**BodyTalk: Could a new therapy be the answer to all your aches and pains?**

**Rumoured to be popular with Oprah Winfrey and Barack Obama, BodyTalk is now finding converts in Britain.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | 73 | | |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | 0 | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | 0 | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | 73 | | |  |  |  |  | | --- | --- | --- | --- | |  |  | Email |  | |



Tap stance: Britt Jorgensen practises BodyTalk on Tessa Boase Photo: JEFF GILBERT

By Tessa Boase

12:00PM GMT 22 Jan 2010

Comments[31 Comments](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#disqus_thread)

Have you ever wondered how the superhuman among us – the [**Barack Obamas**](http://www.telegraph.co.uk/news/worldnews/northamerica/usa/barackobama/), the Oprah Winfreys – manage to appear so gleaming, so lucid, so centred apparently all the time? Don't they ever have an off day?

Obama, who this week celebrated his first year in office, shares a little secret with Oprah. They are reportedly both fans of "BodyTalk", the alternative healthcare system of the moment, now finding converts in Britain.

BodyTalk is based on the belief that the body knows how to heal itself but, like a computer, can get overloaded, leading to malfunction. A BodyTalk practitioner offers no diagnosis or prescription, just a "rewiring" session using muscle testing and light tapping on the head and sternum to re?establish channels of communication within the body. Then the body will start functioning optimally again.

Words like "innate", "healing" and "wisdom" set off alarm bells for me, especially when used together. But look past the jargon – and past the fact that this is a booming Florida business whose founder, Dr John Veltheim, resembles an outsize elf with bushy beard and evangelical smile – and there is sense in recognising the body as a "whole" with interconnecting systems. After all, we know that when one thing goes wrong, diverse other symptoms can crop up.

Veltheim, an Australian, once ran a busy clinic for Chinese medicine, acupuncture, chiropractic and naturopathy. He became exhausted, got ill and couldn't recover. The long search for a cure led him to experiment with blending these and other alternative therapies, creating "acupuncture without needles".

His eureka moment came in 1995 with the discovery that you can literally tap into the body's energy circuits by using simple muscle testing to discover areas of sluggish communication. Tapping on the head then tells the brain to "fix" the faulty circuit, followed by tapping on the heart to "store" the fix, just like a computer downloading a programme.

Confused? Cynical? London-based practitioner Britt Jorgensen was when she first encountered BodyTalk on a yoga retreat in the United States four years ago. "People were talking about this miracle cure," she says. But no one could come up with a description that made sense to her.

Three weeks later, Jorgensen booked onto a BodyTalk course in New York and was captivated. She started practising on her husband, on friends and children, and says the results were demonstrable. Backache disappeared. Depression lifted. Skin complaints cleared up. Hyperactive children sat still. She continued training, gave up her high-powered job and qualified as a practitioner, treating people for complaints as varied as phobias, slipped discs and digestive problems.

I put Jorgensen to the test with a clutch of minor ailments: stiff back, aching wrist, sore throat – plus an unhealthy surfeit of anger. I lie on the treatment table and she wiggles my hand and arm, then lightly taps my head and chest bone. She also holds my feet briefly and lays a hand over my middle (she picks up straight away on the anger: the liver meridian apparently needs "balancing").

Does she have healing hands? No. BodyTalk is an "energy medicine", based on scientific principles. Veltheim has used neuroscience to back his findings, including a recent experiment in which the brain's responses to BodyTalk were monitored. I leave the treatment room still unconvinced. The tapping feels too much like knocking on wood – vague optimism rather than hard science.

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.

I still don't know how it works, but then I don't understand what my computer repair man does either.

* For your nearest practitioner and training go to [www.bodytalkuk.co.uk](http://www.bodytalkuk.co.uk)
* Britt Jorgensen works in central London. Sessions cost £60, less for mothers and babies (0772 660 4020; [www.thetaptapcompany.co.uk](http://www.thetaptapcompany.co.uk))

**BodyTalk at home**

The Access programme offers DIY techniques to improve health and wellbeing, and is taught regularly around Britain (see [www.bodytalkuk.co.uk](http://www.bodytalkuk.co.uk)) Most simple is the Cortices Technique, intended to connect the right side of the brain to the left, eliminating "cold spots" of diminished blood supply or cellular activity. Do this regularly and, it is claimed, you should find your head feels less foggy and your mental focus may sharpen.

**1** Hold one hand sideways at the base of the skull. With the other hand lightly tap the top of the head and then the sternum, alternating for two full breath cycles.

**2** Repeat this procedure until you have covered the whole midline of the head to just above the eyebrows.

**3** Hold both sides of the head for a few second. Release one hand to repeat tapping procedure as above, then hold head again.

<http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html>

* 31 comments
* [**Telegraph**](https://disqus.com/home/forums/telegraphuk/)
* [Login](http://disqus.com/embed/comments/?base=default&version=d340b2c9eafd8b250cbde4141b443f18&f=telegraphuk&t_i=7044474&t_u=http%3A%2F%2Fwww.telegraph.co.uk%2Fnews%2Fhealth%2Falternative-medicine%2F7044474%2FBodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html&t_e=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_d=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_t=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&s_o=default)
* [1](https://disqus.com/home/inbox/)
* [Recommend](http://disqus.com/embed/comments/?base=default&version=d340b2c9eafd8b250cbde4141b443f18&f=telegraphuk&t_i=7044474&t_u=http%3A%2F%2Fwww.telegraph.co.uk%2Fnews%2Fhealth%2Falternative-medicine%2F7044474%2FBodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html&t_e=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_d=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_t=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&s_o=default)
* [Share](http://disqus.com/embed/comments/?base=default&version=d340b2c9eafd8b250cbde4141b443f18&f=telegraphuk&t_i=7044474&t_u=http%3A%2F%2Fwww.telegraph.co.uk%2Fnews%2Fhealth%2Falternative-medicine%2F7044474%2FBodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html&t_e=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_d=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_t=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&s_o=default)
* [Sort by Newest](http://disqus.com/embed/comments/?base=default&version=d340b2c9eafd8b250cbde4141b443f18&f=telegraphuk&t_i=7044474&t_u=http%3A%2F%2Fwww.telegraph.co.uk%2Fnews%2Fhealth%2Falternative-medicine%2F7044474%2FBodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html&t_e=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_d=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_t=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&s_o=default)



Kathleen Knecht • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836350)

Actually Bodytalk has helped me tremendously from years and years of chronic back pain. I had tried conventional medicine of which they could only prescribe painkillers for life. I had tried many alternative therapies to no avail. Bodytalk hit the spot and helped relieve me of this debilitating problem. I am now pain free most of the time unless I am particularly run down. That is a 500% improvement from before I started having treatment. So for all of you who think it is 'tosh' as you put it, you are missing something that could truly transform your own health experiences.

* + [1](http://disqus.com/embed/comments/?base=default&version=d340b2c9eafd8b250cbde4141b443f18&f=telegraphuk&t_i=7044474&t_u=http%3A%2F%2Fwww.telegraph.co.uk%2Fnews%2Fhealth%2Falternative-medicine%2F7044474%2FBodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html&t_e=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_d=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_t=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&s_o=default) 

Karen Marsh • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836347)

I too was sceptical when I was first introduced to BodyTalk after years of researching different therapies. I ended up taking the course to understand more, and was completely blown away by wide variety of issues that BodyTalk addresses.   
  
I am now working with BodyTalk, and its so great having the opportunity to share its benefits.  
  
Thank you to Tessa and Britt for a wonderful article which will help so many people who didn't know about BodyTalk before.  
  
Karen Marsh BA(Hons) CBP  
  
Clinics:Winchester and Fareham  
  
[www.higherhealth.co.uk](http://www.higherhealth.co.uk)



Brian Segers • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836342)

BodyTalk DOES work! I and my wife have opened a center in Denver, CO dedicated to it. And we have "suggested" prices because we want people to receive the work regardless of their financials. (that means people pay what they can pay.) Changing the face of healthcare!  
  
Check BodyTalk out for yourself.  
  
[www.communityholistic.com](http://www.communityholistic.com) and [www.bodytalksystem.com](http://www.bodytalksystem.com)



Flatroofer • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836338)

Must be money in it.



suryo l gardner • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836334)

To those who think it is "total tosh" or "crap", go and try it! I did and it has been my health care of choice since 1999!   
  
  
  
Since it works so well, I changed profession too!   
  
Suryo Gardner, MA, LMP; BodyTalk Practitioner and Instructor, Seattle



Marsha Smith • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836327)

It's easy to criticise something that you have no experience of. I think that those who have had sessions might be more useful commentators on the topic.   
  
  
  
My experience and the experiences of my friends and family with BodyTalk are totally positive ones.   
  
  
  
Western science is only beginning to understand and have the ability to treat at the subtle level, the complexity of the bodymind.  
  
  
  
BodyTalk is at the forefront in developing a consciousness-based healthcare that addresses the bodymind on it's own terms; with individual priorities directing the sessions.   
  
  
  
It never fails to blow the socks of sceptics and deliver results without drugs, manipulations or hours of talking.   
  
  
  
All I can say is miss out by missing out!



Saskia Buys • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836322)

As a MD in oncology I was very, VERY sceptical when I first experienced a BodyTalk session.  
  
It really didn't make any sense to me. I needed proof, placebo controlled double blind and very scientific proof and evidence based medicine. And yet, my curiousity was triggered somehow.   
  
  
  
To see whether I could deal with BodyTalk or not, I thought I had to learn more about it. And although there were a lot of doubts and even more questions, I immediately saw the fantastic results (especially in people we couldn't treat any further in regular medicine).  
  
  
  
Couple of years later, I quit my job in the hospital to start my own BodyTalk practice.   
  
  
  
To all the people who are sceptical without knowing and experiencing more about BodyTalk: give it a try, nothing can go wrong! Only one single session can really change your life...  
  
  
  
Warm greeting from The Netherlands!



Sima • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836319)

The best thing about Body Talk is you don't have to believe in it or understand for it to work. I hope the skeptics have a treatment done to assuage their fear and justify their opinions.  
  
After my second appointment the healing was so profound I decided to become a practitioner within less than year. I've helped people with issues that I don't know how modern medicine would have addressed it.   
  
I believe in this therapy so fully, I left my job as a chemist to pursue it full time to help people when nothing else seems to work.



Charlotte Nielsen • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836315)

I can't help but add another voice of enthusiasm about BodyTalk.   
  
  
  
In my search for a professional qualification in the field of 'whole person healthcare', I spent a great deal of time researching many different kinds of healthcare modalities and asking many questions. There are some wonderful people doing wonderful work across the board, yet I am so pleased BodyTalk came along as I have found it bridges so many of the existing systems so elegantly. It is a very inspiring system to be involved with as a client as well as a practitioner.  
  
  
  
What has fascinated me time and time again is how this system does not involve any physical manipulation of the body, psychoanalysis nor does it aim to open old bags of emotional baggage. Instead it is designed, using both age old and the latest modern scientific principles, to allow the body to neutralise and become less involved with all our many (quote) 'issues held in out tissues'. Releasing tension and stress patterns often build up over many years by supporting the information and communication to flow easier between our many parts. Helping us get 'back in sync' with ourselves.  
  
  
  
Simple and elegant.   
  
  
  
I too hope any sceptic will open the doors to a new experience and try for themselves.  
  
  
  
Thank you for this article.



Gudrun Wiedemann • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836311)

After many years of ill health, many doctor visits and using many different complementary approches I still was plagued by allergies, depression and chronic fatigue. I tried BodyTalk to just look for the next treatment that could get me 1 step further...  
  
  
  
When I had my first session the little voice in the back of my head went: 'I think you have gone mad, you pay someone to tap you on your head'...   
  
  
  
The results were astonishing, I have never had another episode of chronic fatigue since and it is nearly 4 years now. The allergies and depression are also part of my past...   
  
  
  
So with this new found energy I started training in BodyTalk and I have never looked back.   
  
  
  
I love my work. To see other people achieve a better quality of live and get better without the side effects.  
  
  
  
BodyTalk is great for many chronic conditions, stress related issues, injuries, chronic pain, pre- and post surgery, to enhance performance (the best kept secret of a growning number of top athletes)  
  
  
  
BodyTalk was first taught in 1995... now there are practioners and training courses in over 40 contries... all by word of mouth recommendations... there must be a lot of satisfied clients out there ot sustain such growth.  
  
  
  
Gudrun Wiedemann   
  
[www.bodytalksurrey.co.uk](http://www.bodytalksurrey.co.uk)



sally • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836306)

I love the idea of the body knowing how to stay healthy. With all the stress we put ourselves through, the body needs to remember how to balance. We also use acupressure mat. After a lie down on a mat, we feel energised and joined up again.



James T • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836303)

I've had a bodytalk session.   
  
  
  
Really helped reduce headaches.  
  
  
  
Would recommend it!



Lesley McIntyre • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836299)

I love sceptics - they are my favourite clients as when they get results with BodyTalk they tell everyone.   
  
  
  
I have worked in healthcare for a number of years and have not come across any other system that can help change peoples lives the way BodyTalk can. It works on so many levels that the results are deep and therefore lasting rather than just symptomatic. I call it the Heineken of systems as it gets to parts other systems can't....and never will reach!  
  
  
  
I am an Advanced Certified BodyTalk Practitioner, a BodyTalk Access Trainer and I am currently training to be a BodyTalk Instructor so I can introduce as many people as possible to this amazing healthcare system. It is far too good not to share and word is spreading rapidly around the world which is testament to its effectiveness.  
  
  
  
For your local practitioner and/or courses try our UK website [www.bodytalkuk.co.uk](http://www.bodytalkuk.co.uk)



Brian • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836290)

Of course, personal testimonials are not "scientific proof".  
  
  
  
Agree: "double blind studies [in health care] are [often] bull".  
  
  
  
So, if one needs to, go back to the theoretical basis. Understand the important limitations of Cartesian/ Newtonian physics as a basis for medicine, and experience the hope that quantum physics, which connects to consciousness, offers for the future of health care (cf. Amit Goswami\*, Ph.D. and many others).  
  
  
  
In my experience of the BodyTalk System as a client, student and practitioner, the observed improvements in quality of life have been invaluable to self, family, friends and clients.  
  
  
  
So much hinges on belief systems, which often leads to "deep waters"! In my view, beyond treating the aches and pains, the International BodyTalk Association distinguishes itself as a leading school of the life sciences in the widest sense of the term.  
  
  
  
"Knowledge is power." (Bruce Lipton\*, Ph.D., author of The Biology of Belief. 2005).  
  
  
  
\* these and other leading scientists have worked collaboratively in recent months and years with the International BodyTalk Association.



Patina Edwards • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836294)

We gave BodyTalk a go when our son was ill and nothing we had tried, orthodox or holistic, had helped. He was better after a single session of BT. As you might imagine we were very impressed and my husband and I booked sessions for ourselves. After 3 sessions I felt like a different person. I feel I released as much emotional baggage as I had after 8 years of intensely working on my "stuff". We have started training to become BodyTalk practitioners because we can't keep this to ourselves.



Eloise Ansell • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836285)

I was sceptic after my first session! I had been unable to put any weight on my foot for 4 weeks.... 36 hours after the session I went for a 5 mile run!! No problems.  
  
  
  
Then my hearing improved, my arthritis went...  
  
  
  
I am now a practitioner & training to be an instructor. I love it. Seeing the shifts in myself and all my clients is so rewarding.  
  
  
  
We will have more 'Access' courses coming to London and the South East soon. If you would like to be kept informed please contact us through the BodyTalk UK website. Or check [www.flourishment.co.uk](http://www.flourishment.co.uk) for more details.



Jessy • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836274)

Not "Tosh" what ever that means, what are you afraid of? Body Talk saved my daughters life when medicine couldnt, has improved the quality of my 84 year old mothers life and has taken her off nitroglycerin, high blood pressure pills and other meds to the point she is vibrantly active and no longer ill. Double blind studies are bull, we are not incubated in test tubes so we are all different with different experiences. All these pharmaceutical deaths... Read your statistics.  
  
Try BodyTalk you have nothing to loose but skepticism itself! Enjoy.

* + [1](http://disqus.com/embed/comments/?base=default&version=d340b2c9eafd8b250cbde4141b443f18&f=telegraphuk&t_i=7044474&t_u=http%3A%2F%2Fwww.telegraph.co.uk%2Fnews%2Fhealth%2Falternative-medicine%2F7044474%2FBodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html&t_e=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_d=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_t=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&s_o=default)
  + •

Devakaur Khalsa • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836278)

I discovered Body Talk when it brought a relative of mine out of a zchizophrenic episode. I was in acupuncture school at the time and realized it was light years ahead of acupuncture. 5 yrs later I can say that I still believe that.



Steve Thomas • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836270)

Randomised controlled trial evidence please.



Sarah Barria-Norton • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836266)

I have experienced the wonders of BodyTalk - it is quantum physics based, and wouldn't be the fastest growing healthcare system in the world today if people were not getting results. It reaches parts where other therapies don't - and no nasty side effects! And no.. you don't have to believe it to experience fantastic results. For you skeptics out there -book a session: your body will thank you for it.



Hugh Davies • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836261)

Good grief, some people will believe anything.



Nicole Gruber • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836255)

I am working with BodyTalk for 9 years now and it is the most amazing healthcare system I've met in all this years.   
  
  
  
BodyTalk is a simple and effective holistic therapy that allows our body's energy systems to be re-synchronized so they can operate as nature intended.  
  
  
  
My family and clients love it ...



Tony • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836251)

Give it a try Bert & James, it might lift the sceptcism thats been holding you back all of these years.



Laura Hames • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836248)

BodyTalk is the most incredible healthcare system that will make you think differently about health and what is possible. Need to hear some testimonials? Check out <http://www.bodytalkspace.com>.



Linda • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836244)

Anything is worth a try once... who knows what it can do for you.  
  
  
  
Been doing BodyTalk since 1995 and the results have been amazing... if you can give a person some quality of life back without being in pain.. anything is worth a try



Peter • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836241)

No, not total tosh James, but an amalgam of several well established and age old therapies, all of which are probably nearly as effective as homeopathy.



thefalcon • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836237)

"The body knows how to heal itself..."  
  
  
  
So why was life expectancy in the developed world so much lower a century ago?  
  
  
  
As James said, total tosh. The pity is that a lot of gullible people will believe it.



Lucy • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836233)

Seeing's Believing  
  
Talking's Subjective  
  
Experience Experiencing  
  
BodyTalk and see



Ram • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836229)

Almost as good as homeopathy?

* + [1](http://disqus.com/embed/comments/?base=default&version=d340b2c9eafd8b250cbde4141b443f18&f=telegraphuk&t_i=7044474&t_u=http%3A%2F%2Fwww.telegraph.co.uk%2Fnews%2Fhealth%2Falternative-medicine%2F7044474%2FBodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html&t_e=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_d=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_t=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&s_o=default) 

Bert Lasagna • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836224)

What if you only have one hand? And, to this story, it's crap!

* + [2](http://disqus.com/embed/comments/?base=default&version=d340b2c9eafd8b250cbde4141b443f18&f=telegraphuk&t_i=7044474&t_u=http%3A%2F%2Fwww.telegraph.co.uk%2Fnews%2Fhealth%2Falternative-medicine%2F7044474%2FBodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html&t_e=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_d=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&t_t=BodyTalk%3A%20Could%20a%20new%20therapy%20be%20the%20answer%20to%20all%20your%20aches%20and%20pains%3F%20&s_o=default)
  + •
  + Share ›



James • [6 years ago](http://www.telegraph.co.uk/news/health/alternative-medicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html#comment-53836221)

Total Tosh.