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LUNG ENERGY BALANCE WITH VITAMIN C

Vitamin C contributes to lung health. Recent studies have found that high dietary intakes of vitamin C and magnesium are associated with improved lung function in adults. The most notable studies to date were conducted in South Korea in 2012 with results strongly suggesting that intake of vitamin C offers protection against Chronic Obstructive Pulmonary Disease (COPD) and in the UK (2002) in which lung function improved with an increased vitamin C intake.

I regularly find there is an energetic imbalance between the lung muscles and vitamin C. In my presentation I will demonstrate the 'Balancing the Lung' procedure with the Energetic Vitamin C colour card (downloadable from the internet).

I will ask for a volunteer with a lung imbalance or a smoker or ex-smoker and then go through the testing and correction procedure.

Note: No Vitamin C is used in the balance, just a colour card

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Philip studied all the major branches of Kinesiology and was the Founding President of the Touch for Health Association in Victoria, Australia. He studied Applied Physiology, Hyperton-X, Three-In-One and N.O.T. He started the popular business 'Equilibrium' which sells kinesiology products to health practitioners. In 2006, Philip was awarded the prestigious Fellow Member of the AKA (FMAKA) status for his years of service to the organisation.

Kinergetics Kinesiology was developed in 1991 and in 1995 Philip developed a TMJ workshop called RESET. Kinergetics and RESET have been taught in 20 countries to over 30,000 students and is translated into eight languages.

BNT (Balancing Nutrition and Toxicity) was developed in 2012, and already over 1,500 students in 10 countries have attended. Philip specialises in fibromyalgia, Chronic Fatigue Syndrome (CFS), chronic pain, arthritis, TMJ and trauma. He teaches his workshops and sees clients internationally. He shares his time between Tasmania and Ireland.