

# NATURAL HEALTH

AROMATHERAPY ■ REFLEXOLOGY ■ AYURVEDA ■ MASSAGE THERAPY ■ ACUPUNCTURE

## HOLISTIC SHAPE-UP

# BLITZ YOUR BODY!

- 15 MINS TO A BIKINI BOTTOM
- NATURAL CELLULITE BUSTERS
- FAST FIXES FOR A TONED TUMMY

## KARMA CLINIC

INSPIRING RITUALS AND MANTRAS TO ATTRACT LOVE INTO YOUR LIFE

## ARE YOU WEARING YOUR HEALTH HALO?

Learn how to optimise your diet choices on page 44

*Inside...*

# FEED YOUR MIND...

Top holistic tips & DIY techniques to boost your memory

## FIND YOUR DREAM JOB!

The insiders' guide to becoming a therapist

### *Soul strategies*

Soothe low level stress with tao techniques from the Barefoot Doctor

## PLUS

LYNNE FRANKS  
on finding your tribe  
EMMA CANNON  
on the mind-body connection

DR MARK ATKINSON  
try his menopause plan

MAY 2012  
£3.60





## Treatment of the month:

### BodyTalk review

Dawn Mellowship reviews holistic therapy BodyTalk with certified practitioner Lynsay Brown



#### What is BodyTalk?

BodyTalk aims to resynchronise the body's energy systems. Rather than a practitioner choosing what's right for you, your own body essentially decides through kinesiology (muscle testing) and then tapping techniques are utilised to restore communication breakdowns in the body caused by stress and illness. The system was developed in the 1990s by Dr. John Veltheim, an Australian chiropractor, acupuncturist, philosopher and teacher, to clear his own chronic virus.

#### What can it help?

BodyTalk practitioners claim to be able to help a wide range of conditions, both physical and emotional include headaches, allergies, back pain, viruses, digestive disorders, stress, injuries and more.

#### The verdict

Lynsay discussed with me issues I was having with my health and was extremely approachable. Through muscle testing Lynsay quickly picked up on key areas requiring attention without me having to explain a great deal. Interestingly I had visions from childhood during the experience and felt a sense of calmness after the session that usually evades me. In fact, I was impressed enough to book myself on a one day course to learn some of the techniques!

For more information see [bodytalkmatters.co.uk](http://bodytalkmatters.co.uk) or call Lynsay on 079 2002 1638