

Stress – from Everyday to Extreme:

BodyTalk Access Alleviates the Symptoms.

By Cherie Carpenter, RM, LSC, CBP, CBAT.

Post Traumatic Stress Disorder (PTSD) is an anxiety disorder that can develop after an individual has been directly involved in, witnessed, or heard about even one frighteningly traumatic event. Affecting emotional, physical and mental stability, the probability of affliction with PTSD in combat soldiers is particularly high.

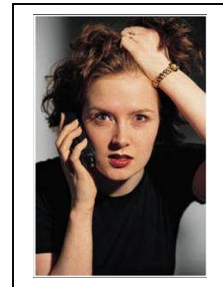
Perhaps what we don't acknowledge is that everyday living in what are termed 'peace-filled' environments creates stress symptoms ranging on a continuum that includes PTSD. Are there reasons? Maybe some individuals are more emotionally sensitive. Genetics may or may not be a factor. Or if early programming was difficult, individuals may struggle to maintain stability as functioning adolescents and adults. From relationships, to education, to careers - every aspect of carrying out a 'normal' life may be challenged.

The body's already busy lines of communication breakdown due to stress.

BodyTalk Access is the most simple, effective way to alleviate stress – anywhere along the continuum. Lifestyle or everyday stress and anxiety deteriorate coping mechanisms so that anger, frustration, road rage, sleeplessness, hopelessness all shows up on the daily menu. Lack of sound decision-making, consistent fatigue, heart palpitations, nagging negative judgments of others and feelings of low self-worth are also part of the stress factor. None of these symptoms that detract from a pleasurable lifestyle need to be tolerated.

*A symptom is the last stage of imbalance.
The body is calling out for help.
It needs to be heard.*

The extreme symptoms associated with PTSD include persistent vivid memories, nightmares, flashbacks of the event, depression and unconscious avoidance techniques which can be disturbing to family and friends.



Stress-filled events cause natural healing mechanisms to fail.

A host of prescribed medications, lengthy therapy or more aggressive treatment methods may be used to relieve symptoms. BodyTalk Access is safe, simple, fast and non-invasive energy medicine that is winning the battle for many sufferers with all forms of stress and anxiety.

Is it possible for unacknowledged, untreated everyday stress to turn into symptoms of Post Traumatic Stress Disorder? Several labels have been created to cover a wide range of typical symptoms experienced by PTSD sufferers. They tell an illuminating story.

Phobias are characterized by persistent, excessive and unreasonable fears of an object or situation. Beyond voluntary control, phobias significantly interfere with life. Some common phobias include fear of spiders, rodents, snakes, flying, heights, injections, and situations where escape is difficult. BodyTalk Access goes 'under the wire' – addressing the fear factor and restoring emotional balance.

Social Anxiety Disorder victims cope with an excessive fear of social and/or performance situations. This manifests as retreat from feelings of embarrassment or humiliation. In avoiding

social activities - parties, dating, performing or speaking in front of others – many highly qualified candidates may also have difficulty obtaining employment. Positive, permanent behavioural changes occur as the result of BodyTalk Access.

Individuals with *Generalized Anxiety Disorder* worry excessively and uncontrollably about the



events of daily life. Topics for anxious thoughts include possible negative events in the future, minor matters, a loved one becoming ill or dying, work issues, and world events - such as natural disasters. Our bodies know how to heal themselves. They just need to remember how. BodyTalk Access re-establishes these natural communication links.

Panic Disorder is characterized by unexpected and repeated panic attacks, followed by at least one month of worry about additional attacks and/or fear of something bad happening. Compromised physical, emotional, mental and spiritual functions can produce worries, such as going crazy, losing control, or dying. BodyTalk Access addresses injury and illness by restoring smooth communications in all stressed areas of the body, mind and spirit.

Individuals with *Obsessive Compulsive Disorder* have obsessions, (unwanted ugly thoughts that create anxiety), and/or they engage in compulsions (repetitive mental or behavioral acts) in an attempt to reduce anxious feelings. Compulsions may include repeated hand-washing, checking, tapping, or mental routines (such as counting backwards from 100). An example of an intrusive thought is "I might get sick and die from touching a bathroom door".

Attend a 6 hour informative training. Learn 5 valuable techniques for yourself. (And Fast Aid) You will learn why a light tapping technique helps restore communication between body and mind. Many stress symptoms are alleviated in the learning process alone! And you can help family, friends, co-workers – people you care about – live happier, balanced lives.

BodyTalk is *integrative energy medicine*. That means positive results you receive from your existing health care provider/modality/system are augmented – naturally.

The riches of life are meant to be enjoyed. Why wait another day to end distressing symptoms?

*Proven so effective, BodyTalk is the fastest growing
healthcare system in the world today*

Learn in a day – use for a lifetime!

Contact the office:

www.bodytalkcentral.com

Toll free 1-877-884-1767



Hosting or coordinating a BodyTalk Access Workshop for your organization, association, colleagues or community members is easy ...and particularly rewarding. Imagine being able to share the gift of health! A Fundraiser Workshop adds greater value. Call to find out more.