



KATHERINE ANDERSON

kinesiologist

Based on the foundations of Eastern & Western philosophy & underpinned by science, Kinesiology encompasses all aspects of being human – physical, mental, emotional, biochemical and spiritual.

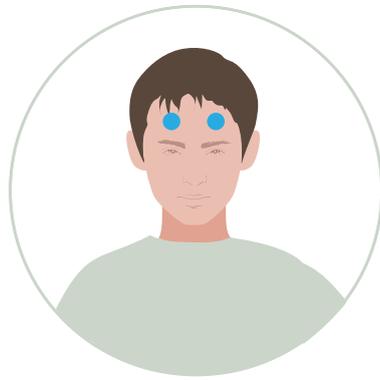
Utilising a wide range of resources including subconscious realigning, nutrition, acupuncture, coaching, physical rebalancing & emotional clearing, to name just a few, Kinesiology is truly holistic.

It's an insightful and exciting approach to health, vitality and personal progression.

I am delighted to share a few simple yet powerful techniques to help relieve stress, improve energy and focus, helping you make the most of your day.

KINESIOLOGY TECHNIQUES

1



EMOTIONAL STRESS RELEASE (E.S.R.)

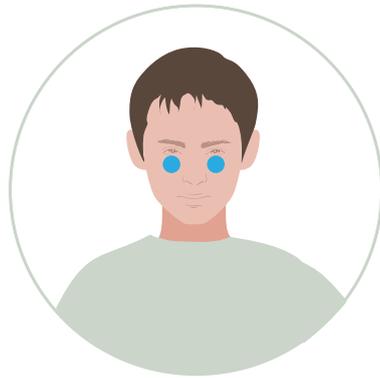
HOW TO:

1. Close your eyes and lightly hold your frontal eminences (found on the forehead about 3-4 finger widths above your eyes)
2. Focus on the stress or problem you want to overcome
3. Breathe and relax until the stress passes

BENEFITS:

Aids in rebalancing your emotions and releasing pent up energy. Creates a sense of lightness and clears mental fog by encouraging blood to the frontal lobe of the brain where we think creatively. When the frontal lobe is engaged we tend to find new ways of looking at old problems, new possibilities and alternate solutions.

2



OVERWHELM RELIEF POINTS St1 EFT

Tapping has been clinically proven to reduce cortisol levels and overcome anxiety. It helps you access your body's energy and send signals to the part of the brain that controls stress.

By tapping the end point of your stomach meridian, it helps overcome unwanted sensations of nausea and overwhelm.

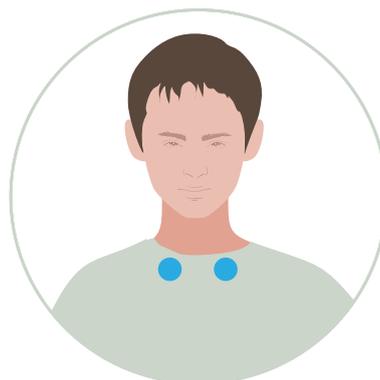
HOW TO:

Lightly tap the points below your eyes whilst breathing slowly in through your nose and out through your mouth.

BENEFITS:

Reduction of overwhelm, improved stress tolerance and emotional processing; decreases stomach discomfort.

3



ANXIETY RELIEF POINTS K27 EFT

Stimulating meridian points through EFT tapping can help process negative emotions and restore balance to your body and mind.

By tapping the end of your Kidney meridian, you can overcome states of fear and anxiety, and reach a state of calm quickly.

HOW TO:

Lightly tap the points below your collarbone whilst breathing slowly in through your nose and out through your mouth.

BENEFITS:

Anxiety reduction, improved stress tolerance and emotional processing; particularly fear and anxiety.

