



2020 Free Lockdown Professional Development Series with Hugo Tobar

Self-isolating and social distancing? We've got you covered! Hugo Tobar, the founder of Neuroenergetic Kinesiology (NK), has announced he will be presenting a FREE professional development webinar series for Professional Kinesiologists and other Complementary Health Practitioners in lockdown!

These webinars will be conducted completely online by zoom and done from the comfort of your own home and his. Some of the exciting topics to be offered will be as follows:

Stress & Burnout	07.05.2020
Coronavirus, Immunity and Kinesiology	14.05.2020
Chronic Inflammation Resolution	21.05.2020
The Modern Magic of the Meridian System	28.05.2020
Gut Health	04.06.2020
The Psychology of the Chakra System	11.06.2020
EMF Stress and 5G	18.06.2020

Each webinar will begin at 7PM London time

*** These professional development webinars are open to all Complementary Health Practitioners, including non-Kinesiologists and will be educational in content. They involve no pre-requisites and are separate to our (paid) short courses and workshops that provide specific training in NK ***

Coronavirus, Immunity and Kinesiology

The new Coronavirus known as SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus 2) which causes the disease COVID-19 in humans is the 7th known Coronavirus to be able to infect humans. This strain is 100 times more infectious than other strains of Coronavirus due to the way it enters the human cells. SARS-CoV-2 activates a human endopeptidase to enable the virus to fuse with the human cellular membrane to enter the cell. This method of cellular entry is also used by HIV and Ebola virus. It also enters cells by the traditional method of other coronaviruses using the ACE2 receptor.



Hugo will talk about how the virus enters the cell, how it reproduces and how the human immune system responds to the threat. He will also share an NK acupressure format for Coronavirus from the NK Immune courses. He will also demonstrate balancing the Coronavirus to various systems in the body including the immune system

EMF Stress and 5G

Electromagnetic Radiation creates stress in the human body. In this webinar Hugo will go through the different frequencies from Extremely Low Frequencies to Gamma Rays and how this stress can affect the human body.

Hugo will examine the effects of different frequencies on things such as brain function, vision, hearing and of course look at the frequencies of 5G and other stressful frequencies on the human body. He will also share an NK acupressure format for frequencies from the NK body of work. He will also demonstrate balancing 5G and other frequencies to various systems in the body including the immune system

Chronic Inflammation Resolution

Inflammation has 3 stages:

- Stage 1: Inflammation Trigger
- Stage 2: Inflammatory response (M1 Macrophages)
- Stage 3: Resolution of Inflammation (M2 Macrophages)

Macrophages switch from M1 to M2 Macrophages when the resolution of inflammation stage is triggered. This involves the production of a specific class of hormones derived from mainly omega 3 fatty acids called resolvins. Hugo will go through the different enzymatic processes in the production of resolvins as well as some basic fatty acid biochemistry. He will also share an NK acupressure format for fatty acids and hormones from the NK body of work. He will also demonstrate balancing inflammation resolution to various systems in the body including the immune system

Gut Health

The Gut microbiome is very critical to human health, in this webinar Hugo will look at some of the bacteria that play an important role in our gut health, share some NK acupressure formats for some of the important gut bacteria. He will also look at the important short-chain fatty acids (SCFAs) that are produced by the fermentation of fibre by the microbiome in the large intestine, including the benefits of them. Hugo will go through the different enzymatic processes in the



production of SCFAs as well as some basic fatty acid biochemistry. He will also share an NK acupressure format for fatty acids and hormones from the NK body of work.

The Psychology of the Chakra System

The chakra system transduces energy in a way that allows people to interact with each other energetically. Each chakra has a different psychological profile that is involved with certain behaviours depending on the type of imbalance. Each chakra has a different number of petals, each petal has a different issue and a different symbol. Using kinesiology formatting systems first developed by Richard Utt and then extended by me, the practitioner is able to determine the state of imbalance in each chakra, thereby enabling the client to understand the psychology of the issue.

Stress & Burnout

Kinesiologists deal with people that have many unresolved emotions on many levels. Hugo has found in his research into the development of Neuroenergetic Kinesiology why we do things unconsciously on many levels. In this webinar he will explain the physiology of stress and why when we are in the exhaustion phase it is easier to store emotions in our unconscious reservoirs.

When we are free of stress, we are free to engage with people using our ‘social engagement system’ which enables us to participate in society. In short term stress the fight flight system puts us into either fear or rage, but we are aware of it and can look at it after it passes. In long term stress cortisol and the nervous system suppress our emotions into either our muscles or our fascia. This is due to the state of compensation that we need to overcome long-term stressors. Our emotions are suppressed for another day while we deal with the long-term stressors. In the exhaustion phase of stress the unmyelinated vagus nerve inhibits the cortisol and the nervous system. The emotions are stored in deep unconscious reservoirs in the bone and teeth. These issues are our deep spiritual and lifelong challenges that we face in our life.

Hugo will demonstrate some methods of accessing the subconscious and unconscious emotions and strategies for helping the client understand their subconscious and unconscious emotions. After all the power is making your unknown issues known

The Modern Magic of the Meridian System

In this webinar Hugo will explore new ways of using meridians and understanding what is behind under and over energy in Meridian imbalance. In any healing science we are interested in stress. Where is it? How to treat it? Kinesiology uses muscle testing to identify this, other people use other techniques. So what we are after is how to identify stress. This is where the brilliance of Richard Utt from



AURA&META

Applied Physiology came in. He developed the 'acupressure format' that is now widely used in a lot of areas of kinesiology.

The acupressure format is using combinations of acupoints and finger modes to identify if there is a stress on a particular structure or function. This can be done in purely anatomical, physiological or even energetic terms.

Hugo will also look at the concept of under and over energy states of imbalance in the meridian system and how to use tonification and sedation points in a new way.