Evidence Based Research in Kinesiology
Focus on Inflammation
My Favourite Muscle: Supraspinatus
Nutrition: Food for Thought

In Touch
Australian Kinesiology Association Issue #106 Winter 2013

AKA NATIONAL CONFERENCE
30th Annual AKA National Conference 2

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Join us in Melbourne as we celebrate the 30th AKA National Conference 2013
Friday 11th - Sunday 13th October

Honouring the Past
Embracing the Future

The program is set, the speakers are booked and all we need is YOU!
We have dynamic speakers presenting a broad range of topics, a great venue,
lots of stalls and the usual features that make AKA conferences so inspiring and enjoyable.

Charles Krebs, Jane Thurnell-Read (England) and Philip Rafferty are presenting mini workshops with
hands-on learning of techniques that will prove extremely valuable in clinical application.

Remember the conference and workshops are a great way to earn CPE points.
Full conference = 20 CPE points. Mini workshops = 2.5 CPE points each.

The venue is Rydges, Swanston St. Carlton. Excellent accommodation rates, walking distance to and
from the city, public transport at the door, 30 minutes from the airport by taxi or skybus.

See following pages for speaker program, mini workshops,
registration details including early bird special and first time attendance deal.

Interested in having a stall at the conference? Contact the coordinator for details.

All enquiries to conference coordinator, Franca Wild, at conference2013@aka.asn.au

RYDGES

701 Swanston Street, Carlton

Tel.: (03) 9347 7811

Conference rate $180 per night.
Includes full breakfast and
free wi-fi (usually $250+).

To receive the special deal you must quote
“AKA Conference”

Contact Rydges for bookings and queries.

Alternatively, download booking form
https://www.rydges.com/customised-web-page/aka/
Both Sides Now: Am I Just Dumb or What?

Learn simple, direct muscle tests to check for Corpus Callosum “Blockage”, and explore how this may change in different contexts and how to test accordingly. See how results of these muscle tests relate to performance when viewing X and II lines, with and without dots.

Access information on how clients read and often, how much they comprehend. Once the door to the “Blockage” has been opened, you can then determine via Muscle Biofeedback how best to work with the client for success resolution of these Brain Integration issues.

Also learn how to assess the Hippocampal Commissure, the pathway that controls your Life! When the HC “shuts down”, you cannot access what you do know. Find out in which circumstances this occurs so you can then balance the situation and alter your life.

Using Testing Kits

There are many different ways you can use test kits, but in this session we will work with the powerful energy mismatch concept, originating in Health Kinesiology.

This looks at the way the body mismatches substances and so reacts to them inappropriately.

The analysis and correcting procedure enables you to alleviate allergic reactions, rebalance hormones, remove body toxins, strengthen the immune system to fight invasive bugs and much more.

There will be time to practice during this mini workshop, and you will come away with a simple but extremely powerful technique that you can use to help many clients.

How Accurate is your Hydration Feedback

The most common kinesiology test we use for dehydration is tugging the client’s hair. However there is a more accurate way, via the corpus callosum, to check this fundamental pretest.

Using specially created blue cards with muscle monitoring will give greater accuracy.

The interesting aspect to this is that just drinking water does not always correct dehydration and often a stress or TMJ correction may be required.

During this mini workshop you will learn why TMJ issues contribute to kidney/adrenal stress and have hands on learning of corrections and techniques to balance hydration issues and assist your client out of flight/fight/freeze/survival mode. All participants will receive blue cards to keep.

Charles T. Krebs has published scientific papers & two books, A Revolutionary Way of Thinking and Nutrition for the Brain. Working with Clinical Psychologists, Speech Pathologists, Neurologists and other health professionals, Charles developed AcuNeuroSync, a system to address trauma, hormonal, and immune conditions, and the Learning Enhancement Acu-pressure Program (LEAP), an effective program for correction of learning problems.

11.00 am Friday 11th October, 2-2½ hrs approx.

Jane Thurnell-Read is the author of several books including Verbal Questioning Skills for Kinesiologists; Allergy A-Z and Energy Mismatch to name a few. A former Kinesiology practitioner for 20 years, Jane now researches and develops test kits to aid practitioners in clinic. Jane resides in England and travels the world as an avid bike rider, riding countless kilometres across the US, Europe, Africa and Asia.

2.00 pm Friday 11th October, 2-2½ hrs approx.

Philip Rafferty has been teaching and practising since 1981 and is one of the early pioneers of Kinesiology in Australia. Philip is the developer of Kinergetics (1991) and RESET (1995). Philip continues to be an active and dedicated ambassador of the industry (spanning over 30 years), and his passion for demonstrating Kinesiology techniques and outcomes has seen him travel the world, presenting at hundreds of conferences and festivals.

2.00 pm Friday 11th October, 2-2½ hrs approx.

Workshop delegates please arrive 10 minutes prior to commencement. CPE = 2.5 points for each workshop. Numbers limited for all workshops. Pre-registration and payment required. See page 5 for details.
~ FRIDAY ~
10.45 am - 4.30pm Mini Workshops
4.30pm Registration
5.30pm AKA AGM - all members welcome.

7.00pm KEYNOTE SPEAKERS
Psychiatrist, Dr. John Robertson and Cora Browne RN
Mental Health and the Kinesiology Practice
More and more practitioners are seeing clients with mental health issues. This presentation will cover identifying red flags; safety issues; referrals; support services and resources for the Kinesiologist. This will be followed by Q&A focusing on clinical situations.

Cocktail Function Refreshments and Finger Food.

~ SATURDAY ~
8.15am: Registration
9.00am: Official Welcome

Mercury and Fluoride Philip Rafferty
Harmful Effects of Mercury and Fluoride. Testing and correcting energetic reactions with Kinesiology.

Evidence Based Research KEYNOTE SPEAKER Professor Trisha Dunning
Exploring the principles of EBR and its importance in Complementary Health Care Practice.

Working with the Relationship Matrix Gordon Dickson
Limitations and solutions. Research based methods and clinical applications to assist in clinic.

12.50 pm Lunch

Verbal Questioning Skills In Your Practice KEYNOTE SPEAKER Jane Thurnell Read (England)
Looking at some of the important ways in which you can use verbal questioning with muscle testing to manage complex clients better, use indices effectively and plan optimum homework schedules.

The Placental Chakra and Conception Hugo Tobar
Using formatting to capture the energetic imprint of stress on a particular structure and how this enables the practitioner to access/balance the stress precisely.

AKA Forum
Updates on the HLT Review, AKA matters plus Q&A.

5.30 finish

Saturday Dinner Dance at 7.00pm
3 course meal and beverages. Live Band. Eat, Drink, Dance!

~ SUNDAY ~
8.45am: Registration ~ First lecture 9am sharp

Foundations of Fear Moira Dempsey
Recognising the postures and behaviours related to retained primitive reflexes. Balancing demonstration technique.

Sound Brendan O’Hara
Muscle testing pitch and sound; toning; sounding the 14 meridians; language, calming the mind and senses with sound.

Vaccine Toxicity Recovery Jenni Beasley
Pre/post vaccine support in the Kinesiology session. Demonstration of 3 correction options: no remedy, neuro-frequency cards and homeopathic remedy.

KEYNOTE SPEAKER Dr. Charles Krebs PhD
Neurology of Muscle Function
Muscle monitoring has long been considered subjective and not scientific. Why? When the client says “you’re pushing harder or doing it differently”, is it physics, neurology or both?

1.20 pm Lunch

KEYNOTE SPEAKER Dr. Charles Krebs PhD
Muscle testing - Objective or Subjective?
Clinical research from Germany and USA investigates peoples’ subjective experience of muscle testing against the objective measure of EMG measurements. What is the role of the monitor? Does ‘doubt’ affect the outcome?

iKinesiology Marrs Coiro
How to integrate the latest digital technologies to benefit your Kinesiology practice and strengthen your business. Apps for ipads/tablets.

4.15pm Conference Close
Afternoon Tea Farewell till next year. See you in Sydney!

And of course the ‘Dysfunctional Dynamic Duo’, aka Brendan O’Hara and Michael Wild, will entertain us with the hilarious Skills Auctions throughout the conference. So be prepared.....

Changes to programme may occur without notice. Visit www.aka.asn.au for any updates.
Honouring the Past
Embracing the Future

30th AKA National Conference 11th - 13th October 2013

Mail: AKA Conference, PO Box 241 Ormond Vic 3204
Email: conference2013@aka.asn.au ~ Fax: 03 9578 1468

Cancellation Policy: Cancellations received on or before September 20th incur a $25 administration fee. Cancellations after this date and up to October 5th incur a $50 administration fee. Any notified cancellations after this date may be partly refunded at the discretion of the organisers. No refund for non-attendance. All alterations or cancellations must be made in writing to the Conference Coordinator. Insurance: Registration fees do not include insurance of any kind.

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<th>AKA Members</th>
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*First Time Attendance $350 Special deal for AKA members only. Includes Friday night & weekend lectures & Friday night cocktail function (does not include Saturday night dinner) *Offer valid only to 1st October for members who have never attended an AKA conference.

I am interested in having a stall at the conference
I require CPE certificate

Only tick following boxes if your diet is

- GENUINE STRICT VEGETARIAN
- GENUINE STRICT GLUTEN FREE

Payment enclosed via: □ EFT/DD □ Cheque/Money order Total $ ___________ payable to KAV (not AKA!)

Signed ........................................................................................................ Date ........................................

EFT/DD: Ensure you include your name & surname as your reference.
Account Name: Kinesiology Association of Victoria
Bank: Commonwealth B.S.B: 063881 Account No: 1005 0264

EFT/DD: Ensure you include your name & surname as your reference. Account Name: Kinesiology Association of Victoria
Bank: Commonwealth B.S.B: 063881 Account No: 1005 0264

**Remember to advise coordinator that payment has been made.**

Confirmation, tax receipt, accommodation and transport details will follow once payment AND registration form has been received.
EVIDENCE BASED RESEARCH IN KINESIOLOGY

THE TIME HAS COME, THE TIME IS NOW!

Kathy Carmuciano

Background
In November 2012 the Department of Health and Aging (DOHA) called on a number of Complementary and Alternative Medicine (CAM) modalities to submit to an official panel review, papers outlining evidence that supported clinical efficacy, cost effectiveness, safety and quality related to or underpinning their practice.

This review was undertaken by DOHA because the Australian Government will no longer support rebates on private health insurance for natural therapies that do not have an evidence based practice.

The literature review, undertaken by member Lyn Jordan on behalf of the AKA, revealed that there was very little systematic, robust or properly designed Evidence Based Research (EBR) to support Kinesiology practice.

Discussion
On May 1st, 2013, at the DOHA panel review, Dr. Charles Krebs and I represented the AKA and presented the findings outlined in the AKA’s submission. We also informed the panel of what actions would be taken by AKA to rectify this shortcoming.

It was noted in the submission to DOHA that there is a wealth of anecdotal evidence supporting the efficacy of Kinesiology practice, but this has not been documented or presented in a scientific manner.

Also noted in the submission, was the consensus of many Kinesiology practitioners that as their clients were happy with the outcome of their work, they felt it was unnecessary to verify their work any further.

At the review session, the following points were presented:

- The AKA recognises that if the Kinesiology modality is to continue to be included in the health benefits rebate scheme, then better designed and more robust studies need to be undertaken in order to support Kinesiology practice.
- The AKA acknowledges that it has been difficult to conduct quality research due to a lack of research funding, access to databases and publications in quality medical/scientific journals and lack of expertise amongst its members.
- The DOHA review panel was informed that Dr. Charles Krebs and Dr. Susan Eardley were currently undertaking respective research that was soon to be published, and that this would lend more robust and scientific support to Kinesiology practice.
- In addition, Dr. Charles Krebs supplied information about a transducer that is capable of capturing what is actually happening during a muscle test and generating objective force-time curves, allowing direct comparison between normal homeostatic and aberrant muscle function. This transducer, developed over a twenty year period, will enable Kinesiology research to be conducted in a scientific and quantitative way.
AKA informed the review panel that it sees the review process as an opportunity and an impetus for the Kinesiology modality to move toward a practice based on evidence based research. The kinesiology modality needs to do this not only to maintain inclusion in the health benefits rebate scheme, but also to continue to develop as a health care modality.

The AKA began some thirty years ago as a membership body supporting Kinesiology students, instructors and practitioners through the dissemination of information. As the peak body of the Kinesiology industry, the AKA’s role has evolved and it is now a government recognised organisation overseeing an industry providing services to a vast number of individuals in society. And it is for this reason that our industry needs to provide services based on evidence based research.

The AKA now realises that communication, guidance and education on the importance of EBR is paramount for the following reasons:

- Maintain Kinesiology practice standards
- Improve clinical outcomes for clients
- Continuous quality improvement in Kinesiology practice
- Enhance creditability and professional standing and acceptance of the Kinesiology modality in the wider community and amongst Medical and Allied Health practitioners.
- In addition, there are growing numbers of Kinesiology practitioners with government accredited qualifications who have broader knowledge and skill sets in research. These members can hopefully assist the wider Kinesiology community in evidence based research projects.

The results of the literature review has, as aforementioned, highlighted to the AKA the need to act. Some of the suggestions that have been forthcoming are:

- Disseminate to AKA members the DOHA submission.
- Highlight to AKA members the need to have Kinesiology practice based on EBR, as do Medical and Allied Health practitioners in the western model of health care along with many Complementary and Alternative Medicines (CAM). It is worth noting, that the Allied Health modalities, such as medicine, physiotherapy, nursing and occupational therapy, had humble and simple beginnings like Kinesiology. In addition, it is worth noting that they rose to a professional level only by improving their educational base and undertaking, some not until the mid 1990’s, evidence based research to support the efficacy, safety and quality of their respective practices. Nursing itself was not deemed a profession until the 1980’s.
- Encourage AKA members to reflect upon and question their practice and recognise where they can improve quality and efficacy.
- In addition, emphasise that it is the responsibility of all Kinesiology practitioners to provide Kinesiology services to the general public based on best practice and EBR. The Medical Journal of Australia reported that in 2000 approximately half the population used complementary and alternative medicine (CAM).
- Disseminate to AKA members case studies and research papers from literature review, indicating the current level of EBR in relation to Kinesiology.
- Disseminate to AKA members high quality EBR articles from other CAM modalities such as acupuncture, myotherapy and massage. This demonstrates how similar CAM modalities are actively engaged in this type of research to support their practice, perhaps inspiring members to undertake research projects.
- Encourage AKA members to measure, and thus demonstrate, the effectiveness of their clinical practice by using pre and post assessment tools e.g., measuring range of motion of a limb with a goniometer, using an analogue pain score, activities such as cross crawling, reading comprehension, independent education testing such as the WISC IV assessment or school reports.
- AKA to run Evidence Based Research seminars and training days.
- AKA to consider appointing a Research officer to facilitate seminars, assist with the creation of EBR guidelines and set standards and templates for case studies and research projects. In addition, to mentor AKA members with specific research projects to ensure that they meet with the NHMRC guidelines.
- Finally, for the AKA to ask members who are interested in EBR to form an EBR Special Interest Group (SIG). This group could be the platform for:
  - EBR projects to be launched.
  - Kinesiology practice to be examined and questioned and quality improvement undertaken.
  - Sharing and dissemination of EBR information via ‘In Touch’ to the AKA members
  - Peer group review
Summary / Conclusion

After the literature review undertaken by the AKA, the subsequent findings of very little systematic, robust or properly designed EBR, and the presentation to the DOHA review panel, it has become evident that Kinesiology has reached a stage in its development that requires it to review its future.

As the saying goes ‘The time has come, the time is now.’ There is an expectation that the Kinesiology industry – not yet seen as a ‘profession’ – needs to back its claims.

At present, not all of the industry is supportive of EBR. There are those who believe that no research is necessary as we already know that Kinesiology works through success stories and testimonials. And there are those who want to advance in their role like other aforementioned professions.

I believe it is incumbent upon those Kinesiology practitioners who do want to advance to an Evidence Based Practice, achieve higher education for Kinesiologists and gain professional status, to join forces.

A united front is a powerful front. We see this group being made up of (i): pioneers of the Kinesiology industry; (ii): RTO and workshop graduates who have undertaken and successfully completed research components as part of their training; and (iii): those who are passionate about EBR and would like to be involved. The combined efforts of these AKA members will help drive the development of our modality towards an evidence based practice and the professional status it deserves.

If we want the Kinesiology modality to develop to a ‘professional’ level, gain a greater acceptance and respect in the wider community and health care industry, as well as satisfy DOHA, then we need to “play by the rules”. This means emulating allied health, medical and CAM modalities that have undertaken evidence based research to support their practice while meeting NMRHC standards (http://www.nhmrc.gov.au/). This is the way forward for Kinesiology.

On the day of the interview, I was asked if I would like to make a final statement to the DOHA review panel. I had thirty seconds to do so. My statement was this, “I am passionate about Kinesiology and I stand firmly in the belief that Kinesiology is a powerful, healing modality and that it does work, and I am totally committed to participating ongoingly in EBR to prove its effectiveness.”

Professor Trisha Dunning will be speaking at the upcoming AKA conference on EBR in complementary health.

Key Words
AKA Australian Kinesiology Association
DOHA Department of Health and Aging
CAM Complementary and Alternative Medicine
EBR Evidence Based Research
EBP Evidence Based Practice
Goniometer A device that measures angles
WISC IV Wechsler Intelligence Scale for Children
NHMRC National Health and Medical Research Council

Are you interested in conducting small research projects?

Evidence Based Research and Kinesiology

The AKA is looking for members interested in forming a special interest group (SIG) to

• learn about basic EBR skills
• share research ideas and
• participate in small research projects.

Whether you have extensive clinical experience, research knowledge and skills, or even just a passion for the ongoing development of Kinesiology practice, we would love to hear from you.

Meetings will initially be via Skype with possible face to face get-togethers depending on location of interested parties.

Email enquiries@akakinesiology.org.au with RESEARCH in the subject header.

Let’s start now and let’s start small!
Working with the bees has no direct link to my occupation as a Kinesiologist; it's great! A world totally away from it. It's a wonderful way to rejuvenate and be a part of nature.

I got into beekeeping through a friend who offered me his five hives when he went off to Western Australia to work in the mines. I've always had an interest in bees and fortunately for me, my friend's departure gave me the push I needed to further my interest. For the last 18 months I've been tending bees. The learning curve has been enormously steep! The whole process has given me immense pleasure and….lots of honey!

I find working with the bees calming and relaxing. You have to be calm to work with them and your concentration has to be there. I love observing the bees - I'll go and sit with them for five or ten minutes (sometimes for half an hour or more) every day. I just watch them and observe their habits, making sure I'm not in their flight path! It's just peaceful to hang out with them.

Their society, one of the longest serving, is so crucial to the life of humans on the planet. Naturally the learning is a wonderful aspect of my enjoyment. Spiritually, I find it connects me to the earth; it's humbling to be a part of their work.

Globally bees are in trouble. There are new diseases and new predators to the bees such as the varroa mite and now there's this thing called Colony Collapse Disease. This is where a person will go to collect their honey and there will be honey in the hive but no bees. Maybe the queen and a few drones remaining but all the others have gone!

Of course, beekeepers all over the planet are aware that insecticides are having a hugely detrimental effect on the health of the colonies. Without the bees we would lose about 75% of all pollination on the planet and that's of ultimate importance for the continuance of the food chain; no pollination, no food, no humans!

How do you get involved in beekeeping?

For anyone who would like to get involved in bee keeping, curiosity is a must. When you start talking bees and asking questions, you'll be surprised how many folk are into bees; answers are everywhere. Find a mentor. Mine, an old friend, has been keeping bees all his life. So if you're interested in becoming involved with keeping bees I would say, give me a call or find a mentor. Go on the Internet to research and find Beekeepers Associations.

You do need a fair bit of equipment - setting up a hive will cost you a couple of hundred dollars. Then you need the extracting equipment and a full length suit. You need tools to help with all this. You need boxes and of course you need bees!

I think it is certainly worth acknowledging that bees give us beeswax, propolis and of course, honey. And honey is one of the great curers and preventative of illness that we have on the planet.

Bee Yourself.

Brendan O'Hara is a Specialised Kinesiology Practitioner practising south of Melbourne on the Mornington Peninsular. Contact details on the AKA website.
Chronic systemic, low-grade inflammation (not to be confused with the acute inflammation which occurs when we cut ourselves) is at the root of many, if not all, modern diseases and nearly everyone these days has it. Inflammation is an immune response to help heal our bodies when unwell. But when this immune response is persistent, systemically it can leave you sick and vulnerable. So whose body is bogged down by inflammation? Nearly everyone who is overweight, has chronic ills, eats sugar and refined foods and is constantly stressed. But there are many self help measure you can take.

What is inflammation?

Ironically, inflammation is a by-product of any intense immune response. It is necessary to help the body heal. When the body is invaded by bacteria or a virus, toxins or traumatised by a wound, our immune system goes into action producing a myriad of cascading protective chemicals that’s rush to the site. The four classic inflammatory responses are redness, heat, pain and swelling. You might now be remembering your bacterial sore throat or the time you cut your foot or when that mosquito bite began to swell. This visible inflammation reaction can also occur inside your body where you don’t see it but you sure know about it, for example, diarrhoea, acute pain and headache.

There is, however, a chronic form of low-grade inflammation. This immune reaction occurs constantly. We can’t see it and we may or may not have obvious symptoms. This form of inflammation has been linked with severe forms of mental illness, autoimmune disorders, obesity and weight loss resistance, and aging. It is the common link between Alzheimer, heart disease, cancer and arthritis.

What causes Inflammation?

1. **Pathogenic Organisms** It’s a common contention that pathogenic organisms in the blood and organs of the stomach and gastrointestinal tract are the main cause of inflammation. These low-grade bacterial, viral and fungal infections are seen as culprits. For example, Helicobacter pylori in the stomach contributing to inflammation and ulceration.

2. **Food Allergies or Food Sensitivities** The digestive tract can become inflamed if we frequently eat foods that we are sensitive to, such as gluten or inflammatory fats like processed oils, dairy and eggs. If the gut wall becomes damaged and leaky, the body struggles to get nutrients out of the food and we feel persistently hungry.

3. **Abdominal Fat** It doesn’t just sit there; it releases an inflammatory chemical called cytokine. Cytokine is the chemical messenger that starts the inflammatory process.

4. **Gut Dysbiosis** is the imbalance of bacteria and fungi in your gastrointestinal tract, e.g. Candida Albicans.

5. **Stress** Persistent physical and emotional stress raises cortisol levels and compromises the immune system. Cortisol makes you crave carbohydrates and store abdominal fat, and reduces your feel good hormone serotonin.

6. **Environmental Toxicity** from our air, water and food. Chemicals, toxic pollutants and heavy metals all have the ability to create inflammation and severe ill health.

7. **Diet and Lifestyle** From poor sleep, inactivity, constant dehydration to too much caffeine, fat, sugar and protein. How we eat and live can increase inflammation in the body.

How to reduce Inflammation

A chronically inflamed body is a body out of balance. So if we go back to the basics of diet and lifestyle, improvement will be seen.

- Correct gut dysbiosis and eliminate viral and fungal infections through the use of probiotics and diet change.
- Increase mineral intake and use inflammation-fighting foods (see below).
- Consider correct food combining. Some foods eaten together impede digestion. Try 80% vegetable 20% protein.
- Don’t over eat.
- Review high food intolerance foods as dairy, gluten, soy, corn, eggs, and peanuts can trigger an immune response.
- Eliminate sugar, artificial sweeteners, and foods that behave like sugar in the diet, especially refined ‘junk’ foods. They spike your blood sugar leading to inflammation.
• Change your oil. Eat anti-inflammatory fats from wild fish, raw nuts and seeds. Say no to hydrogenated trans fats from deep-frying and margarines.
• No more GMO’s. Genetically modified organisms interrupt intestinal gut flora.
• Reduce stress. Meditation. Consider behavioural therapies, and self help tools like balancing and meridian tapping.
• Get plenty of sleep and rest regularly.
• Enjoy the sun when it’s not so harsh. Vitamin D from sunlight is an effective way to stop inflammation.

Inflammation fighting foods.

Here are 10 inflammation-fighting foods. Fermented Foods help build immunity, keep infections under control, reduce sugar cravings and help correct gut dysbiosis.

1. Broccoli and Spinach, slightly steamed for better absorption, is full of vitamin C and calcium.
2. Unrefined organic oils like Hemp and Flax are full of Omega-3 fatty acids and gamma-linoleic acid (GLA) to further fight inflammation. Pumpkin seed oil and coconut are good too.
3. Wild caught salmon, cod and sardines have anti-inflammatory omega 3.
4. Tart Cherries are known to be more beneficial than aspirin in reducing inflammation.
5. Soaked walnuts because of the vitamin E content.
6. Garlic contains sulphur compounds to stimulate the immune system in fighting disease and has long been known as a remedy for colds.
7. Onions, in particular red onions, contain quercetin, a potent antioxidant and fighter of inflammation.
8. Pineapple contains bromelain, an antioxidant boosting natural immunity.
9. The spice, tumeric, contains curcumin, the active ingredient in many anti-inflammatory products. It is great added to food. Ginger is also known to lower inflammation and has also been found to reduce arthritic pain.

Developing a healthy eating plan can sometimes seem difficult but like anything that is new, it becomes second nature over time. And the payoff is you can take a proactive stance against inflammation and disease by incorporating these foods into your life.

A great article to read

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The Vitamin Solution: A 3 Step Strategy to Cure Our Most Common Health Problem. Dr. Michael Holick http://bodyecology.com/articles/inflammation_cause_of_disease_how_to_prevent.php#.UYm0BeCt_FI
The Virgin Diet: Why Food Intolerance is the Real Cause of Weight Gain. JJ Virgin CNS CHFS

Theresa Commadeur ND, Dip Hom, RN is a practicing Naturopath in Black Rock, Melbourne. She has studied many modalities of kinesiology and uses Meridian Tapping to consult with clients on a wide range of health concerns both here and internationally.

Contact details: www.healthnaturally101.com, healthnatutally101@gmail.com, 0417707805
**Eccentric Muscle Testing**

Bridget Cook

I work as a personal trainer and have been using TFH muscle balancing techniques to bring functional strength to muscles with great levels of success. When a person is struggling with sit ups, it is wonderful to have the tools to switch on the abdominals and see the often instant improvement. So many clients with “weak arms” or “weak ankles” have experienced rapid increases in strength and function after a balance.

This article is to share a new way of testing muscles which came about when normal muscle testing was not enough to bring muscle strength for one particular client. I have since used it for many clients and it has added a whole new dimension to functional improvement.

The standard muscle testing is done while the muscle is held in a contracted position. After some research and consulting, I devised a way to test the muscle while it is lengthening. This is T’s story:

She was born with arthrogryposis from hips to toes, with joint contractures at the ankles, knees and one hip, accompanied by muscle weakness which further limited movement. She had undergone twenty-four operations on her legs and was able to walk with the aid of a stick.

She mainly relied on her right leg and could balance on it for a just a couple of seconds, balancing on her left leg was impossible for more than a split second. When sitting down or standing up she needed to use her arms for help.

Balancing forty-two muscles brought a lot more available strength and her balance improved, but sitting down and standing up were still impossible without holding on to something and using the muscles of her arms. There was absolutely no strength available for taking weight on bent legs, even the slightest bend would make her legs “give”. Standard testing of the muscles involved in sitting showed them all switched on, but this was not helping her to sit, so we were back at the drawing board.

Researching the movements involved in sitting, it became clear that during the process of lowering yourself, muscles have to be strong while they are lengthening (called eccentric movement) in addition to when they are contracting as is tested in the standard muscle test. We started with one of the main eccentrically used muscles in sitting, which was the quadriceps. I asked T to do quadriceps test again, but
this time eccentrically - so that as I was pushing on the quadriceps, she was to allow the leg to move, but aim to control the speed of the movement with her muscle.

The normal quadriceps test had been strong, but as soon as the muscle started to lengthen, it just switched off. We used the TFH correction techniques and to our relief, that switched it on, so we went ahead and did the same eccentric testing and balancing on other muscles involved in sitting down and standing up.

Then came the proof of the balance as T stood in front of the chair and readied herself to sit down. Neither of us had any idea whether the balance could make a difference, because of the arthrogrothosis and operations, but to our great happiness T sat down with control for the first time in her life, using just her legs. Then she stood up, again with just her legs. We both got goosebumps and danced around a bit then T was wanting to start on one legged squats!

We are now strengthening the muscles with exercises, T is working extremely hard and has progressed much faster than I thought possible. Standing on her right leg is good and she can balance on her left leg for over 10 seconds. She is doing squats, lunges and kicks and not using her stick for shorter walks.

I have since used the eccentric testing to help many more clients with their muscle strength and function. Eccentric testing and balancing the quadratus lumborum has been helpful to reduce pain in backs and the glutes and hamstrings also have often given very beneficial functional strength results. The testing can be done alongside the standard test during a balance, or done separately.

Synara Chandler

In 2004, Katrina first came to see me as an EXTREMELY shy and self-conscious woman. At the time she had not had a period for approximately one year. Within six hours of her first Kinesiology session, Katrina had a normal period. But that’s not all. Katrina had been in a car accident at the age of three, and was clinically blind in one eye for twenty-nine years. Katrina is now regaining her sight! The doctors and specialists of course “can’t understand it” and have called her a “freak”. However, Katrina and I just laugh and continue with regular Kinesiology sessions.

In the last eighteen months, Katrina’s compliance in applying her homework which included other complementary therapies such as reflexology, acupuncture, re-birthing, sessions of ‘The journey’ and even a makeover with a colour specialist, have enabled her sight to return in the form of seeing shapes, colours and improving her peripheral vision.

On a personal level, she has gone from someone who was unable to look at anyone, to attending a “Laughter Workshop” and even giving a talk at a Laughter Conference, at which Katrina’s changes and personal growth brought the CEO of the group to tears.

BOOK REVIEW Michael Wild

This is another book that addresses the underlying emotional and metaphysical causes of ill health. There are a few around these days and each has it own slant, presentation and focus, making them relatively unique.

This book is no exception. Dr. Barral asserts we are all born with certain parts of our bodies less healthy than others. As stresses and trauma of life accumulate, these areas become our ‘weakest link’. This is especially the case with our organs. In ‘Understanding the Messages of Your Body’ Dr. Barral discusses each organ and its complex relationship with the rest of the body, explaining how pain can originate with an emotional upset that creates distress in an organ, or how a physically damaged organ can cause emotional problems. The latter aspect is not always covered in books of this type, as it is presumed the emotion/stress starts first. For some, this book may add another dimension to the wellbeing/emotions connection.

Also covered are detailed analyses of various “types” of human personality and the physical-emotional complexes and related organ dysfunctions that accompany them. Each organ is presented as a chapter heading accompanied by a theme e.g. The Stomach and Duodenum: Our Social Self. In the chapter is an explanation of the workings of the organ or part of the body and associated symptoms when not functioning optimally. Following this is a description of related personality types e.g., the stomach and duodenum people. The author offers advice and encouragement for each type to improve physical, psychological, and emotional health. This can be used both by professional therapists and the public.

As with other books of this type, one can use it a reference, to look up what might be associated with a given condition related to an organ. However the details are not alphabetically referenced, but presented chapter by chapter as explained above.

Since this book focuses mainly on organs, the health conditions it covers may not be as broad as other books. None the less, it offers unique aspects that make it valuable for anyone interested in what lies behind our physical imbalances, from an emotional perspective. Available from Equilibrium, (03) 9578 1229, info@kinesiologyshop.com, $27.00 plus $5.00 postage.

Michael Wild, Equilibrium Kinesiology Supplies
(03) 9578 1229
info@kinesiologyshop.com

Australian Kinesiology Association Inc 13
One of the most important muscles for kinesiologists to check is the Supraspinatus muscle as it is the indicator muscle we use in accessing the brain. Supra means above and spinatus refers to the spinous process, so the location of the muscle is above the spinous process of the shoulder blade. It is also a muscle commonly involved in shoulder problems.

The supraspinatus is a thick triangular muscle that occupies the whole of the supraspinous fossa, arising from its lateral two-thirds and from a strong fascia which covers the muscle and completes the osteo fibrous sheath in which it is enclosed. From these points the muscular fibres converge to a tendon, which passes across the capsular ligament of the shoulder joint which it is in close contact with, and is inserted into the highest of the three facets on the great tuberosity of the humerus.

The socket at the glenohumeral joint (glenoid fossa) is too shallow to offer any bony security for the head of the humerus. As ligaments would severely limit joint movement, muscle tension must be employed to pull the humeral head into the shallow scapular socket during shoulder movements. Four muscles fulfil this function – the supraspinatus, along with infraspinatus, teres minor, and subscapularis (SITS). These muscles form a musculotendinous ‘cuff’ around the head of the humerus, enforcing joint security. Especially effective during robust shoulder movements, they permit the major movers of the joint to work without risking joint dislocation.

The SITS muscles have come to be known as the rotator cuff muscles, even though the supraspinatus, along with the deltoids, is an abductor of the shoulder joint and not a rotator. Indeed among some health care providers, supraspinatus is known as the “rotator cuff” in the context of a “rotator cuff tear.” As the supraspinatus muscle is part of the shoulder girdle and as such supports it, also test and correct infraspinatus, and teres minor, subclavius and subscapularis, the deltoids, upper and middle trapezius, pectoralis major clavicular and pectoralis major sternal.

The shoulder joint and the supraspinatus muscle/tendon are subject to early degeneration from overuse. The problem is generally one of chronic physical contact and friction, known as impingement, between the acromion, the coracoacromial ligament and the distal clavicle above, and the tendon of supraspinatus and the subacromial bursa below. Those with a down turned acromion or a previously dislocated offset acromioclavicular joint are especially vulnerable to supraspinatus tendonitis and subsequent tearing, subacromial bursitis, limitation of shoulder motion, and pain. All overhead activities such as those of professional curtain and blind hangers, ceiling plasterers, and bowlers at cricket, and acromial loading such as hose carrying firemen and those carrying heavy bags by straps over the shoulder, pursued over a long period can induce changes like bony spurring, and bursal destruction with impingement signs and symptoms.

To test the supraspinatus muscle, the client holds a straight arm outward and forward 15 degrees each way, palm facing the groin. This can be done sitting standing or lying. The Kinesiologist applies pressure to move the lower arm inwards towards the groin. Stabilise on the opposite shoulder. With the client lying it is sometimes more comfortable to stabilise the opposite hip.

Jenne Burns is a Registered Specialised Kinesiology Practitioner practising in SE Melbourne. Contact details: jenne@netspace.net.au (03) 796 8148
The supraspinatus muscle is the indicator muscle of the Central meridian which begins at the perineum and proceeds up the midline of the body, sternum and throat to just below the lower lip. The central meridian is the reservoir of energy for the yin meridian and assists in energising our brain and mind. Therefore it is an important muscle to check and correct, especially when working with learning and brain issues.

Children who are slow learners will often show an unlocking supraspinatus and could benefit from corrective treatments. Dyslexics will often show bilateral muscle weakness. The neurolymphatic in the front shoulder crease is rubbed, the neurovasculars on the forehead (ESR points) and on the anterior fontanelle are gently held, the neuroemotional at the sternal notch is rubbed and the meridian is traced upwards. The nutrition that will energise the brain is salmon, tuna, sardines, other fish, brains, eggs, yoghurt, brewers yeast, soy, nuts, and whole grains – and will strengthen the Central Meridian and the supraspinatus.

When working with a client who has hip problems, always check the muscles of the shoulder, as we find the contralateral joints can often be compensating for or affected by each other.

The Central meridian speaks to us about issues relating to self respect and success versus overwhelm, shame and shyness. When we feel we have done something wrong the shame we feel prevents us from treating ourselves with self respect and having the confidence to really be ourselves. When we can forgive ourselves for that which we feel was wrong, and not be overwhelmed by it, we can treat ourselves with respect and achieve the success we aspire to.

As you can see, the supraspinatus muscle plays a major role in clients with shoulder problems, learning difficulties and hip problems and as such is one of my favourite muscles.

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Looking for quality space to expand your practice?

Consulting Rooms for Lease
Norwest Business Park, Sydney

Langas and Associates is a private psychology practice providing services for adults, children, adolescents and families. We are seeking allied health professionals or alternative health professionals to join our network of independent practitioners. There are two rooms available for lease.

The rooms are located on Level 2 of the Sky City building in Norwest Business Park within a psychology practice. Other occupiers include a childcare centre, café, hair salon, beauty therapist, accountants, dentists, medical and other health care specialists.

Room 1
A newly renovated consulting room (30m² excluding car space) furnished with an office desk, chairs and 2 drawer filing cabinet, adjoining kitchenette/shelved storage room for exclusive use that could also be converted to private reception space. The room connects to a furnished shared waiting room, is fully air conditioned, carpeted, sound proofed and cabled for IT.

There is a dedicated locked letter box located in foyer, after-hours access for clients via private intercom, disability access, a dedicated secure car space and ample visitor parking. There is also space for dedicated signage on front entrance to the suite and downstairs foyer.

This room is available for permanent lease at $15,500 pa + GST. All outgoings (including electricity) are included in the lease price.

Room 2
A fully furnished consulting room (22m²) with an office desk and return, office chair, filing cabinet, two sofas and consulting chair, white board and coffee table. The room connects to a fully furnished shared waiting room and has full view of adjacent landscaped building and Old Windsor Road. The floor to ceiling windows are tinted for privacy and the room is fully air conditioned, carpeted, sound proofed and cabled for IT.

There is after-hours access for clients via private intercom, disability access, a dedicated secure car space and ample visitor parking.

This room is available at casual rate of $150 full day (reception service available for additional fee) or permanent lease for exclusive use with dedicated signage space.

Contact: Eleni Langas
Phone: (02) 8883 4702 / 0418699224
Email: eleni@langas.com.au
Nutrition: Food for Thought (NFFT) combines the best of both worlds. It is delivered via a combination of two days face to face training, plus distant study. It requires no pre-requisites. The course was designed by Christine Ammann to provide a general nutrition course with lots of underpinning knowledge about food, as well as the many other considerations that need to be taken into account when providing nutritional advice.

COURSE OUTLINE AND CONTENT The course not only covers the theoretical knowledge, but also teaches practical hands on application on how to provide no-nonsense, basic dietary suggestions. It meets the diploma requirements (HLTNUT610B) set by the government for many complementary modalities.

NFFT includes the following aspects: The 7 Vital Nutrients; Why diets don’t work; Biogenic vs Biocidic eating; Diet evaluation and advice; Fact vs Fiction; Supplements vs Diet; Food combinations; Food additives; Allergies/ Sensitivities; Contraindications; Diet/lifestyle suggestions; Willingness of client and lots more!

COMPETENCY REQUIREMENTS AND OUTCOMES A Certificate of Competency is issued after the attendance of the two days face-to-face, plus the completion of a competency based assignment and case studies afterwards.

THIS WORKSHOP IS RECOMMENDED FOR Kinesiologists, Massage/Bowen Therapists, Life Coaches, Bicom Therapists, Reiki Practitioners, Carers, Nurses, Parents and anyone interested in gaining more understanding about nutrition. This course provides a wealth of knowledge and requires no pre-requisites.

TRAINER Christine Ammann

AVAILABILITY This course is taught once a year only at the Dynamic Kinesiology Centre in Adelaide, South Australia. Check AKA Diary Dates on AKA website for next course details or visit www.dynamickinesiology.com.

COST OF COURSE $495

DURATION AND ACCREDITATION The course consists of 16 hours face-to-face plus an assignment and case studies to be completed afterwards. A ‘Certificate of Competency’ will be issued for 80 hours, of which 58 hours are accredited as ‘Nutrition’ hours with the AKA.

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CAB REPORT

It has been a busy time processing course resubmissions and familiarising ourselves with the computer technology that allows us to meet. We have now had several meetings and it is proving to be very successful. All the members of the Board signed a confidentiality agreement and AKACAB to ensure security for course authors.

Using the technology now available we encourage course authors to send a disc or USB of their submission so we can view it as a group on line. Using the program Dropbox, the chairperson puts the relevant documents into Dropbox just prior to a meeting. The Board is able to look at documents together at the meetings. After the meeting, the chairperson removes any course submission documents immediately so they are safe and secure and not floating in cyberspace.

AKA OFFICE REPORT

Two more health funds are now rebating kinesiology!

HBF is an Australia-wide fund, although most of their members are based in Western Australia. HBF added kinesiology to their natural therapy schedule as of 1 April 2013. A list of eligible providers has been sent to HBF from the AKA office. HBF have indicated that they will be contacting eligible providers via email to explain the provider registration process. However, if you have not already been contacted by HBF and want to speed up the registration process, go to http://www.hbf.com.au/providers/index.html and contact HBF asking them for a ‘provider registration form’.

The following link is for will provide detailed information on being a HBF provider. http://www.hbf.com.au/pdf/HBF_Ancillary_Provider_Requirements.pdf According to HBF, your Medibank Private provider number will also be used for HBF. If you do not know your Medibank Private number please contact me at enquiries@akakinesiology.org.au.

Health.com.au
This health fund has been in operation since April 2012. Currently they do rebate kinesiology services. They require an official receipt in the same format you should be providing to other health funds i.e., in printed form (such as your stamp on AKA official receipt book or your own printed stationery with all relevant information included). When asked why these health funds had added kinesiology services to their rebatable schedules, they explained the reason being demand from their clients (i.e., insurance policy holders). Please encourage clients to lobby their health funds if kinesiology is not currently included as an option in their insurance cover. It does have an impact!
### State Branch Contacts

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<thead>
<tr>
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</tbody>
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### AKA NSW
Anne Kirkpatrick, President

NSW Branch has returned to monthly meetings – usually the first or second Monday of the month. A proposal was put forward at the last meeting in North Ryde to rotate the meeting around different parts of Sydney to allow as many members to attend as possible.

One of our members is organising the next meeting to be in the Liverpool area. If any members would like a meeting in their area and can arrange a venue please contact me.

Arrangements are already underway organising the National Conference to be held in Sydney in October next year. Suggestions of speakers and/or presentations are welcome.

NSW members be on the lookout for an email survey coming your way soon to support your Branch committee to provide a local service to assist members in their practice and continuing education.

### Kinesiology Association of Queensland
Peter Morningstar, President

The QLD Autumn weather has been pretty good, not too hot and a great time to be in QLD. Winter is usually great for those who like it a bit cooler at night.

We had a good turnout at our March meeting where everyone was given a bit of a rundown of what is happening within the AKA. A great time was had by all who attended and most stayed on for lunch.

### AKA SA Branch Inc.
Wendy Bennett, President

Our next meeting will be later in June. Keep a look out for details. See you “all” at our next meeting.

Our first meeting for year was off to an encouraging start with a good attendance at a very enjoyable new venue where we were served with delicious food. Having a meal during the meeting has proven to be a draw card for attendance, although, as always we would love to see more members, especially some of our newies! Meetings are such a positive way to meet with like-minded colleagues and here what good things have been happening in kinesiology clinics around Adelaide.

While on the subject of clinics I would like to remind all members that they need to display the government Code of Conduct and your qualification somewhere where your client can see them. This was sent to you in April.

Our treasurer Ewa was pleased to report the AKA conference in Adelaide last year generated a substantial sum of money into our fund. Thank you again all the willing helpers who made the event such a social and financial success as well.

At our recent April meeting we decided once again to advertise the benefits of kinesiology on the back of our local buses. This has proven to be successful in the past and we have received very positive feedback. An added bonus is that the advertisement usually stays on the bus much longer than we pay for!
Our next meeting will take place on Wednesday June 19 at the Wave Cafe, Gilles St, Adelaide. Please join us.

**Kinesiology Association Victoria Inc.**
Franca Wild, President

KAV held another successful DVD night in April on ‘Cancer: The Forbidden Cures’ along with some short clips on ‘Black Salve’. Places filled quickly with some people unfortunately missing out. Feedback was extremely positive, members and friends appreciative of the information that was provided. DVD nights will continue to be offered, presenting important information to the membership.

On another note, the management committee have been a busy team finalising the conference speakers and topics for October. The diversity of the speakers and topics will be sure to impress so make sure you check out the information in this issue. A reminder that the ‘early bird’ offer closes 31 July. For those interstate, there are many sale flights being advertised at present so go online to check out the various airlines for some great deals.

Please refer to the Conference advertisements this issue for further details.

**AKA WA Inc.**
Gloria Carlson, President

We are continuing with quarterly meetings this year and are planning guest speakers. At our next meeting 20 June we’ll be hearing about the experiences of some of our members who volunteer at the SolarisCare centres. SolarisCare offers complementary integrated therapies to cancer patients and their carers in the major hospitals. They have four centres in WA: two in Perth and one each in Bunbury and Albany.

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**BE INVOLVED**

Want to know what’s happening in the industry?

To stay in the loop go to www.cshisc.com.au and subscribe to the free newsletter.

The second draft of the qualifications review is to be released around September/October this year.

Members are encouraged to provide feedback to the AKA and/or CS&HISC

**COMPETENCY ASSESSMENTS**

AKA is now offering competency assessments for graduates seeking membership who have not studied via AKA accredited pathways. Conditions apply.

Contact the office for further details.

enquiries@akakinesiology.org.au

**AKA NOTICEBOARD**

**INTERNATIONAL CONFERENCES**

IKC: Vienna Austria 30 Aug-1 Sept 2013
(40th IKC Conference)

Kinesiology Assoc. NZ: 30 Aug-1 Sept 2013
www.kanz.co.nz

IASK: Denmark 1-4 May 2014

IKC: Netherlands, 1-4 October 2014
Edu–K: Banff, Canada 2014
IKC Banff: Canada 2015

**AKA DATES TO REMEMBER**

Conferences
2013 11th-13th October Melbourne
2014 17th – 19th October Sydney