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#AKACONFERENCE2019

ACTIVATING THE HEALING PROGRAMME

I would like to present a journey of how the emotions are the link, the key to our health. How active points influence the autonomic nervous system and the breathing centre regulates peptides that cascade all the way down the spinal column.

A healing response can be accelerated via active points on the skin; in this method I use the Ryodoraku Hand and Foot points, as these points are known for good electro-conductivity.

Researcher Dr Nakatani states that this mechanism can be explained by the visceros-skin sympathetic nerve reflex. The impulses from the viscera radiate to the spinal cord, the reflex zones are then reflected onto the skin surface via the efferent sympathetic nerves and appear as a longitudinal connecting system, just like meridian lines.

Ryodoraku points, or Ryo points for short, respond to finger pressure, for me they are the most exciting powerful points since Neuro-Reflex points used in Applied Kinesiology.

Best explained: When the qi flow is obstructed, energy and blood supply to the body will be also be limited and cell communication is compromised. Stagnation of qi/ energy often indicates as pain, discomfort, tightness, weakness and tiredness, and in changes of emotional behaviour. Releasing the blockage with passive movement along the meridian line not only provides relief of pain and discomfort but directly at a cellular level, positive effects are experienced throughout the whole body , uplifting mood and elevating energy level.

I come from the view point 'Emotions are the key to health'. Peptides and their receptors that regulate every aspect of human physiology are, as Dr Candace Pert refers to them, 'Information molecules'. I believe we are wired for compassion and happiness and the beliefs that we hold affect our reality our perception. For this reason I utilise the 'The 9 Healing Factors' research study by Kelly Turner Ph.D., as a primary goal for "Activating the Healing Programme". The 9 healing factors are relevant regardless of the diagnosis or degree of symptoms the person/client is experiencing.

Anna Heiskari was born and spent her childhood growing up in the wilderness of Lapland. With a thirst for new knowledge upon arriving in Australia, she qualified as a Clinical Pathologist and worked at the Royal Brisbane Hospital.

Anna grew increasingly frustrated by the limits and side effects of conventional medicine and its approach to disease and pain and began exploring the world of natural medicine in the late 1970s.

After seeing drastic improvements when people modified their diet and became more physically active, she changed direction focusing her studies in Natural Therapies and in Education and Training.

Applied Kinesiology and Interactive neuro-stimulation therapy have become her focus as these unique modalities have proved to be profoundly effective in the relief of all types of pain, restoring health and balance of body and mind.

Anna has over 35 years of experience in natural pain management and is passionate about learning and sharing her knowledge.