

# World Physiotherapists & Physicians Summit

July 24-26, 2017 Melbourne, Australia

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## How to move beyond survive to thrive

In this presentation, the author talks on how to move beyond survive to thrive including following topics: the benefits of kinesiology and muscle testing in clearing emotional traumas; amygdala and the fight, flight and freeze response of the body; the importance of magnesium and other tips in recovering adrenal fatigue, as well as enabling better hydration into the cells

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