



Athletic Performance & BodyTalk

The Premise

Athletes benefit from the BodyTalk System in maintaining the body, preventing and recovering from injury and sickness, and fine-tuning performance. BodyTalk works quickly for athletes because they tend to already be in good shape and know their bodies well.



Maintenance and Preventive Care

Used as part of an athlete's regular maintenance program, BodyTalk can prevent injury or address incompletely healed injuries. Athletes can gain strength and endurance, and maintain an ideal weight. BodyTalk sessions can be supplemented by BodyTalk Access™

techniques you can do yourself at home.



Assimilation of Nutrients

Even if you are eating all the right foods for your body, you may not be absorbing all of the necessary nutrients. BodyTalk sessions help the body learn to integrate and assimilate essential nutrients.



Fine-tuning Performance

BodyTalk fine-tunes the synchronization of all bodily systems to help achieve peak performance. One of the joys of being an athlete is the experience of serenity and oneness that comes with all body parts working in synchronicity.



Hydration

You may be drinking plenty of water, but is it being fully absorbed by your calf and shoulder muscles? Your liver? Your brain? A specific technique in BodyTalk, directed at hydration, assures that the water you are drinking is getting to all the right places.



Injuries

In addressing a sports injury, BodyTalk focuses the awareness of the body's self-healing mechanism directly on the site of the injury to bring about effective and speedy recovery. BodyTalk can also help with old injuries that we are just "dealing with" or accepting.



Brain/body Chemistry

BodyTalk is unique in being able to balance and synchronize all enzymes and hormone levels for peak performance. BodyTalk promotes healthy internal chemistry in the body for an efficient, self-sustaining endocrine system.



Performance Anxiety

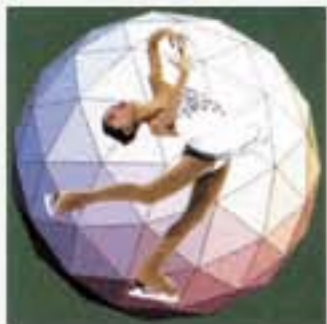
Do you fall apart under pressure? Do you perform well in practice but become stressed when it's time for the race? BodyTalk can disempower powerful belief systems surrounding performance anxiety, such as "I'm too old for this" or "It's not OK to be the winner."



the right time.

Time-release Sessions

Athletes already know at what point during a race they feel the weakest and usually which body part is affected. This is the time to benefit from a booster time-release BodyTalk session. Such a session can be stored in the hippocampus of the brain and released at just



Musculoskeletal

In a healthy body, all joints and intervertebral discs of the spine are under tension rather than compression, allowing you to have a "spring in your step" that minimizes impact. The engineer, inventor, and architect R. Buckminster Fuller used this concept, which he termed tensegrity,

in the building of large, self-supporting geodesic domes that placed no excessive pressure on any particular spot. BodyTalk implements this concept of self-supporting structures, also found in nature, to employ your body's natural shock-absorbing abilities, keeping your joints agile and your movements fluid.



Case History

A 31-year old mountain biker lived in constant pain for years after dislocating a hip in an accident. "I had never gone without pain for more than about five or six days ever, although I never let the pain hinder my active lifestyle. I had my first BodyTalk treatment about two months ago, on a day I could barely walk. I got up the next morning and my hip had never felt so solid."