

Revision of BKP 108 - Balancing with Food

1. Who do you know who was/is influential in developing Kinesiology?
2. What are all the nutrients that make up the chain of life? Give a bit of info on each one.
3. What are the 6 stages of nutrition and explain briefly what happens in each stage.
4. How would you do the 6 stages balance you have accessed with PE 6c?
5. Where would food combining become important, and what are the rules?
6. How may your client benefit from food combining?
7. You would like to test your client Fred for foods. How do you go about it? What do you need to do first?
8. Why is it beneficial to do a full balance before testing “bio-cidic” foods?
9. If 5 Element nutritional balance shows up, what are some of the corrections you will look for?
10. Why do we get the client to say ‘I have willingness to be well’ ?