



Discover New Health

Bombarded by Opportunistic Invaders?

It's no surprise that if the immune system of the body operates less than optimally, then it cannot fight opportunistic invaders such as bacteria, viruses, mold, fungus, allergies, toxins and intolerances.

However, according to the BodyTalk Fundamentals textbook, "the body is first weakened by thoughts, belief systems, or emotions that then affect the functioning of the immune system, so that it is unable to do its job properly." Often after emotional upsets (especially extreme anger or fear) the body is weakened sufficiently to allow bacteria or viruses to flourish.

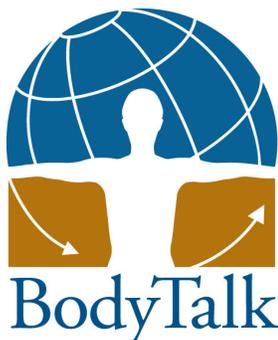
Additionally, fearful emotions or belief systems such as "the world is not a safe place" (especially after experiencing traumatic events) can also play a significant role in the severity of allergies. Watching news programs or arguing about school grades or fighting about money or politics during mealtimes can trigger memories that are then linked to food. In fact, there is a reason we often hear that it is best not to watch television or discuss anything that is unpleasant during meals. If we do these types of activities while eating our meals, the body can begin to view certain foods as part of the "problem" or "upset" and then develop an allergy to those foods. If that happens, then it will react accordingly any time those foods are eaten.

BodyTalk has several great techniques that help address the underlying causes of allergies so that the body is less likely to over-react to allergens. Not only that, but the BodyChemistry technique helps optimize the immune system so that it is better able to resist bacteria, viruses, mold, fungus, allergies, toxins and intolerances.

In the BodyTalk Access class, we explore the BodyChemistry technique as part of a daily routine to help improve your overall health.

In the BodyTalk Fundamentals class, we further that understanding as well as teach how to conduct BodyTalk sessions and how other techniques work in concert with BodyChemistry to affect a more dynamic change in your health.

Please join us over the next few months as we continue to explore BodyTalk techniques and how BodyTalk can help you.



**The BodyTalk Center
of Oklahoma**

405.216.3611

okBodyTalk.com

BodyTalkSystem.com

info@bodytalk.com

1712 S. Boulevard, Edmond

*Kathi Springman is a full time
Advanced Certified BodyTalk Practitioner
at The BodyTalk Center of Oklahoma*

