

# BodyTalk is WholeHealthcare

WholeHealthcare focuses on addressing the whole-person and their unique story to reveal the true underlying causes of dis-ease.

Every cell in the body must be in communication with every other cell in the body for us to maintain health. Although the body knows best how to heal, when communication breaks down within the body due to stress, trauma and genetic tendencies that ability to self-heal becomes compromised.

BodyTalk acknowledges the profound influence the psychology of the body has on our health. We think of psychology as only relating to the mind, however; every part of the body has specific emotions and beliefs that are associated with it. These underlying emotions and beliefs as well as any contributing environmental, biochemical and ancestral factors must also be addressed for dis-ease to be resolved. BodyTalk seeks to address the “whole person,” meaning no aspect of the human experience should be overlooked.

The beauty of BodyTalk is that it provides insights into the areas of your bodymind that need attention and in what priority and sequence they need to be addressed. BodyTalk helps you to appreciate how disease develops and why it is maintained.



Then, with the use of structured intuition, biofeedback and a variety of non-invasive techniques, the BodyTalk practitioner helps to reestablish better communication within the body and refocus your body's natural healing response.

What might seem like an obvious problem to you is not necessarily the one your body needs to have addressed first. Each session is completely individualized for each person.

Every choice, and every experience in your life, has contributed to your current state of health. Each scar, laugh line, and injury has it's own story. BodyTalk takes into consideration your unique story. Your life-style, genetics, and history are all drawn upon to establish a personalized approach to healthcare that brings about lasting changes.

BodyTalk recognizes that each system of healthcare and each practitioner have a specific level of knowledge and useful skill set. BodyTalk is designed to integrate all fields of healthcare to create a more holistic approach to health and wellbeing. This may include the necessity to refer a client on to another healthcare practitioner or field of healthcare when necessary.

This system was not only developed to support and promote the wellbeing of any person, it is also successfully used to support the health and wellbeing of animals and plants.

Ultimately, treating symptoms of disease is only a compromise. The real power in healing lies in the discovery of the story behind the symptoms. The BodyTalk System does this naturally for each individual it serves because BodyTalk IS WholeHealthcare.

## ABOUT THE FOUNDER



Dr. John Veltheim, D.C., B.Ac. is the founder of The BodyTalk System and the International BodyTalk Association. BodyTalk is a consciousness-based, professional healthcare system that accelerates the body's healing process and prevents disease. Dr. Veltheim has a vast educational background in chiropractic, traditional acupuncture,

philosophy, Reiki, applied kinesiology, bioenergetic psychology, osteopathy, and sports medicine.

