



The Language of Health: www.bodytalksystem.com

How Body Talk works

Body Talk can be used as a stand-alone system or can be seamlessly integrated into any healthcare system to increase its effectiveness and promote faster healing.

During a Body Talk session, the practitioner facilitates communication with the innate wisdom of the body by using neuromuscular biofeedback. After asking innate a series of yes or no questions (based on a protocol) the client's body wisdom leads the practitioner to locate the imbalances within the body that are a priority or are not communicating correctly.

Next, the practitioner holds the areas that have been highlighted and taps gently on the head, sternum and navel to reestablish communication and store this information throughout the whole body. This process promotes optimal levels within the mechanisms of the body, which in turn accelerate the healing process, thus preventing future imbalances within those areas. The Body Talk practitioner is teaching the body to return itself to balance.

Why BodyTalk is effective

BodyTalk's major assets are its simplicity, safety and the speed of its results. Because the BodyTalk System allows body's own healing abilities to effect change, clients see long-lasting, ongoing improvements in health rather than short-term symptomatic relief. It is non-invasive, objective and works on humans, plants and animals

Can BodyTalk Help Me?

While BodyTalk does not diagnose or treat specific ailments, clinical experience has shown that once their overall systems are balanced through BodyTalk, clients have exhibited significant improvement in the areas of:

- Allergies
- Arthritis
- Back Pain
- Chronic Pain
- Chronic Fatigue
- Digestive disorders
- Emotional disorders
- Endocrine disorders
- Headaches
- Infections
- Learning disorders
- Stress
- Sports injuries
- Sports performance