potentially increase circulation



## TESTIMONIAL

Kacey has introduced me to the wonderful world of kinesiology through not only her gentle, caring manner but through the results she achieved with me. I came on holidays to the Sunshine Coast suffering from severe anxiety and panic attacks. I'd suffered for years and been on and off medication and many other treatments but anytime a stressor happened in my life it would trigger the same old feelings of fear, terror and worry about everything thought and feeling I was having. I'd come on holidays for a large family Christmas reunion that I'd been excitedly planning for months, just before coming away I stretched myself too thin (as most mothers do) and started to feel the tingling of anxiety and doubt. Although I tried all the usual remedies these feelings were on full alert by the time my plane landed and after booking into my accommodation I hit the internet searching for anything that could help me survive Christmas. I Googled "anxiety" and came across every cure but something about Kacey's website called to me. I rang her and was the happiest lady in the world when she said she had time to see me that very afternoon. With no idea of what to expect but hopes of a small improvement I met Kacey at her clinic.

Although I was very emotional Kacey guided me through a session where we uncovered feelings deep within me that were blocking me from letting my fear go. She worked quietly and didn't expect me to come up with any big revelations. After the session I felt a calmness which was very welcome. On waking the next day I felt a huge improvement in my level of anxiety and wanted to see Kacey again to see if with her help I could not just survive Christmas but enjoy it. After the second session that feeling of inner calm held for the next week and a half which was a joy after the inner turmoil I'd been struggling with. I've returned to Melbourne and am searching for someone who can heal like Kacey, with her assistance and support. She has kept in contact and followed my progress, which goes to show what a special person she is. I know she saved mine and my children's Christmas by giving me the strength and tools to accept and love myself. I now recommend kinesiology to anyone who'll listen because the results I achieved with Kacey are testament to what a powerful, healing modality it is. Thank you, Kacey.

TW Melbourne

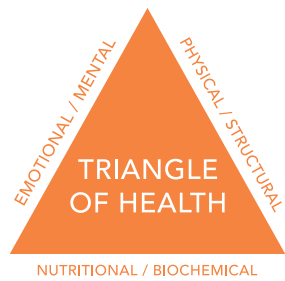


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**IS STRESS CREATING A STORMY LIFE?  
.....THEN IT'S TIME TO LOOK INSIDE**



**True Balance Within**  
KINESIOLOGY



The triangle of health shows the forms you are made up of. If one of the sides becomes out of balance it automatically affects the other sides. When an imbalance occurs, stress levels rise, chemical reactions take place and you begin expressing through negative reaction (anger, depression, physical pain etc) rather than taking action to correct the imbalance. Your outer life is a reflection of your inner life to make you aware if there is an energy imbalance. Balance in life comes when you have True Balance Within.

### KINESIOLOGY

When you feel stressed, physical pain, fear, these are purely symptoms or messengers, they are NOT the problem. If you are experiencing any problems, your body is trying to communicate to you that something is out of balance. With different healing techniques we are able to locate these blocks and release them, allowing the natural energy to flow and correct these symptoms. Are you experiencing any of these symptoms or others?

- Depression
- Anxiety
- Stress/Anger
- Fear/Phobias
- Addictions
- Low Self Esteem
- Relationship Difficulties
- Headaches
- Insomnia
- Allergies
- Skin Problems
- Digestive Disorders
- Constipation
- Menstrual Disorders



### WHAT WE CAN DO FOR YOU

True Balance Within Kinesiology can help you identify and release the hidden blocks that are inhibiting you from coping with life. By removing these blocks, you are able to make conscious, clear choices to achieve your goals and dreams.

Kinesiology is a non-invasive, safe healing modality. Through the use of muscle testing the root cause of an issue, whether physical, mental or emotional, is identified and released. It is a deep, lasting technique that taps into your body's own wisdom to find the solution that is right for you at this point in time.

Imagine being able to let go of past hurt and trauma and live fully in the present moment. Imagine not reliving the pain of past issues and stepping forward confidently into your future. Imagine a life where you are full of vitality, joy and bursting with good health. Kinesiology helps you tap into your inner knowing to find the blocks. Through releasing these blocks it allows the natural energy of the body to flow freely and heal itself thus giving you true balance within.

### THE BALANCE / SESSION

The consultation is usually 1 hour. Firstly there is a discussion about areas where you are experiencing difficulty or if any symptoms are present. You are then asked to lay comfortably on a table (fully clothed). The arm muscle is setup to establish an accurate indicator for communication to the sub-conscious. The session begins. Your body is the guide to finding emotions, belief systems and energy blockages that are stored within, causing stress. With different techniques the blockages are cleared and the body begins its healing. Some changes are profound and are noticed immediately while others are subtle and require time for changes to occur at a cellular level. Depending on the symptoms, a number of balances may be required. As with peeling an onion, so to you peel off layer upon layer to ultimately be the person nature intended you to be.



### ALSO AVAILABLE

#### PERSONALITY BALANCE -

Through the energy of your signature, release blocks you have towards yourself.

#### SOUL RAY BALANCE -

There are 7 rays and everyone has chosen a ray to live through. Discover your primary soul ray and the path and qualities of that ray. This balance is designed for greater self-understanding.

#### CHAKRA BALANCE -

Through the energy of your chakra system, find which chakras are blocked and what is potentially causing that block.

#### COMBINED HEALTH -

A combined package of a Kinesiology balance (with Kacey) and a Naturopathy consultation (with Maree)

#### VIBRATIONAL ESSENCES -

These essences work at an energy level on balancing emotions and thought processes. They are gentle yet very effective.

#### ACUTONICS® TUNING FORKS -

The sound waves of the tuning forks vibrate and travel deeply into the body via the meridian system or energy pathways of the body.

#### SOUND/COLOUR MASSAGE -

A gentle back massage combined with listening to music specifically designed to reinstate the healthy vibration into the spine and nervous system.

#### CHINESE CUPPING THERAPY -

A traditional Chinese therapy used to release Qi, blood or fluid stagnation in the body.

### GIFT VOUCHERS AVAILABLE

