

WHAT IS BODYTALK?

BodyTalk is a gentle, integrated, holistic healthcare system born out of quantum physics and new biology. It draws on, and incorporates the knowledge of western anatomy & physiology, kinesiology, acupuncture, ayurvedic medicine and osteopathy.



How does it work?

BodyTalk works on the basis that your body has the ability to heal itself. A balanced healthy body/mind with all parts working together easily repairs damage and eliminates disease. Sometimes when we are injured or get sick our body's ability to fix itself is impaired. A BodyTalk session facilitates the body's return to balanced functioning.

Does the BodyTalk practitioner make a diagnosis?

No, a diagnosis is not made. The human body/mind is an extremely complex system and everyone's experiences, past and present illnesses, age, genes, etc are very different. We let the person's body (which is infinitely more intelligent and better informed than the practitioner's conscious brain) tell us what the underlying cause of the symptoms are, and how to fix them.

What can BodyTalk work on?

Anything from sports injuries, depression, the flu, fears/phobias, chronic illness, weight loss, to skin problems, back pain, hormone imbalances, digestive disorders, sports or exam performance etc. Just about anything! However, hospital should still be your first port of call for acute trauma or accidents.

How do I know BodyTalk will benefit me?

At the very beginning of every BodyTalk session your body/mind is asked if we have permission to proceed with a session. If the answer is no and BodyTalk is not the best healthcare modality for you at that time, we will find out which healthcare is best for your current problem - free of charge.

What happens in a BodyTalk session?

Pop off your shoes, lie on the table and relax. The practitioner will gently pull on your arm to get neuro-muscular feedback from your body to check what is wrong. Hands are sometimes laid on the part of your body that isn't functioning optimally. The practitioner will then gently tap your head and over your heart asking your brain to check and repair imbalances that have been highlighted. There are no injections, manipulation, or medications.

What can I expect after the session?

This depends entirely on each person and the problem being addressed. Most diseases are the result of multiple imbalances. Like layers of an onion they need to be peeled back (resolved) in turn. Changes may be felt within 1 minute or subtly over many weeks as your body re-synchronises and starts to heal. Sometimes multiple sessions are required to correct multiple causes.

Is BodyTalk just another fad?

No. BodyTalk is an established form of healthcare. It is practiced in 40 countries and taught in 8 languages. It has grown rapidly and consistently and quickly over the last 15 years. There are approximately 70 practitioners in NZ and 2000 in the world. BodyTalk has headquarters in Australia, USA and Germany.

Still unsure?

BodyTalk is 100% safe, no harm can possibly be done! BodyTalk can be used in conjunction with any other type of therapy. If you would like to know more call us or order a brochure without obligation.