

DAILY BUSINESS BUZZ

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CB actress returns to open 'energy medicine' business

BY LAURA JEAN GRANT, TRANSCONTINENTAL MEDIA
The Nova Scotia Business Journal

After more than 25 years living in the hustle and bustle of Toronto and Los Angeles and working under the spotlight of television and movie cameras, **Carolyn Dunn** has returned home to a quieter lifestyle and a entirely new career path.

The Whitney Pier native and accomplished actress has moved back to her home community and set up shop as a **certified BodyTalk practitioner**, offering clients an alternative "energy medicine" approach that is now being practiced in 24 countries around the world. Dunn said she was first introduced to BodyTalk at a seminar and was drawn to it immediately. "I love learning. I walked in and within 15 minutes I thought 'This is what I'm going to do'. It just made sense," she said.

Dunn said BodyTalk is just one part of an integrative approach to one's health and she recognizes the importance of physicians and other healthcare providers, noting she does not treat or diagnose health conditions. Rather, BodyTalk can help and provide relief for people dealing with all types of conditions from depression to back pain to managing one's anger, she said.

Using an easy-to-understand chart of the human body, the BodyTalk system works by identifying the weakened energy circuits within the body. According to information provided by Dunn, the practitioner relies on the body's inherent knowledge of itself to locate the energy circuits that need repair by using a subtle muscle-testing technique. For every malfunctioning energy circuit found, the practitioner or client contacts the corresponding point with his or her hands and the practitioner then lightly taps the client on the top of the head to stimulate the brain and cause it to re-evaluate the state of the body's health, resulting in an improved energy balance in the body.

A bit confused and skeptical? That's only normal, said Dunn, who said a BodyTalk session is something that simply needs to be experienced to be believed. She said BodyTalk is a very personal experience as every person reacts differently during a session and that's the beauty of the whole system. "It so relates to them that they're shocked in a good way," said Dunn, of her clients. "They want to come back. Nobody walks out of here the same. I just need to get people in here and let them experience it."

In addition to her home-based clinic, Dunn said she's also eager to volunteer at local hospitals and, as the only BodyTalk practitioner on the island, to create more awareness about the system.



Dunn — who has starred in the long-running CBC series **Sweating Bullets**, **TV shows like Twice in a Lifetime, Doc, and Discovery Channel's Animal Planet show, Beware of Dog, numerous commercials and TV movies, and as a co-host of the comedy show Yuk Yuk's** — said she's excited about moving into a new profession and being back home.

"I had such a good ride with (acting) but I wanted to do something else," she said, noting she's thrilled to be back home near family and the ocean. "I'm not looking back. I love it. (BodyTalk) is such a passion for me." — Cape Breton Post