

# A word on your body

**D**R JOHN Veltheim is a warm, affable man who manages to be both a bright-eyed visionary and a pragmatist. It may just be the Australian in him, but, whatever, these qualities have turned him into a remarkable success story.

Veltheim, who was in town to teach and talk, is the founder of BodyTalk, a holistic health care system which is arguably the fastest growing healing system in the world.

According to his website, it's a system that "combines the wisdom of advanced yoga and advaitic philosophy, the insights of modern physics and mathematics, the energy dynamics of acupuncture, applied kinesiology, and Western medical expertise".

Brisbane-bred, John says that his interest in things metaphysical date back to his early childhood. Despite growing up in a very conventional home, he became interested in martial arts at the tender age of eight.

"This evolved into yoga, and transcendental meditation. Yep, most people thought I was pretty strange," laughs John, who is probably still thought of as bit strange, well, looking anyway, with his wild red beard and shiny pate. "I grew the beard to make up for a lack of hair on my head," he explains cheerfully.

When he left school he studied chiropractic, which only fuelled his interest in healing therapies, and he went on to study acupuncture, Reiki, homeopathy, naturopathy and Chinese medicine. By this time he was also head of the Brisbane College of Acupuncture and Natural therapies.

"I was lecturing at night at the college and running a very busy

**Ingrid Shevlin meets the charismatic Australian behind BodyTalk, and discovers that when the body speaks, you should listen well**

**'The key is sensible integration with modern medicine. You break a leg, you call a doctor. But BodyTalk can help you recover faster'**

*John Veltheim (right)*



practice. I worked 16 hours a day for many years without a break," recalls John, who is also a father of four.

Unsurprisingly, his body shouted, "Stop!".

He ignored it and he started experiencing symptoms of severe fatigue, chronic headaches and intermittent fever. By the time Epstein-Barr virus – a virus that attacks the respiratory system, lymphatic tissue and liver – was diagnosed, his condition was critical.

"By now, it had destroyed 80% of my liver and with only 20% still functioning I was given three to four days to live. I thought to myself, 'I think I need a lifestyle change'," he laughs.

He took himself home and treated himself with everything in his health armoury.

"I recovered, but I was left with chronic Epstein-Barr. I had perpetual flu-like symptoms, chronic headaches and severe fatigue. It was hard to function. I

thought I would never fully recover."

He had by now given up his practice and had remarried. Together with his new wife, a psychologist, he gave stress management workshops in and around Australia.

It was during a visit to New Zealand that he met a woman osteopath who was combining oestopathy, kineology and yoga teachings to treat chronic viruses. Her treatment involved navel touching and head tapping.

As bizarre as it may sound, it worked. His temperature spiked dramatically for five days, which burned up the virus, he says. To all intents, he was cured.

He went back to see her and, after expressing an interest in her work, she asked him to take it further.

"I discovered that what she was doing was only the tip of the iceberg of what was possible, so I continued developing it further, devising a whole series of techniques which I called BodyTalk.

"By the mid 1990s I decided that if I was going to develop it properly I needed to move to America.

He settled in Florida and opened the first BodyTalk practice, with just three patients.

"A month later I had a month's waiting list. Three months later I had a year's waiting list," he recalls with some satisfaction.

"That's when I realised just how well it worked and that I needed to start looking at teaching other practitioners."

Today BodyTalk is practised in 28 countries. Its growth rate is more than 100% a year, he says, and in the past six months interest in it has quadrupled. And it has credibility within the medical profession. Nutritionists, sports medicine practitioners, doctors, psychologists, gynaecologists and midwives are incorporating the system into their work, with phenomenal success.

BodyTalk is also effective on animals – and even plants. When used on crops, for instance, John says it not only boosts production

but reduces susceptibility to disease.

So what can it do for you? "It's not a cure-all," he stresses. "The key to it is sensible integration with modern medicine. You break a leg, have a severe body trauma, you call a doctor. But BodyTalk can help you recover faster."

But in general it can help with energy blockages or imbalances, clearing viruses, infections and parasites, food intolerances, allergies, phobias, musculo-skeletal problems, blood sugar and circulation problems, emotional blockages, dyslexia, Attention Deficit Disorder (ADD), arthritis, lymphatic system, chronic fatigue, chronic headaches, gout and menstrual disorders.

Since he has a special interest in neurological disorders he says he is doing research on using BodyTalk for schizophrenia and Alzheimers.

At the close of the interview he recounts the story of a midwife who managed to reduce the average labour of her pregnant moms from five or six hours to 90 minutes with BodyTalk. He also tells of a sport team that was at the bottom of its league because of divisions within the team and which, after BodyTalk, shot to the top of the league, thanks to the system's potential to also heal emotions.

"I never imagined it would go this far," he says in some wonder.

## How BodyTalk works

BodyTalk is a therapy that allows the body's energy systems to be re-synchronised so that they can operate optimally. Each system, cell and atom is in constant communication with each other at all times. Through exposure to the stresses of day-to-day life, these lines of communication become compromised, which then leads to

a decline in health. Reconnecting these lines restores it.

It works by identifying the weak energy circuits in the body. The practitioner relies on the innate wisdom of the body to locate the energy circuits that need repair by using a form of biofeedback, a form of muscle testing.

For every malfunctioning energy circuit, the practitioner or client contacts the corresponding "points" with their hands.

The practitioner then lightly taps the client on the top of the head, which stimulates the brain centres and causes the brain to re-evaluate the state of the body's health.

The result is that the general energy balance of the body is restored.

The practitioner then taps the client on the sternum to "announce" the corrected energy flows to the rest of the body, which forces the heart to store the corrected energy patterns in the body's cellular memory.

If it all sounds a bit alternative, click on to [www.bodytalksystem.com](http://www.bodytalksystem.com) which offers not glowing testimonials but a list of local practitioners.

A four-day course on BodyTalk, module 1 and 2 for beginners, starts on June 2 in Durban. Inquiries to Tarryn Edge 083 784 5577.

