

Annual Meeting on  
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ACUPUNCTURISTS**

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### How to move beyond survive to thrive

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In this presentation, the author talks on how to move beyond survive to thrive including following topics: The benefits of kinesiology and muscle testing in clearing emotional traumas; amygdala and the fight, flight and freeze response of the body; the importance of magnesium and other tips in recovering adrenal fatigue, as well as enabling better hydration into the cells. Kinesiology is a modality based on traditional Chinese medicine and chiropractic. There are a wide range of tools kinesiologists use to measure the level of stress a client is experiencing and then relieving the stress so that one can live optimally. Kinesiology will benefit a person's wellness overall and will lead to a more balanced life. Muscle testing provides a bio-feedback system of the muscles in the body. In times of stress and trauma, the body stimulates the adrenal gland that activates a meridian that is called the triple warmer. This in turn affects the adrenal and thyroid glands and the temperature regulation in the body, resulting in extreme stress, tiredness, dread, terror etc. As the adrenal glands are sitting physically above the kidneys, it can create and cause dehydration. Utilizing magnesium will calm the nervous system and will ultimately relax the muscles that will enable a body recovery into normal function. The author help empower you, beyond survive, to thrive via meditations, tips and tools which have been developed during her 20 years of practice.

### Biography

Sharon Tal is a Kinesiologist, Counselor and Reiki Master with over 20 years' experience in the wellness industry. She helps people in the physical, mental and emotional level to help bring clarity, wellness, focus and joy back into their everyday life.

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