

## BodyTalk & Testing Kits

### Common Foods

Wheat and dairy are commonly used to address eczema and diabetes. You can be balanced to all of your favorite foods so that you no longer have bottomless cravings.

### Specific Foods

Food additives in this kit, which include MSG, can be used in addressing Attention Deficit Disorder (ADD) or nightmares.



### Infectious Allergens

Beat the cold season! Vials for bacteria and viruses can be used to help with colds, the flu, chicken pox, ear infections, and other illnesses.

### Environmental

The hundreds of samples of pollen, grasses, and weeds can be used to balance a client for hay fever and seasonal allergies.

### Hormones

The hormone melatonin, for example, can be balanced for conditions like insomnia and estrogen and progesterone can be balanced to help with menopausal symptoms.



## Your Local Practitioner



# Allergies and Intolerances

Drink a glass of wine without a headache.

Have ice cream without the mucus or diarrhea.

Enjoy spring without worrying about pollen.

What if you were stung by a bee and were no longer dependent on your Epi pen?

Confidently order food at your favorite restaurant.

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These kits are professionally manufactured for your BodyTalk Practitioner to ensure the highest quality results in your session.



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# Allergies & Intolerances

## Allergies

Allergies are categorized here as the body's immediate reactions to one or more substances. The reactions involve symptoms such as hives, rashes, diarrhea, sneezing, itching, or nausea. Allergies are caused by a complex mixture of chemical imbalances, emotional holdings, belief systems, environmental disturbances, and genetic weaknesses.



- peanuts
- insect bites
- seafood
- medications



## Intolerances

Intolerances, often food-related, are categorized here as a slower, more insidious reaction that the body has to one or more substances. The reactions may not start to occur for a few days after contact with the substance, making it more difficult for the person to realize it is harmful to the body. Examples of symptoms are arthritic joints, digestive disorders, autoimmune disorders, headaches, skin disorders, and chronic fatigue.



- sugars
- wheat
- milk
- citrus
- soy
- corn



# Allergies & BodyTalk

## Using BodyTalk

We desensitize the body without elimination diets or reactions. Your body can learn to integrate these substances rather than having to fight against them.

It is unique to the BodyTalk System that you can learn to live with a reactive substance, integrating it into your lifestyle, rather than avoiding it.

Unlike some other allergy treatment programs, BodyTalk involves a short series of sessions (usually about 6 to 8), and a follow-up a few months later is often recommended. Afterwards, you can live allergy-free. Your body becomes desensitized to the substance while restoring your immune response and overall health.

## Addressing the Body

Neuromuscular feedback is a way of consistently detecting a substance that weakens the body. BodyTalk incorporates this technique to check for and address a body's reaction to a substance. A client is safely exposed to the frequency of an allergen contained in a glass vial. During the session, the body learns to resonate harmoniously with the substance.



# BodyTalk & Science

## Glass Vials



In the 1960s, scientists began to use devices that measure subtle electromagnetic changes in the body in order to analyze the pathological information contained in saliva. They then used that information to diagnose a patient and prescribe a treatment. The specimen of saliva was placed near a patient's navel, an area rich in nerve endings, to yield the maximum information from the saliva.

In BodyTalk, saliva is also placed near the navel, and instead of an electrical device, neuromuscular feedback is used to help the body recognize and then address any imbalances.

Besides saliva a glass vial is placed near the navel. This vial also contains information, namely the substance to which a client has an allergic or intolerant reaction; but the substance is only in the form of its frequency, so the client is exposed to it safely. Using such vials, the practitioner is able to pinpoint the weak links in the body's communication system that would lead to a reaction, and then reestablish the lines of communication. The body's innate wisdom determines the priority for the body to heal itself at every step.

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