

## BodyTalk System Overview

In 1995, Dr. John Veltheim introduced BodyTalk, a revolutionary healthcare system that uses state-of-the-art energy medicine to optimize the body's internal communications and allow it to more effectively respond to injury and illness. Since then, the BodyTalk System has been taught to more than a thousand practitioners around the world.

Today, there are more than 100 trained BodyTalk instructors teaching the System in 36 countries and counting. Graduates of these courses include medical doctors, psychologists, psychotherapists, chiropractors, acupuncturists, naturopaths, physical therapists, osteopaths, nurses, licensed massage therapists and laypersons.

The outstanding growth and success of the BodyTalk System has been fueled by the following factors:

- Exceptional results occur in almost every sphere of healthcare.
- It can be used as a stand-alone healthcare system and can be learned in a relatively short time. The basic program is covered in just two weekend modules totaling 38 hours of workshop time.
- It can be integrated seamlessly into any other healthcare modality and is complementary to each modality.
- It is completely non-invasive and absolutely safe. There are no contraindications to its use.
- No diagnosis is given, no medications prescribed and no invasive techniques imposed upon the patient.

- The BodyTalk System does not conflict with, or legally contravene, any existing health care system or law.
- Patients thoroughly enjoy the sessions, and the results are evident within all aspects of health – mind, body and spirit – which makes it truly holistic.

At its heart, BodyTalk is an astonishingly simple and effective form of therapy that allows the body's energy systems to be re-synchronized so they can operate as nature intended.

Each system, cell and atom in our bodies is in constant communication with each other at all times. Through our exposure to the stresses of day-to-day life, these lines of communication become compromised, which then leads to a decline in physical, emotional and/or mental well-being. Reconnecting these lines of communication enables the body's mechanisms to function at optimal levels, thus preventing disease and rapidly accelerating the healing process. In this way, BodyTalk stimulates the body's innate ability to balance and heal itself as it already does in so many ways – from the disappearance of a small cut to recovery from a cold.

The BodyTalk System recognizes that within each and every one of us there lies the innate knowing of who we are and what makes us tick. This *innate wisdom* carries the answer to the healthcare dilemma we face. This is addressed in the following way:

1. The BodyTalk System facilitates communication with the body's innate wisdom through neuromuscular biofeedback. This feedback provides the practitioner with a “yes” or “no” answer to any question that is asked of the body. The innate wisdom thus provides the practitioner with accurate guidelines with regard to the bodymind requirements for optimum health.
2. By following a comprehensive protocol of questions, the BodyTalk practitioner can establish exactly what balancing the body needs in order to harmonize bodymind function. This involves finding out which organs, endocrines or body parts need to be connected to heal communication

between them at the physiological, biochemical, circulatory, nervous, emotional and/or energy levels.

3. The patient and/or practitioner touch(es) the parts that need repair and the practitioner then uses his/her fingers to gently tap the head of the patient in order to focus the brain toward that repair. BodyTalk “tapping” is based on an ancient Hatha Yoga technique, and experiments with biofeedback apparatus have shown that such “tapping” causes increase in brain activity in relation to the specific parts being touched.
4. The practitioner then lightly taps the chest to store the changes in the heart energy complex, which ensures that the new balance is held in deep memory and is, therefore, lasting.

Clinical results have shown that once the communications systems of the body have been reestablished, and the bodymind complex synchronized, *the body is capable of healing itself at a deep and lasting level.*

This is something that modern healthcare systems have tended to forget, or ignore, and the trend has been to intervene in, rather than use, the body’s natural healing processes.

Of course, there are times that natural healing is limited. The typical emergency such as a car accident, where the body is in crisis, attests to the need of skilled intervention in the form of modern medicine.

Nevertheless, BodyTalk practitioners are seeing the incredible healing power of a “balanced” body in the daily results obtained in practice. The functions of every part of the body and mind are improved. This means the immune system will start to eliminate chronic and acute viruses, bacteria, parasites and toxins. Reestablishing of the mind/body balance can reduce allergies, emotional and psychological disorders. It also can improve posture and coordination, digestion and elimination, brain functions, learning disorders, and states of distorted consciousness in the form of negative belief systems and attitudes.

Significantly, even if a BodyTalk technique is performed incorrectly, it simply means that there will be no result or change. It will not make things worse. It follows, therefore, that anyone who receives BodyTalk has nothing to lose and everything to gain as far as his or her health is concerned.

That is why, today, BodyTalk is used by people in countries across the globe and from all walks of life, from professional athletes looking for a competitive edge to poor communities desperately in need of affordable healthcare.

Indeed, every person who is sincerely interested in the concept of total healthcare and has a respect for the power of the potential of human bodymind, should find out more about the BodyTalk System.

Visit [www.BodyTalkSystem.com](http://www.BodyTalkSystem.com) today. It will change the way you look at healthcare forever.