

# Natural Companions on the Road to Health and Longevity

## BodyTalk and Enlightened Home Chefs Team Up in Ontario.

By Judy Harper, BA, CBT, Contributing Editor

Science has told us there are no new elements under the sun. There are just many different ways to rearrange what is naturally available. At the end of a harsh Toronto winter, spring unfolded in just such a meeting; old natural ideas joined to create a new common purpose. Judging by the combined energy in the room that March day, the collective vision that emerged has enormous potential to benefit us all.

The Founder of BodyTalk Central - a practitioner and instructor - Cherie Carpenter met with Chef Lori Nichols Davies, Dean of the Holistic Cooking Academy of Canada. They share a common commitment. They both teach that nature knows best. Healthy, productive, long life is possible. Based on years of research and experiential knowledge, they are each dedicating their lives to ensuring a simple message gets out:

### ***Adopt a few simple habits and you gain enormous lifestyle rewards.***

An Enlightened Home Chef is a new breed of chef - a specialist who understands what is in food,



where to shop for organic local varieties, and how to prepare them to prevent disease and promote longevity. A Practitioner or Technician in the BodyTalk System is a new breed in the field of energy medicine – a specialist who understands that the body has an innate ability to heal itself, that emotional, physical and spiritual balance is possible, and knows simple techniques to restore optimum health and promote longevity.

Cherie has been spreading the language of health through BodyTalk Access training workshops. Over the past seven years she has invited national and international instructors to Ontario and supports new professionals in the region by hosting a website and diligently sharing her knowledge. Backed by an advisory board of experts, Lori has been instructing Holistic Teaching Chefs at Nutrition Academies in Ottawa and the Ottawa Valley and is now spreading her vast information on diet to Toronto and other regions of the Province.

Lori knew that BodyTalk was the perfect companion to her curriculum and her students will be given the opportunity to experience and enjoy the benefit of sessions as part of their own journey to renewal and balance.

### ***BodyTalk is now part of the curriculum content for Holistic Teaching Chefs.***

When this simple message becomes part of the every day conversation in homes and schools in communities across the nation, the benefits will be far greater than the immediate savings to over-taxed health care systems. Given the information and techniques we can depend on, we Canadians have seldom failed to demonstrate our independence and 'take charge' attitude. It all seems so logical to me...but then I've seen the amazing results with BodyTalk – over and over again.

The first Access workshop was held at the Holistic Cooking Academy of Canada on March 27, in Richmond Hill another NEW location in Ontario.

## Cherie received the letter below from Chef Lori



[More on BodyTalk Access](#)

Hi Cherie,

*Thank you for rearranging your busy schedule for our purposes to keep our three chefs abreast of the flow of learning, and to create an opportunity for other guests to access the training with us, lets schedule another Access Training early summer..*

*I was particularly impressed to see miracles happen in our first class on Friday. We all looked younger, with stress leaving the faces of each of us as we balanced ourselves with these effective and proven techniques.*

*To those of you who were sad to miss the Body Talk training scheduled March 28, you will be inspired to know that one of our guests, a chiropractor, had pain in his elbow that ranged a level of 8 out of 10. By the end of the day he was completely cleared of it, and no adjustments were done directly to him by Cherie. Many bonuses came at the end of the day. To the lucky one whose name is drawn, Cherie lingered to provide a one-on-one session with each participant because it was a small group of two left.*

*She is very quick and very generous with her compassionate heart. It's not a class to miss.*

*BodyTalk is an amazing and excellent practice. It clears out pain, parasites, and imbalance. You will see how the body orchestrates the pathways to healing and sustained health.*

*I am honored to work with you, Cherie. To our dear chefs, this class is essential to help you sustain yourself in holistic cooking.*

*Chef Lori N-D*

<http://holistic-cooking.com/campus.oro>

***Building immunity one meal at a time!***

Since meeting Cherie in 2003, I have been offering writing and editorial support for BodyTalk professionals. When I looked at the content of Lori's pamphlets last year, I knew this was a match made in heaven! Energy medicine and diet are a combination that can create magic! Healthy immunity defeats virus, bacteria, inflammatory disease and autoimmune disorders. The body's innate wisdom knows what to do – it just needs to be heard and allowed to do its work.



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