

Energy Medicine: **BodyTalk**

By Sarah Rosa



Suffer from depression or anxiety?

Got allergies?

How about insomnia?

Headaches, digestive issues, general pain...?

I know a treatment that will help heal any ailment you may have.
It's called BodyTalk.

Body what?

Yeah, you read that right - Body. Talk.

Even after progressing to natural methods of self-treatment, and seeing a naturopath, I wasn't able to resolve all the health issues that I was facing - until my ND referred me to a treatment called BodyTalk.

In short, as you can probably guess by its name, BodyTalk is a method of energy healing where your body says what it needs. The basic philosophy of BodyTalk is that any kind of illness is caused by stress--intense memories, emotions, physical stress or trauma--all of which interfere with the body's functioning. The amount of stress held in the body comes out in the form of physical and mental malfunctions. The goal of BodyTalk is to fix the communication breakdown and make the body whole and at ease again. In working with a practitioner, the body is asked a series of questions through neuromuscular biofeedback, or muscle testing. The body responds based on what it needs help with first. BodyTalk is completely safe, and has no side effects.

Are you skeptical? I was skeptical too. But the fact is, that after one session, I went from feeling like I wanted to hide under a rock to feeling like I could conquer the world! What did my practitioner do? Well, here's what happened my first session:

I went in for some ease of upset from a nervous breakdown I had a week prior. My practitioner, Jeannie Elmstrom, was amazing. She made me feel completely comfortable from the very beginning. Through a series of tapping the head and sternum, and reallocating areas of breakdown within my body, I came out of the session a different person. Jeannie moved the energy fields of despair, which was stuck in my lower back, and grief, which was stuck in my bladder, to the parts of my body that would know what to do with them. That meant they would be expelled in my next bowel movement, and I would be freed of those stresses! Yup, that sounded crazy to me! But hey, I went with it. I am so glad I did.

After the session, I pondered the experience for a while. BodyTalk is such a unique form of healing. I had to take it all in! I mean who would think that my extreme upset and anxiety would dissipate with some tapping and moving of fields of energy within my body to be released through my bowels?! I went from the lowest of lows, to the greatest high in just a couple of hours. I am a changed person because I took the initiative to ask my body what it needed.

Here is what Jeannie says about BodyTalk:

"Imagine a world where you can actually ask your body what's wrong with it... And your body can answer"! Every BodyTalk session is unique. Every person is different. Some people may need one session. Some will need more than one. The great thing is that when you feel off-kilter, the BodyTalk method is right at your fingertips. Yes, there are methods you can do at home!

BodyTalk Facts:

Created in 1995 by a man named John Veltheim. Incorporates principles from Quantum Physics, Chinese Medicine, Applied Kinesiology, Craniosacral Therapy, Chiropractic, Psychology, and Western Medicine.

Sarah Rosa lives in downtown Los Angeles with her boyfriend and three parakeets. She writes and illustrates children's books, enjoys photography and a good cup of herbal tea. Awaiting the possibility of pregnancy, Sarah is thrilled to be a part of Holistic Moms Network (Greater Pasadena, California chapter). Visit her website at <http://www.thedailysnoop.com>. Find a Body Talk practitioner by going to: www.bodytalksystem.com