

## TESTIMONIALS

I have suffered from sinus, hay fever and allergies for most of my adult life (I am now 48) which has severely affected my day to day living.

I was quite sceptical after many years of disappointment with results achieved from over the counter medicines. I was willing to try anything.

Since commencing treatment my conditions have improved dramatically, I have experienced the best spring I can remember being symptom free. Coincidence or not, I also suffered pain in the lower back which has also vanished since my very first treatment over two months ago.

S.O Campbelltown.

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I have been experiencing panic attacks and anxiety whilst driving in my car. My body goes stiff and rigid and I ache all over and start to shake. This has become such a problem that I had to give up using my car.

Gavin helped me to identify my sub conscious beliefs that were creating this fear.

Literally 2 hours after consulting Gavin about this problem (and catching the train home) I decided to test if my time and money with Gavin had made a difference.

It felt like a huge piece of emotional cement that had gone hard in my stomach had been lifted away. I am now driving my car again and have got my life back. Thank you so much.

S.H Jannali.

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I thought it was time I thanked you for the improvement with my eye sight. I had been prescribed glasses 18 years earlier for reading, watching TV and doing book work. Consequently I soon was wearing glasses all the time .If I tried to do something with out them like grocery shopping I would get a headache. This pattern continued for many years.

Gavin using kinesiology identified various stress in my life that had contributed to my declining eye sight. Gavin taught me how to stimulate acupuncture points that has enabled me to improve my vision. I have not looked back.

I am very grateful for the improvement in my eye sight it was so easy it's hard to believe how effective it really is.

Student Campbelltown

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Since my introduction to kinesiology eight months ago my life has changed and improved dramatically. Gavin has helped me to work through issues that had been affecting me emotionally and physically for most of my life. I love who I am today. I believe kinesiology is truly a tool for life.

G.M Lurnea

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Gavin's great strength as a teacher is the way he creates a safe and non judgmental space that enabled me to retrieve from myself the answers I needed to begin to move beyond my old patterns and ways of thinking that had been stopping me in all areas of my life. My head and heart are still buzzing with possibilities.

B.H Student St Leonards

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I have to admit that I am a sceptic. Before I met Gavin I experienced severe Anxiety attacks, I would fly off the handle for no apparent reason my life was running at 100 km/h an hour and then I was diagnosed with a life threatening condition.

Gavin has helped me to understand that my body can heal it's self (with a little help)

I am now able to relax and unwind something that I have never been able to manage. I now have 100% belief in my own self and my life has totally changed. Even people around are noticing the difference.

S.R The Oaks

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Since doing the weekend workshop with Gavin I have cleared at least one addictive behaviour that I have battled with for years. I've also uncovered aspects of myself that I have denied or forgotten.

To me on this weekend with Gavin was worth more than 5 years of therapy.

C.S Student Milsons Point

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Looking back some 18 months I suffered from Anxiety and Panic attacks which restricted my life to where I couldn't even leave my front door. I tried everything from hypnotherapy, medications through to even seeing a psychologist, and then I met Gavin whom treated me with the magic of kinesiology and EFT. I have been treated by Gavin for the past month now and have experienced significant relief. My journey has so far been amazing and I'm enjoying living a normal life outside of my home again.

A.S St Helens Park

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After 3 years of bad health, anxiety attacks, hormonal problems, allergies/sensitivities to foods & drinks, and my GP prescribing every medication that only made me worse, not knowing what to do with me he referred me to a naturopath then a micro-current therapist, a lymphatic drainage and massage therapist who gave me Gavin's number. After such a long and exhausting journey I didn't hold great faith that anybody could find and fix my problems. I have been seeing Gavin for 4 months now & to say that I have turned my health around would be an understatement, my life has improved 400%. I can eat/drink all the things I couldn't eat before, my anxiety & stress no longer exists, my life is now very exciting. Without Gavin's help I don't know where I would be, all I know is that it wouldn't be in this nice place I'm in now.

C.W Wilton