



Your Body Can Talk, Revised 2nd Edition: Your Body Can Talk How to Use Simple Muscle Testing for Health and Well-Being

Susan Levy D.C.

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Your Body Can Talk is about the art and application of Clinical Kinesiology, and serves as an introduction to the energetic system that links mind and body. It shows how the body can "talk," and therefore be used as a diagnostic tool to measure a wide variety of its own functions, and to determine which healing approach will best suit an individual. Clinical Kinesiology is the modality that allows us to interpret this new "body talk." This method of muscle-testing "reads" the body's innate wisdom; when "asked" a question, or presented with a stimulus, the muscles respond clearly, either with a strong (yes) or a weak (no) response.

This system, which expedites the application of acupuncture, also helps realign the body's energy imbalances. Your Body Can Talk is written for the immediate use of the practitioner or layperson. It extends beyond the merely physical domain, showing the critical role that emotions play in maintaining physical health. It also presents a number of adjunct healing systems, such as the use of Bach Flower Remedies to heal chakra (energy center) imbalances. Armed with this deeper understanding of the body's multilayered energetic system, readers will find specific methods of fighting disease that emphasize the problems of unnecessary drugs, antibiotics and immunizations, and also the need for a fortified immune system - especially through natural foods.

Other topics include: rebuilding the body's ecology after an overgrowth of unhealthy bacteria or Candidiasis; how to maintain the integrity of the energy system through minimizing exposure to unhealthy electromagnetic fields or EMFs; optimal health for women and men.

New material in this 2nd edition includes an extensive chapter on children's health, which addresses pregnancy, natural birthing options and breastfeeding. It illustrates a road map for giving your children (and children yet to come) the best potential for optimal health. The new chapter on Leaky Gut syndrome is an eye-opener. A vivid depiction of the digestive system is presented. The function of the delicate intestinal lining is described. Dietary guidelines and gut healing remedies are simple and achievable.

Unlike other similar books, Your Body Can Talk provides the average reader with simple tools to begin evaluating their own health status, transforming the reader from being a victim of the medical system to thriving as a self-sufficient health consumer. Self-testing instructions and treatment recommendations for unique health problems are found at the end of each chapter. Your Body Can Talk Second Edition contains numerous valuable, reader friendly charts of remedies and treatments for various health conditions. This book is an elegantly presented manual on Clinical Kinesiology, with relevant information for all people.

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Maxine Elam:

In this 21st one hundred year, people become competitive in every single way. By being competitive currently, people have do something to make all of them survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that often many people have underestimated that for a while is reading. Yep, by reading a e-book your ability to survive increase then having chance to endure than other is high. For you personally who want to start reading some sort of book, we give you this Your Body Can Talk, Revised 2nd Edition: Your Body Can Talk How to Use Simple Muscle Testing for Health and Well-Being book as starter and daily reading e-book. Why, because this book is more than just a book.

Shirley Glover:

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Kyle Guthrie:

Playing with family in the park, coming to see the sea world or hanging out with close friends is thing that usually you may have done when you have spare time, and then why you don't try factor that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Your Body Can Talk, Revised 2nd Edition: Your Body Can Talk How to Use Simple Muscle Testing for Health and Well-Being, you could enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can happen its mind hangout guys. What? Still don't buy it, oh come on its named reading friends.

Steven Strong:

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