

High Sensitivity (HSP) and kinesiology



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Espavo Remedies

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The term High Sensitivity was introduced in 1996 by Elaine N. Aron, an American psychologist.

Research has indicated that between 10% and 20% of all people is Highly Sensitive (HSP).

There are various tests that would indicate if people are highly sensitive or not...

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Often it is spoken with pride about the fact that a child turns out to be Highly Sensitive.



But what are the characteristics of people who are Highly Sensitive?

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Characteristics as described in the available literature.

- susceptible for stress
- susceptible for burn-out
- making choices is difficult
- fatigue
- difficulty with saying "no"
- being overwhelmed by emotions



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- putting oneself in last place
- difficulty with indicating boundaries



- lack of self-esteem, "I-power"
- large adaptability
- problems with working in a team
- acting from feeling

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But also

- being perceptive
- feeling for detail
- high alertness in case of danger
- being attentive and helpful
- being empathic
- rich fantasy and perception



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When we compare this list to the list of characteristics of Indigo kids we notice many similarities.

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The major difference is in the psychic qualities that are being attributed to Indigo kids (adults).



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Highly Sensitive young children: Parents are often very proud about these special qualities. These children are often regarded as being unique.



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Highly Sensitive adolescents: tire quickly and often, have difficulties concentrating, do not feel comfortable in their own skin, often suffer from allergies.



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Do you also recognize yourself in this list?

There are also many adult HSPs!

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What is the cause of High Sensitivity?

- heredity
- the time that we live in, evolution
- a lot is demanded of the children, the bar is high.
- radiation
- manipulated food
- damage through vaccination
- etc...



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Highly Sensitive People are apparently very susceptible for external stimuli.

HSPs are also called overstimulated.

As a result of overstimulation a stress reaction is triggered within the body that can cause complaints.

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In case of stress a high dose of vitamin C and B is necessary in order to control this.

Most Highly Sensitive People have a big lack of vitamin B.



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Hans Reijnen wrote a book about vitamin B12 en writes about this:

*"Almost all patients with vitamin B12 deficiency in the practice turn out to be spiritual (**highly sensitive people**), often with a "mission" for themselves and humanity. Especially this group often suffers from various typical health problems (fatigue, allergies, high sensitivity, mental problems etc.) which in fact are caused by an overlooked vitamin B12 deficiency".*

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On the website of nlbewustgezond.nl is written:

- *" The vitamin B-complex is also known as anti-stress vitamins and plays an important role in the production of neurotransmitters. What does a neurotransmitter do? The neurotransmitters Serotonine, Noradrenaline and Dopamine regulate attention, focus and the sleep cycle. These neurotransmitters therefore are quite important for the concentration at school, during homework and for a good night's sleep. A vitamin B(12) deficiency could cause your child to behave hyperactively, anxious and even obsessive."*
- *This explains why in practice there are so many similarities between children with ADHD symptoms and HSPs."*

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There are many similarities between HSPs and children/adults with ADHD- or ADD characteristics concerning the absorption of vitamins and minerals.



Are people with ADHD and related imbalances then also Highly Sensitive?

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How does Espavo work with HSPs?

Espavo means: *'Thank you for stepping into your power'*.

One of the special characteristics of Espavo is that it works in a simple way on the deeper levels of consciousness and unconsciousness and creates within a short period of time big, noticeable and lasting changes.

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- Since 2003 active in the development of techniques and methods to specifically balance and guide the targetgroup of HSPs.
- But also people with other imbalances, complaints and development questions benefit a lot from the approach from Espavo.

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54 Espavo remedies®



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Some techniques

- ☼ Grounding
- ☼ Balancing of eyes/ears
- ☼ Remedies
- ☼ Absorption vitamins/minerals
- ☼ Elimination of allergies
- ☼ Intuitive guidance

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Grounding

Characteristics of not being grounded properly:

- ☼ Difficulty concentrating
- ☼ Feeling of absence
- ☼ Dizziness
- ☼ Fatigue
- ☼ Business
- ☼ Eating a lot of candy or drinking a lot of coffee
- ☼ Not feeling up to anything

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Balance of eyes and ears

HSPs are overstimulated easiest via their eyes and ears.

Eyes: 

A "tunnelvision" occurs when the eyes are overstimulated

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Ears

Overstimulation of ears often occurs because:

- ☼ A HSP is very susceptible for what is being said to him/her
- ☼ Criticism
- ☼ Sounds



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What happens if during grounding one massages k27 in combination with looking left and right?

?

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When the eyes/ears are balanced one often is no longer grounded.



The body protects itself against overstimulation.

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Solution?

Tamus shields the field of the aura field against negative external stimuli.



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Result?

Eyes and ears test strong and the HSP remains grounded.



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Other Espavo remedies for HSPs

☼ Tigereye: to be less involved with the emotions of others.

☼ Bamboe: to clean the aura of negative energy.

☼ Agaat: to soak off the label which was stuck on by yourself or others.

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Absorption of vitamins and minerals

The immunesystem is not just a system that protects the body from external pathogens.

It also affects the emotional and mental resistance of the human.

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Absorption of vitamins and minerals



Lack of absorption of vitamin C, B, D and the minerals Zinc and Magnesium in:

- HSPs
- ADHD and related problems
- Complaints of fatigue
- Allergies

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Complement via supplementation?



Restore the absorption of vitamins and minerals via the Espavo method results in a lasting improvement.



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Result

- ☼ More energy.
- ☼ Better concentration.
- ☼ Neurotransmitters are produced more effectively which causes concentration to improve.
- ☼ Physical resistance restores itself.
- ☼ Mental and emotional resistance increases.

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Elimination of allergies

Allergies, the result of a badly functioning immune system.



The histamines that are released protect the body from hypersensitivity.



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From experience and research it is apparant that Highly Sensitive People have an increased chance to develop allergies and/or intolerances than people who are less sensitive.



Espavo specifically tackles the cause of hypersensitivity so the imbalance will more quickly recover and/or disappear.

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Intuïtieve begeleiding


-Trainingen om beter om te gaan met
hooggevoeligheid van kinderen,
pubers en volwassenen.




-In de praktijk worden talloze
handvaten geboden.

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Meer informatie?

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 **Remedies?**
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 **Vragen?**
Stuur een email naar info@carin-kinesio.nl

Of kom naar de beurstafel van Espavo

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