

BODY TALK – A RESYNCHRONIZATION BETWEEN CELLS AND THE BRAIN



Working on a patient

What is Body Talk?

Body Talk is a system that is designed to restore optimum health by restoring communication between the body's cells and the brain. The stresses of everyday life can weaken this natural function through overstimulation and environmental factors, which compromises the immune system and the body's ability to heal itself. The premise is that the body's innate intelligence provides insight as to areas of malfunction or disease and also possesses the ability to bring itself into complete health when unimpeded.

The Body Talk system is very comprehensive a-

-nd addresses all parts and systems that have an effect on physical health and mental well-being. The first step is for the practitioner to identify areas of weakness through biofeedback. This is a type of muscle-testing (see inset) that allows the practitioner perspective "ask" the body's intelligence specific questions, revealing the body's state of health.

Each weakened energy circuit is identified and the practitioner makes hand contact with meridian points corresponding to the weakened areas followed by tapping on the patient's head. This activates the brain, stimulates it to re-assess the body's condition, and elevates the body's energy balance. In a sense, it reconnects the brain to the poorly communicating cells, restoring its natural function for healing.

The next part of the treatment involves tapping the sternum area, which serves to activate the heart meridian. As in yoga, the heart is used to invoke lasting change to the rest of the body, thereby solidifying the corrected energy.

What is Muscle Testing (*biofeedback?*)

Muscle testing is a system that uses neuromuscular biofeedback, a physiological response to a stimulus. The muscle will respond with either strength or weakness when subjected to physical (i.e. food, drugs, chemicals,) or non-physical (i.e. emotions, memories) stimuli. The method was developed by Dr. George Goodheart in the 1960s to diagnose blockages in the body, and has since been refined to become a highly trusted method of biofeedback used across many disciplines.

patterns to ensure lasting results. This process allows the body to heal itself in the most natural order of priority, starting with re0balancing and progressing to healing.

Body Talk can be combined with all kinds of other therapies, or used in a stand-alone manner. When combined with other treatments or therapies, the results can be accelerated dramatically. It is completely safe for children, babies, and even animals. In fact, if performed incorrectly, a condition cannot be worsened, it will stay the same and be unaffected.

A Brief History

The Body Talk system was developed by Dr. John Veltheim in the mid 1990s. Dr. Veltheim, born in Australia, is a chiropractor, acupuncturist, philosopher, and teacher. His wide-ranging knowledge has seen him as a Principal of the Brisbane College of Acupuncture and Natural Therapies, Chairman of the Federation of Australian Acupuncture Colleges, and a board member for the Chiropractic, Naturopathic and Acupuncture professions in Australia. Additionally, his post-graduate studies have included applied kinesiology, bio-energetic psychology, osteopathy, sports medicine, consoling, comparative philosophy, and theology.

How it Works

As a result of Dr. Veltheim's broad experience base, the Body Talk system is highly holistic. Elements of Western medical expertise are interspersed with the energy dynamics of acupuncture, osteopathy, chiropractic, applied kinesiology, and modern physics. The Body Talk process involves the practitioner querying and balancing the subject's body and energy systems and encompasses aspects such as environmental and genetic predispositions, organ and gland function, brain balance and much more.

According to the International BodyTalk Foundation (IBF) numerous clinical studies have been conducted that are testimony to the effectiveness of this system on arthritis, headaches, sports injuries, sports performance, emotional disorders, phobias, learning disorders, pain, stress, digestive disorders, chronic fatigue, viruses, infections, and allergies. Because of the holistic nature of the treatments, the system is effective for practically any condition and simply allowed the body's natural self-healing mechanism to operate more effectively.



Body Talk practitioner, Angie Tourani

Practitioners

A global network of Body Talk System practitioners has been developed over the years, many of which conduct seminars to teach individuals a simplified version of Body Talk, called *Body Talk Access*. The long term aim for the International BodyTalk Foundation (IBF) is for one member of each family across the world to be trained up to the *Body Talk Access* level, thereby improving health on a global scale and reducing the ongoing problem of soaring healthcare costs. *Body Talk Access* allows the layperson to learn some basic techniques, which can be learned in one day, and used for 10 minutes a day to improve health.

About Angie Tourani

Angie Tourani practices the Body Talk System out of The Body Group offices in Central, Hong Kong. She is trained as a PaRama BodyTalk Practitioner, Break Through Facilitator, and Access Trainer. She conducts *private sessions* as well as *seminars* on a regular basis. Angie was drawn to Body Talk as a result of her children constantly developing coughs and colds from school. After trying many methods to keep them well, Angie had Body Talk performed on them to significant effect. She was so convinced by the results that she studied the programme and became a practitioner. Her goal is to spread Body Talk throughout Hong Kong and improve the health and well-being of all that come to her for assistance.

— R. Tabil