



A vertical light blue graphic with rounded ends. It contains four circular images stacked vertically. To the left of each image is a text label in a blue sans-serif font. The labels are "communicate", "synchronize", and "balance". The top image shows three people smiling. The second image shows a woman smiling. The third image shows a family of four. The bottom image shows a man in a military helmet.

Theory

Health Empowerment in 10 Minutes

Providing the layperson, family, and community with a simple set of energy-based techniques to make health maintenance and the management of daily health challenges accessible.

The BodyTalk System is a well-established system of health care utilizing state-of-the-art energy medicine in a safe and comprehensive manner. Its power is based on increasing

the levels of internal communication within the body - stimulating the body's own ability to regain and maintain a healthy balance.

The BodyTalk System normally utilizes an elaborate protocol which requires intensive training. But the International BodyTalk Association has recognized the critical need for a simplified version of the system to provide access to many of the key benefits of BodyTalk to as many people as possible.



Application

Providing Sensible, Affordable Health Care

BodyTalk Access is designed to be used by any layperson or health care provider to bring about significant improvement in health using five simple techniques that can be learned in one day and implemented in 10 minutes.

It is our hope that BodyTalk Access will be able to provide a basic level of health maintenance in communities and countries around the world where good basic health care may not be available.



Technique

Simple. Safe. Effective.

Cortices

The Cortices technique is designed to improve and balance the communication between the two halves of the brain. (It's like hitting the reset button on your brain's computer.) This will improve the efficiency of the brain - thereby improving overall health. Specific immediate effects include improvements in thinking ability, memory, concentration, stress reduction, feelings of wellbeing, and general physiological functioning of the body.

Switching

One of the common side effects of stress is the tendency for the mind to go into a "switching" mode - where normal brain coordination is compromised. This can show up as inattentiveness, poor decision-making, confusion, making silly mistakes, poor coordination, and mood swings. The "switched" person often reverses simple things like left and right; yes and no. The Switching technique can help restore normal brain function.

Hydration

The body is 70-80% water. All physiological processes in the cells, nerves, organs, and other structures are dependent upon a good supply of water. Even if someone drinks plenty of water, the body may not be utilizing it well. Very often the transportation of water across the cell membranes is compromised. The Hydration technique helps to correct the body's ability to fully use the water it has available - thereby greatly improving the efficiency of all physiological processes.

Body Chemistry

This amazing technique is designed to stimulate the immune system of the body into addressing many chronic and acute conditions. Often viruses, bacteria, and parasites are not effectively addressed by the body's immune system because of various imbalances in the body. The Body Chemistry technique can correct these imbalances so that the body can then restore health without the need for drug intervention. This technique also works to help the immune system address allergies, food intolerances, and accumulated toxins.

Reciprocals

The integrity of the structure of the body is critical for living a healthy and mobile 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 bodymind complex. The Reciprocals technique involves reestablishing the integrity of the structures of the body and can have a significant effect on many forms of injuries, arthritis, circulatory issues, coordination patterns, spinal problems, and chronic pain.

First Aid Techniques

The BodyTalk Access system also includes an effective first aid system that is non-invasive, safe, and very simple. It will resolve simple issues as a stand alone technique. In serious conditions it is designed to be used safely until specialized health care arrives.



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