

Bodytalk Access works wonders for me & my family!!!

September, 2011

Hi Irene,

Thank you for introducing me to Bodytalk Access.

Having attended the Bodytalk System workshop, I **was always under the impression that Access is the short cut of Bodytalk and does not work as well** as a full Bodytalk session. But a recent Bodytalk session my husband had with you showed me that Access works wonders and is complementary to a full Bodytalk session.

My husband had a great session with you and he left your clinic feeling light and lifted. However that night he suffered a terrible migraine and felt nauseous which went away in the middle of the night but left him tired and drained. The next day his neck and shoulder muscles were tense and blocked. He had pain in his neck when he turned his head. Bodytalk is great but like all things, the road to success has bumps along the way. And towards better health, the body also takes time to process and recalibrate, sometimes causing discomfort.

And in this case, another Bodytalk session may be too much for the body. Then I remembered you mentioned, something about a recursive-formula; and suggested that I do Access for him 2 days after the session. So that seemed to be the next best thing to do.

It is quick, no need muscle testing, no need to go through the protocol. After doing Access, I went to the kitchen to make lunch. 2 minutes later my husband called out to me. He told me that the muscle tension in his neck and shoulders had gone and he could turn his neck without any pain. He was amazed. Two hours later he had a good bowel movement and felt good and lifted. I did Access again that evening and a two hours later, again another bowel movement. I'm not a fan of talking about bowel movements but with each visit to the toilet, there is a sense of body uplifting.

I now do Access for my family on a regular basis as a maintenance of good health.

Thank you again Irene.

Love,
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