

Restoring the balance in your life with Kinesiology.

What is kinesiology?

Kinesiology is a natural therapy which uses muscle testing (or biofeedback) to identify stress & imbalances in the body.

This stress may be physical, nutritional, biochemical, mental or emotional.

The beauty of kinesiology is that your body can tell us exactly what it needs to restore its balance.



Trouble sleeping?

Each year up to 40% of Australians report sleeping problems.

The list of causes is endless: stress, anxiety, pain, level of physical activity, food & drink, medication...

Kinesiology can identify the underlying cause of your sleeping problems and what's needed to get a full nights sleep.

Issue 1 Newsletter

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Living with ongoing pain?

Pain is the body's way of warning us that there is something wrong. At the onset of pain, most of us turn to pain killers.

These may work well to temporarily relieve the pain, however by doing this we are ignoring the underlying cause.

A kinesiology session can get to the bottom of your pain and provide you with the tools to relieve it naturally.

Special Offer

**1½ hr Initial Kinesiology
Session \$50.00
(Expires August 31st, 2010)**

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Want to lose weight?



In the developed world, over 50% of adults and more and more children are considered overweight.

There are a number of factors which influence weight gain – diet, habits, stress, toxicity, level of exercise, as well as sabotage programs.

Kinesiology identifies the underlying factors and offers a safe weight loss program to suit your needs.

Feeling stuck?

Sabotage programs are negative thought patterns which are caught up in our subconscious mind.

They can arise from childhood and govern our lives, preventing us from learning, moving forward and improving our health.

Kinesiology can identify and clear these sabotage programs, helping you reach your true potential.

Need a massage?

Whether it's physical pain, a sporting injury or you just need to relax and unwind, I offer a range of styles to suit your needs.

Check my website for special offers.



About Me



I am a fully qualified kinesiologist and massage therapist & member of the kinesiology association.

I'm passionate about the benefits of both therapies and enjoy seeing the positive changes in the health and wellbeing of my clients.

Lara Darlington Kinesiology and Massage Therapy
To find out more about kinesiology or massage, please visit my website at
www.laradarlington.com.au or call 0402 566 092.