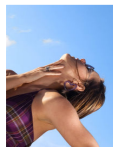


# ELAINE R HARRIS

Holistic Treatments and Workshops

*Be All that you can be.....*



## BodyMind Balancing



**DYSLEXIA, BALANCE & CO-ORDINATION, BODY CHEMISTRY, IBS, FEARS/PHOBIAS, MUSCULAR SKELETAL, HEADACHES, EMOTIONAL RELEASE...**

- Help increase concentration and ability to study.
- Help alleviate some of the symptoms of dyslexia, ADHD etc.
- Help balance and coordination, improve posture and therefore decrease tension headaches, digestion problems, back ache etc.
- Help reduce symptoms of allergies and food/chemical sensitivities
- Help address and resolve emotional trauma and negative patterns of behaviour, as well as fears and phobias.

### **THE BODYMIND**

The healthy body/mind knows exactly what needs to be done to keep itself functional and free from disease, however sometimes, in moments of high stress, trauma or illness, this dynamic unconscious communication system breaks down. This can manifest itself in all kinds of physical symptoms from the very mild, such as a foggy head and lack of ability to concentrate to the more major, such as irritable bowel syndrome (IBS), migraines, dyslexia etc.

### **TREATMENT**

The aim of a treatment is to improve the functioning of the neural pathways between the brain and the body, promoting the body's own natural repair and maintenance systems. This is done using simple Kinesiology and tapping techniques. It is non invasive and a typical treatment lasts between 30 and 45 mins

### **ORIGINS OF BODYMIND BALANCING**

BodyMind Balancing has developed based on my 10 years experience using a system of treatment called BodyTalk. BodyTalk was developed, and is continuing to be developed by Dr John Veltheim and his team. Visit their website at [www.bodytalksystem.com](http://www.bodytalksystem.com)

For more information or to book an appointment -

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