

APPLIED KINETIC CONCEPTS

Take home form:

What to expect after a kinesiology session:

After a kinesiology session there may be some different effects None of these are cause for any alarm, they are just a result of the body reorganizing its energy systems and integrating the healing process. Some people are affected differently due to the type of neural disorganization that has occurred and how long symptoms have been disrupted and how your body deals with it being compensated for so long.

Some common symptoms and states of being may include:

- Alternating energy highs and lows
- Feeling dizzy, light-headed or spacey
- Extreme sleepiness
- Vivid dreams
- Emotional highs and lows
- Unexplained crying or anger or other emotions that may have been addressed in a session
- Increased energy and vitality
- A sense of peace
- Improvement in mobility
- Deeper and more restful sleep
- Reduced appetite for sugars and junk
- Deeper and more relaxed breathing
- Improved posture and postural awareness
- And many more!!

If you are concerned about anything please give me a call:

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Be Well,

Jon E Olson