

Help for Asthma

Health Kinesiology can offer you a holistic and unique approach to dealing with the symptoms caused by Asthma. The system uses a technique called muscle testing that can identify the imbalances that are causing your symptoms. HK will then use a range of gentle, effective and powerful techniques to bring your body back into balance.

Asthma is on the increase

In the last ten years, hospital admissions for asthma have more than trebled. What is happening to cause this massive rise, and what can we do about it?

Causes of Asthma

Experts disagree on the definitive causes of this painful and frightening constriction of the airways, which causes wheezing and breathlessness, and sometimes an attack so severe that it leads to death.

Some families have a genetic predisposition to asthma, which usually appears with other symptoms such as allergy or eczema.

The asthmatic constriction of the airways is a self-cleaning mechanism to expel harmful particles from the lungs. Unfortunately some modern drugs discourage this so that the mucous becomes stickier and thus more difficult to expel, actually making the situation worse.

Common known causes include allergies to:

- Chemicals
- Air pollution
- Certain foods or additives and
- Dust mite faeces
- Moulds

How HK can help treat Asthma

Health Kinesiology has an excellent track record of treating asthma, and practitioners are skilled at finding and releasing the emotional or psychological blockages that are generally found to be at the bottom of most asthma conditions.

- HK can test for, and correct, allergies quickly and efficiently
- HK helps detoxification of harmful substances
- HK re-balances the body's systems so it can begin to repair itself
- HK builds up the strength of the immune system so it can combat the asthma naturally, without using drugs or suffering their side effects
- HK can muscle-test for an individual's dietary changes

If you would like to find out more or if you would like to book a session please call:

**Helen Mawson 07904 457 075 or
email helen@complete-balance.co.uk
www.complete-balance.co.uk**