

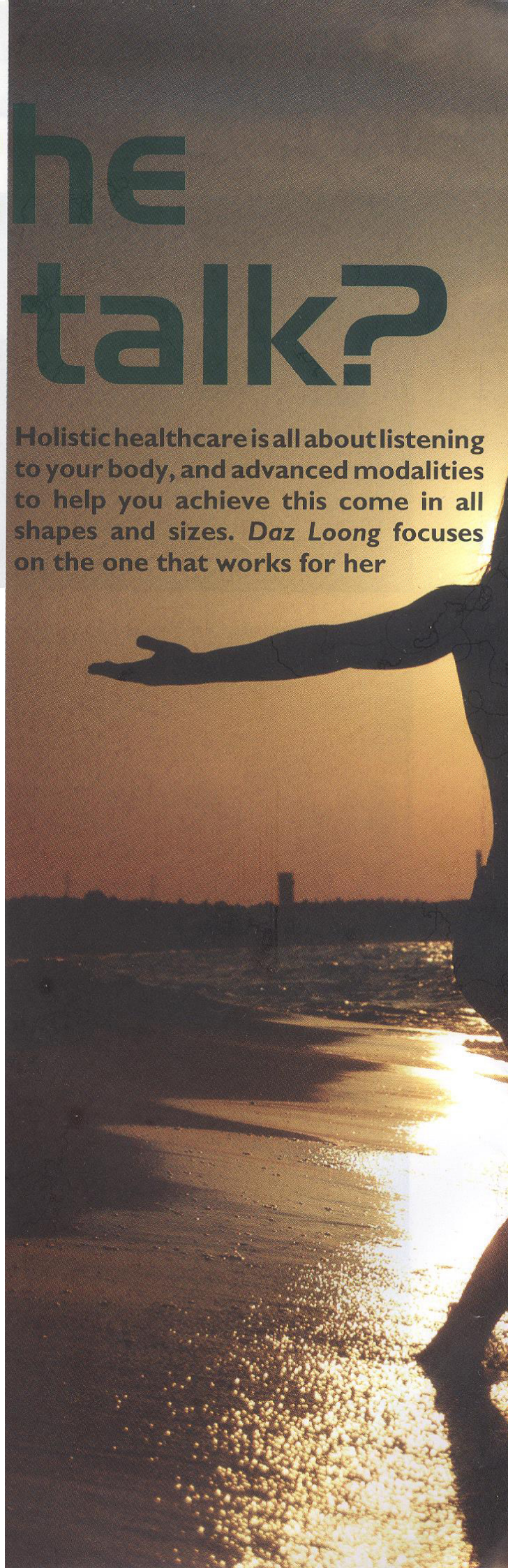
# Does the body talk?

Holistic healthcare is all about listening to your body, and advanced modalities to help you achieve this come in all shapes and sizes. *Daz Loong* focuses on the one that works for her

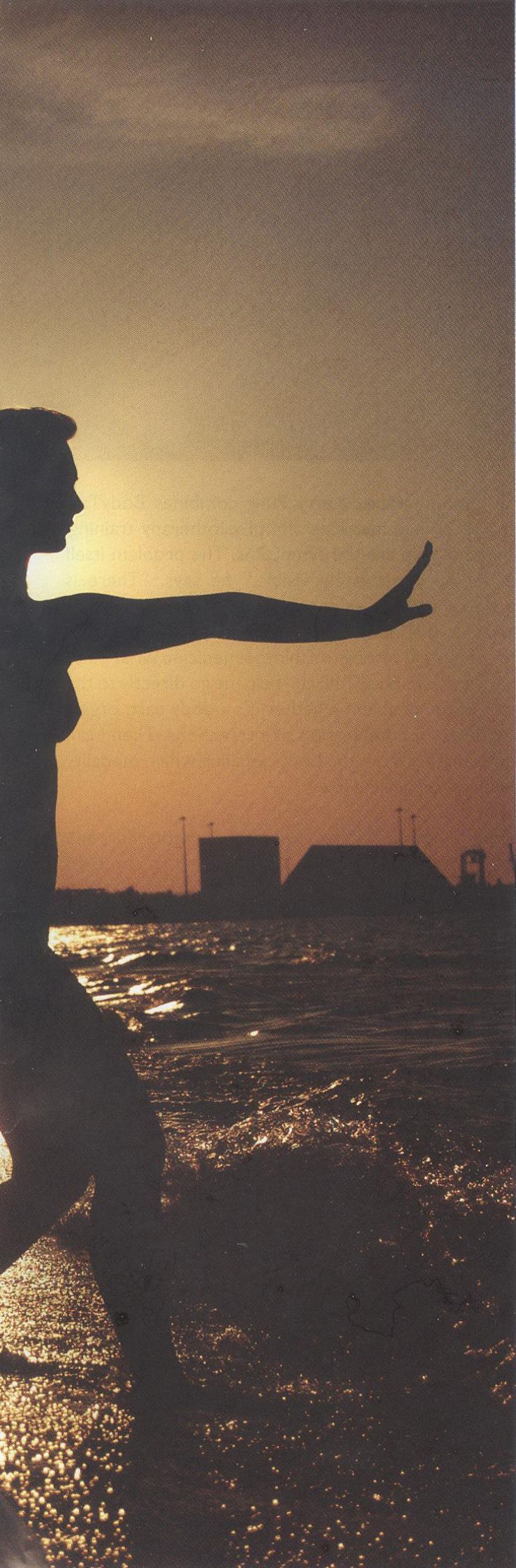
It would be wrong to say that holistic healthcare is a growing trend — it's already taken hold. People's trust in conventional medicine is diminishing, as their relief in finding alternatives increases. Several studies have shown that Americans spend more on alternative medicine than on so-called Western medicine. They've also shown that people are making more trips to alternative practitioners than they are to their regular doctors.

Here in DB, and certainly in Hong Kong as a whole, the number of people seeking alternative therapy (and the number of alternative practitioners available) is rising. The world and his wife now swears by crystal healing, Chinese medicine and naturopathy, and in alternative therapies many are seeking cures for illnesses which conventional medicine is unable to treat. Needless to say, you have to be well informed when going down this road — there are all too many charlatan practitioners out there — but the success rate of many alternative modalities, and the 'gurus' who develop them is becoming impossible to ignore.

Take Australian-born Dr John Veltheim, who was struck down by Epstein Barr virus in the 1980s and was given less than a week to live. A chiropractor and practitioner of Chinese medicine, he checked himself out of hospital against medical advice. Remarkably he survived by practicing everything he had learned about alternative medicine and making drastic lifestyle changes. The doctor's eventual recovery led him to seek out indigenous healers from around the world to learn their techniques.







**“BodyTalk can help me go directly to the source of the problem whether it's a body part, organ, endocrine or a combination of interactions. Then I can get information from the body detailing which modality it requires for the healing itself,” says Fung**

An aspiration to share his discoveries gave Dr Veltheim the impetus to develop a comprehensive self-healing programme in 1995. He integrated modern knowledge of physiology, anatomy and the principles of osteopathy and chiropractic. The next step was incorporating elements from several traditional healing techniques: advanced yoga, applied kinesiology, Chinese medicine and acupuncture (without the use of needles), under the umbrella of BodyTalk.

BodyTalk is now taught in thirty countries and is arguably one of the world's fastest growing healthcare modalities. Not surprisingly then, it's made its way to Discovery Bay.

Fed up, with her child's persistent ear infections, which could only be relieved by antibiotics, Discovery Bay resident Angie Tourani turned to holistic healthcare. Three years ago she attended a seminar in South Africa about BodyTalk, to learn how the body can heal itself. After completing a training course she tried out the techniques learnt on her own family.

"Since helping my family with BodyTalk there's been a huge shift in health. My children never get ear infections and are never on antibiotics. My relationship with my husband has also benefited from clearing emotional issues affecting my family's overall health," she says.

Fellow DBer Nora Rough agrees with Tourani. "I tore ligaments in my leg during a ski accident in Canada. While waiting for the ski patrol to arrive I did the most basic BodyTalk 'balancing' on myself. It was incredible;