

KINESIOLOGY

Kinesiology, pronounced kin-easy-ology, grew out of Chinese meridian medicine and chiropractic. From its chiropractic source came muscle monitoring, a form of biofeedback. When using this I test a client's muscle, usually an arm muscle, to see if the person can hold it strong. This is the baseline. I can then check to see how the client's muscle reacts to any stimulus – a food, an emotional problem, a physical movement, or even, with a child, something like reading. The muscle being tested will 'switch off' if this action causes any stress on that client's system. With this work we are not actually testing the strength of the muscle as such, more the energy connection between the brain and the muscle

Then I do whatever is necessary to bring the client back into homeostasis, or balance. To achieve this I may use acupressure, stress release or nutritional advice. When appropriate I will use other modalities, such as flower remedies. When the client is back in balance, his or her nervous system is also balanced and the innate healing can take over

Kinesiology works successfully with:

- Food intolerance
- Fatigue
- Non-specific pain
- General malaise
- Indecision

THOUGHT FIELD THERAPY

Also works with Chinese meridian system. It was developed by Dr Roger Callahan PhD and helps with emotional problems such as phobias or fear.

Thought Field Therapy works by tapping in a precise sequence, on specific acupuncture points. With this tapping, trapped, distressing thoughts are dislodged and the meridian energy can flow again, blockages and disturbances are dissolved.

Thought Field Therapy also uncovers and eliminates Psychological Reversal, a state that leads to a chronic attitude of negativity and self-sabotage.

While *Thought Field Therapy* deals mainly with emotional issues, the positive results spill over into other areas of life. Unresolved depression, rage and anger are bad for the heart. Anxious people are more at risk of health problems than are others.

Pauline Bosch MA

Before going down the road of alternative therapies, Pauline worked as a consumer journalist, writing for the Irish Times and Consumer choice

In 1987 she studied Touch for Health and Educational Kinesiology and trained as a therapist and instructor in these therapies. Over the years she has studied Reflexology, Cranio-Sacral Therapy, Reiki and branches of Kinesiology dealing with nutrition, muscle work, emotional release and the spiritual area. In 2000 she qualified in Thought Field Therapy, studying with its founder Dr Roger Callahan.

Pauline is a member of the *Kinesiology Association of Ireland* and the *Association of Thought Field Therapy*