

## ASK November update

Dear ASK member

As I hope you are all aware 2018 is the 30th Anniversary of the formation of ASK and the Trustees and myself are looking at making it a milestone year for the organisation.

We are starting the year with our ASK day on Saturday January 27th

The feedback we have received from the 2017 ASK events is to ensure that future presentations are more Kinesiology based than some of the ones we have had in the past. This has been taken on board.

### Saturday, January 27th - Arora Hotel Crawley

For our first event of 2018 we have Claire Muller the Principle of T.A.S.K introducing her father, Brian Butler, who will be sending us a message from sunny Australia. Without Brian's energy and foresight ASK would not exist today.

The main speaker for the day will be **Dr Alan Jenks DC DIBAK DCBCN**

Alan will be looking at:

### A journey of muscle testing the body's priorities

During the day you will learn:

- How to use Autogenic Inhibition and know how to use it to check what to treat first.
- Short cut your priorities but testing your patient in a gait position
- Simple Strategies to get rid of pain fast so you can continue balancing the body's priorities
- When to know you have a true organ to correct and know at what point it needs to be balanced
- The updated science of the manual muscle test, what it is we are actually doing?
- How to use Alarm Points properly (if they are active they are not always telling you to correct)

### **Dr Alan Jenks Biography.**

Dr Alan Jenks, a Diplomate of the International Board of Applied Kinesiology, is in his 17th year of practice in Maasdijk, The Netherlands. Alan is a practitioner of integrative medicine focusing on holistic therapies for patients dealing with a variety of ailments. He is a member of the International Board of Examiners and International Board of Standards and Research for ICAK. Dr. Jenks also teaches the 100-hour basic course in the Netherlands and in Italy.

An avid endurance athlete, having finished 16 Ironman triathlon races including six Hawaii Ironman World Championships and countless other endurance events, he combines this knowledge at his multi-day Training & Treatment Workshops which have attracted people from across the US as well as Europe.

Dr. Alan Jenks graduated in 2001 from the University of Western States with his Chiropractic degree.

He has worked as a Chiropractor and Applied Kinesiologist in the United States, Canada and now calls the Netherlands home.

Alan has his Diplomate in AK and Clinical Nutrition and travels throughout Europe teaching Applied Kinesiology.

So a very exciting start to the year with a new speaker for ASK and focusing on muscle testing.

He is the current President of the International Board of Examiners, and spends most of his time developing a systematic approach to Applied Kinesiology to know what to do first and last.

The **early bird price for this day will be £50** until Tuesday January 9th and after that the price will be £75 - both prices include teas and coffees and a jacket potato and salad lunch. Please email me on [admin@systematic-kinesiology.co.uk](mailto:admin@systematic-kinesiology.co.uk) or phone 01980 881646 to reserve a space which I am sure will go very quickly.

Whilst we are busy looking at 2018 we still have a long time to go before the end of 2017 and we are going full speed ahead.

**October 14th** saw a very successful presentation from Chris Astill-Smith and Gill Farr from Epigenetics on 'Inflammation - the fire that burns within'. We had over 75 members attending this seminar. The presentation was recorded by Epigenetics and they will make this available free of charge plus you can access the accompanying manual. You will need to register with Epigenetics before you can log on. [Link to Epigenetics free videos and manuals](#)

**November 3rd-5th** saw ASK Exhibiting at the Mind Body Spirit Show at the NEC in Birmingham. It was a very popular exhibition and we had a very busy stand offering 'Taster' Sessions' Many thanks to Paz Fairbrother, Perin Kureyham, Sue Southern, Sarah Attwood, Jeni Howland, Paula Cuthbert, Jane Leadbetter, Allison Prebble and Rebecca Sommers who all worked very hard promoting ASK. We are making plans to exhibit there again in 2018.



### **November 30th - Bristol**

We are making the final plans for a small event we are running in Bristol as the start of a geographic movement from Crawley which has been our base for a number of years. We did not know what response we would get so booked a room for 40 members and we have only 5 places left, so please book quickly if you wish to attend. There is no cost to attend this event.

- **Meet the Trustees** - an opportunity for the members to meet the Trustees and network with other members over complementary drinks and a finger buffet
- A talk from Allison Prebble (Trustee) - **revision of an existing kinesiology technique**
- A presentation on the member **benefits of the new membership administration system** being developed for introduced later this year
- Tips on **how to develop a successful therapy practice** with emphasis on what you can and cannot say to promote your business

A talk and demonstration by Austin Wyse and Dawn Bailey who will show how important it is for anyone working as a Kinesiologist to understand what is being called by many experts '**the new science of trauma.**'

In their talk you will learn:

- What trauma is and how to recognise it
- The signs and symptoms of stored trauma
- How the piriformis and jaw can be impacted on by sexual trauma

You will also have the opportunity to ask questions and watch a demonstration with Dawn on how she practically applies her understanding of trauma to her Kinesiology sessions

We anticipate the event will finish around 9.30pm

### **ASK Day June 16th and 17th - Arora Hotel**

We already have Tracy Gates and Siobhan Guthrie confirmed for the Saturday and Terry Larder for the Sunday so please keep these dates in your diary.

A lot of work is taking place to get our new Member Management System in place which will allow you to book all the events on line and access many more resources including a new website which will be members upload CPD certificates and download yearly membership certificates, more details will be available over the next few weeks as we move into the testing phase.

Kind regards

Julie

Julie Bingham - ASK Administrator

Telephone: 01980 881646