

BodyTalk Access™ is a SET of 5 techniques and a Fast-aid procedure for Home, School and/or Work...etc.

When used in a weekly routine, these set of 10-minutes technique can bolster the immune system and help stimulate the body's own ability to regain and maintain a healthy balance. It has shown profound positive effects on basic household illnesses and injuries and even in first aid situations while emergency personnel are on their way.

CORTICES



The Cortices technique is designed to improve and balance the communication between the two halves of the brain as well as getting the brain out-of-shock during physical emergencies & emotional trauma. (It's like hitting the reset button on your brain's computer.)

Specific immediate effects include improvements in thinking ability, creativity, memory, concentration, focus, stress reduction, feelings of well-being, and general physiological functioning of the body.

SWITCHING

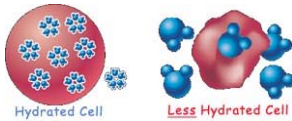


The mind goes into a "switching" mode when it's reached it's max of the threshold (either too much or too little stress) - where normal brain coordination is compromised.

The "switched" person often reverses simple things like 'left & right'; 'yes & no'. It can also show up as inattentiveness, poor decision-making, confusion, making silly mistakes, poor coordination, and mood swings.

The switching technique can help restore normal brain function.

HYDRATION



Hydration in the body is not determined by how much water a person drinks, BUT how well the body may be utilizing it.

The Hydration technique helps to correct the body's (cells, nerves, organs, and other structures) ability to fully absorb and transport water across the cell membrane which is generally compromised due to numerous factors.

Common signs of dehydration are clogged lymphatic system, migraines, arthritis, muscular weakness, dry skin, low metabolism, and for some, depression.

BODY CHEMISTRY



This amazing technique is designed to stimulate the immune system of the body to address many chronic and acute conditions.

Often viruses, bacteria, and parasites are not effectively addressed by the body's immune system because of various imbalances in the body.

This technique also helps the immune system address fever, allergies, food intolerances, and accumulated toxins.

RECIPROCALLS



The coordination of the muscles, balance of the muscle tone, and the unrestricted flow of energy through the body are all critical to healthy functioning at all levels of the body-mind complex.

The Reciprocals technique involves reestablishing the integrity of the structures of the body through re-connecting 17-pairs of energy points in the body.

It has a significant effect on many forms of injuries, arthritis, circulatory issues, coordination patterns, spinal problems, and chronic pain.

Fast Aid Procedure - an effective first aid system that is non-invasive, safe, and very simple. It will resolve simple issues as a stand alone technique. In serious conditions it is designed to be used safely until specialized health care arrives.

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