



Anxiety

With the dramatic and continual increase in the number of people suffering from chronic stress, anxiety and depression, along with controversy about the efficacy of anti-depressant/anti-anxiety medication, what can be done to shift the tide and make a change?

The BodyTalk system offers a unique, non-invasive, and supportive approach to searching below the surface of these often debilitating disorders to help to reveal the contributive factors and associations that may be causing the nervous system to spin out of control.

BodyTalk recognizes the interrelatedness of the mind and body and understands the powerful effect that emotions, beliefs, memories, expectations, events, and environmental triggers can have on the way that each and every one of your 30 trillion cells function.

“BodyTalk has not only been a fast and effective method in alleviating my depression and anxiety, but it gave me the insights I needed to understand the root causes of my symptoms for long-lasting improvement. BodyTalk helped to eliminate my most troublesome symptoms including chest pain and anxiety, which gave me better control over my emotions and anger management, and ultimately improving my relationship” – David

“BodyTalk sessions have helped me so much through my depression, panic attacks, feeling vulnerable, as well as through my digestive problems and intolerances which I had been living with for many years. BodyTalk Treatments have been an invaluable support for me in getting over anti-depressants and leading a happy and fulfilled life”. – A.R

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"I started having BodyTalk sessions for my insomnia, anxiety and feeling exhausted. In my first sessions, the practitioner picked up that my insomnia was coming from my work stress and she treated me for that. After my first BodyTalk session I saw a huge shift in my work environment, I was more relaxed, confident and positive. It felt like work, the people and environment around me had changed, but my perceptions had changed to give new reality. I am dealing with people better, my worry, anxiety, uncertainty and insecurity has diminished, sleep has improved dramatically, I feel more energetic. I am excited to see such a profound shift in a couple of BodyTalk sessions." – Welch

"After a traumatic and exhausting delivery I suffered from depression and anxiety amongst other postpartum effects. My son was also anxious, dealing with reflux and colic. BodyTalk had great results on my newborn and myself. We did treatments to work on my anxiety and to reconnect us. As a new mom I tried to find a solution that was non-invasive and effective. BodyTalk gave me all those things" – Rose

"I was a fearful flyer - extremely so. Through BodyTalk I was able to understand the fear and why my body was responding to flying and to really listen to the symptoms of anxiety and fear. After consistent BodyTalk I am no longer afraid of flying, I actually love it and fly many times a year without the fear. BodyTalk is now part of my family's health care. Both my young children go as well as my husband. It is an integral part of our lives for both the emotional and physical ups and downs. BodyTalk has opened me up to believing in my body, that I can heal and change and live with prosperity, balance, and the firm belief that we are meant to be healthy and well." – T.O

"My ten year old daughter, Paris, developed an intense phobia of choking to death after witnessing my mother choke very badly during a mealtime. We spent two months bouncing to twice weekly appointments with a psychotherapist and occupational therapist; all the while she was subsisting on chicken broth and ice cream. She lost over twenty pounds during this time and it was very stressful and scary. We went to our first appointment feeling unsure but open minded. Paris was very comfortable with the practitioners and the BodyTalk session, which she found to be relaxing. Within an hour of leaving our appointment Paris felt comfortable eating semi-solid food for the first time in over two months. I couldn't believe it and was overwhelmed with relief and joy. We continued on with three more sessions over a two month period, which Paris really looked forward to. We have now successfully completed treatment and can't say enough about what BodyTalk provided that traditional therapies could not." – N.S

We all suffer from stress in our lives. In fact, stress can actually represent a positive influence when it stimulates us to achieve our goals and accomplish our daily tasks. Good stress, or eustress, can help us to escape danger when we need to or manage through a trauma. Stress only becomes "bad" when too much of it builds up around us triggering overwhelm in the nervous system and keeping us from functioning effectively in our daily lives.

"I am a 32-year-old male. Fit and Healthy today. After being in active addiction for 15 years of my life, little did I know that my using of narcotics would affect my libido and the blood circulation to my penis. At the age of 28, I suffered from erectile dysfunction. The symptoms of ED causes a male difficulty in maintaining an erection as there is not sufficient blood circulation to the penis. There is a lot of anxiety and frustration that goes along with this. I resorted to prescribed medication which treated the problem on a surface level however the core was only dealt with when I was introduced to BodyTalk. BodyTalk really helped me and I could feel a remarkable change after only two sessions. My confidence levels increased and my libido was back to normal. After a few months my wife and I had our baby girl." – Anon.

Anxiety, depression, and good old fashioned stress affect billions of people all over the world every day. In fact, 121 million people around the world are currently suffering from some form of depression. The statistics are staggering and seem to be reaching epidemic proportions. Anxiety disorders are the most common mental illness in the US. 18% of the American population will experience an anxiety disorder in their lifetime. Medical costs for the treatment of anxiety alone reach \$42 billion per year in the US while 1 in 10 Americans are currently taking anti-depressant medication. And, shockingly, the number of people diagnosed with anxiety and/or depression continues to increase by 20% per year.

So, with the dramatic and continual increase in the number of people suffering from chronic stress, anxiety and depression, along with controversy about the efficacy of anti-depressant/anti-anxiety medication, what can be done to shift the tide and make a change?

"I am 47 years old, and I thought I would have to live the rest of my life feeling like I was down-in-the-dumps all the time, or go to the doctors for some sort of medication, neither of which appealed to me. Even after the first BodyTalk session I felt like a huge weight I had carried for years and years had been lifted from my heart and shoulders. My mind was clearer and bright for the first time in years! It was as though someone had turned the light on, and I could see a future with love and happiness waiting for me. It truly is an amazing experience, without the use of any drugs. Now I get a BodyTalk session whenever I need a "pick-me-up" and every single time I see the practitioner, I feel the clarity of my mind becoming clearer and clearer. If you are not sure if Body Talk might help you, or you have any reservations, I would say do it! It will change your life and release you from whatever you are dealing with." – H.L.

Situational symptoms can act as valuable messengers. A reaction, behavior, or physical symptom can be a gateway to revealing outdated beliefs, expectations, and unexpressed emotions. A BodyTalk session helps you to understand the meaning behind the meltdown while disassociating the old programming that has perpetuated it.

"I was diagnosed with bipolar disorder and insomnia at 16, but I do not remember a time as a child when I was not depressed to the point of wishing to be dead. After being diagnosed I believed I needed to be on medication for the rest of my life. I was on many different medications for eight years. After having gained and lost and gained about 80 pounds, feeling tired, nauseous and getting sick all the time and absolutely hating going to the doctor I decided to go off of my medication. I quit taking everything at once.

After another year I was getting desperate, something needed to change but I couldn't go back to the doctor. They would just push pills on me again, and not really listen. My friend was going to her sister for BodyTalk sessions and kept telling me to try it, so finally, I did. I went once and was amazed by the results, but made an excuse of not having enough money every time I thought about going back. After another six months I started to go regularly. I started to think that I would like to become a BodyTalk practitioner.

A year ago I took the Access class, and a week later my husband enrolled me for the Fundamentals class happening in a week. What happened there was incredible. First, because at this point I wasn't actually falling asleep until 3-7am and getting very little sleep, and after my first day of class I was in bed at 8pm (that has never happened) and on the last day of class when we learned Cellular Repair, one of the students did the technique on my bipolar.

Leaving the class I felt like a completely different person. It's been almost a year since I took the Fundamentals class and I have regular sleeping patterns now, and I no longer have bipolar. This is a simple statement, but the effect it has had on my life is absolutely amazing. I've also become a certified BodyTalk practitioner.

I can't begin to describe my gratitude for having BodyTalk introduced into my life. I feel I am still at the beginning of my journey, and for the first time in my life, I am excited for whatever will happen next." – A.L.