

# FASHION AVENUE

W E L L N E S S



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# AV FASHION AVENUE

LIFESTYLE MAGAZINE

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# HEALTH comes from WITHIN

Danijela Andric Casson,  
Kinesiologist, Psychologist, Nutritionist

Throughout my life I have been fascinated with this type of treatment in the field of alternative medicine, especially the revelation that everything is connected. This fascination never left me and one day I decided to study this unique technique and I successfully graduated with a master's degree in AP-Kinesiology, Psychology and TCM in Lucerne, Switzerland. During my beautiful journey as a kinesiology therapist, I had the opportunity to learn from renowned doctors and scientists, such as Dr Bruce H. Lipton and Dr Dietrich Klingenberg who are dedicated to this powerful technique and both had integrated this method in their daily therapies, because they found it to be reliable, accurate and curative



**I**t makes me blissful and satisfied to see all the joyful and peaceful faces after each treatment and to be able to observe their healing process in everybody's time frame. I'm helping and treating people across Europe and the Middle East only on request. A healthy outside starts always from the inside. Therefore, we need to pay careful attention with what kind of things we are feeding our body, mind and soul in our daily life. I have mostly observed that the best way to find out what we really need is to get rid of what we don't. I am always feeling fortunate to share my broad knowledge with my clients, family members and friends because it is my true calling in life.

AP-Kinesiology is the most efficient method in the holistic alternative medicine which is balancing your body, mind and soul. Humans are healthy, if they are fully functioning on a physical, mental, and emotional level! But how do we know, if we are balanced in all of these three sensitivities, if we are not clearly suffering from a disease? Applied Physiology Kinesiology (AP-Kinesiology) is the answer to it and the supreme discipline in the world of alternative medicine! This technique looks upon the body as a living biological computer – one with numerous complex biological functions and enormous stores of memory. Meticulously observing the blueprint of the body, the Kinesiologist searches for the underlying causes of the apparent symptoms by accessing the body's wisdom with a kind of body-feedback generated approached through the MMT (Manual Muscle Testing).

We are testing 14 muscles in the "Touch for Health" treatment and 42 muscles in the AP-Kinesiology. The muscles respond with either a weak or strong muscle. This shows us where are the disbalance(s) in the body-system. Once the "error(s)" are identified then a variety of gentle touch techniques can be used to release energy blockages and allow the bodies innate healing processes to lead. The muscle testing allows me to unlock or ascertain your body's hidden messages and obtain insightful answers to health problems and or energetic blockades you've been searching for through more traditional approaches. Our muscles are associated to all our organs, our skeleton, to our nervous system, lymph system, tendons, joints, brain, teeth, skin, and of course to our energy system.



Through this unique feedback system of MMT, you can learn how to interpret your own special "body language." Your body can "talk" simply through changing the response of the muscle test. It is a fact that body language is the only language that cannot lie – regardless of culture, language, skin colour or religion.

Through this unique feedback of muscle testing a kinesiologist knows which kind of powerful treatments-methods will improve the state of health of each client. This complementary healing method offers a lot, let me list some of them; Touch of Health, TCM, acupressure and acupuncture points, Dr Bach flowers, applied physiology, muscle monitoring, Brain Gym, hands, feet, body, and ear reflexology, unblocking the musculoskeletal and locomotor system, improving the nerve system, activating the lymph system, pressing or massaging the neurovascular and neuronal-lymphatic points, balancing the Tibetan 8 – with their energy points, cleaning and activating the chakra-system, transforming negative beliefs, the use of sound vibration forks, colour glasses for emotional improvements, genealogy (family constellation), blood and hormone chemistry improvement, nutrition, tooth and jaw hologram.

This practice is excellently suitable for preventative medicine given by the wide and deep study in anatomy, physiology, psychology, which helps us to create an appropriate and individual treatment concept for each client. The preservation of health is easier than the cure of the disease. AP-Kinesiology taps into an early warning system that displays changes in body functions before they appear physically. I'm always saying, "the greatest medicine is to teach people how not to need it".

Obviously, this modality is qualified for all kinds of imbalances, stress or illnesses, as every session brings your body, mind and soul in harmony which is beneficial in any healing phase.

This approach is gentle, it's safe, it's natural and it's a wonderful modality. Whether you are struggling with physical pain or emotional distress and fears, this modality is a well-proven discipline to bring you to complete wellness. A kinesiologist works with knowledge of the relationship and resonance between muscles, organs, emotions as well as thought patterns. We release targeted blockages and involve new

resources and we activate self-healing powers in a more effective, deep and efficient manner. This therapy looks beyond symptoms and does not diagnose. It is presented as a system that evaluates structural, chemical and mental aspects of health. This cure is both powerful and empowering, and it brings real results.

I have been asked many times with which health challenges can AP-Kinesiology be effective and helpful? The list is endless. All kinds of conditions, both chronic and acute, have responded to these natural methods. Physical pain such as migraine, back pain, arthritis, rheumatism, premenstrual disorders, tooth and jaw problems, glands and hormone issues, brain concussion, nerve inflammations, multiple sclerosis, stroke, whiplash injury are a few of the many body issues that can be significantly helped.

Other kinds of physical conditions such as insomnia, jet lag, skin, hair and nail issues respond quite well to this approach. Mental performance can be dramatically improved as these techniques enhance neurological functions. It is commonplace to see improvement in kids and pupils with learning difficulties or even Dyslexia. The Brain Gym method can help in a matter with one or two sessions. This way of healing is also very impactful in releasing fears, phobias, unconscious sabotage programmes, emotional trauma and depressions.

Let me give you one example, Susan, 42 years old and a mother of three. One day she hobbled into my practice in Zurich, Switzerland she was taking eight prescription drugs from different doctors which she had consulted over the last two years. Several doctors had "diagnosed" her condition as everything from arthritis, rheumatism, osteoarthritis to lupus. Her swollen joints and excruciating knee pain quickly progressed from bad to worse despite the diagnoses and medications she went through over the years. I reviewed her history and all her symptoms, then asked her to lie down on my treatment table. The muscle testing started, and they guided me to the source of her pain and suffering. Within minutes I pinpointed Susan's "knee" problem as originating from a chronic liver imbalance. Her medications and unhealthy diet had compounded the stress to her energy-depleted organs. When the problem was discovered I performed three more tests and quickly determined the appropriate treatment

for her, which would involve acupressure, vitamins, milk thistle, and a nutrition plan for the liver; simple detoxification and two additional treatments to balance all her organs plus her meridian system. After four weeks Susan was symptom-free and medication-free. She even started practicing yoga. With a renewed sense of self-confidence, Susan now trusts her body's power to heal itself. She is one of many who have experienced the healing benefits of AP-Kinesiology treatments and she has also learnt how everything is connected concerning the body, the mind, the soul and its environment. The roots of kinesiology are said to go back to at least the time of Aristotle (384-322BCE), who was the first to study muscle movement in depth and is often called the "father of kinesiology." Kinesiology as it is practised today originated in the 1930s and was adopted by an American chiropractor, Dr George Goodheart in the 1960s in Detroit, USA. He began combining acupuncture theory with a variety of western discoveries that involved touch reflexes and

muscle testing. He discovered that there was a relationship not only between meridians and major organs but also muscles that are the biofeedback of the body. He named his system Applied Physiology Kinesiology. One of Dr Goodheart's earliest students, Dr John Thie, saw its potential and developed a simpler system, which is base element of today's AP-Kinesiology. He called it Touch for Health (TFH). Today TFH is taught in over 100 countries and the TFH manual has been translated into over 20 languages. TFH is a very highly effective system for stress and pain reduction. Muscle testing is both an art and a science. It is a skill that takes practice to refine and perfect and it is my hope for your complete well-being that I might have the opportunity to help and support you or that you find a well-qualified practitioner in your area.

