

Kerry Fung & Associates Physiotherapy Services 馮偉業物理治療師事務所

Central Clinic: 2537 2083 Mongkok Clinic: 2831 8233 E-mail: physio@kerryfung.com Website: <http://www.kerryfung.com>

Newsletter Vol. 8, AUG 2005

Monthly Health Education Seminars

“Frozen” Shoulder

Many people were scared by frozen shoulder. However, it is not the case if we have better understanding of it. This seminar will explore the causes, characteristics and physiotherapy interventions of frozen shoulder. Physiotherapist will also demonstrate a set of exercises for you.

Speaker: Mr. Ray To (Registered Physiotherapist)

Date: 25th August, 2005 (Thursday)

Time: 7:00-8:30pm

Venue: Rm 508 Takshing Hse., 20 Des Voeux Rd. Central

Language: Cantonese

Free admission. For enquiries, please contact us at 25372083.

Seats are limited, please reserve yours early.



How Does BodyTalk Work?

The BodyTalk system works by first identifying the weak energy circuits that exist within the body. The practitioner relies on the innate wisdom of the body to locate the energy circuits that need repair by using a form of biofeedback, which is a subtle muscle testing technique.

For every malfunctioning energy circuit that is found, the practitioner or client contacts the corresponding "points" with their hands. The practitioner then lightly taps the client on the top of the head, which stimulates the brain centers and causes the brain to re-evaluate the state of the body's health. The result is that the general energy balance of the body is greatly improved.

The practitioner then taps the client on the sternum to "announce" the corrected energy flows to the rest of the body. This is beneficial because the heart is responsible for communicating the state of the body's health to the rest of the body. Stimulating the heart by tapping the sternum forces the heart to store the corrected energy patterns in the body's cellular memory. This means that the body will remember these changes after the treatment.

The BodyTalk treatment protocol is very straightforward and does not require any diagnosis. The practitioner relies on the guidance of innate wisdom, through muscle testing, to not only locate the weakened lines of communication in the body but also to find the proper order in which they are to be addressed. Just as the body heals a wound with a particular sequencing of chemical reactions, the body wants to address all healing in a certain order. This priority is paramount in the balancing process to initiate the body's ability to heal itself. The healing process usually follows rather quickly.

News Flash

Anatomy & Physiology Course

Mr. Kerry Fung is teaching an Anatomy & Physiology course organized by Improve Beauty & Fitness Academy.

Date: 1/8/2005-1/9/2005 (every Mon & Thu)

Time: 12:30-14:30

Venue: Room 902, Hong Kong Scout Centre

Massage Course

Mr. Ray To was invited by the CITIC Tower Club of the CITIC Pacific Ltd to teach a **Massage Course** on 4/8/2005 & 11/8/2005. He demonstrated different massage techniques to the audience during the course.

每月健康講座

肩周炎--結了冰的肩膊

許多人聽到肩周炎(五十肩)都會不寒而慄。其實只要多點認識，肩周炎並不可怕。

是次講座會為大家探討肩周炎的成因、病徵及治療方法。治療師亦會親自示範一系列運動，教大家預防及治療肩周炎。



講者: 陶智超註冊物理治療師

日期: 二零零五年八月二十五日(星期四)

時間: 晚上七時至八時半

地點: 中環德輔道中 20 號德成大廈 508 室

語言: 中文

報名及查詢請聯絡我們(電話 25372083)。

座位有限, 請早預約。 費用全免

「身心傳信」如何運作?

「身心傳信治療法」是一套利用「身心傳信」原理的治療系統，治療者利用人類的內在智慧的引導，透過仔細的肌肉能量測試方法，首先會找出身體裡哪個網路的聯繫能量最弱和最需要修復。

當找到這個失調的能量網絡後，治療者或患者會用手接觸相應的「點」，以提示身體作出反應，然後治療者會輕拍患者的頭頂，以刺激腦部的中樞，從而令腦部重新評估自身的健康狀況，結果是令身體的整體能量得以平衡和大大改善。

然後，治療者會用手輕拍患者的胸骨(心臟)，以「宣示」能量應流向身體的其它地方。因為心臟的功能正是維護人體的健康狀況，以聯繫身體各部的臟腑，輕拍刺激心臟即能令心臟細胞記憶著正確的健康能量模式，令治療的效果得以維持。

身心傳信治療的原則相當直接了當，亦不需要有任何「醫學診斷」為依據。治療者只需依循內在智慧的指引，透過肌肉測試，不僅可以找出身體內的傳信障礙，更可以找出它們需要處理的優先順序。就好像一個傷口的復原需要一定的化學反應順序進行，人體對任何毛病的康復過程都是先後有序的。這個優先順序對於正確地引發身體的復原至為重要，亦令康復的過程更加迅速。

快訊

解剖學及生理學

馮偉業物理治療師現正教授由美倩集團國際美容學院主辦「**解剖學及生理學**」課程。

日期: 八月一日至九月一日(逢星期一及星期四)

時間: 上午十二時三十分至下午四時三十分

地點: 香港童軍中心 902 室

按摩課程

陶智超物理治療師於八月四日及八月十一日教授由中信泰富有限公司中信大廈會所主辦的「**輕鬆學按摩**」講座，並即席示範各種不同的按摩手法。

整全健康道·至善身心靈

Health is a continuum of physical, mental & spiritual well being.