

Article in Living Now Magazine
July 2015



CHANGE YOUR BRAIN WITH EDUCATIONAL KINESIOLOGY

Changing the way your brain is wired-up is exactly what Educational Kinesiology is all about. Educational Kinesiology activates and stimulates the formation of more efficient and effective neural connections in your brain for improved thinking, functioning and performance. Educational Kinesiology is a safe and natural therapy that promotes maximum brain integration and can effectively reduce stress and anxiety and improve well-being.

Through muscle checking, the educational kinesiologist will identify any emotional, physical, chemical and energetic imbalances and stressors that are negatively affecting your mind/body system, even at a subconscious level. Muscle checking will then determine the corrections needed to achieve and maintain your desired outcomes, changing the way you think, feel and respond.

Educational Kinesiology has been shown to be effective when dealing with stress, anxiety, depression, post-traumatic stress disorder, mental health, learning and behavioural concerns, ADD/ADHD, developmental delay, and special needs.

Everyone can benefit from having an Educational Kinesiology session as it allows people to relax and focus, improve their performance and skills, and believe in themselves and their ability to function and learn.

Claire Hocking is one of Australia's leading Educational Kinesiologist and has clinics in Geelong, Macedon and Chirnside Park and presents workshops and courses nationally and internationally. Claire can be contacted on 03 5282 5985, 0419 569 071 or claire@wholebrain.com.au or visit www.wholebrain.com.au