

# News Update for Members of Association of Systematic Kinesiology in Ireland



ASK News Update: **December 09**  
Issue No 9



Dear ASK Member.  
I'm delighted to send you this newsletter as part of your membership of ASK Ireland. As another year flies by it's good to reflect on the changes, goals met and on new goals for 2010.

As special thank you goes to all members who promoted Systematic Kinesiology in their areas, through advertising, articles and health shows. Most recently a special acknowledgement goes to all those who worked at the ASK stand at the MBS in Oct.

We are delighted to announce that we'll be running a Balanced Health Instructor Training Programme, and further details are enclosed.

As many of you know, we deferred commencing the diploma in September this year. We are delighted though to announce the Diploma will start in April 2010, and for the first time with TACT in Westport. Orientation and modules will continue be run in Walmer except for the last "3 weekends" which will be run as a 5 day workshop, in Westport also.

We are also going to introduce an online component to add ongoing support in between classes.

So I just want to finish off this note, by wishing you a very Merry Christmas, to thank you for your continued support of ASK, and hope you have a very successful and healthy 2010.

Here are the enclosures with this month's News Update:

- FREE copy of Positive Life.
- Christmas Card from the Council
- Free Draw entries (if applicable)

## Executive Council

The Council's next meeting will be in early January. This has been a busy year for the Council - with the Code of Ethics & Practice, and planning the ASK's first research study. Details will be out very soon.

If you have any comments, suggestions or ideas, please email Deirdre, ASK chairperson: [deirdre@lucas2.eu](mailto:deirdre@lucas2.eu)

## Hot Tomatoes

Cooking tomatoes significantly boosts their levels of lycopene, an important antioxidant that may help prevent prostate and other forms of cancer, heart disease, and other serious illnesses. When tomatoes were cooked for 15 minutes, their lycopene increased by 171 percent. Including a little fat, such as olive oil, improved the body's absorption of lycopene. The downside: cooking cut levels of vitamin C. A minor drawback, since people can get vitamin C from many other foods.

## Practitioner Listing

This is just a regular reminder to check online your contact details for accuracy. Updates can usually happen within 24 hours, more often in less time. If you have your own website, let us know. More and more of you are getting traffic to your websites through this listing.

[www.Kinesiology.ie/practitioners](http://www.Kinesiology.ie/practitioners)

## ASK Website

A special request – if you have a website, will you please add a link to the ASK website [www.kinesiology.ie](http://www.kinesiology.ie) and pay it a visit whenever possible. Link and visits will continue to improve the general page ranking of the ASK website and help people find systematic kinesiologists.



## ASSOCIATION NEWS

### Members Day 2010

At this year's Members Day/AGM, it was decided next year is ASK's 10<sup>th</sup> anniversary, that we take the opportunity to celebrate together. We hope to finalise the date and plans at the next Council meeting. So watch this space!!



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## Dealing with a Picky Eater

Nearly every family has one: a child who is picky about food. The Children's Hospital Medical Center of Akron offers these tips on encouraging a healthy appetite:

- Model the behavior you seek: show your own enjoyment of different kinds of food.
- Keep mealtimes positive with lots of smiles and chat.
- Try to serve meals and snacks at the same time each day.
- Avoid feeding your child for an hour and a half or two hours before a meal.
- Don't threaten, bribe, or trick your child into trying new foods. Just be encouraging and offer a variety.
- Serve smaller portions on smaller plates.
- Don't obsess over each meal; think instead about your child's nutritional intake over the course of a week.

## Quotes:

The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward.

—Amelia Earhart

## ACADEMY NEWS

### FOUNDATION COURSE

The next Dublin foundation course is starting in Walmer on 23-24 January. Belfast will start on 16-17 January. For more information please mention the website. Also enclosed are a few flyers for your waiting room. Any help in promoting the TASK courses is much appreciated.

[www.kinesiology.ie/training](http://www.kinesiology.ie/training)

### DIPLOMA COURSE

The 2009 Diploma Graduates had their final weekend and attended their graduation dinner in early October.

Here's some pics of them all!

## Want More Clients?

A few of you have already signed up for TASK Ireland's new on-line venture – [ClientAttractingSecrets.com](http://ClientAttractingSecrets.com)

We ran our first One Day workshop – How to get More Clients, Kick Start your Clinic back in November. It was a huge success, and so we will be running it one more time. If you'd like more info about it, then simply become a subscriber by visiting the site:

[www.ClientAttractingSecrets.com](http://www.ClientAttractingSecrets.com)

## CHRISTMAS OFFICE HOURS

We're here over the Christmas so if you need anything just send an email or call. Of course nothing much will be happening between Tuesday 22<sup>nd</sup> December to Monday 4<sup>th</sup> January!

Merry Christmas and Happy New Year!  
Keep safe everyone, and hope to see you all soon.

*Siobhán & Kieran*



**PS if you've young children, nieces or nephews check out this fab website – a personal video from santa! Well worth it.** <http://portablenorthpole.tv/home>

