

## “BodyTalk in Action”

While most people would certainly put **healthcare** in the category of “giving” professions, **BodyTalk** practitioners are more likely to talk about what they *receive*.

Often, many will tell you, the greatest reward comes when they find they’ve provided help to someone who had given up hope of ever finding it.

BodyTalk is a revolutionary healthcare system that utilizes state-of-the-art **energy medicine** to optimize the body’s internal communications. This, in turn, helps the body to operate more efficiently and effectively respond to injury and illness. A safe, non-invasive form of care that relies on the body’s own healing capabilities, BodyTalk is an amazing mix of the old and the new, with proven results and worldwide growth.

BodyTalk practitioners work with patients around the globe, stopping occasionally in their tasks to share case studies and experiences through their trade association, the International BodyTalk Association (IBA). The stories they relate are fascinating, and the satisfaction they have received is evident, as they use BodyTalk’s unique attributes to bring about exceptional results.

Consider:

- In an impoverished Mexican village, U.S. volunteers use BodyTalk to help children with special needs. Since BodyTalk is based on **biofeedback**, a subtle muscle testing, it represents an instant “common language” that can be used to overcome the lack of individual medical histories and the inability of many patients to communicate vocally. Using BodyTalk’s simple and gentle therapy, these volunteers have seen these children become more alert and interactive, gain mobility skills, experience reductions in pain and exhibit happiness and affection.
- A woman became depressed after her son’s death; she also developed asthma, using an inhaler at unsafe levels. During her first BodyTalk session, it was discovered that she had, in part, inflicted the **asthma** upon herself by making a garden out of the plants from her son’s funeral. However, since BodyTalk addresses the emotional aspects of illness, as well as the physical, it was found that the plants themselves weren’t the problem; it was, instead, what they represented. After realizing she was traumatizing herself with each visit to the garden, she had her first positive dream about her son. At last report, her mental state had improved, and she had not had to use her inhaler for three months.
- A BodyTalk practitioner received an e-mail from a former patient in another country. The message concerned the woman’s 88-year-old father, who was suffering from **arthritis** to the point he could barely walk and could not use his hands. As BodyTalk can be done through **distance session**, therapy began. After four months of steady improvement, a final report came: “My father has recovered an incredible dynamism. He is walking one hour a day down town and back home. Fast and energetic, with no cane. I am really happy to see him like this.” The practitioner was, too!

- A 60-year-old woman was diagnosed from birth as having "cerebral palsy of the left arm," as well as suffering from multiple food and environmental allergies, poor stamina, depression, generalized muscle pain, insomnia and nervousness. Unfortunately, her palsy made muscle-testing difficult. Fortunately, BodyTalk can be administered through a surrogate. Three days after the BodyTalk session, the patient called the practitioner to say that her depression had lifted, she was mentally clear and joyful, she was sleeping short stretches and some of her **allergies** were receding. With continued BodyTalk sessions, she reported feeling as though her life had completely turned around.
- BodyTalk can be combined with **massage therapy** to address ailments such as medial epicondylitis, an overuse injury sometimes referred to as "golfer's elbow." In one report, a massage therapist helped a colleague who was experiencing pain while plying her trade and afterward. As BodyTalk focuses on what needs to be done *and* the order in which it should be applied, the therapist was able to methodically address the issues creating the pain and to eradicate it.
- BodyTalk is used by laypersons for day-to-day health challenges. For instance, a young girl fell while dancing and injured her tailbone, resulting in near immobility and great pain. Using BodyTalk techniques that involved **energy links** in muscle/skeleton and nerve circulation in the spine, the girl's mother was able to get the child back to full stride in 18 hours and reduce her pain from off the scale to a very small sensation.
- And BodyTalk works on pets and other animals, as well, addressing illnesses and injuries and improving overall health. In a special program dubbed **AnimalTalk**, pet owners and animal caretakers can take care of creatures who can't explain their problems or the extent of their pain.

There are many more accounts of BodyTalk in Action, and the number grows every day. That's because the BodyTalk community continues to expand and flourish. The reasons are seen in the results, and the results speak for themselves.

Want to learn more?

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