

*Is illness a mistake?
What if it had a purpose?
How would it feel to understand
and be able to resolve the true
cause of your symptoms?*

Revolutionary, effective solutions for...

ME

**Chronic Fatigue
Post Viral Fatigue
Adrenal Exhaustion
Fibromyalgia
Irritable Bowel
Anxiety, Stress
Depression**

*Medication-free treatment for short- and
long term chronic health conditions*



MT
Mickel Therapy

A fresh new perspective on health



What is illness?

Symptoms are intelligent and necessary communication

What if symptoms were part of the solution for your recovery? What if they were trying to tell you something? Mickel Therapy's revolutionary perspective sees illness as the body-mind's way of telling us something needs attention in our life. Once we learn how to interpret this body communication, the solution becomes clear, allowing the body's self-healing mechanisms to restore health.

What is Mickel Therapy?

Symptoms are part of the solution to the problem

Mickel Therapy was developed by a medical doctor in the UK, Dr David Mickel MBChB MRCP. It is a specialist talking therapy which identifies the underlying mental and emotional components of disease. Mickel Therapy works on the premise that as we experience different events in our life, our 'body intelligence' creates energetic responses called e-motions. Emotional charges trapped in the cells create a 're-wiring' of the cells resulting in cellular dysfunction, which eventually manifests as physical symptoms.

Once the cause of symptoms is identified, clients are then given strategies to coach themselves back to health. Clients play a core role in their own healing, putting the 'keys to health' clearly back in their own hands - this is the true meaning of self-care.



What does Mickel Therapy involve?

In the first session you will learn why the body creates illness and how e-motions drive dis-ease. Then, with the help of your therapist you will understand the 'message' your body is trying to tell you via symptoms such as fatigue, depression or pain. From then on the focus is on giving you tools and strategies to coach yourself back to health. The average number of sessions needed is six to eight, although this varies according to personal needs.

Introducing Kim Knight, Mickel Therapist

Kim Knight has spent over twenty years investigating the causes of illness, having experienced and healed herself from anxiety, clinical depression, chronic fatigue and more. She is passionate about giving people the information and tools to look after their own health so that they can enjoy their lives to the fullest.

Talk to Kim Knight, Health and Personal Development Coach
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