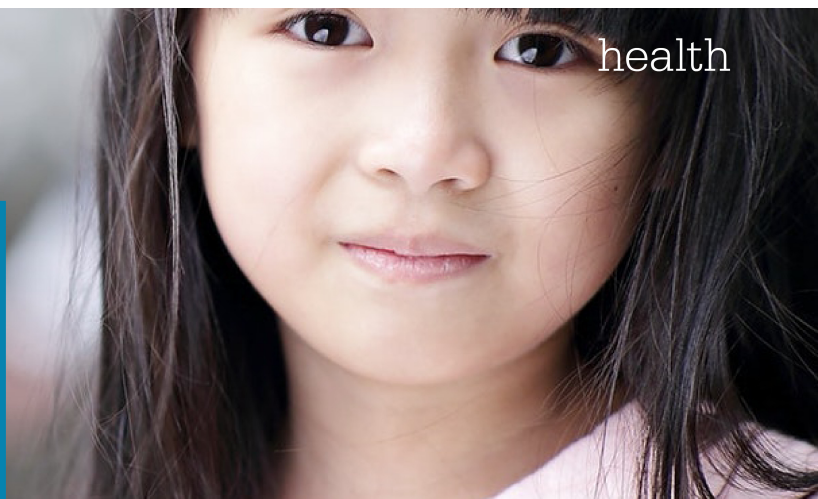


Body talk access: optimise your health without medication

With Angie Tourani, BodyTalk Practitioner



The agonizing pain brought about by chronic disease, illness and even stress pulls us down as we go about living our daily lives. It affects our mood and our overall well-being. But what if you had the opportunity to optimize your health without the need of medication? You read that right – without the need of any sort of medication. Here's the solution!

BodyTalk Access has the solution in unlocking your body's optimum health and will stimulate its natural healing capabilities. There are 6 BodyTalk techniques that help to heal our body naturally. You can perform the techniques right in the comfort of your home in less than 10 minutes a day. Here are the 6 amazing and simple techniques that can realize your optimum health:

Cortices

The Cortices technique is designed to improve and balance the communication between the two halves of the brain. (Think of it as hitting the reset button on your brain's computer.) This improves the brain's efficiency - thereby improving overall health. Specific immediate effects include improvements in cognitive ability, memory and concentration, stress reduction, feelings of physical relaxation, and enhanced general physiological functioning of the body.

For children with poor attention spans

The Cortices technique is extremely helpful to children who have poor attention spans. One of the problems is that they are living in a state of shock because of the stress they are under. This stress can come from their environment, their

school facilities, and family situations, or even from the additives and toxins in the food they are eating or the medications they are taking. By tapping out Cortices on a daily or weekly basis, it gradually improves the body's resilience to handle stress and reduces its tendency to go into shock. This technique is a preventative measure. By utilizing BodyTalk on a regular basis, you will be improving the functioning of the brain, and eventually the functioning of the body's built-in health maintenance systems.

Switching

One of the common side effects of stress is the tendency for the mind to go into a 'switched' mode, where normal cognitive functions are compromised. This can show up as inattentiveness, poor decision-making and confusion, the making of silly mistakes, poor coordination and mood swings. The "switched" person often reverses simple things such as left-and-right or yes-and-no. The Switching technique helps restore normal brain function and will help the individual to manage stress more effectively.

For Dyslexia in children

Switching is the natural mechanism the brain utilizes in response to danger and extreme stress. Due to the high levels of stress nowadays, many children 'switch' too easily, some entering and leaving this state up to several times a day, which severely compromises decision-making abilities, creating confusion within the mind.

For example, one symptom of Switching is dyslexia. Dyslexic children are too sensitive to

stress and thus “switch” too easily. As shown in a scientific study, dyslexic children who had the Switching and Cortices techniques tapped out for them in the morning experienced a temporary suspension of dyslexic symptoms. If these techniques are practiced on them consistently, the child’s threshold for stress makes incremental but permanent improvements, thus improving their quality of life and their ability to think clearly and respond effectively to situations which they may have considered challenging in the past.

Hydration

Water consists around 70 to 80 percent of the human body. All physiological processes in the cells, nerves, organs and other structures are dependent upon a sufficient supply of water. However, even if someone drinks plenty of water, their body may not be utilizing it effectively. Very often, the transportation of water across the cell membranes is inefficient. The Hydration technique helps to correct the body's ability to effectively use all the available water, thereby greatly improving the productiveness of all physiological processes.

Hyperactivity in children

When the Hydration technique is applied, people start responding by showing signs of better nutrition, better functioning of the nervous system, far less stress in the system, within the next 2 – 3 weeks. The problem of poor Hydration has been amplified in modern societies where there is a trend for children to substitute water with caffeinated soft drinks that act as diuretics and cause even greater dehydration. Due to the diminished nerve conduction, their ability to absorb nutrition decreases and they increase the risk of malfunctions within the nervous system. This contributes to hyperactivity, learning disorders and compromised immune systems. Moreover when children fall ill, their ability recover properly is greatly diminished due to the inefficient utilization of water molecules in the body. BodyTalk’s Hydration technique is designed to enhance the body’s overall wellbeing by ensuring the effective utilization of water in the body.

Body Chemistry

Body Chemistry is designed to stimulate the im-

mune system of the body into addressing many chronic and acute conditions. Often viruses, bacteria and parasites are not effectively dealt with by the body's immune system because of various imbalances in the body. Body Chemistry corrects these imbalances, allowing for the immune system to naturally restore health and wellbeing to the body without the need for drug intervention. This technique also is effective in assisting the immune system’s in addressing allergies, food intolerances and accumulated toxins.

Immunity of children

The Body Chemistry treatment works to optimize children’s immunity to viruses, bacteria and parasites. For instance, if a young child with a virus such as the flu is treated using BodyTalk, the illness often will be gone within a day or so versus the normal week or two.

Another major benefit of the Body Chemistry technique is that it works on food intolerances or food allergies, where a child is reacting to a type or class of food. By using the body chemistry technique, the body’s immune system is activated to overcome this reaction and correct the intolerance.

The ability to address microbe infestation is an increasing crisis for current medical approaches. Body Chemistry is one of the most powerful and vitally important techniques that BodyTalk offers to the healthcare systems of the future.

Reciprocals

The integrity of the structure of the body is critical for living a mobile and healthy life. The coordination of the muscles, balance of the muscle tone and the unrestricted flow of energy through the body are all critical to healthy functioning at all levels of the body-mind complex. The Reciprocals technique involves re-establishing and reaffirming the integrity of the structures of the body, significantly increasing the body’s ability to deal with physical injuries, arthritis, circulatory issues, coordination patterns, spinal problems and chronic pain.

Postural problem in children

In the new day and age of smartphones and

computers, more and more children find themselves hunched over staring at digital screens for hours on end. The Reciprocal technique is indispensable in preventing your children's postural and alignment issues from developing into far more severe problems as they age.

Fast Aid Techniques

BodyTalk's Access techniques also includes a simple, but effective, non-invasive first-aid system. It is extremely effective in boosting the healing rate of minor injuries significantly, oftentimes by up to 80%. For serious conditions, it is designed to be used to mitigate the injury until specialized healthcare can arrive. Flight attendants and emergency response workers also benefit greatly from learning BodyTalk first aid techniques to treat shock or trauma,

Learn the BodyTalk Access Techniques!

BodyTalk Access is simple effective self-help program to maintain optimum health by tapping into your body's natural ability to heal, increasing your body's resiliency while amplifying athletic and creative ability. Furthermore, it effectively prevents disease and manages stress, and can be used to enhance the healing process for those that are already ill or injured. It is ideal for the family and whole community – both young and old.

Learn the BodyTalk Access Seminar and use it to maintain your health and wellbeing. It will save you a fortune in medical fees and medication!



Angie Tourani is Hong Kong's only Advanced Certified BodyTalk Practitioner, BodyTalk Instructor and MindScape Trainer. She specializes in working with emotional issues, anxiety, depression, insomnia, immune system weaknesses, and sensory integration disorder with both adults and children. She offers both physical treatments and distance (remote) healing sessions.

Angie is passionate about working with clients with chronic, inflammatory, stress related issues by assisting them through treatments, and through providing them with training to utilize simple, self-help techniques. This training is provided through the BodyTalk Access Seminar and the development of meditation and mind skills in the MindScape Seminar.

Angie, mother of 2 children, discovered BodyTalk in her search for safe holistic healthcare for her children in 2005. She has trained with the Founder of BodyTalk System, Dr. John Veltheim, in this cutting-edge healthcare system.

