

# BodyTalk



Add Joy  
to your life

## Discover New Health

### Gut Reactions

What are gut reactions all about anyway? The Diaphragm! The diaphragm is the halfway house for all of our emotions. So we feel everything in our gut (or our diaphragm) first.

Every emotion comes into our diaphragm and must be processed in one of four ways. They either come up and out by expressing them with words, laughing, crying, etc. Emotions can also be digested and eliminated (through the kidneys or large intestine). These are the two healthiest ways of processing emotions.

However, many emotions get stored either temporarily or permanently in any area of the body including muscles, tissues, organs or endocrines. Sometimes, emotions are stored in the diaphragm, which will eventually create congestion and tightness in our belly rather than allowing it to remain relaxed and fluid. When this happens, breathing can begin to feel constricted and digestion can become sluggish.

According to Dr. John Veltheim, founder of the BodyTalk System, "The incredible thing about the BodyTalk system of treating active emotional storage is that it does not require psychological therapy, extensive treatment, or intense emotional discomfort. The traumatic memory can be cleared without the practitioner needing to know the details of the event."

One of my favorite BodyTalk techniques allows the body to release stored emotions, memories, and belief systems that have been held in the diaphragm. By clearing the diaphragm, we can help our breathing cycle. By improving our ability to take in breath, we can actually help our abdominal organs. Not only that, but by releasing the diaphragm, we can also release a related membrane just below the brain that helps massage the pituitary with every breath. If our pituitary is in balance then our endocrine system and hormones can also become balanced. So you can begin to see that working with one area of the body can have a cascade effect on the rest of the body.



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