

Body Talk

Greg Roman

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Body Talk is a unique healthcare modality in that it addresses the body in a truly integrative, holistic way.

The certified Body Talk practitioner recognizes that the body/mind complex functions as a synchronicity and not as a bundle of autonomously functioning parts. There is a proper sequence to follow and a series of questions that the body is asked. Neuro-muscular responses are how the body responds back. Being able to read them is the practitioner's responsibility. The body has an innate wisdom that allows it to heal itself and to directly communicate with affected parts or areas. Following so far????

We invited Loesje Jacob, one of the three certified practitioners in BC, up to our place to demonstrate what the Body Talk System was all about. It is about communication, synchronization and balance. It can be used on people, animals and even plants. The participants and skeptical guinea pigs included Dave and Cheryl Hickman and one of their horses, my horse and me, Cathy Gimse, a registered Massage Therapist and horse owner and naturally, Nancy.

Loesje worked on Dave and his horse by having him place his hands on the horse and then she started tapping on their heads and chest to link everything together while asking the innate a series of questions. Linking is the key factor in this new paradigm of health care. The Practitioner must determine what parts need to be linked and in what sequence in order to re-establish good communication and enhance the healing ability of the body. The tapping process is used on the head (brain) and sternum (energetic heart complex) to facilitate the linkage and to store the memory of change. Loesje worked on my horse through me and I know he had more energy over the next few days and I did feel somewhat different about three days later in that I had to pee more for a few days. I guess my bladder or kidneys needed to be cleansed. Nancy won't admit



Loesje and Greg



Dave Hickman and Loesje

to feeling any different, and watching Dave walk, he looks like he is experiencing less lower back pain. Cathy the RMT has tried it on one of her mares and there is a marked improvement in the overall health of the horse.

Had our neighbours looked over at our arena they would have been wondering what the heck we were doing. **We were experiencing a new way of facilitating change in our mental, physical and emotional states.** In contrast to humans, animals generally have a natural and strong desire to be healthy and well. Animal bodies are very much like the human body. Animals have a built in mechanism that initiates the healing process in the event of trauma, either physical, emotional or mental.

Unlike humans, animals naturally utilize their innate wisdom to heal without the same degree of interference caused by the many beliefs and emotions possessed by humans. **Human beliefs and repressed emotions interfere with the body's natural ability to heal.**

(The creator of Body Talk, Dr. John Veltheim, is an Acupuncturist, Chiropractor and Kinesiologist, Philosopher and Author. His books on the subject have been translated into many languages and the system is being taught in 16 countries. For more info contact Loesje (pronounced lou-sha) at 250-546-8895 and check out www.bodytalksystem.com)