



## **P R E S S   R E L E A S E**

### **Are you living with a phobia? – Health Kinesiology can help**

Health Kinesiology can help people cure their real phobias.

Many people get confused between fears and phobias. We hear people say that they have a phobia of spiders or snakes, or that they have a phobia of going under ladders... when what they really mean is they are frightened of these things.

A true phobia is when you have an extreme, abnormal, irrational reaction to a given situation, animal or object. This reaction may be sweating; palpitations; difficulty in breathing; a panic attack; screaming; fainting, etc

The reactions are completely irrational and yet the individual can do absolutely nothing to stop the reaction that they have.

Phobias that we may recognise are:

- Aerophobia – fear of flying
- Ornithophobia – fear of birds
- Pnigophobia – fear of choking
- Demophobia – fear of crowds
- Necrophobia – fear of death
- Microphobia – fear of germs
- phonophobia – fear of noise
- claustrophobia – fear of confined spaces
- arachnophobia – fear of spiders
- Aquaphobia – fear of water
- Zoophobia – fear of animals

So what help can we have if we have a phobia? Many people take the attitude that we should get on with it and get over it. This doesn't happen very often!

We can see professional help from counsellors; hypnotherapists; other therapists OR we can seek the help of a Health Kinesiologist.

So how does Health Kinesiology help with a phobia?

In brief a Health Kinesiologist would ask you to lie flat, fully clothed, on a couch. The practitioner would then use muscle testing to establish any blocks or stuck patterns within the meridian energy system, (based on the Chinese meridian system). They would then ask a number of verbal questions and depending on whether the muscle tested weak or strong they would then be able to establish a number of corrections to help you to overcome your phobia.

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The corrections would then be carried out one at a time, and acupuncture points would be held at the same time, to clear the blocks and retune the energy, thus allowing your body to regain its natural balance.

Many people have been helped to completely overcome their phobias with Health Kinesiology, thus enabling them to live their lives again!

### **Case History**

"I have always enjoyed going on holidays. I also enjoyed my job and my life at home too. For some reason though, probably due to my getting stressed, I started to feel anxious about leaving the house. I would find it really difficult being in crowds and queues and I started to leave the house less and less. I thought that a holiday might help...but even the thought of getting on a plane made me come out in a cold sweat. I couldn't breathe. That was the last time I flew!

Recently I sought the help of a Kinesiologist in Matlock, Derbyshire and she helped me no end. I can now go out and not feel anxious and for the first time in 10 years I flew again. I'm not saying that I wasn't a little nervous about the flight, but I did it! I know that there is still more work to be done...but thanks to HK I feel that I can actually live my life again".

A. G. Derbyshire

**ENDS**

### **Contact details**

For further information please contact:      Tracy Viner      07711 671017  
[tracy@tracyviner.com](mailto:tracy@tracyviner.com)

Health Kinesiology practitioners are available for interview.  
Please contact Jo Dall on      07709 347892  
or      email [jodall@tiscali.co.uk](mailto:jodall@tiscali.co.uk)

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## **NOTES FOR EDITORS**

**Health Kinesiology UK** is a voluntary organisation run to support its members and raise the profile of Health Kinesiology, its benefits and the well being of its clients.

### **General HK information**

- Health kinesiology (HK) is a growing complementary therapy that has dramatic effects in treating illnesses, allergies, injuries and emotional issues – succeeding where other conventional medicines and therapies have not.
- A long-established therapy, HK combines ancient Chinese medicine with the modern technique of muscle testing. Using a non-invasive system it accesses the patient's unique inner wisdom to identify exactly what treatment is needed to restore energy balances in the mind and body, and so that they feel healthy and happy again.
- HK is not to be confused with other forms of kinesiology. Health kinesiology (HK) asks the body what it needs to be well and, using a specific protocol and muscle testing, identifies the needs of each individual. Tailor made corrections can then be carried out to bring lasting change to that person's health, wellbeing and life. Most other forms of kinesiology do not use verbal questioning.
- Each session lasts approximately one hour and, on average, there is usually a period of a few weeks between each session. The average number of sessions needed is three to five but it may be more or less depending on the individual.
- Further information regarding this totally unique therapy, can be found by visiting [www.hk4health.co.uk](http://www.hk4health.co.uk)