



# Principles of Kinesiology: What it is, how it works, and what it can do for you (Discovering Holistic Health)

*Maggie La Tourelle*

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Kinesiology is a system of natural health care that combines muscle testing with the principles of Chinese medicine to assess energy and body function. A touch therapy, it uses a range of gentle yet powerful healing techniques and can be effective in the treatment of many conditions, including allergies, backache, fatigue, emotional difficulties, headaches and skin and bowel problems. This book describes how kinesiology can help with these problems by correcting imbalances found in the different forms of kinesiology assessment.

This introductory guide explains how kinesiology works, how to find a practitioner and how it is usefully applied with other therapies, as well as how self-help techniques can be applied. It will be of interest to anyone considering kinesiology treatment, or simply wanting to find out more about this healing system. Students and practitioners of kinesiology and related practices will find it to be a useful reference, and a perfect introduction to recommend to clients.



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