

"KINIQUÉ'S

Unique

De-Stress

Report"

Wave good bye to stress.

Choose to enjoy your life
to its' fullest potential.



Hi and welcome, my name is Marney Perna and I would like to share with you my 10 very simple strategies that will assist you to reduce your life stress and at the same time automatically increase your life energy. I am a qualified, registered kinesiologist and operate a busy home clinic called Kinique, run a Corporate Kinesiology Consultancy and a busy Mum, Wife and am a carer to my elderly parents. I totally understand how busy and time-consuming life can be. In my clinic I see many clients who are extremely stressed and are constantly searching for simple and natural ways to help themselves cope. I have been sharing these 10 simple but highly effective tips with my clients now for many years and I kept getting asked “Did I have a written list to leave with them so that they could remember when I wasn’t there?” My wish is that you print off this special and exclusive report to remind yourself what to do. Put one in the bathroom, in the bedroom, the office even the laundry, the more you read and identify with the techniques the more they will become commonplace and new neural pathways will be formed to make them automatic.



With today’s modern pace it is very easy to get caught up in the hustle and bustle of a busy lifestyle. More and more people are filling their lives with busy-ness. The average work hours are longer, and the children do extracurricular activities that add many hours to their already busy schedules. Mum’s and Dad’s lives are so busy being a taxi driver, chauffeur, personal assistant and cook, cleaner and general jack of all trades as well as commuting long distances to and from work that relaxation is not so easy. Life does not appear to stop as we get older it seems to get even busier with more and more stress.

Have you ever thought about what happens to your body with each stress? Imagine your body has a balance going right through the mid-line just like a set of scales. On one side of the scales is your life energy or Chi, on the other side is your stress. Ideally when the scales are in proper balance the life energy is higher than the stress levels, so you can cope with the everyday aspects of life and maintain status quo. This in turn assists your immune system to function better and your overall health and wellbeing is good.

When the stress levels build up too much you get what I refer to as a stress bank deficit. This in turn depletes the life energy and your health is compromised. Eventually the body is asked to repay the deficit and it is often the weakest systems in the body that feels it first. What a great idea it is to

learn how to reduce life's little stress before they become an issue and this in turn allows your body to cope with the bigger challenges.....Enjoy and have a great day!

Marney Perna

Diploma of Kinesiology

Kinique- "Kinesiology uniquely for you."

<http://www.kinique.com>

Dedication

This is dedicated to all the members of my family, however especially to my beautiful daughter, Catherine and my amazing Mum who have both supported and encouraged me along to way to fully believe in myself and to go for my dreams.

Disclaimer

The procedures and techniques explained in this report do not prescribe or treat any know medical condition. They are purely for advice and are based on the author's years of experience and observations. While every effort has been made to ensure the accuracy of this report neither the author or the publisher assume any responsibility for the use of or suitability to use any or all of the information contained in this publication. It is a general guide only and each individual situation will be different.

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TEN REALLY SIMPLE WAYS TO NATURALLY REDUCE YOUR STRESS

1. **SMILE:** Smile and the whole world smiles with you. Smiling uplifts your spirits and helps raise your personal vibration and naturally assists you to release happy hormones called endorphins. Smile at least three other people or things per day and change that person's life, you might never know the value to the other person of that freely exchanged smile.
2. **BREATHE:** Breathing is essential for life, without adequate oxygen supplies our brain is unable to function. The lungs convert the air we breathe into usable by-products and assists with ensuring our blood is kept oxygenated. Shallow breathing limits some of the functions and contributes to that tight stuffy feeling. Ensure that you take the time daily to breathe deeply and evenly, give your lungs the opportunity to function well.
3. **LANGUAGE:** The language we use on a daily basis can have a direct effect on how we feel and how we respond to others. Be aware of the language you are using and by choosing different words you can help raise your vibration and your life energy. You don't have to change all the words you use, just identify the one's that may not be in your best interest.
4. **FLIP THE CARD OVER:** Assist your life energy and enthusiasm by turning a negative into a positive. This is achieved by making the focus of your intention a positive focus. When you find yourself in a negative mode, see if you can think of a positive alternative. Always find the ace in the pack! In life we generally get what we focus on, so ensure you would like what you are wishing for.
5. **BEST EVERS:** Everyone likes to be the best at what they do or to feel the best they can. The word best usually uplifts us and makes us feel good, so in a situation that is lowering your energy add some high personal vibration and make it the "best ever". Be the very best you can even if it means you have to have the best worst day ever. See how many "best evers" you can have in any one day.
6. **COMPLIMENT:** A compliment has the potential to raise your life energy. We often forget to give ourselves a compliment, tell yourself well done when you have accomplished a task or feel you look good. Remember also that others will enjoy a compliment. Tell someone how nice they look, be aware of another person's efforts. Enjoy being able to give and receive compliments, graciously.
7. **ATTITUDE:** Your attitude is a personal choice. You can choose to be happy, excited, sad, confident or anything else. You and only you can choose your attitude, it is up to you. There is often two ways of looking at a given situation, the glass half full or half empty scenario. Neither has to be incorrect, it is your attitude that makes the difference. By choosing an uplifting attitude you raise your life energy and therefore lower your stress.
8. **EXERCISE:** Movement/exercise helps to stimulate the lymphatic systems. It releases lactic acid build-up from the muscle and it also helps the brain to stay active. Movement can incorporate many different degrees of energy, it need not be heavy or strenuous exercise, any and all movement is beneficial. Ensure that you do some form of exercise daily.
9. **IDENTIFY YOUR STRESS:** Keep an eye out for any external factors that may be adding to your stress. Electromagnetic Radiation (EMR), a vibration given off by TV's, microwaves, electrical cables can be a cause of geo-pathological stress. Other factors can be smog, chemicals, new plastics, dust or even flower pollens and food insensitivities to name but a few. Having knowledge enables you to deal with the issues.
10. **MEMORIES:** Our memories are our life's blueprints. The brain stores all our memories in case they are required again for survival. It is often a memory of an event that causes the stress. The past cannot be changed, the future is not set in stone and the only time frame you have the ability to change is NOW! Learn techniques that can assist you defuse the stress response of the memory.

The key to using any new system is to actually put it into practice the new information and techniques you have learnt. To create your new neural pathways, you will be required to implement several if not all of the above techniques on a daily basis. They will in time become second nature to you and your body/immune system will have more energy to devote to keeping you feeling and functioning the very best. By committing on paper in the form of a contract is another way of staying accountable. Get someone who will support you to bear witness and to encourage you along the way.

Change is not always immediate and yet the more you raise your personal vibration the less stress you have accumulated in your stress bank deficit.

Remember you are not alone, you have but to ask for help and the universe will provide. Many natural therapies are useful in supporting your “de-stress journey”, these include kinesiology, yoga, acupuncture, massage, hypnosis and many others. Find out what is available in your area. More detail on the benefits of kinesiology and many of the techniques in this report can be found at

<http://www.kinique.com>

email: info@kinique.com or Phone 0407 029943 to book your life changing appointment.

For those of you who would like to purchase a copy of Marney’s latest book “Creating Calm amid Chaos” please go to her website at <http://www.kinique.com> and follow the links to the purchase page

You may like to register for the next available “Kiniquely for you Funshop” where you will learn all of these amazing and useful self-care methods. info@kinique.com

SMILE.....

ENJOY.....

CHOOSE to.....

Change Your Life Today!