

# THERAPY

**Adele Rosi gets pushed around with kinesiology.**

**Where:** Whole Performance Institute, Flat 10D, Yip Wan Industrial Building, 10 Tsun Yip Lane, Kwun Tong (tel: 2323-4927; fax: 2351-3960).

**Who:** Conrad Ho and Amy Choi are a husband and wife team who have practised kinesiology for more than three years. They have studied in the United States and Australia, where the therapy is formally recognised by medical councils.

**What:** Kinesiology is the scientific study of movement, derived from the Greek *kinein*, meaning “to move” and *logos*, meaning “to study”. It deals with the body’s physiological and psychological reactions to physical activity, and with the transfer of messages from the brain to the limbs and organs. Ho and Choi specialise in what they call the “touch for health” and “brain gym” disciplines. With the former they detect malfunction and misalignment within the body by its response to touch: they push parts of your body — arm, shoulder, leg — and assess the strength of your resistance. “Brain gym” gets the patient to use positive language and active movement to form a solution to the problem. The brain sends this positive message to the rest of the body, apparently triggering results.

**Why:** Kinesiology can be used to treat physical ailments as well as emotional problems, aiming ultimately to balance the neurological system so the body functions to best effect. It can be used on everyone from babies to the elderly, and is useful in overcoming learning disabilities by finding the reason the brain isn’t transmitting the correct signal to the body. Kinesiology is used for diagnosing aller-

gies, correcting uneven muscle development and realigning bodily structure.

**How:** Ho carried out checks to assess the state of my body, including comparing the right and left sides and measuring my height. He asked me to hold out my right arm and resist the firm pressure of his hand on my forearm, after which he pushed my right shoulder and noted my reaction to the force. I then had to move my arms and legs into various positions, which, as in acupressure theories, corresponded to 14 different organs, and Choi tested my response to pressure on my limbs from her hand. In some cases they seemed too weak to resist the impact and wobbled, which indicated the related organs weren’t in the best possible condition. Choi “corrected” them by rubbing the spinal reflexes down my neck and back, and the neurolymphatic points below my collarbone. Ho and Choi re-tested my reactions by repeating the same pushing procedure.

In a short brain gym session I told Choi about a knee injury I’d had for years, and I had to write down how I would feel if the pain went away. I wrote I wanted to be free to play the sports I enjoyed, but the word “wanted” wasn’t positive enough for Choi, so I rewrote the sentence “I am free to play the sports I enjoy”. I then had to act out playing sport, and performed three balancing exercises called The Owl, Double Doodle and Balance Button.

**Result:** My arm was initially firm when resisting pressure, but after Ho pushed my shoulders and tested my arm

again, applying the same pressure, he could move it easily. I also lost my balance when he pushed me. The same thing happened when Choi tested me, and I couldn’t find enough strength to resist her. However, after Choi rubbed my neck and back, she tested my limbs again and they didn’t move, signifying my body had received whatever messages Choi and Ho had been sending. When Ho pushed my shoulders again I didn’t lose my balance, and my arm felt rock-steady when checked. I repeatedly asked Choi and Ho whether they were easing the pressure to make me feel better, but in fact Ho had applied more. They also felt my body reacted differently to being pushed — tense and slightly aggressive to begin with, but more “spongy” yet strong by the end of the session. In the brain gym exercise I felt self-conscious making owl noises and pretending to play sport, but by the end of it I was starting to believe what I’d written.

**Bottom line:** \$400 an hour. “Touch for health” and “brain gym” are self-help healing methods suitable for laymen: after several sessions with Choi and Ho you can do them yourself at home.

**Verdict:** The session felt like being in an experiment, but proved interesting. There was a marked improvement in all my responses, and I felt positive about life in general, but I can’t say the organs which showed signs of distress now feel in tip-top condition. However, when I went running that evening my knee didn’t hurt at all.

adele@scmp.com

