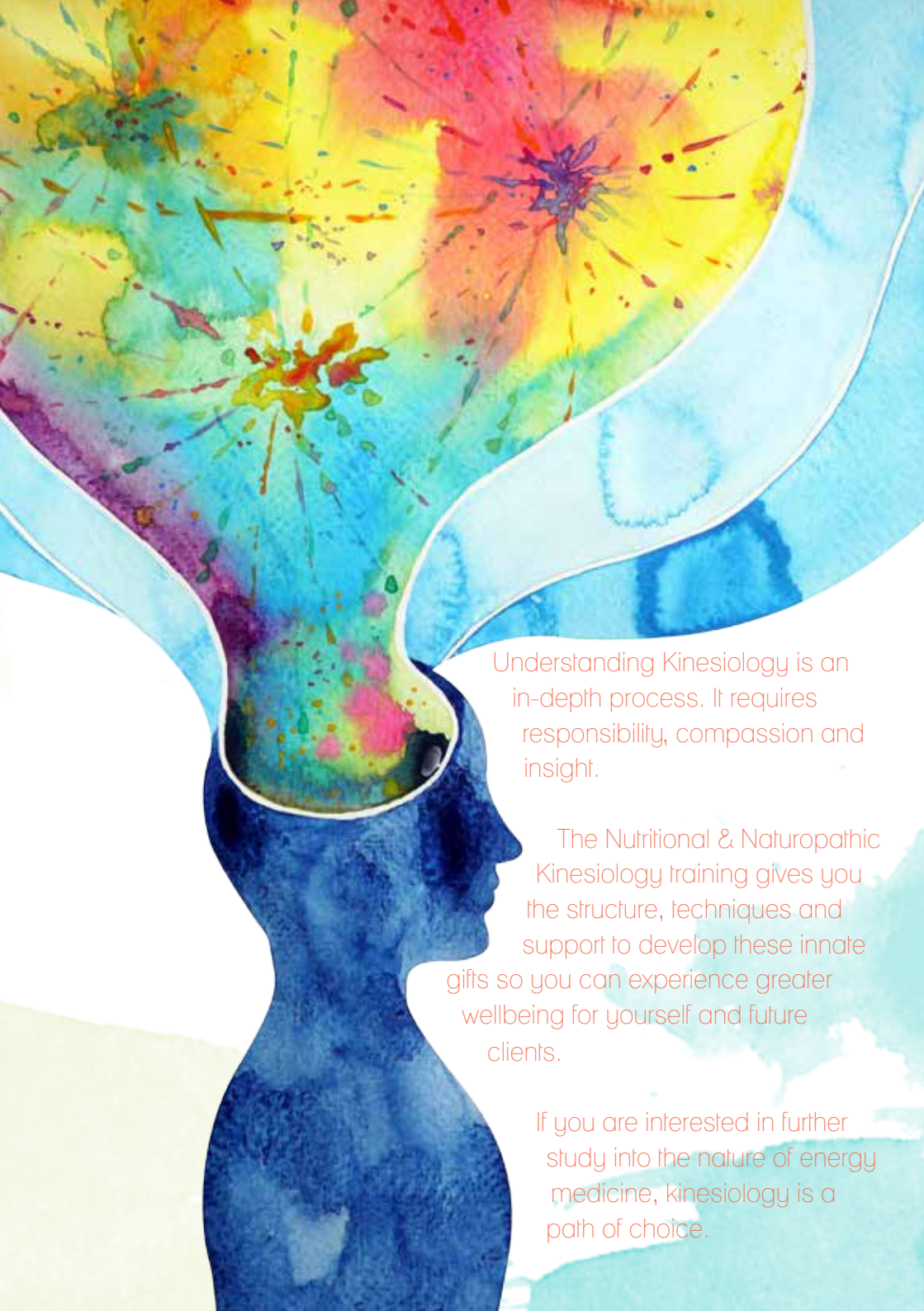


**nk** institute  
NATUROPATHIC KINESIOLOGY



Course Guide for  
Nutritional Kinesiology &  
Naturopathic Kinesiology



Understanding Kinesiology is an in-depth process. It requires responsibility, compassion and insight.

The Nutritional & Naturopathic Kinesiology training gives you the structure, techniques and support to develop these innate gifts so you can experience greater wellbeing for yourself and future clients.

If you are interested in further study into the nature of energy medicine, kinesiology is a path of choice.

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## About Kinesiology

Kinesiology was developed by chiropractors in the 1960's in the United States of America and has since evolved into a complex complementary therapy of its own. It is currently the fastest growing natural therapy in the world. Kinesiology uses muscle monitoring to identify, assess and correct imbalances in the body, thus promoting physical, emotional, mental and spiritual health.

Kinesiology offers a model of care which considers the deep connections between the physical aspects of the body (such as bones, muscles,

hormones, neurology etc.), the psychological aspects (thoughts, emotions, attitudes etc.) and the energetic structures that form our being (aura, chakras, nadis, meridians etc.). Muscle monitoring allows the practitioner to assess the stress levels in the physical and energetic structures and to identify the most appropriate technique to restore balance to the body. This eliminates the need for guesswork, thereby allowing the body to heal efficiently to achieve optimal health and vitality. The techniques used to release stress include acupressure, reflexology, emotional stress release, sound healing (tuning forks), colour healing, flower essences, crystals, chakra balancing etc.

Kinesiology is a true complementary therapy which can be successfully integrated into the practices of Naturopaths, Homeopaths, Herbalists, Traditional Chinese Practitioners and Massage Therapists among others. It has even been integrated into Dental practices.

### Why Study Kinesiology?

Various study pathways provide access to accredited qualifications recognised Australia-wide which are required for anyone wishing to pursue a professional career as a practitioner of kinesiology.

Kinesiology is also a modality that integrates smoothly into the practice of practitioners of other natural therapies. It includes an array of techniques that can be used on their own or as



additional tools alongside and within many complementary medicines.

Learning kinesiology concepts and techniques offers an excellent opportunity for self-discovery and assists on the journey to self-healing. It also provides effective practical tools to support yourself, your family and friends.

Whether you are looking for a new career in a fast-developing field, or the means to provide your relatives, friends or clients with the support and education they need to regain or maintain their wellbeing, studying kinesiology brings forth the opportunity to reach your personal and professional goals.

## What is Neuroenergetic Kinesiology?

Amongst the many modalities of kinesiology, Neuroenergetic Kinesiology (NK) is considered by many as the flagship of modern kinesiology and is taught all over the world. Developed by Hugo Tobar from the NK Institute, it integrates the ancient wisdom from China and India with complex modern

scientific knowledge in anatomy and physiology. By removing the blockages or stress from the body, it stimulates the innate self-healing mechanisms via the energetic anatomy.

One of the primary characteristics that make NK a unique modality, is Tobar's extensive development of finger mode and acupressure formatting systems in all areas of the human anatomy, physiology and energetic structures, along with the holographic model of reality. This allows the practitioner to identify and access the exact location and nature of the stress affecting the individual (even if subconscious) and provides the practitioner with a tailored approach unique to the client and the specific needs of the body.

## Studying at NK Institute

Founded by Hugo Tobar, NK Institute offers structured yet flexible student-focused educational packages. Our training options cater for all levels of interest and purpose from the person wishing to learn effective techniques to help family members and friends overcome stress-related issues,

*"To become a great kinesiologist takes a lot of dedication, so what you really need to be is passionate about helping others and your own personal development.*

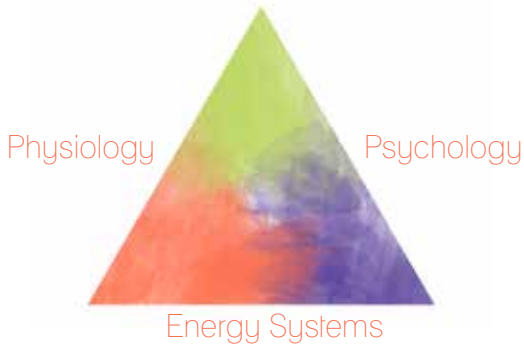
*If you figure out this is what you want to do we will welcome you with open arms."*

- Hugo Tobar



to the more dedicated student interested in developing specialisation skills at Diploma, Advanced Diploma and Graduate Diploma levels. We offer a comprehensive subject list based on current scientific research and our training programs provide access pathways to Charles Sturt University's Undergraduate and Master level degrees.

## Discover Your Unique Balance for Wellbeing



With our internationally recognised training workshops, we are the biggest kinesiology training organisation in the world today. Existing workshops are updated and new workshops are created on a regular basis to reflect the latest advances in kinesiology as well as the new developments in scientific research. The institute offers tuition in many Australian locations such as Brisbane, Melbourne, Perth, Rockhampton, Sydney and our head office in Murwillumbah, making it simple to transition to a different learning centre if you move. Our worldwide locations include Austria, Germany, Belgium, Hong Kong and the USA, with many

workshops being taught elsewhere upon request, such as Russia, Spain, Ireland, Netherlands, Japan and South America.

The Institute aims to provide a supportive learning environment that is always respectful of each student's journey. We welcome students and graduates of other kinesiology colleges and recognise prior learning given that competency and proficiency requirements are met. Our training standards and the professional skills taught, comply fully with the Australian industry best practice standards.



## Qualification Training Pathways

Our accredited training options are the most comprehensive in Australia and allow access to further studies at Endeavour College of Natural Therapies giving you unequalled potential for specialisation.

Professional Certificate  
Training in  
Nutritional Kinesiology



Advanced Professional  
Certificate Training in  
Naturopathic Kinesiology



HLT52415 Diploma  
of Kinesiology



Bachelor of Health Science  
(Complementary Medicine)



**ENDEAVOUR**  
COLLEGE OF NATURAL HEALTH

**nk** institute  
NATUROPATHIC KINESIOLOGY

Training offered:

Professional Certificate Training in Nutritional Kinesiology

Advanced Professional Certificate Training in Naturopathic Kinesiology

HLT52415 Diploma of Kinesiology - with Naturopathic Kinesiology Specialisation  
*200 practice hours with 80 supervised and 120 mentored hours*

10125NAT Advanced Diploma of Neuroenergetic Kinesiology

## Professional Training in Nutritional & Naturopathic Kinesiology

For those professionals who do not wish to obtain a full qualification and be a registered kinesiologist but still want to learn powerful techniques to use in their existing practice, NK Institute offers two professional graduate trainings in Nutritional and Naturopathic Kinesiology. If you later want to enrol in the HLT52415 Diploma of Kinesiology qualification, all of the training in

both professional graduate trainings can be used to obtain the Diploma. The Graduate Certificate Training in Nutritional Kinesiology may give you access to the Level 4 membership of the Australian Kinesiology Association (AKA) if you complete the required supervised and mentored clinical hours and you have the requisite training in Communication and Anatomy.

### Professional Certificate Training in Nutritional Kinesiology



able to incorporate kinesiology in the prescription of nutritional products, plus support many different, diverse biochemical pathways.

### Benefits of the Nutritional Kinesiology Training

Designed to give you a sound insight into the world of kinesiology and how it can be applied to nutrition and biochemistry. The tools and information you receive throughout this professional certificate training will help you apply kinesiology in your existing practice.

This professional training program might be just what you have been looking for, if you have a strong interest in further assisting your clients towards healing with natural therapies.

The Graduate Certificate Training in Nutritional Kinesiology is comprised of the specific workshops that we consider essential to providing you with the skills to facilitate powerful healing outcomes in your clients. You will be

- Introductory level courses developed with the practitioner in mind offering high levels of both theory and practical knowledge
- Excellent foundation into Traditional Chinese Medicine concepts
- Provides the skills to balance nutritional products for many diverse client conditions
- Provides the skills to balance the 5 main survival emotions that may impede your clients progress
- Balancing techniques for almost 300 nutrients that can be applied to biochemical pathways, diet and supplements
- Kinesiology balancing techniques that can be applied to many different biochemical processes





- Balancing for digestion of protein, fats, carbohydrates, vitamins, etc.
  - Balancing for energy production including glucose metabolism, fat burning, Krebs cycle and electron transport chain
  - Balancing for oxygen transport and heme breakdown
  - Reactive oxygen antiaging balance
  - Protein production, DNA, RNA, genetics, epigenetic factor balancing
  - Gut microbiome balancing
  - Iron transport balancing
  - Heavy metal and detoxification balancing
  - Balancing blood types
  - Balancing glycoproteins and GAGs
  - Balancing oligosaccharides
  - Balancing diet and supplements
  - De-stressing nutritional products
  - How to setup major organ systems to de-stress with kinesiology
- Training Duration: 14 months

## Nutritional Kinesiology Workshops

Workshops	Course Duration	Cost
Principles of Kinesiology 1	2 days	\$400
Principles of Kinesiology 2	2 days	\$400
Principles of Kinesiology 3	2 days	\$400
Principles of Kinesiology 4	2 days	\$400
Brain Formatting	2 days	\$400
Physiology Formatting	2 days	\$400
Balancing with the 5 Elements	2 days	\$400
Neuroemotional Pathways 1	4 days	\$800
Nutrition Hologram A	4 days	\$800
Nutrition Hologram B	4 days	\$800
Nutrition Hologram C	4 days	\$800
Total	30 days	\$6,000

You will complete 30 days of kinesiology training over a 14 month period. In the beginning there are seven 4 hour practice sessions that are included in the cost. These practice sessions will be held after each of the Principles of Kinesiology workshops, Brain Formatting, Physiology Formatting and Balancing with the 5 Elements workshops.

The total cost of the training is:

Item	Cost
Enrolment Fee	\$200
Workshops	\$6,000
Final assessment day	\$400
Total	\$6,600

# Advanced Professional Certificate Training in Naturopathic Kinesiology



## NATUROPATHIC KINESIOLOGY

This training program is a continuation of the Nutritional Kinesiology training program. It enables the complementary health practitioner to apply kinesiology balances to a wide range of body systems and advanced biochemical processes that Naturopaths deal with in their clinical practice.

It also enables you to undertake additional workshops from our extensive offerings, independently from any formal qualifications, as suits your time and interest.

If you choose to study further, this certification contains all of the kinesiology workshops in the HLT52415 Diploma of Kinesiology.

## Benefits of the Naturopathic Kinesiology Training

- o Deeper kinesiology balancing for survival emotions
- o Kinesiology balancing for stress in the nervous system around the feeding and thirst systems
- o Kinesiology balancing for the 14 separate endocrine systems
- o Kinesiology balancing for all aspects of the immune system
- o Kinesiology balances for stress in the body due to vaccinations
- o Allergy balancing

- o Advanced detoxification balancing for the 3 phases of detoxification
- o Kinesiology balancing for the 48 methylation enzymes in the human body (44 require SAMe as the methyl donor)
- o SAMe cycle balancing including folate and betaine pathways
- o Kinesiology balancing for pyrroluria and the 70 protein enzymes that have heme as a cofactor
- o Mast Cell Activation Syndrome balancing
- o Histamine Intolerance balancing
- o Leaky gut balancing
- o Kinesiology balancing for burnout including balancing for the unmyelinated vagus nerve, low cortisol and high reverse T3
- o Kinesiology balancing for the acid/base balance in the blood
- o Detailed kinesiology balancing for mucous membranes including important amino acids, amino sugars and glycosaminoglycans
- o Advanced physiology balance for the digestive system
- o Kinesiology balancing for malabsorption syndrome
- o Kinesiology balancing ideas for many aspects of the pathology of the digestive, endocrine & immune system
- o Advanced physiology balances for the endocrine system including the reproductive system, thyroid, pancreas and adrenals
- o Advanced physiology balances for the blood and immune system

Course Duration: 14 to 16 months



# Naturopathic Kinesiology Workshops

Workshops	Course Duration	Cost
Neuroemotional Pathways 2 & 3	5 days	\$1,000
Hormone Hologram	5 days	\$1,000
Immune & Vaccination Pathways 1	4 days	\$800
Immune & Vaccination Pathways 2	3 days	\$600
Pathology Hologram - The Digestive, Endocrine & Immune Systems	4 days	\$800
Leaky Gut	1 day	\$200
Histamine Intolerance	1 day	\$200
Mast Cell Activation Syndrome	1 day	\$200
Acid Base Balance Balancing	1 day	\$200
Mucous Membrane Balancing	1 day	\$200
Burnout	1 day	\$200
Advanced Pyrrole Pathways	4 days	\$800
Advanced Methylation & Detoxification Pathways	4 days	\$800
Total	35 days	\$7,000

You will complete 35 days of kinesiology training over a 14 to 16 month period.

You will be encouraged to integrate the training into your practice and regular group mentoring sessions will take place with different NK Institute trainers.

You will be doing this training after the Nutritional Kinesiology training so

all together the total training time is approximately 2½ years.

After you have completed this training you will be able to use it towards the accredited HLT52415 Diploma of Kinesiology

The total cost of the training is

Item	Cost
Workshops	\$7,000
Final assessment day	\$400
Total	\$7,400



# Nationally Recognised Qualifications



## HLT52415 Diploma of Kinesiology

Designed to provide students with one of the most comprehensive education programs available, this nationally accredited qualification is recognised by the peak kinesiology body, the Australian Kinesiology Association (AKA).

This 2.5-year training program prepares students with the confidence and knowledge to excel in the practice of kinesiology, working across a broad range of conditions with techniques relevant to nutritional and naturopathic practice.

This qualification is highly regarded as the benchmark in the complementary medicine industry for both kinesiology practice standards and professional opportunities. The HLT52415 Diploma of Kinesiology provides you with the competences and knowledge to enhance your existing complementary

health practice. It includes all the training in the Professional Certificate Training in Nutritional Kinesiology and the Advanced Professional Certificate in Naturopathic Kinesiology.

To complete the qualification you will need to complete the 19 units of competency and 200 hours of supervised and mentored kinesiology balances.

If you have extensive clinical experience you will be able to RPL a significant amount of the units. This can greatly change the cost of the qualification. If you need to complete the workbooks they cost \$300 per unit, if you can RPL they will cost \$100 per unit. You will need to complete the 8 Kinesiology units but you may be able to RPL the other 10 (This means you could potentially save up to \$2,000). Note we do not train the first aid and this must be completed externally.

Anchored in Science



Spiritual in Essence



## Units of Competency - Workbooks

Code	Unit	Category
HLTKIN001	Develop kinesiology practice	Kinesiology
HLTKIN002	Conduct indicator muscle monitoring	Kinesiology
HLTKIN003	Perform kinesiology assessments	Kinesiology
HLTKIN004	Provide kinesiology balances	Kinesiology
HLTKIN005	Monitor and evaluate client progress	Kinesiology
NKPHYS605A	Research and provide specialised Neuroenergetic Kinesiology biochemical balances	Advanced Kinesiology
NKPHYS606A	Research and provide specialised Neuroenergetic Kinesiology endocrine balances	Advanced Kinesiology
HLTAAP002	Confirm Physical Health Status	Anatomy & Physiology
HLTAAP003	Analyse and respond to client health information	Anatomy & Physiology
CHCCOM006	Establish and manage client relationships	Communication
CHCDIV001	Work with diverse people	Communication
HLTHPS010	Interpret and use information about nutrition and diet	Nutrition
SIRXRPK001A	Recommend health and nutritional products	Nutrition
BSBSMB403	Market the small business	Business
BSBSMB404	Undertake small business planning	Business
CHCPRP003	Reflect on and improve own professional practice	Business
CHCLEG003	Manage legal and ethical compliance	Legal & Ethics
HLTWHS004	Manage work health and safety	Work Health & Safety
HLTAID003	Provide first aid	First Aid External Subject



Item	Cost
Enrolment Fee	\$200
Nutritional Kinesiology Workshops	\$6,000
Naturopathic Kinesiology Workshops	\$7,000
200 Clinic hours	\$2,760
18 Workbooks	\$5,400
Total	\$21,360

## How are the qualifications structured?

### Workshops

The workshops are where you build on the practical tools and protocols for your kinesiology practice and learn the practice skills that enable you to provide kinesiology balances and perform health assessments.

The workshops are led by experienced kinesiology practitioners who are also qualified in training and assessment. You will find the workshops very hands-on with plenty of time given to practicing and developing the skills you are taught while also being closely monitored and coached throughout.

### Workshop Practicals

A practice session of 3-4 hours follows each of the first-year courses of the HLT52415 Diploma of Kinesiology. This period of supervised practice ensures that each student has a good understanding of the basic concepts and techniques before moving on to more advanced balancing protocols.

### Assessments

To complete the requirements of each qualification students must be assessed against proficiency and competency criteria.

Proficiency standards refer to the practice of the skills learnt during workshops.

Students are assessed as they practice their new techniques throughout the courses to ensure learning.

Competency standards refer to the units of competency developed throughout each workbook. They include theory assessments to test for the knowledge criteria associated with each unit and practical assessments which evaluate the skill sets developed in these units.

You need to be competent in all assessment tasks in order to be awarded your qualification.

### Practicums

The last part of the training is the application of all the techniques and knowledge you have learned in the format of clinical practice. This is the exciting part of your training where your studies come to life. As part of the course requirements and to satisfy the membership requirements of the Australian Kinesiology Association (AKA), students must complete and record 200 hours of supervised/mentored practice outside of the workshops on the public.

### Supervised student clinics

80 hours of this will be scheduled on specific dates over the 2.5 years. Students will work with a variety of clients mainly provided by the school under the supervision of a registered clinic supervisor.

### Mentored hours

The remaining 120 hours is completed in your own time. You will be responsible for arranging your own appointments with practice clients during your qualification. These hours will be mentored by an experienced kinesiologist who is registered as a

clinic mentor. NK Institute offers regular individual and group opportunities to share your case study findings.

Each client appointment counts as 1.5 hours towards your 120 hour total, thus requiring you to complete around 80 client appointments in your own clinical practice. Multiple client sessions can be mentored in one sitting.

Mentoring sessions allow incredibly valuable shared learning experiences across the learner group.

#### A note on kinesiology practice for the 200 hours

- All sessions must be with a person that is a non-kinesiologist and sessions between students will not be counted.
- 40 unique clients must be included

- 10 of these must be seen at least 3 times
- Clients must include a range of variables including male and female, from different stages of life with different presenting symptoms

#### Important note for all learners

The HLT52415 Diploma of Kinesiology is structured so that it may be completed over 2.5 - 3 years. Some students, however, take longer to complete their qualification and that is acceptable. Completion times for learners may vary between individuals for reasons including but not limited to:

- Available time to complete supervised hours
- Missed scheduled workshops and/or assessments
- Personal reasons



*"NK is the most modern & comprehensive system of Kinesiology in the world"*

- Alfred Schatz -

Founder of IAK, the largest kinesiology institute in the world



## How to Enrol

When you are ready to enrol, contact our office on 0427 102 346 or send us an email at [admin@nk institute.com](mailto:admin@nk institute.com) to obtain the enrolment forms.

## Payment Structure

### Enrolment Fee

The only upfront fee is the enrolment fee of \$200. If enrolling into the double Diploma qualification, it is still only the one enrolment fee of \$200.

### Workshops

Pricing varies according to the length of each workshop and the number of manuals associated with the courses. You will be invoiced for each workshop one month in advance and payment is expected prior to the start of each workshop. You may contact the office for advice on payment plan options.

### Workbooks & Assessments

Each workbook associated with the various units of competency is \$300. This includes a printed copy of the workbook, access via download links to the student assessment documents and the assessment of each unit. These are charged and distributed according to the training schedule.

### Practical Training

The practical training will be charged on a yearly basis for a total of \$2,760 over the 2.5 to 3-year period of the qualification with an annual fee of \$920. This charge will cover the 80 hours of student clinic and mentoring of 120 clinical practice hours.

## FAQ

### Are there many assessments?

The qualifications are built around a series of on-going practical and written assessments. To obtain the qualifications, learners are required to complete all tasks successfully. There are practical assessment tasks involved around each workshop as well as written and practical tasks associated with each unit of competency (workbook).

### Is there a fixed schedule or deadlines for the workbook assessments?

NK Institute has created a study schedule around the workshops. However, the written work is designed as self-paced study, which means you are free to complete the theory assessments at your own pace, as long as they are handed in by the deadline assigned by your instructor. It should be noted though that the practical assessment dates and supervised sessions are set and learners are required to attend these to for their practical assessments.

### How am I assessed?

All assessments are competency-based. This means there are no grades or percentages. For written theory assessments, there are model answers the assessor is looking for. For the practical assessments, there are fixed performance criteria you are assessed against. If you fail to give the model answer or demonstrate a performance criterion, you are then given feedback by your assessor and have a chance to try again. NK Institute allows up to three re-submissions. If you are still deemed





'not yet competent' after three attempts, your assessor will work out an action plan and follow-up study/practice before re-assessing you again.

### What if I miss a scheduled practical assessment day?

While it is recommended that you attend all your assessment days and keep up with the schedule, we do understand that things happen and learners may miss an assessment day for reasons that cannot be helped. If you miss one of the assessment days, opportunity will be made for you to do catch-up on future assessment days where possible, depending on time availability and how much was missed. Students who are unable to make up all their practical assessments within the scheduled timetable also have the option to join other assessment groups or future assessment days in the following year's schedule. Missed supervision days may need to be made up in the following year.

### What if I miss a workshop?

If you miss a workshop, you must do it at a future date (when next scheduled) before you can obtain your qualification, although it will not affect your ability to continue to attend other workshops at the same level if you satisfy the prerequisite for these workshops.

### Will I be able to work as a professional kinesiologist after I complete my course?

The HLT52415 Diploma of Kinesiology is designed to offer the best tools and knowledge possible for students looking to work professionally as kinesiologists.

Working as a professional kinesiologist involves a lot more than gaining a qualification. At NK Institute, we will not only teach you the knowledge and skills to offer kinesiology balances to clients but we will provide you with ample hands-on practice to better appreciate the complexities of building strong professional relationships. We will help you identify your practice goals and develop your business plan and we will guide you throughout the many steps of the process of the small business start-up.

### What are the career opportunities for someone who completes the HLT52415 Diploma of Kinesiology?

Possibilities include:

- Working from home
- Working from a commercial space
- Working in a kinesiology clinic with other kinesiologists
- Working in a multi-modality health centre
- Working with a professional sports team or corporate company

Kinesiology is a relatively new modality which has been growing steadily since the mid-2000s. We recognise the potential untapped markets out there and the opportunity they represent for anyone with entrepreneurial inclinations. Whilst kinesiology clinics or opportunities in the corporate world may still seem few and far between at this stage, those with motivation, vision and resourcefulness can create a most successful career path in what is mostly a still unexplored field.

Who designs and develops your material?

As the founder of Neuroenergetic Kinesiology, Hugo Tobar has been introducing new kinesiology concepts and techniques to the world since 1998. After completing a diploma of kinesiology in Melbourne during the nineties, he went on to further his knowledge of the speciality with renowned practitioners such as Charles Krebs (LEAP), Richard Ult (Applied Physiology) and Ian Stubbings (SIPS).

Taking inspiration from a wealth of knowledge and experience such as his 3-year immersion into Indian spirituality, his strong Ecuadorian cultural background, his studies of Civil Engineering and a life of travels, Hugo started developing his own ideas and concepts around the existent kinesiology techniques and identified new uses and opportunities to explore. His material was quickly endorsed by Charles Krebs who facilitated the introduction of Hugo's innovations to the US and the rest of the world in 1999 and which marked the start of a long fruitful teaching career.

Hugo has since written over 49 courses which are being taught in various countries around the world. He still actively teaches all advanced courses and regularly publishes new material.

He founded the NK Institute in 2008 from where he teaches an increasingly growing number of students the many techniques that form the core of Neuroenergetic Kinesiology.

Can I continue my professional development after completing the HLT52415 Diploma of Kinesiology?

The skills and knowledge you gain from the HLT52415 Diploma of Kinesiology are adequate to prepare you for work as a professional kinesiologist. However, most learners who are serious about taking up kinesiology as a professional career never cease studying and learning. The further you go with your learning, the greater the impact you can potentially have on the health and wellbeing of others. Undertaking further studies allows learners to broaden their skill base and move into more specialised areas. NK Institute offers a wide range of advanced courses and qualifications from which students can choose from to further their learning and specialisation skills.



## Workshop descriptors

### Principles of Kinesiology 1 to 4

This exciting introductory course provides skills to be used throughout your kinesiology career. You will learn all about the theories of the human energetic anatomy and how it can be accessed. You will also learn how muscle testing works and how meridians and chakras are connected to muscles, emotions and organs.

What is exciting about this course is that it was created after Hugo Tobar developed more complex courses specifically to prepare beginners with the theory and techniques for more complex study. It is one of few introductory courses that include the 8 extraordinary meridians, divergent channels, connecting channels and muscle meridians. This more extensive understanding of Traditional Chinese Medicine concepts deepens the beginner student's knowledge and appreciation of the origins and development of kinesiology.

Other important kinesiology techniques will be studied, such as the use of finger modes (mudras), correction for 20 different muscles and the knowledge to build a kinesiology balance with these elements.

Duration: 8 days (4 x 2 days)

Prerequisite: None

### Brain Formatting

This course provides an introduction into the body's three main areas of neural stimulation: the brain, the heart and the enteric nervous system. Each of these areas has its own relative autonomy and plays vital roles in maintaining health and wellbeing. As they are essential to our growth, development and survival, these support systems often carry within their structures great amounts of stress accumulated over a lifetime.

Formatting is one of the unique techniques used in modern kinesiology modalities. It enables the practitioner to access and release stress from deep within the organisation of the nervous system by creating complex resonance patterns. By incorporating neurology into balancing, it allows you to work with stress at a deeper level by identifying precise areas of imbalance and by monitoring its impact on anatomy and physiology.

Duration: 2 days

Prerequisite: Principles of Kinesiology or Touch for Health

*"The cure of the part should not be attempted without treatment of the whole."*

*"No attempt should be made to cure the body without the soul and if the head and the body are to be healthy, you must begin by curing the mind."*

*"For this is the great error of our day in the treatment of the human body, that physicians first separate the soul from the body."*

*- Plato -*

## Physiology Formatting

This workshop takes you on a journey through the vital processes for living systems - oxygenation, hydration and energy production. This course extends the concepts of formatting introduced in Brain Formatting and applies these concepts to the physiology of the organs and glands associated with the 14 meridians. You will learn to work with twenty-five organs and glands associated with these meridians. The procedures include the relevant formats for hormones, neurotransmitters and nutrients involved in these vital processes. Mastering the art of working with the body system organs and glands perfectly complement the previous study into energy systems and the brain as well as provide an excellent foundation into advanced study of biochemistry.

Duration: 2 days

Prerequisite: Brain Formatting

## Balancing with the 5 Elements

This course looks at the flow of chi through the 5 elements, 14 main and 8 extraordinary meridians. You will learn about the two states of chi flow imbalance and the associated emotions specific to the meridian, element and state.

Meridian and element systems in Traditional Chinese Medicine being holistic resemble relationships seen in nature, building and depleting each other as they flow on continuously to maintain a life force for our organs and mind. As such the 5 elements and meridian procedures will define specific states of imbalance within the entire system and their associated emotions as well as identify which energetic system is out of balance.

Duration: 2 days

Prerequisite: Principles of Kinesiology or Touch for Health

*"The power of kinesiology is...*



*making the unknown, known"*

*- Hugo Tobar*



## Neuroemotional Pathways Series

This series of course explores the neurological pathways associated with emotions along with their distinct functions and related physiological responses. Strong emotions can be described as whole systems with specific sets of triggers and programmed bodily reactions. These systems stimulate us to take action, move forward and adapt by ensuring survival through reproduction and suppression of danger, learning of skills and behaviours, and development of proper social interactions.

Predetermined emotional responses can be activated in a wide range of situations and fulfil a number purposes

in evolution of mankind, however stress can trigger emotional systems in inappropriate circumstances and cause reactions that are unwanted or unfitting in their intensity. This series of courses is designed to provide students with a strong knowledge of the various neurological pathways involved in the activation of these emotional systems, their processing in the nervous system, the modulation of the response and its expression by the different body systems. Unique balancing techniques are taught to assist the body in releasing stress and responding appropriately, in a timely manner and with the right intensity to any situation.



These courses provide:

- Detailed information on each emotional system including functions, neurological pathways from stimuli to body response, biochemical activity of neurotransmitters and anatomy and physiology of the response;
- Integrative techniques that consider interrelations between systems in particular the effects of the primary emotional systems of survival onto all other systems;
- Specialised balancing techniques for each system as well as an innovative correction and release technique for neuroemotional stress.

### Neuroemotional Pathways 1

This course is one of the most comprehensive and powerful techniques for working with the impact of stress on survival responses. It delves into the study of the brain function involved in the expression of the 5 basic survival emotions.

These emotional pathways run specific programs designed for the survival of the human species. The aim of this course is to introduce students to the neurological pathways of emotional stimulation and the associated physiological responses along with unique techniques to balance challenging emotional states that are inappropriate or no longer needed.

This course provides students with:

- Detailed information on areas of the brain involved with emotional processing and the modulation response initiated by the PAG along with investigation methods to detect stress in specific neurotransmitters, receptors, nutritional and spiritual aspects of each area;
- Explanations of the five survival emotional systems of FEAR, RAGE, PANIC, SEEKING and CARE/NURTURE, including their origins, purposes and the effects of stress and imbalances on our emotional wellbeing;
- Simple, step-by-step balancing techniques and corrections to release stress in a powerful way which integrate smoothly into other techniques or modalities.

Duration: 4 days

Prerequisite: Brain Formatting

## Neuroemotional Pathways 2

This course is an extension of the first workshop and explores areas of the brain involved in arousal, sleep cycles and sexuality and how they are affected by the basic survival emotions. The aim of the course is for students to gain a strong understanding of the neurological processes involved in deep sleep, dreaming sleep, wakefulness and the development of sexuality through rough

and tumble and play along with various states of imbalances associated with these systems. Balancing techniques are also taught to integrate the pathways learnt in the first two workshop of the series to achieve profound results.

This workshop provides students with:

- In depth information on the structure, functions and connectivity of the thalamus and reticular formation in the brain;
- Analysis of the various effects of stress on the PLAY, LUST, NREM, REM and WAKING systems and the impacts of the basic survival emotions on these systems;
- Specialised techniques to treat imbalances and release stress in each of these systems along with techniques to address issues with ramifications in multiple systems taught so far.

Duration: 5 days (NEPS 2 & 3 are taught together)

Prerequisite: Neuroemotional Pathways 1

## Neuroemotional Pathways 3

This course discusses stress itself as two separate systems, short-term and long-term stress and their associated pathways. The neurology of feeding and thirst, addiction and withdrawal and their associated emotional responses are explored. The transformational pathways of the mind from emotional processing to pure consciousness are explained along with neurological pathways of various states of spiritual awakening. This course aims to deepen students understanding of the human psyche and elaborates on many mental disorders and their suggested treatment techniques.



This course provides students with:

- Discussion of the various theories of consciousness and the way they interrelate with neurology;
- Detailed information on the ascending reticular activating system and its functions in relation with the various emotional systems discussed;
- Analysis of the effects of stress on the two STRESS systems and the ADDICTIONS, WITHDRAWAL, FEEDING, THIRST, CONSCIOUSNESS, VIBRATION, PHYSICS DIMENSION and ARCHETYPICAL DIMENSION systems;
- Specialised techniques to address imbalances on these systems and to integrate with systems learnt in previous NEPS courses in particular those of the basic survival emotions.

Duration: 5 days (NEPS 2 & 3 are taught together)

Prerequisite: Neuroemotional Pathways 1

## Hormone Hologram

This advanced level course discusses the endocrine system from the production of hormones by glands through to the interactions with their specific receptors and the biochemical processes that ensue. The functions of these hormones are analysed as well as the mode of action on their target organs, glands and cells of the body. Hormones act as chemical messengers with far-reaching action that are essential to the regulation of our physiology and behaviour. This course seeks to

develop students' knowledge and understanding of the various hormonal systems of the body along with the different types of hormones and their specific regulatory functions. Causes and consequences of hormonal imbalances and dysfunctions on health and wellbeing are explained and clinical manifestations are presented complete with full associated balance protocols.

This course provides students with:

- Detailed information and balancing techniques for the 128 hormones and the 14 hormonal systems they pertain to, namely the hypothalamus, pituitary, pineal, sex, calcium balance, thyroid, gastro-entero digestive, thymus, blood sugar/pancreas, prostaglandins, adrenal corticoids, adrenal medulla, plasma and cell growth factors systems;
- In depth explanation of the 4 major types of hormones, the polypeptides, fatty acids, amino acids and steroids, and their specific characteristics and modes of action;
- Neurobiology of stress and the effects of stress hormones such as cortisol along with balancing techniques;
- Specialised treatments for the regulation of the menstrual cycle and related mood disorders, pregnancy hormones, neonatal and premenopausal disorders and gonadal steroid hormones on the central nervous system.

Duration: 5 days

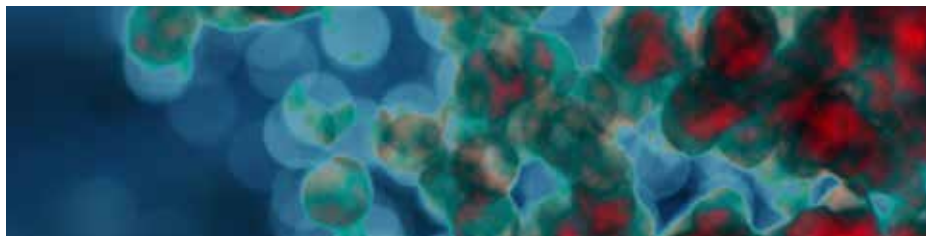
Prerequisite: 100 hours of accredited kinesiology or Brain Formatting



## Immune & Vaccination Pathways Series

This advanced workshop series explores the various aspects of the immune system from cell physiology, differentiation and division to the components and mechanisms of action of both the innate and the adaptive

immune system. These courses aim to facilitate students' understanding of the different steps and types of immune responses and to demonstrate the effects of stress on the body's defence mechanisms.



### Immune & Vaccination Pathways 1

The first part of this series covers the biochemical and physiological aspects of the immune system from that of the blood itself and the various cells involved in immune responses to the processes involved in ageing and development of cell aberrations such as cancer. Specialised techniques are provided which address the presence and effects of pathogens such as virus and bacteria and the impacts of vaccination on the body systems.

Duration: 4 days

Prerequisite: Brain Formatting and 250 hours of accredited kinesiology

### Immune & Vaccination Pathways 2

The second part of this course focuses on the actual processes that define the immune response and the mechanisms of action of each type of immune cells and pathogens. An extensive formatting system is introduced that include a large array of bacteria, viruses, fungi, parasites and toxins. Advanced balancing systems are taught to work with the liver enzymes, the four types of hypersensitivity reactions (allergies), transplants and autoimmune diseases. Finally, techniques are provided to address stress and enhance or restore functions of the T helper and T killer cells, antigen presenting cells, mast cells and CD molecules.

Duration: 3 days

Prerequisite: Brain Formatting, 250 hours of accredited kinesiology and Immune & Vaccination Pathways 1





## Nutrition Hologram Series

These advanced level courses explore the various aspects of nutrition from the processes of digestion and metabolism of foods into essential nutrients to energy production, use and storage, protein production and toxin elimination. Anabolic and catabolic reactions, their products and precursors are discussed along with the steps to gene expression through DNA transcription and translation.

Nutrition provides the body with the required elements to produce energy and all various nutrients essential to biochemical processes, tissue and

cell replacement and growth, immune functions, optimal nervous system activity, reproduction and much more. The many complex steps of digestion, metabolism, distribution and production of endogenous material mean that imbalances at any point of the process can deeply impact the proper functioning of the body and cells and lead to health issues. These courses seek to provide students with a strong knowledge base of the anatomical and physiological aspects of nutrition as well as the possible effects of imbalances and toxicity on homeostasis.



These courses provide:

- Extensive information on nutrients, both essential and endogenous, their structure, functions and interactions in the body along with complete sets of balancing techniques for their associated imbalances;
- Detailed material on the biochemical activity behind the body's breakdown, synthesis and use of organic compounds and energy for its daily functions as well as specialised techniques for imbalances in these processes.

## Nutrition Hologram A

This course provides students with complete and detailed information on every organic and inorganic compound used by the body including their shape, structure and subatomic particles. The genetic material contained in DNA is also discussed from an anatomical and functional stance. The aim of this course is for students to develop a sound understanding of the constituents of the human body from a molecular perspective, their various roles and the health implications of disruptions of their proper functioning.

This course provides students with:

- Complete formats for all amino acids, fatty acids, sugars, vitamins, minerals, amino sugars, bioflavonoids and other organic compounds and balancing techniques for each of them;
- Specialised techniques for formatting and balancing the genetic material contained in DNA such as chromosomes, their genes and molecular compounds;
- Innovative approaches for working with subatomic components of molecules such as neutrons, protons and electrons.

Duration: 4 days

Prerequisite: 200 hours of accredited kinesiology or Brain Formatting

## Nutrition Hologram B

This course discusses the physiological applications and processes in which the nutritional elements analysed in Nutrition

Hologram A are involved. The course aims for students to develop a thorough understanding of the biochemical pathways supporting protein production through DNA transcription and translation, energy production through the ATP cycle, glycogenolysis and glycogenesis and oxygen transport through blood haemoglobin. The impacts of reactive oxygen and toxicity and the significance of blood groups are considered along with effects of imbalances in digestive, metabolic and cell activity processes.

This course provides students with:

- Detailed information on the biological processes involved in nutrition including enzymatic and biochemical pathways;
- Specialised balancing techniques for the processes of gene expression in the cell through protein production, digestion, liver metabolism of nutrients and toxins including food additive toxicity energy production and oxygen transport.

Duration: 4 days

Prerequisite: Nutrition Hologram A and 200 hours of accredited kinesiology or Brain Formatting

## Nutrition Hologram C

This course explores the various aspects of dietary nutrition such as food combinations, eating patterns, supplements and gut bacterial profiles as potential sources of stress for the digestive system. The significance of epigenetics is explored and how it can be affected by foods and toxins.





Heme as a co-factor is important for many biochemical pathways and the significance of this on physical and emotional health (Pyroluria) is addressed through the HPU pathways. The aim of this course is for students to familiarise themselves with dietary toxicity and deficiency procedures and to identify and treat possible imbalances in the processes of food intake, digestion, absorption and some aspects of metabolism.

This course provides students with:

- Specialised techniques to identify dietary stress in relation to meal time and composition based on nutrients and food groups;
- Extensive database of specific formats for foods, food groups, gut bacteria and enzymes;

- Techniques to evaluate potential toxicities and their related nutrients and locations in glands or organs;
- Innovative approaches for working with gut bacteria and epigenetic factors, including the expression of breast cancer genes;
- In depth techniques for balancing nutritional products. How to apply NK to different organ systems and destress nutritional products that the Naturopath or Nutritionist has or will prescribe. (Note this is not a diagnostic tool to use in the prescription of nutritional products).

**Duration:** 4 days

**Prerequisite:** 200 hours of accredited kinesiology or Brain Formatting.

Nutrition A is recommended



## Pathology Hologram Series

This series of courses comprise the most advanced kinesiology material available and in itself forms the Graduate Diploma of kinesiology. The series is built around the 11 body systems and provides extensive and detailed information on the anatomy and physiology of each system. Balancing techniques for all aspects of the specific physiologies of these systems are provided to cover a wide range of presenting health issues.

Each system's specific pathologies are also explored along with techniques to work with both particular pathologies

and undefined issues presenting in every system.

The aim of this series of courses is to provide practitioners with the most comprehensive knowledge available on the functioning of the human body, its associated pathologies and to offer a wide variety of balancing options to personalise and adapt treatments to each client's specific health issues.

**Duration:** The series is offered as either two 10-day workshops or seven 4-day workshops

**Prerequisite:** Brain Formatting and 250 hours of accredited kinesiology

### Pathology Hologram A

The first program in the series covers the cardiovascular, respiratory, digestive, urinary, nervous systems and the ear.

This course provides students with:

- Cardiovascular: Holograms and advanced formatting for all arteries, veins, apoproteins and lipoproteins. As well as heart chambers, valves and muscles. Also including detailed physiology balancing for the circulation and 63 pathologies.
- Respiratory: Advanced formatting for all structures in the respiratory system right down to specific cells in the alveoli. Also covering chemoreceptors responsible for monitoring carbon dioxide levels in the CSF, arteries and aorta and the lipoproteins that aid in breathing. There are balances for the combined respiratory and circulatory systems and 34 pathologies.
- Digestive: Holograms and advanced formatting for the digestive system organs, glands, cells, enzymes, the components of bile and the different liver functions. Detailed digestive physiology flow charts and 43 pathologies.
- Urinary: Detailed formats and holograms for internal structures, zones and functions of the kidney, ureter and bladder with advanced physiology balances and 38 pathologies.
- Ear: Advanced sound and vestibular physiology balancing protocols and 21 pathologies.
- Nervous: theory, formats, holograms and balances for the peripheral, central and enteric nervous systems with parasympathetic sympathetic, somatosensory and motor system divisions. With specialised techniques for cranial and spinal nerves, ganglions, dermatomes and glial cells, and 94 pathologies.



## Pathology Hologram B

The second program of the series covers the haemolymphoid, musculoskeletal endocrine, reproductive, integumentary and immune systems and the eye.

This course provides students with:

- Endocrine: Extensive formatting and holograms for the thyroid, adrenals, pancreas, hypothalamus and anterior pituitary, including pancreatic enzymes and structural formats. Advanced balancing of the thyroid, pancreas and adrenal cortex, including hormones, receptors, enzymes and secretory cells, plus 28 pathologies.
- Reproductive: Advanced formatting for all structures, cells and reproductive hormones. Balances for the reproductive physiology and 73 pathologies including breast cancer and fertility.
- Haemolymphoid & Immune: There are formats and holograms for all the blood components, cells, glands and CD molecules of the immune system. Advanced physiology balancing techniques for the complement, adaptive and non-specific pathways of the immune system. Detailed haemolymphoid, haemostasis, B cell and T cell physiology balances. And advanced Type I, II, III and IV allergy balancing along with autoimmune disease and 79 pathologies..
- Musculoskeletal: Formats and holograms for every bone and muscle in the body. Muscle and bone physiology balances and 41 pathologies including known gene locations for many.
- Integumentary: physiology balances, advanced formatting, and holograms for all teeth, hair, nails, dermatomes (including scar formats) and integumentary cells and 58 pathologies.
- Eye: Advanced formatting for all the eye structures, muscles, visual fields and colours. Balance for how eyes discern colour and additional formats which can be used to extend the visual pathways (Brain Hologram C) and reactive eye muscle balances, (Structure Hologram 1) and 28 pathologies.

## Advanced Physiology Series

This series of courses comprises advanced kinesiology material that deals with advanced physiology pathways associated with important biochemical processes that are common problems in today's society. The series is built around mainly short courses that address highly important issues such as methylation, pyrrole, histamine intolerance, burnout, toxicity, estrogen dominance, reverse T3 dominance, vitamin biochemistry etc. The courses provide extensive and

detailed information on the anatomy and physiology of each system. Balancing techniques for all aspects of the specific physiologies of these systems are provided to cover a wide range of presenting health issues.

The aim of this series of courses is to provide practitioners with the most comprehensive knowledge available on the functioning of the human body, its associated physiology and to offer a wide variety of balancing options to personalise and adapt treatments

## Burnout

The symptoms of adrenal fatigue, 'burnout' and PTSD are hugely prevalent in today's fast paced world. These conditions relate to the third stage of stress or the exhaustion phase. Hugo has developed a working model of burnout that includes the unmyelinated vagus nerve of Porges polyvagal theory and the effects of reverse T3.

This course provides students with:

- Physiological models for the 4 stress states
- Anatomy of the unmyelinated vagus nerve
- Neurochemistry of the unmyelinated vagus nerve
- Effects of reverse T3 in the body
- Model for the mechanism of low cortisol levels in burnout and PTSD
- NK acupressure formatting for the burn out pathways
- What issues your clients could present with
- Changes to lifestyle and diet
- Different supplements that could help your burnout clients

Duration: 1 day

## Chronic Inflammation Resolution Pathways

Specialized pro-resolving mediators (SPMs) are fatty acid derived hormones that drive the resolution of inflammation. They are derived from mainly omega 3 fatty acids. In chronic inflammation, the enzymes needed to produce SPMs are inhibited.

Chronic inflammation is when there is a loss of the resolution phase and the tissue fails to return to homeostasis. This is a major cause of chronic disease such as arthritis, cardiovascular

disease, cancer, asthma, periodontal diseases, etc. In the resolution phase macrophages convert from the pro-inflammatory M1 macrophage to the pro-resolving M2 macrophage.

Most SPMs are produced by either neutrophils or macrophages and the receptors are on important tissues such as arterial smooth muscle, myocytes, endothelial cells, neutrophils and macrophages. This workshop also discusses the role of the SPM receptors.

Duration: 1 day

## Mucous Membrane

This workshop looks at the structure of the mucous in the mucous membranes. We will examine the mucin glycoproteins and their role in mucous membranes as well as other proteins that are important to the cell membrane. We will then use this information to balance the mucous membranes in the urinary system, the eyes, the male reproductive system, the female reproductive system, the respiratory system and the digestive system. Duration: 1 day

## Mammary ESRa Protocol

In the female breasts there are 2 types of estrogen receptor (ESR), the 'alpha' and 'beta' receptor. The alpha receptor (ESRa) has been implicated as a risk factor in breast cancer as well as fibroids. The alpha receptor promotes the proliferation of cancer cells in the breast.

The Mammary ESRa Protocol will address the stress around the estrogen activation of this receptor and its various transcription factors. There is also an analysis of the content of breast milk and the formatting for the various constituents.

Duration: 1 day



## Leaky Gut

Increased intestinal permeability or 'leaky gut syndrome' as it is often referred to, is a major driver of chronic disease and can cause a multitude of physiological imbalances within the body. It is characterised by the weakening of the tight junctions between the epithelial cells.

This course provides students with:

- Tight junction proteins that keep the intestinal epithelial cells together
- The mechanism of the wheat protein gliadin to stimulate gut permeability
- The function of zonulin
- The contributions of immune cells to gut permeability including allergic reactions
- Hormones that contribute to gut permeability (histamine, interferon and tumour necrosis factor)
- Helpful and harmful bacteria
- Parasites
- Fungus
- NK acupressure formatting for the leaky gut pathways
- What issues your clients could present with
- Changes to lifestyle and diet
- Different supplements that could help your leaky gut clients

Duration: 1 day

## Histamine Intolerance

Latest research from NK Institute with extremely powerful formatting.

This course provides students with:

- Histamine production as a neurotransmitter and hormone
- Pathways for histamine production
- Histamine clearance issues with DAO, HNMT and methylation
- Other factors that can influence histamine intolerance such as diet,

leaky gut SIBO (small intestine bacterial overgrowth), food allergies, alcohol consumption

- MCAS balancing ideas

Duration: 1 day

## MCAS

The characteristics of MCAS are inappropriate release of mast cell mediators with little or no inappropriate proliferation of mast cells. There is uncontrolled increase in activity of pathologically altered mast cells

This course provides students with:

- Understanding the symptoms of MCAS
- How MCAS can cause chronic pain
- Many disease states associated with MCAS
- How mast cells respond to viruses
- Environmental triggers of MCAS

Duration: 1 day

## Balancing Borrelia

1 day course looking at the life cycle of the Borrelia bacteria that causes Lyme disease. There are 20 known strains of Borrelia and 4 of them can cause Lyme disease. In the course there will be holograms for each of the 4 Lyme causing strains. Format for the Borrelia DNA, Borrelia enzymes and balancing for how the Borrelia bacteria evades the immune system, especially the complement system.

There is also an explanation on how bacteria adapts to stress through genetic mutation to establish resistance to antibiotics OR by going into a dormant state through persister cells

Duration: 1 day

# Advanced Methylation & Detoxification Pathways

This course provides students with:

- Advanced NK formatting for folic acid activation and methylation pathways. Knowledge of the 48 human methylation enzymes and their function. Formatting for the S-adenosyl-methionine cycle (SAM), 44 of the 48 methylation enzymes requiring SAM as the methyl donor. Balancing the MTHFR gene for methylation.
- How to do genetic testing with 23 and me to balance the genes for methylation, pyrrole & toxicity. It is recommended that you get your DNA tested prior to the course so we can balance your results ([www.23andme.com](http://www.23andme.com)) & ([www.geneticgenie.org](http://www.geneticgenie.org)) via a methylation and detoxification report (important with pyrrole issues).
- Methylation balances for epigenetics, pineal gland production of melatonin and DMT, protein methylation, neurotransmitter methylation (dopamine, norepinephrine, serotonin and histamine), adrenalin methylation in the adrenals, estrogen toxicity methylation, folic acid methylation and biochemical methylation.
- 3 phase toxicity balancing, issues with pyrroles and genetics, liver balancing.
- Estrogen detoxification and breakdown, carcinogenic estrogen balancing and estrogen reactivation due an imbalanced gut microbiome
- Vitamin B6 absorption and biochemistry balancing

- Caffeine detoxification balance
- Ammonia and superoxide balancing
- Physiological models for the 4 stress states

Duration: 4 days

## Alzheimer Stress Protocol

According to Dale E. Bredesen, M.D. there are six different reversible metabolic syndromes that are called "Alzheimer's disease". These syndromes have known biochemical pathways such as inflammation, ApoE4, hormonal imbalances, memory loss, hippocampal atrophy, insulin resistance, HPA axis dysfunction and toxicity. We will also look at the ApoE4 alleles and amyloid plaque formation. NK formatting stress protocols will then be applied for each of the 6 subtypes.

Duration: 1 day

## EMF Stress

This workshop has formatting of all wave frequencies from the lowest 'extremely low frequencies' to the highest 'gamma rays', this includes ionising radiation, microwaves, radio waves, sound waves and the visible spectrum among others. This is from 3Hz to 300 EHz.

The formatting approach is to look at the effects electro-magnetic radiation on cellular pathology, as well as other interesting applications of frequencies on the body such as brain waves.

There will also be an in depth look at the cellular pathology of oxidative stress in the body caused by ionising radiation

Duration: 2 days





## Complete Pyrrole Pathways

Hemopyrrolactamuria (HPU) is a condition where the production of heme is compromised due to a genetic problem with the enzymes that produce it. Heme is a porphyrin which is a ring structure made up of 4 smaller ring structures known as pyrroles. When the enzyme that converts the pyrrole (Porphobilinogen) into the porphyrin (Hydroxymethylbilane) doesn't work so well, heme is not produced and the mauve factor is produced which binds zinc and B6 and is excreted in the urine. While heme is an important component of hemoglobin (that transports oxygen in the blood), it is also a cofactor for 34 human enzymes which are coded for by 54 human genes. People with the HPU condition have reduced function of these enzymes due to compromised heme production in the specific enzymatic locations. These enzymes are involved in important biochemical reactions including detoxification, steroid hormone biosynthesis, estrogen breakdown,

thyroid hormone production, reactive oxygen species neutralisation, prostaglandin biosynthesis, bile acid biochemistry, vitamin D biochemistry and more.

During this workshop we will explore how to balance each of these enzymatic pathways.

Duration: 4 days

## Acid/Base Balancing

This workshop looks at how we can balance the acid/base balance. Too much acidity is caused by high protein and grain diets that produce a high acid load on the kidneys for excretion. We will look at how we can calculate a client's blood acidity and how we can balance it. We will also look at the acidic potential of foods which is known as the 'Potential Renal Acid Load' (PRAL) which can inform dietary choices, enabling us to effectively support the acid/base balance in our clients.

Duration: 1 day



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