

# Exhilarating times

## my first kinesiology experience

Natural Life Review's **Michelle Grosser-Oertel** talks about her first visit to **Kinesiologist Danny Liddell**, of **Bracken Ridge Natural Therapies**.



When I first joined the Natural Life Review team, I made a commitment to develop a deeper understanding of natural therapies and make a real effort to be more wholistic in the way I approached some aspects of my life. However, I must admit, even as I write about my first experience with Kinesiology, that I am virtually a complete novice in the field.

I am also the sort of person who thinks she knows her own mind – I am a skeptic, fastidious and believe I can't be fooled easily by passing fads. So it was no coincidence that my 'toe in the water' experience had to be with a long-established, well-known traditional therapy.

### *"toe in the water experience"*

I was vaguely aware that kinesiology is regarded as a gentle form of chiropractic treatment. A family friend being treated for depression recently told me that her experiences were exhilarating and very emotional, and that

at each session her body would open up to release some new emotional and physical response.

I faced my first appointment with few expectations, but with perhaps a tiny touch of trepidation. To my relief, Danny greeted me with such warmth and assurance that I was immediately at ease.

He sat me down and gave me a brief run down on kinesiology and any terminology that he might use together with an explanation of the treatment process. Then, so that he could identify problems in my body's energy flow, we discussed my injuries, bruises, sprains and knocks – the trials of a robust youth.

I began the actual treatment seated on a table, and using a technique called "muscle monitoring", Danny went through a series of exercises to locate any stress blockages which could affect my health or performance.

*Muscle monitoring* is a precise feedback mechanism kinesiologists use to build a picture of a person's state of health and being.

This picture is an accurate reflection of the neurological and physiological arrangement of the human system that is, at any given moment, processing many pieces of information about its state.

### *"poor posture & unresolved arguments"*

The easiest way for me to explain what happened is that Danny applied pressure to various parts of my body and the response he received allowed him to 'feel' and understand those neurological and physiological workings. In other words, my body naturally told Danny where the stress and emotional blockages were, so that he could work on releasing them.

When he would find disturbed energy flow – whether it was structural, chemical, nutritional, mental, emotional and spiritual – he would discuss those issues with me. We established there were stress blockages possibly caused by my poor postural habits, unresolved arguments; there was even a blockage which manifested as a misunderstanding at work.

Following the emotional analysis, Danny assessed my physical strengths and weaknesses in my body. I discovered I have bad scoliosis, which can be assisted with regular treatments. Had the problem been identified when I was younger, more could have been done. As it is, kinesiology treatment can extend the length of pain-free time from 10 years to about 20 years.

Overall I found the therapy to be gentle, non-invasive and the greatest thing I have done with my clothes on. I was treated sitting and lying down and no needles or drugs were used.

Danny was very patient and a great listener, taking a deep interest in helping me to resolve some of my personal problems.

During the therapy, although I experienced no great rush of emotional release, there was noticeable muscle release, particularly in areas where I was sore or carried long-term injuries.

### *"greatest thing I have done with my clothes still on."*

Immediately after the session, I felt clear-headed, happy, almost exuberant. I was filled with energy – I could do anything! I had a real strength about how I carried myself. I had no postural problems, my back was fine. These feelings remained with me for days afterwards.

My next concern was how to keep those feelings, so the session wouldn't be wasted. Danny taught me some simple self-help techniques, so at our next appointment I will be ready to get straight onto the table.

When I told my very skeptical partner what a great experience I had, he immediately booked himself in. Now, sitting in the office at work, reflecting on my treatment, I'm looking forward to my next session. I am now totally hooked on having regular Kinesiology treatments, particularly to help with my ongoing back problems and to relieve those pent up emotions.

– Michelle.