

Consultations & Fees

<u>Initial consultation</u>	(1 - 1½ hrs)
Adult	£55
Child / student / OAP	£40
<u>Follow up appointments</u>	(45 mins)
Adult	£40
Child	£35

Jane Phillips K.F.R.P.



Jane Phillips originally studied nutrition and iridology, but it was her introduction to the muscle testing and energy balancing techniques of kinesiology that completely revolutionised her own health and that of those people she saw in clinic. By combining kinesiology, nutrition and naturopathic principals, Jane works with her clients to create a personalized approach to health.

Jane has been a registered professional kinesiologist since 1998. She also teaches Touch for Health kinesiology for the International Kinesiology College, and is one of the UK Kinesiology Federation team offering assessment, supervision and mentoring.

The Centre of Complementary
Medicine, Petersfield

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KINESIOLOGY4HEALTH

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**WHAT IS YOUR
BODY TRYING TO
TELL YOU?**



Kinesiology and Allergy Testing



Natural Nutrition



Iridology



Energy Balancing



Accredited Training

YOUR BODY HOLDS ALL THE ANSWERS. WE JUST NEED TO LEARN TO READ ITS MESSAGES!

Kinesiology, Iridology and Natural Nutrition identify and balance the underlying causes of health problems. Dietary changes, purposeful use of nutritional supplements, gentle naturopathic and energy balancing techniques stimulate the body's own healing ability to treat the underlying causes of ill health rather than just the symptoms.



Food sensitivity and Allergy testing through kinesiology identifies those foods that are too challenging for your body and may be contributing to your symptoms. Muscle testing is a simple, effective and non-invasive system that gives immediate feedback and is suitable for all ages including babies. Avoiding or limiting the foods or allergens you are sensitive to, while supporting the underlying causes of your health problem, is a simple first step to better health.



Kinesiology uses muscle response to 'ask the body' what help it needs to address a particular issue. Kinesiology has a reputation for helping with problems that have not been resolved through other means because it addresses the issue holistically. For example, an apparently physical symptom such as eczema, IBS, PMS, asthma, pain etc, may be the result of an underlying emotional, physical, chemical or electro-magnetic imbalance. Kinesiology identifies the true issues related to your symptom and the most appropriate approach to healing, which may involve diet, nutritional or herbal supplements, emotional stress release, energy balancing, acupressure massage or vibrational essences.



Natural Nutrition offers more than a prescription of supplements to treat your symptoms. Our health problems are the sum total of what is inherited from previous generations and the cumulative effect of our lifestyle, diet and healthcare from conception to present day. In a Natural Nutrition consultation, time is taken to explore and interpret WHY the body has created your current symptoms and HOW you can use diet, purposeful supplementation, naturopathic techniques and lifestyle awareness to improve your current and future health



Iridology shows a map of the body within the irises (coloured part) of the eyes. Have you ever noticed how different your left and right eyes are? This is because the fibres of each iris relate to the entire body. Organs and tissues found in the left half of the body are mapped in the left iris, those on the right appear in the right iris, and those in the midline appear in both. Patterns in the fibres, spots or patches of white, grey, brown, yellow or orange all reveal what is going on inside the body. For example, there are different markings for inherited weaknesses, hyper- or hypo-activity on a cellular level, mucous build-up, acidity, inflammation and toxicity.



Touch for Health kinesiology mini-workshops and Accredited training are available throughout the year. Touch for Health is the most widely used system of kinesiology in the world. Workshops are open to everyone as part of your own personal journey or to start a new career. Go to www.kinesiology4health.com for details and to receive regular updates by email.

