



News Update

for Members of the Association of Systematic Kinesiology in Ireland

Dear **ASK Member.**



We're delighted to send you this newsletter as part of your professional membership of

ASK Ireland. And thank you for renewing your membership promptly earlier this month.

ASK Members Day

Details are enclosed about this year's Members Day. If you haven't yet booked your place yet then please do by Monday 21st March.

METABOLICS

You may have already seen this but Metabolics have recently registered in Ireland which means they no longer have to charge VAT on their supplements sold here (supplements are zero rated in Eire). This is great news and brings these products more in line with other brands available to our clients.



Make Mine Dark

The old advertising slogan "Guinness is Good for You" may not be far off

the mark. University of Wisconsin researcher John Folts has found that dark beer, such as stout, has three times the concentration of flavonoids than lighter brews. Flavonoids are phytonutrients that help keep blood from forming clots that could cause a heart attack, and they reduce the risk of atherosclerosis, or hardening of the arteries.

ASSOCIATION NEWS Executive Council

The Council meets on a regular basis. If you have any suggestions or ideas you would like the Council members to consider, discuss, please email Deirdre, ASK Secretary here: deirdre@lucas2.eu. We also have a vacancy on the Council.

ASK Website

If you haven't registered yet to access the ASK Members Area, please go to:

kinesiology.ie/member-register

I know you have a success story that could be inspiration to others. Please email your 250-350 words to info@kinesiology.ie so that we can help more people find Kinesiology for more search terms than "Kinesiology".

Practitioner Listing

This will be updated to reflect changes as per your renewal form, as well as remove those who are no longer members. This should be done by 31st March if not before. Please check after this date for any errors.

www.Kinesiology.ie/practitioners

HAPPY ST PATRICK'S DAY



Enclosures with this month's News Update:

- Positive Life (free to members of ASK)
- PuLSE Points
- Members Day info
- AGM Agenda
- Council Nominations

FACEBOOK

There is now Facebook Page for Kinesiology and if you have a profile please come and "like" this page:

www.Facebook.com/kinesiologyIE

Also as these types of pages are ranked on search engines, if you have a good word to say about Kinesiology (of course) then write it on the wall.

ACADEMY NEWS - FOUNDATION

We're delighted to announce that TASK has two Balanced Health Foundation Courses starting soon:

Belfast on 26-27 March and new location:

Drogheda on 16-17 April.

DIPLOMA

We're also delighted to announce the Diploma Course will be run in Belfast for the first time (and in Dublin) starting July.

If you have friends, clients or colleagues interested, then we'd be grateful if you could let them know. Please direct them to the website for more information please. Any help in promoting the TASK courses is much appreciated.

www.kinesiology.ie/training

Garlic – It Does More Than Keep the Vampires Away!

Avid fans of horror movies might be well-versed about the ability of garlic to repel vampires, but this cousin of the onion (as well as the chive, the leek and the shallot) has been known for centuries as one of nature's wonder drugs. Some of its reputed health benefits include:

- Preventing colds and flu
- Acting as an antioxidant, preventing and repairing existing damage to the body's cells
- Thinning the blood, thereby preventing blood pressure from rising and blood clots from forming
- Preventing infections via its antibacterial and antibiotic properties
- Lowering cholesterol levels
- Slowing down the aging process of the aorta, the heart's main blood vessel, which is responsible for maintaining the pressure and flow of blood
- Supporting the immune system, which fights diseases such as cancer
- Curing acne
- Ensuring good blood circulation, which helps with impotence
- Fighting allergies
- Regulating the blood sugar levels and increasing the release of insulin in diabetics
- Acting as a natural mosquito repellent

For those who do not like the taste of garlic, or the smell of garlic breath, taking garlic supplements in the form of tablets or capsules still provides the body with all the benefits without any of the drawbacks.

Change Your Habits and Raise Your Self-Esteem

Someone once said that our self-image and our habits tend to go together and if we change one, then we will automatically change the other. Whilst these are true words indeed, tackling issues of self-esteem unaided can be extremely challenging. Changing habits, on the other hand, is in many cases comparatively easy.

When people think relatively little of themselves, they tend to feel as though they do not deserve the good things in life or to

be treated well in return. Often their poor self-image exhibits itself in a number of different ways affecting more than one area of their lives. Try choosing just one area to concentrate on so as not to be overwhelmed and then resolve to change your habits in this one alone. You might, for example, choose to tackle assertiveness, because of course anyone who thinks anything of him or herself would not allow themselves to be treated as a doormat. Forget whether you think you deserve to be treated any better and, in the beginning at least, 'act as if' you do. As you learn to behave differently and are treated with more respect, so you will value yourself more.

Sometimes analysing low self-esteem does not necessarily move you forwards. If you act first, however, often the self-belief follows as a natural consequence. Work on changing your habits to ones which ensure your physical, mental and spiritual well-being and you will soon feel that you deserve nothing less.

MCHUMOR.com by T. McCracken



Sea creatures make good use of Bluetooths accidentally dropped in the water.

All that's left for us to say is have a wonderful Spring and look forward to seeing many of you at Members day.

Siobhán & Kieran