

# HEALTH KINESIOLOGY UK

Newsletter No. 2 - Spring 2003

Produced by the Health Kinesiology Initiative Team

## YOU HEARD IT HERE FIRST!!

6<sup>th</sup> April saw the unanimous election of Ann Parker to a seat on the KF Policy Board at their annual AGM in London. Jane Thurnell-Read agreed to stand again, as did Stuart Miller as members' representative, and both were also unanimously re-elected. HK was also well represented this year in the number of practitioners who attended the AGM, and Ann and the HKI would like to send a big vote of thanks to everyone who took the trouble to turn up.

One of the results of the meeting was the formation of a KF Vision for the 21<sup>st</sup> Century that said "Kinesiology is the first choice for life improvement in the 21<sup>st</sup> Century" - a phrase which echoes our view that when people are ready to get well, they should make kinesiology their first port of call.

## HK STATIONERY

The new HK stationery is now available from Annie Halfacree (in Carlisle), who has kindly offered to take over from Sandie Lovell. Annie is now able to despatch any stationery you require, including posters for which stocks are being held in order to despatch orders as promptly as possible. Please contact Annie on 01228-530665 or [s.jap@btinternet.com](mailto:s.jap@btinternet.com). Many thanks, Annie.

### Full colour leaflets (min 100) £8 per 100

These are very professional-looking, with a space on the back for your own label or stamp. We have worked hard to ensure the wording complies with Advertising Standards guidelines.

<b>Business cards</b>	<b>500</b>	<b>£117.50</b>
<b>Posters</b>	<b>A5</b>	<b>£0.80</b>
	<b>A4</b>	<b>£1.20</b>
	<b>A3</b>	<b>£2.50</b>

**Headed paper (logo only)** £ P.O.A.

**Compliment slips** £ P.O.A.

**Postage and Packing will be added at cost.**

Students can use stationery after 20 issues (Stg 3) and letter of authorisation issued.

## HK WEBSITE

Thanks for all your positive comments about the new website. There have been many favourable remarks left on the website from clients and from prospective students of HK. Also, many thanks to Roger for putting so many unpaid hours into making such an attractive and user-friendly site.

Those of you who have taken advantage of the offer to have your own web page attached to your Register listing have reported an increased level of enquiries. (One member has reported a 500% increase!) This shows the benefit of letting potential clients know a little bit about you before they make contact. It just gives them confidence to know they are contacting a 'real' person!

Remember, you can have a web page even if you aren't on the internet yourself.

We are surprised that more of you haven't taken advantage of the amazingly low cost of having your own page. Most web designers charge around £150 a page, but ours currently stands at £35 p.a. (i.e. if you get one extra session booked, it has paid for itself already).

Many of you are building (or planning) websites of your own, but in order to make them a success you need to generate visitors, and one of the best ways is to link to an established site with regular traffic. The HKI are happy to provide links to practitioners' own sites, but only through a personal web-page. The reason for this is that the HK website is there purely to promote HK and to support HK practitioners. Many of you do other therapies as well, but since we can't monitor these or be responsible for how they are operated, we cannot do a direct link from the HK site.

P.S. Those of you who haven't renewed your Register subscription have now been edited off the list. But we'd love to have you back!

### PLEASE HELP THE HKI TEAM

We want to spend the money we now have! We are looking for ideas on ways to increase public awareness of HK; we are looking for some good publicity - someone who has been healed by HK who would be willing to go public with their story; we want someone to organise groups of practitioners to attend health and healing exhibitions; most of all, we are looking for someone with advertising and public relations skills who wants to donate some time and energy to achieving all the above.

### We need you to volunteer to do something to help HK.

### Does anyone fancy organising an HK Conference for 2005?

### HOW TO GAIN NEW CLIENTS.....

Our questionnaire revealed that by far the most successful method for gaining new clients was by word of mouth or personal recommendation from satisfied clients. But everyone has to start somewhere, and those just starting out may be able to benefit from the experiences of others. Here are some ideas to get you started.

- Go to your local library and register as a speaker.
- Give an interactive talk on HK and offer to do Life Balances for as many people as possible.
- Give a reporter from your local paper a free HK session in exchange for a write-up.
- Visualise your diary with the appointment spaces filled up.
- Ask your 'appointments angel' to help.
- Most towns now have a branch of BNI (Business Network International), where membership consists of one representative from each line of business. They usually have a breakfast meeting once a week, and each member has 1 minute to speak about their business. Members then have to generate business enquiries for each other. Although you have to be invited to join, we suspect that most BNI's won't have a kinesiologist and will be glad to have you.

One snag - there is quite a hefty yearly membership fee, but this should be more than compensated by the increase in business you will get.

- Ask your local health food store if you can leave your leaflets there - and don't forget to top them up regularly.
- Offer free 20-minute taster sessions - either do a Life Balance for them, or ask the body for it's most important correction. You will be amazed at how the body will ask for the exact thing that will 'get the client going.'
- Join a meditation group, pilates or yoga class or attend a weird workshop - you will meet lots of open-minded people, some of whom will be wanting to become a client.
- Offer fourth session free if they book and pay for 3 sessions up front.
- Leave vouchers to apply for HK gift certificates lying around anywhere you can.
- Most important of all - set your exact intention for how many clients a week you want to appear, then ask the angels, guides, universe or whatever to help you achieve your aim.

*If you have found another method not listed here that is particularly effective, please let us know on [hk4health@hotmail.com](mailto:hk4health@hotmail.com), or phone Janice, Roger or Sandie. We will publish these in a later issue, and on the website.*

**Congratulations** are due to the following HK practitioners who have passed their Assessment since the last newsletter:

Rebecca Alliker, Ben Calder, Janet Edgar, Marc Frankland, Cathy Gledson, Nik Hughes, Su Jeffery, Heather Muncaster, Tina Pascal, Loretta Quinn, Karen Renault, Liz Rider, Anna Staudt, Jenny Stickland, Jane Wright, Graham Woods

**We are looking for interesting articles for this newsletter. If you have an article you would like us to include, please send it in.**

**Rob Adams has kindly allowed us to print his article on pollen, which is quite appropriate for this time of year.**

# POLLENS

By Robert Adams KFRP

As an ex-beekeeper I have been very aware of pollens for many years, starting with the rich orange pollen of crocuses in February, on to the bright yellow of dandelions, later the bright green of lime to the last, which is the grey of ivy in November.

Pollen is produced by the male flowers or male part of flowers. Visually showy flowers are “designed” to attract insects. These flowers always have male and female parts in the same flower. The insects carry the pollen from flower to flower thus fertilising them. Pollen is essential for bee grubs providing the protein as opposed to the carbohydrate honey for energy. There is a shortage of honey producing flowers in June, which is known by British beekeepers as the “June gap”

Some flowers are pollinated by insects, but hayfever sufferers also need to be aware of wind-pollinated plants and trees. The key times are usually March to August and the time they suffer the most can be a guide to their exact allergen. Hayfever early in the year is usually caused by trees. Most grasses do not flower until May, as they need drier conditions at low level so the pollen can spread

## TREES

Trees are like three-dimensional fields of flowers. What many people do not realise is that amongst the worst culprits for causing hayfever are trees, as the majority use the wind to spread their pollen.. This includes all the conifers and, as a generalisation, the deciduous ones whose flowers are not visually obvious. Birches, oaks, sycamore and ash, for example, produce prodigious amounts of pollen because of the relatively wasteful method of distribution, and this is extremely important to us as kinesiologists when treating hayfever. Again as a generalisation, deciduous trees that are wind-pollinated flower before they come into leaf so as not to interfere with pollination. Most catkin bearing trees and bushes, except willows are wind pollinated. Almost all of these are finished by the end of May.

Showy flowers are for attracting insects (not just bees). This is why most of our wild and semi-wild flowering trees do so in late April to June when the weather has improved and warmed up so the insects have started being active. This includes hawthorn, buckthorn, chestnuts, elder and lime, plus our fruit trees.

Overlapping with the later wind-pollinated trees, and probably even more important to hayfever sufferers, are the other culprits, the grasses. These start later than the trees because, being low down, conditions need to be drier for their pollen to spread. The pollen count is particularly bad in May and June because many trees are flowering plus the vast acres of agricultural as well as the wild grasses. The wild grasses continue to a fair degree through the summer.

Trees use a variety of strategies not just to pollinate but to try to avoid self-pollination. Some have separate trees for male and female flowers (dioecious), e.g. holly and willows. Pine have the female flower near the shoot tip, oaks have the females on the new shoots and the males on the tip of the old shoots. On other trees, e.g. larch, beech and plane the male and female flowers grow randomly, a few trees have separate branches of male and female flowers or, in the case of the ash it may be wholly female or mainly male with some female branches. Maples have every permutation.

Collecting tree, and especially conifer flowers, can be confusing some are small and come into flower at the same time as the new shoots are sprouting so it is not always easy to tell whether they are male or female flowers or new shoots. Another difficulty is the various strategies mentioned above to avoid self-pollination. Just pick examples of each that you can find over fortnightly/three weekly intervals and you should get some right. Some though, such as pines (if you can reach them!) are very obvious.

## GRASSES

Most grasses flower from about May onwards. The agricultural ones have vast areas but get it over in one relatively short period, the wild ones continue for a much longer season especially if they keep getting cut or grazed. This is why the hayfever season continues so long, though of course some hayfever sufferers are allergic to later flowering plants as well. Collecting grass pollens, too, have their difficulties for us, as it is not easy to tell the difference between many grasses when they are in flower and when in seed, so collect them in May and they should still have flowers not seeds. Some do have little yellow or brown strands hanging out of the head indicating they are flowers. Wheat should be collected in May/June for its pollen and in August when the ear is ripe. Maize does not flower until much later and the male flowers are very obvious at the top of the plant

## COLLECTING

The main collecting time for us kinesiologists is the spring. It gives us the excuse to get out for walks or I collect most of mine when cycling

using the pump to pull down awkward branches and getting grasses from the verges of little used roads, the nearest we can still get to traditional hayfields. Try to collect when the samples are dry

Get to know your area and the common trees. After all this is where your clients will be coming from. Remember pollen can be blown for many miles so look particularly towards the South and West of you, which is where the prevailing winds come from at that time of year. If you live in the country there will probably be a lot to collect, but even in town there are parks and tree lined streets. Do not forget the grasses in lawns and verges.

Happy collecting, I hope this will help and could introduce you to a fascinating hobby, identifying trees and plants, though it is by no means essential that you can identify them. What is important for our clients is that we have collected as wide a range of pollens as possible. I like to collect my samples in four separate jars - spring flowers up to June, summer flowers (July and after), grasses, and tree flowers, as the clients like to have some idea of what has caused their problems. Don't forget fungi (in spring as well as autumn) as their spore is wind blown. This could include lichens too which, if I remember rightly, are a combination of fungi and algae.

## **THE FLOWERING TIMES OF THE COMMON TREES**

The numbers refer to the months of the year when pollen is most likely to be released. These flowering times are average, so those in the north may be a little later. I have treated them in families though I have specified the more common trees.

### **BROAD LEAFED**

Hazels	1-3
Elms	2-3
Magnolias	2-10
Alders	mainly 3-6 (Common 2-4)
Poplars	3-4
Willows	mainly 3-4 (Goat 2-5)
Maple	3-5
Ashes	4
Sycamore	4-5
Hornbeams	4-5
Horse Chestnuts	4-5
Walnuts	5-6
Birches	mainly 5-6 (Silver 3-4)
Beeches	5-6
Oaks	5-6
Mulberries	5
Witch Hazel	5
Plane	5
Hawthorn	5
Rowan	5
Whitebeams	5

Sweet Chestnuts	6-7
Acacias	7-8
Limes	mainly 7-8 (Common 6-7)

### **GARDEN TREES**

Brooms	1-4
Pears	3-4
Cherries	3-5
Holly	5
Apple	5
Laburnum	5-6

### **GARDEN CONIFERS**

Cupressus	3-8
Leylandii	6-7
Lawsonii	3-4
True Cypresses	3-4
(Larger, more woody cones)	

### **CONIFERS**

Redwoods	2-3
Larches	Mainly 3-4
Japanese	2-3
Yews	2-4
Junipers	4
Douglas Firs	4
Deciduous Cypresses	4-5
Hemlocks	4-5
Pines	
2 needle	3-5 most 6
3 Needle	More varied 3-6
5 Needle	5-6
Cedars	8-10
Spruces	5-6

**NOTE:** If you can't get out to collect pollen, leave a bowl of water outside for 24 hours so the pollen can land on it, then take a sample jar and use it in an SET.

## DEVELOPMENT DAY IN DERBYSHIRE

Unfortunately due to the lack of interest, Ann is cancelling the update days she had planned to do in May and July. She will now hold a Development Day on June 29 where the focus will be on Energy Flow Balancing ECFs.

Stretton Village Hall 10.00 – 4.00 cost £15.00

<b>Advanced courses:</b>	<b>£290/£320</b>
<b>7<sup>th</sup>-10<sup>th</sup> June 2003</b>	Stage 7
<b>15<sup>th</sup> – 18<sup>th</sup> Nov 2003</b>	Stage 6

At Stretton Village Hall, nr. Chesterfield  
Contact Ann Parker on 01246-862339, email:  
[annparker@lineone.net](mailto:annparker@lineone.net)

### **ANN PARKER - HONING YOUR HK SKILLS**

#### **Last issue: Focusing on the Energy Control System.**

The Energy Control System is the name for the capacity to monitor our energy needs. It is a function of the brain / body / mind and performs energy management functions throughout the body. It also regulates clear communication about energy supplies and needs for the body, brain, meridians, tissues and cells.

#### **Name 4 other functions of the ECS.**

- regulates intake of energy from environment to body
  - light and air
  - subtle energy via the meridians
  - energy distribution
- release of energy back to the environment
- responsible for metabolism
- responsible for excretion of wastes
- senses injury and invading viruses and bacteria

#### **Disturbed electric currents which are addressed by the ECF:ECS: EMF have 5 possible causes. Can you name them?**

- external EMFs
- psychological stress
- physical trauma  
injury  
surgery
- chemical trauma
- geopathic stress

#### **What causes disturbed electric currents which are addressed by the ECF:ECS:EC?**

Caused by 2 or more dissimilar metals in the body.

#### **Jimmy lists 11 possible contributing factors to spin reversal in the Stage 2 manuals. How many could you name off hand?**

Disturbances in the energy spin and spin reversals could be caused by

- inadequate integration
  - in the emotional body
  - between emotional and physical body
  - between emotional and mental body
- mechanical impact or physical shock
- biochemical imbalances in the body
- electro-magnetic field
- magnetic fields
- disturbed electric currents within the body
- geopathic stress
- psychological stress
- chemical toxins

#### **This issue: Focusing on Electro-Magnetic Fields**

We are electro magnetic beings. Can you suggest in what ways we are affected on both the subtle and physical plane?

*Answers in the next issue.*

#### **ADVERTISE YOUR WORKSHOP HERE**

The questionnaire revealed that many of our practitioners have hidden talents that the rest of us would like to learn from.

If you are planning a workshop, or would like to run one but don't know how to get started, or have something to sell, just advertise yourself here and wait for the enquiries to roll in.

If you would like some help in organising a workshop, please contact the HKI. An ad of the size overleaf will cost just £10. To advertise, contact the HKI.

Our next newsletter is planned for Oct 2003, copy date 30<sup>th</sup> Sept.

### ASSIMILATION WORKSHOP

This workshop may be the answer to why some clients hardly improve, no matter how much work you do on them. It teaches you 8 new procedures, using the amazing properties of essential oils, together with body bio test kits, to repair and re-integrate the body's subtle energy field, and to connect more closely with your Soul's purpose.

The **ASSIMILATION WORKSHOP** will be run throughout 2003 at Wetherby, and can also be brought to a location near you (phone to discuss). This 2-day workshop has been approved by the KF and can be used to meet your requirements for CPD. **Cost £160** (inc. starter kit of oils). Earlybird discount £30.

Dates so far arranged are: **7-8 June 2003, 5-6 July (full), 11-12 Oct.** For booking or more details, phone: Janice Hocking KFRP on 01937-845557, or look on the HK website at [www.hk4health.com/workshop1.htm](http://www.hk4health.com/workshop1.htm) or email [nrgtransformation@hotmail.com](mailto:nrgtransformation@hotmail.com).

### **ADVERTISE ON THE HK WEBSITE**

If you want to tell everyone about your event or workshop, you can have lineage FREE on the website. Just contact Roger and he'll put it on for you. If you want to have a whole page advert, please contact Roger for costs.

### TOUCH FOR HEALTH FOUNDATION COURSE COMES TO NEWCASTLE!

HK Practitioner Amanda Brooks is running a two-day workshop on the **Touch For Health Foundation** course that is needed by HK'ers to complete the Kinesiology Federation requirements for registration as an Associate or KFRP.

The workshop is being held in Newcastle on 28th & 29th June 2003. The cost will be **£120** including manuals.

Please contact Amanda for further information on 01865-721064, or [magsbrooks@hotmail.com](mailto:magsbrooks@hotmail.com)

**Christine Fowler** has decided not to teach any HK for the next six months or so, due to other commitments.

**Jane Thurnell-Read** may be bringing Jimmy over again soon to teach, possibly Stage 10. If you are interested, please contact Jane to let her know.



### **CUT OUT AND KEEP HANDY!**

Just in case you are confused about all the new contact numbers, here is a quick reference for you to keep handy.

HK website [www.hk4health.com](http://www.hk4health.com)

HK email address for client and publicity enquiries and practitioner enquiries to the HKI [hk4health@hotmail.com](mailto:hk4health@hotmail.com)

HK telephone contact number for client and publicity enquiries and practitioner enquiries to the HKI (this number is manned alternately by HKI members) 08707-655980 (national rate)

Roger Hocking - for HK Register renewals, or having your own web page

Tel: 01937-845557

Email: [greendrift@ntlworld.com](mailto:greendrift@ntlworld.com)

Enquiries or purchases of HK stationery to Annie Halfacree

Tel: 01228-530665

Email: [s.jap@btinternet.com](mailto:s.jap@btinternet.com)

Information on HK courses is available on the website or from any of the HK teachers:

**Ann Parker** Tel: 01246-862339

Email: [annparker@lineone.net](mailto:annparker@lineone.net)

**Crichton Dand** Tel: 0191-292-4834

Email: [hkthistlehouse@aol.com](mailto:hkthistlehouse@aol.com)

**Franky Kossy** Tel: 0208-341-6096

Email: [flk@smartone.co.uk](mailto:flk@smartone.co.uk)

**Next renewal date for HK Register is 1<sup>st</sup> November 2003**