

Nutritional Kinesiology



Applied Kinesiology is muscle reflex testing through the subtle energy body enabling practitioners to locate imbalances and get to the root causes. Kinesiology is based on Chinese Medicine principles with incorporating Alternative and Healing Arts.



rootcausehealthsolutions.com/kinesiology

Nutritional Kinesiology



Benefits

Participants will benefit from this class by:

- Building confidence and skills to help clients with difficult nutritional cases
- Provide clear individualized protocols for clients and build their practice
- Create a holistic treatment approach with complex supplementation and herbals, minerals, amino acids, vitamins, neurotransmitters and energy
- Determine the best foods for optimal health



Nutritional Kinesiology Curriculum Covers

- How to do accurate muscle testing for nutritional and energetic Imbalances
- Learn the Neurolymphatics Technique
- Learn to test the major organs and glands to achieve optimum health
- Learn the vitamin and minerals a person is deficient in and the foods and supplements their body needs to bring into balance
- Learn the muscles associated with each vitamin and mineral and the deficiency indicators
- Determine any food sensitivities
- Test for heavy metals that can cause physical and neurological issues
- Test for candida, parasites overgrowths, bacteria imbalances and leaky gut
- Identify the organs under stress and determine the body's priority order for balancing them
- Test for hormonal imbalances
- Identify if an emotion is blocking the body from fully functioning



Become a Certified Nutritional Kinesiologist

Pre-reqs: Intro to Kinesiology Training

Logistics and Investment

- 2 weekends/ 2 days each weekend
- 9:30a- 5p
- Investment:\$1500
- Training material included

About me

Cyndi Stewart, Phd, Functional Nutrition Practitioner, Bio Energetic Practitioner, Certified Bio-Chemical Kinesiologist and Certified Emotions and Metaphysical Kinesiology Practitioner. Cyndi works with clients on their unresolved health challenges to get to the root causes of their physical, nutritional and emotional health through Kinesiology. Applied Kinesiology gets to the Root Causes and brings the body back into balance.



Cyndi Stewart, Phd



Contact Us

Golden CO
Cyndipstewart@gmail.com

+720-227-4667
rootcausehealthsolutions.com