



Kinesiology: Muscle testing & energy balancing

Ann Holdway

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The aim of this book is to introduce the general public to Kinesiology, and includes the background to Kinesiology and Touch for Health. The book describes the way in which this unique system of healing has developed, the different branches of kinesiology, what it can help, what happens in a treatment session and case histories. It will increase the reader's knowledge and awareness of how their body works.

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