

The Benefits of Energy Medicine and Kinesiology

By Dr Linda Rayner - "The Energy MD"
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Physical

- alleviate pain and discomfort
- speed recovery from accidents, acute injuries and surgery by accelerating the body's natural healing ability
- neutralize and diminish toxic and allergic patterns
- increase energy levels and vitality (diminish fatigue)
- help to restore balance and function in the body



Emotional/Mental



- assist in releasing emotional trauma and shock
- reduce tension and stress
- increase confidence
- promote mental focus
- enhance memory and learning
- integrates the mind-body connection
- stimulate and integrate right-left brain function
- release emotional responses to stressors
- cultivate change to positive habits
- release mental block, writer's block, stage fright, or other performance anxieties
- expand emotional and spiritual growth and development

Overall Life Performance

- support the opportunity for great breakthroughs in personal goals
- assist in personal development and finding one's spiritual gifts
- realize your life path
- improve athletic performance
- facilitate artistic process
- support spiritual connection and integration

