Good Health

September 2010 $6.95 INC GST

Yes, really!

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ARE YOU AT RISK OF HAVING AN AFFAIR?

Why bad is good for you

- swearing
- gossip
- negative thinking

Rebecca Gibney

"There's plenty of time to rest when you're dead"

SPECIAL OFFER

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FOR EVERY READER

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The quiz to make you

- ☑ HAPPY
- ☑ HEALTHY
- ☑ LIVE LONGER

p36

16 secrets of super fit women

CHANNEL YOUR INNER MICHELLE BRIDGES

Bonus

10-page teeth health book

acp magazines

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AcuEnergetics

What is it?

A modern healing modality that brings Chinese, Judaic, Indian and Western healing traditions into an energy medicine. It addresses the energetic cause of physical, mental and emotional health problems. "Our mind – the way we think and our fixed emotional states – blocks energetic channels and centres in the body," says Kevin Farrow, AcuEnergetics founder and practitioner in Sydney. "When these centres are blocked, illness, pain and other symptoms appear."

Practitioners use various techniques, including gently putting their hand on or just above the body, to clear blockages and imbalances so the body can heal itself.

What can it help?

AcuEnergetics is a stand-alone technique which can treat a wide range of physical, mental and emotional illnesses and can also be used alongside mainstream medicine. It has been known to help chronic back and neck pain, knee problems, chronic stress, panic attacks, depression, frozen shoulder, menstrual and fertility problems, headaches, migraines, trauma, grief and emotional instability.

RELEASING PAIN

Antonietta Bartkowski, 39, Monterey, NSW

Problem: SEVERE, LONG-TERM BACK PAIN

"I had chronic back pain after an accident and was off work for six months, in constant pain. I heard about AcuEnergetics from a friend and went to see Kevin Farrow. After asking me about the accident, he put his hand above certain energy centres where he said there were blockages. He asked me what stresses there were in my life at the time of the accident and then got me to release them, as well as balancing my energy. Within a week, the pain was much less. After six weeks the pain was significantly better, and after 12 weeks, I was pain free and able to return to work. AcuEnergetics was the only thing that got me totally out of pain."

The practitioner says... "Antonietta had a lump on her sacrum," says Farrow. "After dissolving it with energy techniques and getting her to understand and release the stress she was holding onto, it was relatively simple to open the energy channels that held the pain, so the pain could be resolved."

To find a qualified practitioner, visit: www.acuenergetics.com.au

Kinesiology

What is it?

Kinesiology is a holistic modality that helps you access what your body, mind and spirit need in order for you to be healthy and reach your full potential. "Our bodies have an innate ability to heal themselves if they have the resources they need," explains kinesiologist Sarah Gilmour-Mayne.

Kinesiology restores free-flowing energy to the body so healing can occur. Many different techniques are used, including acupressure, nutritional support and counselling. Muscle testing is used to identify what each person needs. "Kinesiology bypasses your conscious thinking to discover the cause of the problem within the subconscious, body and energetic system," says Gilmour-Mayne.

What can it help?

Kinesiology can assist with a wide range of health and wellbeing issues that include pain relief, stress, confusion, digestive disorders, fatigue, back pain, depressive tendencies, nervous disorders and sports injuries. "Kinesiology can enhance learning, eliminate emotional, physical and mental stress, pinpoint and eliminate food and environmental sensitivities, help overcome past trauma, and overcome fears and phobias," says Gilmour-Mayne.

FREEDOM TO LIVE

Clare Woodward, 28, Paddington, NSW

Problem: GUILT AND SELF-BLAME

"About 18 months ago I became consumed by guilt over the way my behaviour in the past had affected certain people. I suffered insomnia and lost confidence. Sarah, the kinesiologist, asked my body questions to find out what I was holding onto on a subconscious level. She used techniques including acupressure to reprogram old beliefs and to clear energetic blockages. I also had to write a letter to myself asking for forgiveness, which I had to burn to release the past. After two weeks the negativity completely disappeared. It's such a relief to be living life to its full potential again."

The practitioner says... "Clare's old behaviours were no longer working for her," says Gilmour-Mayne. "After clearing these, she was able to access a new way of being – a powerful sense of herself that gave her back the freedom to live life as she chooses."

To find a qualified practitioner, visit: www.kinesiology.asn.au