



## BodyTalk Media Kit



*“BodyTalk is perhaps the easiest and most powerful method you can learn to keep your family healthy. This applies to everyone, whether you are a medical doctor, an athlete, a mother, a kindergarten pupil, a therapist or any kind of a Ph.D. candidate.”*

James Oschman, Ph.D., biophysicist and author of *Energy Medicine in Therapeutic and Human Performance*

The purpose of this media kit is to introduce (or re-introduce) you to the International BodyTalk Association (IBA), a wellness and life sciences educational organization based in Sarasota, Florida, with branches in Australia and Germany.

The International BodyTalk Association has provided consciousness based healthcare training and education to more than 10,000 people worldwide. The IBA is made up of a membership more than 3000 practitioners and laypersons, all of whom share an interest and/or expertise in the concepts of the BodyTalk™ System and its related programs.

# So just what is BodyTalk?

## BodyTalk is WholeHealthCare™

It's about understanding the psychology of the body and the influence it has on your health.

BodyTalk is a comprehensive system of non-invasive techniques designed to re-establish healthy communication within the body systems. It incorporates state-of-the-art science and philosophy to help the body unlearn the habits, beliefs, biochemical pathways and postural patterns that are restricting the healthy functioning of the bodymind complex.

### According to IBA founder Dr. John Veltheim:

"BodyTalk is a revolutionary healthcare system that optimizes the body's internal communications. This, in return, helps the body to operate more efficiently and to effectively respond to injury and illness.

BodyTalk is consciousness based health care in so much as it acknowledges that the innate intelligence of the body can be utilized, through trained and structured intuitive communication, to guide the practitioner towards the best combinations of modalities to bring about positive wellbeing and life style changes."

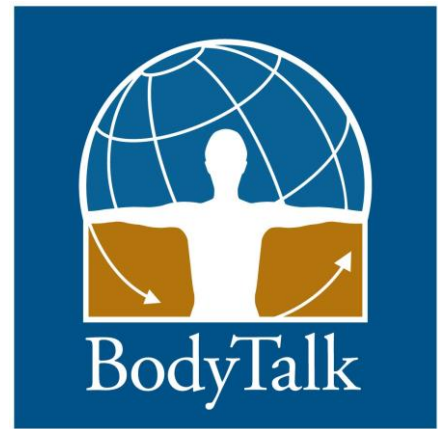
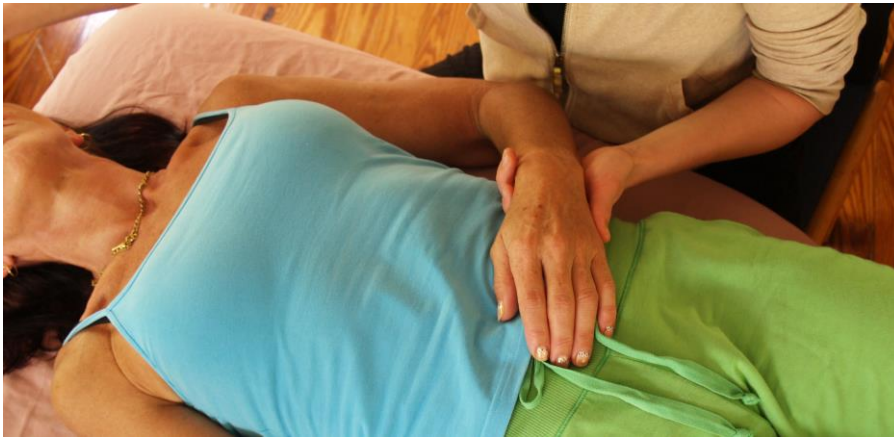
More simply, he says: "When we cut a finger, bruise a limb or get the sniffles, we generally take minimal action and then sit back and wait for our bodies to heal themselves."

"We don't even think twice about it," he says. "But we should."

The body, which naturally and innately heals our day-to-day injuries and ailments, is capable of doing much more, according to Dr. Veltheim. "It's just a matter of making sure all the body's systems are working well – and together – to maintain good health and help address health challenges."

The IBA was founded on that basic principle, he explains, and works to provide the vision, tools and training for the future of life science. "With an emphasis on safe, effective, affordable healing, BodyTalk techniques integrate the body's restorative powers with the latest in scientific findings to facilitate recovery and maintain health."





## BodyTalk In Detail

The BodyTalk™ System allows the practitioner to properly and professionally address the patient's need in a totally safe, holistic way that does not involve drugs, surgery, or extraordinary costs. It enables the practitioner to know when and how to address the patient's issues, and when to refer the patient to another medical specialist. By stimulating the body's innate ability to heal itself at all levels, it reduces the patient's dependence on current medical systems.

The BodyTalk™ System enables the professional to comprehensively explore the big picture of healthcare, outlining the patient's health challenges in a systematic and thorough fashion. BodyTalk has helped people throughout the world to improve their health and well-being, by treating a range of conditions from asthma to viruses.

BodyTalk is an astonishingly simple and effective form of consciousness based health care that allows the body's systems to be re-synchronized so they can operate as nature intended.

Each system, cell and atom in our bodies is in constant communication with each other at all times. Through our exposure to the stresses of day-to-day life, these lines of communication become compromised, which then leads to a decline in physical, emotional and/or mental well-being. Reconnecting these lines of communication enables the body's mechanisms to function at optimal levels, thus preventing disease and rapidly accelerating the healing process. In this way, BodyTalk stimulates the body's innate ability to balance and heal itself.

BodyTalk can be used as a stand-alone system to treat many health problems, or it can be seamlessly integrated into any healthcare system to increase its effectiveness.

BodyTalk's major assets are its simplicity, its safety and the speed of its results. It is used by people from various countries across the globe and from all walks of life, from professional athletes looking for a competitive edge, to poor communities desperately in need of affordable healthcare.

*BodyTalk is a simple yet powerful way to communicate directly with our bodies, finding out what really lies at the core of our physical or emotional symptoms. Combining modern science with traditional healing methods, BodyTalk gently encourages our systems to reveal what needs to be addressed. Really big changes can be made without having to relive the past or make huge efforts, simply by asking the body what is going on right now. By tapping into the innate healing wisdom within each of us, BodyTalk stimulates recovery, balance and good health on all levels. So, discover your body's wisdom!*

Lucy Taylor, IBA Member

The IBA's website, [www.bodytalksystem.com](http://www.bodytalksystem.com) includes testimonials from numerous practitioners and patients who have used, or benefited from, BodyTalk in addressing a wide range of illnesses and disorders, such as:

Allergies  
Arthritis  
Asthma  
Birth Defects  
Blood Diseases  
Breathing Issues  
Cancer  
Cardiac Problems  
Chronic Pain  
Depression and Anxiety  
Diabetes  
Emotional Disorders  
Food Intolerances  
Insomnia  
Maternity  
Menstruation  
Mental Illness  
Migraines  
Multiple Sclerosis  
Musculoskeletal Issues  
Neurological Disorders  
Nightmares  
Parasites  
Physical Injury  
Psychological Disorders  
Relationship Challenges  
Reproductive Disorders  
Scars and Blemishes  
Viruses  
Vision Problems

## The Living Proof BodyTalk Works!

*As a newcomer to BodyTalk, I was willing to give it a go!! After attending Karen's BodyTalk Access course a few weeks ago I can confirm that it certainly does. I had reason to visit my doctor last week, and contrary to his earlier assessment, I have now reduced both my cholesterol and blood pressure without taking any additional medication. I am sleeping better and also notice that my "nerves" and boiling point are much improved. Keep on Tapping I say!! I can't wait to do Modules 1 & 2 and find out more!*

[Valerie Southwick-Page, BodyTalk Student, Woking, UK](#)

*BodyTalk has made a huge impact in my life. I had a number of problems with my health over a number of years and had been unsuccessful at conceiving. A close friend recommended BodyTalk as she had had a positive experience. At this point, I was willing to try anything and BodyTalk appealed to me even though this was the first time I had heard of the technique. Within two months of doing regular BodyTalk sessions, I was pregnant with twins and I'm convinced that BodyTalk healed my body from within in order for me to conceive, and the result was two beautiful healthy babies!*

[Anuja Thappa, BodyTalk Client/Student, Hong Kong](#)

*My husband and I were having constant health problems and were becoming disillusioned with western medicine, its lack of results, quality and side effects. As a result, over the past few years we've turned to a lot of alternative health care providers. Naturopaths, homeopathy and acupuncture - we've done it all - often with very satisfying (very expensive) results. BodyTalk takes my health care to a whole new level. It's adjusting not only my sick organs but my out of balance emotions, thinking and behaviors that are affecting my health in more ways than I ever thought possible, all without pills, herbs, drops, needles, lots of traveling and great expense.*

[BodyTalk Client, Yorkton, SK, Canada](#)

*My daughter has a tendency to get boils, and has in the past had to take antibiotics to get rid of them. With the last boil I did BodyTalk Access daily, BodyTalk Fast Aid to the area twice a day, and the occasional BodyTalk BodyChemistry when I could fit it in. The boil was totally gone in 3 days, no antibiotics needed!*

[Rachael Aberle, BodyTalk Student, Bahama](#)

*“BodyTalk very often provides that missing piece, that subliminal information or tipping point, which some of our more stubborn cases require. For example, I recall the cases of patients who had stubborn foot lesions, because of on-going diabetes, which, once they appeared, would take many, many months to heal. Once we introduced BodyTalk into the formula of their care, without abandoning the more conventional approaches to diabetes, including diet and some insulin management, these people would respond in a matter of days, or perhaps a few short weeks, rather than many months of recuperation.”*

Nancy Werner, M.D., Mexico City

## Meet the Founder



The International BodyTalk Association was founded by Dr. John Veltheim. Dr. Veltheim is a chiropractor, traditional acupuncturist, philosopher, Reiki Master, lecturer, teacher and the creator of the BodyTalk™ System. The BodyTalk™ System is a consciousness based system which utilizes the body's innate healing ability to address health challenges and maintain good health.

BodyTalk was first developed in the 1990's by Dr. John Veltheim. Originally from Australia, Dr. Veltheim ran a very successful clinic in Brisbane for 15 years. He was also the Principal of the Brisbane College of Acupuncture and Natural Therapies for five years. His extensive post-graduate studies include applied kinesiology, bio-energetic psychology, osteopathy, sports medicine, counseling and comparative philosophy and theology.

In 1998, Dr. Veltheim moved to Sarasota, Florida to further his practice and research of BodyTalk. Soon he began to teach the BodyTalk™ System to professionals as well as lay people. When word spread about the successes of this remarkable new healthcare system, he took on the task of training other instructors so the BodyTalk™ System could be taught worldwide. By 2009 there were over 160 instructors teaching in over 40 countries with translation of training materials into 10 languages.

Today, Dr. Veltheim travels the world, teaching sessions in BodyTalk and its related wellness programs to professionals as well as lay people. He continues to mentor and train a network of instructors to ensure this remarkable new healthcare system can be taught worldwide.

Dr. Veltheim is available for interviews on the subjects noted, as well as the importance of preventive measures in the overall healthcare debate.

## IBA Seminars and Training

Each year, the IBA and its Instructors hold hundreds of training sessions and educational programs throughout the world. For a full listing, consult the IBA website, [www.bodytalksystem.com](http://www.bodytalksystem.com) Coursework offered includes:

### BodyTalk Access

BodyTalk Access was developed to provide the layperson, family and community with a simple set of techniques to make health maintenance and management of daily health challenges accessible to as many people as possible. It was created by the IBA in recognition of the need for a simplified version of BodyTalk that can easily service a community.

### BodyTalk Fundamentals

This course provides a comprehensive introduction to the BodyTalk™ System and presents many powerful treatment techniques that address a wide variety of imbalances. They provide the fundamental material necessary to become a Certified BodyTalk Practitioner. Once this basic level of BodyTalk is learned, health-care practitioners can immediately utilize the System to enhance results for their clients while significantly expanding their scope of practice. Laypersons also can greatly expand on the basic techniques learned in BodyTalk Access to maintain and enhance the health of their family and friends.

### BodyTalk Advanced Courses

The advanced courses take the BodyTalk™ System student deeper into the many areas of the BodyMind complex. Subjects covered in these courses include BodyMind Consciousness, Body Psychology, Musculoskeletal Structural Optimization, Chinese Medicine Principles and Matrix Dynamics. The advanced courses allow the student to tap into the unlimited potential and application of the BodyTalk™ System.

### BodyTalk for Animals

BodyTalk for Animals techniques can be applied within a clinical setting for licensed veterinarians, vet technicians, shelter workers and other trained professionals. BodyTalk for Animals can also be learned by virtually anyone to use with their own animal companions at home.

### PaRama BodyTalk Units 1 & 2

This advanced BodyTalk curriculum delves deeper into the intricate workings of the brain and cellular biophysics to explore the scientific basis for energy medicine itself – why it works and how to specifically address imbalances at a deeper level.

## Beyond BodyTalk

In addition to the BodyTalk™ System, Dr. Veltheim along with Esther Veltheim, have developed three other ground-breaking life-science training modules that can greatly expand a participant's full human potential. They are:

### BreakThrough

In BreakThrough 1 and 2, participants explore the coping mechanisms that they allow to control their behavior. They learn about self-honesty and how to transform reactionary behaviors, so they can begin to live life more fully and freely.

### MindScape and Advanced MindScape

These are weekend workshops in which participants can “open” the powerful latent intuitive powers of the mind and learn techniques to tap into this resource at will, to immense benefit. These sessions are taught around the world both to public audiences as well as specialized groups that include therapists, athletes and business leaders. Clients include some of the world's largest companies, who have found the methods effective in enhancing creative thinking and intuition within the ranks of their senior executives and managers.

### FreeFall

FreeFall is an empowering and transformative workshop in which participants can address the matrix of fears, judgments, beliefs and behaviors that restrict an individual from embracing and loving life.

## BodyTalk Published

Soren Ventegodt, John Veltheim, Joav Merrick  
Special issue on "BodyTalk"  
Journal of Alternative and Complimentary Healthcare  
Volume 3, Number 3 (2012)  
[http://test.bodytalksystem.com/member/downloads/english/ibf/alternative\\_medicine\\_articles.pdf](http://test.bodytalksystem.com/member/downloads/english/ibf/alternative_medicine_articles.pdf)

Laura L Stuve, PhD, Honghu Liu, PhD , Jie Shen, PhD  
, Jill Gianettoni , and Janet Galipo, MA, DOM  
Evaluation of BodyTalk, a novel mind-body medicine,  
for chronic pain treatment  
Nova Science Publishers, Inc. (2015) (p 279-290)  
[http://www.synergywellness.org/assets/BTChronicPain04\\_2015.pdf](http://www.synergywellness.org/assets/BTChronicPain04_2015.pdf)

The ultimate miracle, however, is when the client recognizes his or her own body's ability to heal. "There is a strong, grounded aspect to this," Hames said. "Reiki and other healing techniques, I see them as tools, and they are very good. But BodyTalk is the whole toolbox."

[BodyTalk practitioner coming to S.F. to demonstrate human anatomy's ability to heal itself, Ben Swan - The New Mexican 1/9/2009](#)

But, one month later, the results of three sessions have shaken my scepticism. All physical complaints disappeared within hours of treatment. More surprising has been my change in mood: I feel increasingly clear-headed, light-chested, optimistic and energetic, as if the white noise of 21st-century urban life has been switched off in my head.

[BodyTalk: Could a new therapy be the answer to all your aches and pains?, Tessa Boase -Telegraph UK, 1.22.201](#)

"I met with doctors after returning home to Orlando [in September], and they fixed it, even though it took them four sessions,"(Annika) Sorenstam said. "They used a new therapy called 'Body Talk' and told me I probably got the problems in my hip because of the things I've gone through in my personal life. It was a mental thing that made me fragile in a physical way. All was fine after September. I can swing the clubs like I want now."

[Sorenstam continues picking up the pieces, Ron Sirak - Golf World 2.14.2006.](#)

The technique can be applied to animals, whether through working with the animal directly or through the animal's companion, Hames said. Often, animals are so connected to their human companions that they are also dealing with their human's issues.

[Get a Read on Your Pet's Health- New Mexican 1.14.09](#)

The BodyTalk™ protocol covers all aspects from western anatomy and physiology to eastern systems, including meridians and chakras, as well as the environment, genetic factors and emotional and mental states.

BodyTalk™ is very much a system of personal health empowerment as opposed to health dependency.

BodyTalk™ is a fast growing approach to healthcare and personal development. Evidence of this includes an invitation by the ISSSEEM (International Society for the Studies of Subtle Energies and Energy Medicine) to Dr Veltheim to speak at their conference last June. Further credence has been given to The BodyTalk™ System by The World Peace Centre in India, with its generous invitation to Dr. Veltheim to the centre, offering the use of its facilities and state-of-the-art equipment. The centre owns instrumentation that can photograph and document changes in the body's energy fields. In South Africa 2,000 nurses are about to add the BodyTalk™ Access techniques to their skills.

[The BodyTalk System - The Body's Innate Wisdom, Sally Kingsley - Positive Health Magazine UK, Issue 135 - May 2007](#)

"The basic premise underlying BodyTalk constitutes a new paradigm for synchronizing and balancing the bodymind that can be implemented in conjunction with any health care system. The body is a very complex ecosystem involving a delicate balance between physiological and biochemical functions, emotional and mental interactions, environmental influences, hereditary and genetic restrictions, and the need to synchronize all these factors into a cohesive whole."

[Wholelife Wholeness & Wellness Journal Of Saskatchewan](#)



## INTERNATIONAL BODYTALK FOUNDATION (IBF)

Invest in the Medicine of the Future

The mission of the IBF is to fulfill a role of service through two priorities of excellence:

**Outreach Programs** providing the necessary resources to promote and sustain the dissemination of BodyTalk Access worldwide. This humanitarian effort seeks to make high quality basic healthcare accessible to people everywhere, regardless of personal economics.

**Scientific Research** through third party research studies, clearly demonstrating sustainable advances in energy medicine in general and the BodyTalk™ System, in particular. This will establish BodyTalk as a cutting edge healthcare modality within the realm of mainstream healthcare.

*“The International BodyTalk Foundation (IBF) was established as a 501 (c) (3) organization with the primary objectives of scientific research and outreach education in the BodyTalk System.*”

*The promotion of independent scientific protocols will demonstrate and document the efficacy of the BodyTalk System as a healthcare and health maintenance modality. The second objective of IBF programs is to fund outreach projects for bringing BodyTalk Access to less fortunate communities around the world where the availability of affordable healthcare is very limited.”*

-Dr. John Veltheim, founder of the International BodyTalk Association and the International BodyTalk Foundation

*“BodyTalk Access describes a deceptively simple process that is urgently needed in all of the developed nations, where healthcare systems are not only failing but are simultaneously pushing toward economic collapse. Access is equally important for Third World nations that are entirely lacking in medical infrastructure—for places where the closest emergency medical care may be many miles away, with no other transportation than walking. John Veltheim has a generosity of spirit that has compelled him to form the International BodyTalk Foundation, which is giving this teaching to many impoverished peoples around the world.”*

James L. Oschman, Ph.D., biophysicist and published author



## MEDIA CONTACT

For additional information on the International BodyTalk Association and its programs, or to schedule an interview with Dr. John Veltheim, please contact:

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