



Danny Liddell

DANNY LIDDELL

PRINCIPAL, KINESIOLOGY SCHOOLS
AUSTRALIA, BRISBANE CAMPUS

danny@kinesiologyschools.com.au

<https://www.kinesiologyschools.com.au>

<https://www.facebook.com/KinesiologySchoolsAustralia>

Tel: 07 3261 5436

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RESETTING THE PHYSICAL INVOLVEMENT OF FIGHT FLIGHT

There are many aspects involved in fight flight including emotional, nutritional, environmental and structural involvements.

Many Kinesiologists release the emotional triggers while others are good at releasing the energetic symptoms. In this presentation we will look at some of the structural symptoms that will re-trigger the body into fight flight unless they are attended to. Some of these symptoms will hold the body in fight flight even after the emotions have been released. So unless they are attended to the balance will be limited in its effectiveness and may not hold.

Here we will discuss fight flight, some symptoms, plus demonstrate tests and correction for a number of structural issues involved in fight flight.

Scoliosis is traditionally classified as a skeletal problem with no known cause. It is actually often an unknown symptom of fight flight caused by an accident where we get locked into an inappropriate gait mechanism. This inappropriate gait mechanism causes the sequences of muscle to incorrectly contract and pull on one side of the spine rather than both sides. This sequence of contracted muscles in turn pulls on the bones with the visual outcome being a curving of the spine. Remember muscles pull bones. Bones don't move by themselves.

Some other symptoms we will discuss include:

- Dural Torque
- Sacro Occipital release
- Unstable C3
- Lateral and Anterior Atlas
- HTX 1-8 (discuss but no time to demonstrate)
- Eye positions & HTX eye fascia
- Postural stress release (discuss but no time to demonstrate)
- Vagus Nerve

In this presentation we will also discuss the above mentioned and demonstrate:

- How to perform a neurological test for Scoliosis
- How to test and correct Dural Torque
- How to test and correct a lack of movement of the Sacro Occipital mechanism
- How to undertake a basic test and correct for an unstable C3

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Learning his trade under some of the biggest names in Kinesiology, Danny Liddell has been a Kinesiologist since 1995 and has taught at most of the major colleges in Qld including Endeavour College, Australian Institute of Applied Sciences and Kinesiology Schools Australia.

Danny is the author of How Kinesiology Works and a lecturer of the Professional Kinesiology Program, Hyperton-X and the Neural Organisational Therapy. As well as being a Senior Faculty Member of ICPKP Danny has also been the CEO of Kinesiology Schools Australia from 2002 - 2016. Due to the success of his Kinesiology consultations, Danny's clinic has been voted the best business in health by a leading newspaper on nine occasions.