



What is Body Talk?

Sally Hayes

BodyTalk is an astonishingly simple and effective form of therapy that allows the body's energy systems to be resynchronised so they can operate as nature intended. When the body is operating at its optimal level, each system, cell and atom is in constant communication with each other at all times. Through exposure to the stresses of day to day life, these lines of communication can become compromised which can lead to a decline in physical, emotional and/or mental health.

During a BodyTalk session, the body is asked what its health needs are through biofeedback testing. By establishing a Yes/No communication between the practitioner and the client, the body can instruct the practitioner what its balancing priorities are and in what sequence. Next, the practitioner holds the areas that have been highlighted by the testing procedure and taps gently on the head and sternum. By tapping on the head, the brain becomes aware of and repairs the communication. Tapping on the sternum, or heart, ensures that the new information is stored throughout the whole body. This process guarantees the mechanisms of the body can function and operate at optimal levels, which in turn accelerates

healing and prevents future imbalances within those highlighted areas.

BodyTalk's major assets are its simplicity, safety and the speed of its results. It allows the body's own healing abilities to effect change enabling clients to see long-lasting, ongoing improvements in health rather than short-term symptomatic relief. It can be used as a stand-alone system, addressing many health problems or it can be seamlessly integrated into any healthcare system to increase its effectiveness and promote faster healing.

The BodyTalk System was created by Dr. John Veltheim, an Australian chiropractor, acupuncturist, philosopher and author. He was the Principal of the Brisbane College of Acupuncture and Natural Therapies for several years. His extensive post graduate studies include applied kinesiology, bioenergetic therapy, osteopathy, sports medicine, counselling, comparative philosophy and theology.

Further information can be found at www.bodytalksystem.com

For appointments contact Sally Hayes CBP Tel. 01892 853094 Mobile: 07977 226095

**Come to
Wellbeing Wednesday
Venue: Central Tunbridge Wells
18th July 7.30pm - 9.30pm**

This is your chance to meet practitioners and therapists in Tunbridge Wells.

An informal networking evening, chat to therapists, ask questions and pick up information.

FREE to attend to the general public.

Reserve your free tickets at www.wellbeingmagazine.com/tickets or call us on **01892 541621**.

Sally Hayes CBP

01892 853609 / 07977 226095

Gentle, safe. Effective and Non-invasive.

The Body Talk System stimulates your body's innate ability to heal itself at all levels.

**Treatments £35 for one hour
Special Introductory Offer**

£25 for the first treatment for all Wellbeing Readers.

Clinic Address: Quoins, Yew Tree Lane, Rotherfield TN6 3QP
Home visits can be arranged. Email sallyhayes@hotmail.com