



BodyTalk System Explanation:

BodyTalk is a tool that was developed in the mid 1990s as a means to outwardly communicate with the body mind to affect good health. By combining several techniques from different modalities – Western anatomy and physiology, Chinese medicine, Applied Kinesiology, Bioenergetics and Yoga – to name just a few, a practitioner can tap into a person’s native voice, discover the communication pathways that have been disrupted by the various stresses both physical and emotional that have blocked the natural flow of optimum health in the body mind and establish the body’s priority for healing.

BodyTalk is a safe, non-invasive modality with no side effects. Because the Bodytalk practitioner directly communicates with the person’s body, the body itself directs the order and areas to be dealt with.

All diseases; diabetes, heart attacks, arthritis, fibromyalgia, pneumonia, allergies, infertility, pain (acute and chronic), sleeping disorders, mental and emotional issues, digestive issues, menstrual issues, etc. - are all symptoms of the lack of communication among the various parts of the human body –arms, legs, toes, fingers, head, brain, heart, lungs, liver, kidneys, thymus, thyroid, pituitary, adrenals, etc. and all of their energetic, emotional and mental counterparts.

BodyTalk’s basic premise is that we physically store emotions, memories, pathological belief systems in all of the cells of the body in the various glands, organs, and tissues as opposed to the brain only. Eventually, these overly stored emotions and memories result in very real, physical health problems – cancer, high blood pressure, heart disease, strokes, ulcers, anorexia, the list is endless. Science has discovered that everything happens on an energy level first and then manifests on the physical level. Consequently, the root cause of the disease process rarely gets addressed. A disease is “cured” and another new ache or pain takes its place – this cycle happens repeatedly throughout our lives – sometimes one right after another, or sometimes it takes years before another major illness shows up. We live a band aid existence rather than actually healing the wound.

From the time we are born the stress of daily living covertly erodes the physical and innate ability of our body mind to maintain optimum health. Using such tools as the BodyTalk modality (whether alone or in conjunction with holistic or western medicine techniques) helps release the pressure of these stresses and disease symptoms, and facilitate healing to the physical and innate core of the bodymind.