

A New Twist to an Old Medicine

By Kim Starbuck

A new level of wellness can be obtained with BodyTalk, the effective, cutting-edge system of HealthCare integrating the balancing principles of Chinese Medicine with our current understanding of physiology and body chemistry.

The Oriental system of Acupuncture has been used for millennia to enhance energy flow by inserting fine, sterilized needles in specific points along the acupuncture meridians. In this system, the free flow of life force energy is considered essential for health. This treatment approach works well for many illnesses and injuries. The National Institutes of Health and The World Health Organization report that Acupuncture has been shown to be effective for over fifty medical conditions. In my 15 years in clinical practice, I'm usually delighted with the results my patients get with Acupuncture; occasionally, though, I find that a case which demands a fresh approach.

Consider Katie, who came to see me for migraines. Katie is a youthful 42-year-old woman, who exercises daily, eats healthfully, and seems quite emotionally balanced; in fact, she appeared to be the picture of health. . . Except for her daily migraines . . . which were so painful she required prescription medication.

Acupuncture has an excellent track record for relieving the pain of migraines, so Katie's treatment started with a regimen of weekly acupuncture treatments. The pain subsided a bit at first, and she was able to take less medication. However, she reached a point where there was no more relief; she was still suffering and taking her medication a few times a week. This was by no means a completely satisfactory result.

I asked Katie if she would be interested in receiving BodyTalk in addition to Acupuncture. BodyTalk is able to determine on what level--physical, mental, emotional, or spiritual--the stresses of daily life have interrupted the body's communication system. A BodyTalk balance can reconnect the lines of communication, thus encouraging the body/mind to do its own healing. Katie agreed that she would be willing to try this method.

BodyTalk picked up imbalances related to the following information: 12 years old, grief, home and family, and maple and pine trees. As it turns out, Katie's mother had died of brain cancer when she was twelve. At the time, the doctors were treating her mother's head pain as migraines. During the grieving process, Katie had found comfort spending time amidst the maple and pine trees near her family's home. Once this information was plugged into the BodyTalk formula, the results were dramatic. As we continued treatments, the migraine pain completely disappeared, and Katie was eventually able to get off all medications.

What is BodyTalk?

Developed by the head of an Australian School of Natural Therapeutics (Acupuncture, Naturopathy, and Chiropractic), BodyTalk is a system which combines the wisdom of Oriental Medicine with our modern day understandings of anatomy, physiology, physics, computer science, and psychology to provide a truly holistic approach to health.

We start with the recognition that every cell within our bodies, every spark of emotion, every belief system, every thought, must be in constant communication to coordinate the billions of bio-electrical, chemical, and energetic events that support life. The body is constantly balancing and healing itself, determining how and in which order repairs are to be made. When an illness, injury, or trauma is too severe, our built-in analytic and therapeutic systems are overwhelmed and need support. The BodyTalk system taps into our inner wisdom to find out where the problem is to help

focus the body to heal quickly, efficiently and completely. Gentle techniques such as contacting a body part and tapping the head and sternum are used in this process.

The balancing effects of BodyTalk are not limited simply to physical health. Mental and emotional health are profoundly affected to allow a person to function at his/her optimal levels at work and at home. Many people choose BodyTalk to stay “tuned-up” for life. This result allows us to truly shift our emphasis from a focus on disease and illness to true wellness.

Sidebar: BodyTalk has demonstrated good results with Allergies, Anxiety and Depression, Asthma, Chronic Fatigue, Digestive Disorders, Self-Esteem and Body Image Issues, Endocrine Imbalances, Fears and Phobias, Gynecological Problems such as PMS, Menopause, and Menstrual Cramps, Food Intolerances, Headaches, Joint and Back Pain, Learning Disorders, Acute and Chronic Viral and Bacterial Infections.