

Issue	Help you may require
Following the dieting recommendations, but not able to shift weight	<p><i>Counselling sessions may help you to understand the reasons behind the weight resistance and body image issues</i></p> <p><i>Kinesiology can help you to dissolve the inner subconscious blocks</i></p> <p><i>Sometimes the issues of weight are due to imbalances in hormonal regulation. Seek your kinesiologist help.</i></p>
Weight gain due to side effects of medications	<p><i>Talk to your GP about the side effects and seek recommendations for alternative medications</i></p> <p><i>Kinesiology can reduce the severity of some physiological symptoms. Ask your kinesiologist how they can help.</i></p>
Water retention	<p><i>Regular exercise helps lymph movement, blood circulation and proper hydration of body tissues.</i></p> <p><i>Consider lymphatic drainage massage and Bowen therapy for helping lymphatic movement.</i></p> <p><i>Lymphatic movement issues can be assisted with kinesiology.</i></p>
No desire to drink water or excessive thirst	<p><i>Both excessive thirst and absence of thirst may have hormonal and neurological reasons, which can be helped with kinesiology.</i></p>
Unable to follow a diet or limit calories Binging	<p><i>Excessive eating and a perpetual feeling of hunger is a symptom of emotional emptiness and desire for spiritual fulfilment. Seek the help of your kinesiologist in working with issues of content, nurture and fulfilment.</i></p> <p><i>Consult a nutritionist or a naturopath to ensure that your diet gives you all the necessary nutrition.</i></p>
Pains and discomfort in muscles and joints	<p><i>Kinesiology treatment helps with many chronic muscular pain issues including frozen shoulder, low back issues, sciatica, bursitis, balance and coordination</i></p> <p><i>See a chiropractor to help with muscular-skeletal issues</i></p> <p><i>If you have injuries, consult a physiotherapist concerning exercises best suitable for your body</i></p>
Lack of movement due to low motivation	<p><i>Find exercises that feels fun to you. Recall the sports games you used to enjoy as a kid.</i></p> <p><i>Consult a kinesiologist to work on motivation and emotional blocks</i></p>
Difficulty dieting due to immune reactions (indigestion, allergic reactions, headaches)	<p><i>Consult your naturopath or nutritionist about the correct diet for you.</i></p> <p><i>Do some energy work for your immune and digestive systems with your kinesiologist.</i></p>