

THE GIFT OF HORMONAL HEALTH FOR WOMEN OF ALL AGES

DR. SUSAN LARK'S

HORMONE REVOLUTION



YES, You Can
NATURALLY
Restore & Balance
Your Own
Hormones

by Susan M. Lark, MD
with Kimberly Day

The following is an excerpt from Dr. Susan Lark's Book, "Hormone Revolution":

Brooke Baggett

Another amazing healer that I am fortunate to call a very good and close friend is Brooke Baggett. Not only is she an accomplished Reiki Master healer and acupuncturist, but she is also a BodyTalk practitioner.

The main premise of BodyTalk is that the body can heal itself. It is a way of tapping into the body's communication system to assess whether any of the lines are down—which can hinder healing from an illness or an injury. It is because every living thing is made of energy. When that energy is properly tuned and there are no blockages to its flow, then direct and efficient communication runs freely within your body—between one organ system and another, and between your body, mind, and spirit. It's only when all the lines of communication are fully open that everything can function together for optimal health.

BodyTalk practitioners communicate with the body by using neuromuscular biofeedback, or muscle testing, which allows the practitioner to have a dialogue with the innate wisdom of the individual's body. Communication is reestablished between the various parts of the body by tapping specific points over the head and heart to recreate the healthy energetic linkages.

The key to the BodyTalk system is *order*. Every cell within your body, every spark of emotion, every belief system, every one of your thought processes—all these things must be able to communicate together in an orderly fashion, so your body can coordinate the billions of bioelectrical, chemical, and energetic events that support life.

When something goes wrong, this rapid-fire internal dialogue allows the body's own wisdom to determine the order in which repairs should be made and then directs the body's energy to heal the trouble spots in the most efficient manner. For example, your body may not want to detoxify its overly burdened liver *until* the digestive problem in the small intestine is healed—otherwise, toxins liberated from the liver can flood into the small intestine and be rapidly absorbed by the body through its raw, unhealed lining. This cart-before-the-horse type of treatment is typical of many medical approaches, and it can create what is often referred to as a "healing crisis." Conversely, the BodyTalk system taps into your inner wisdom to find out where the problem is and which lines need to be re-linked—helping your body heal itself quickly, efficiently, and completely.

Brooke has since integrated BodyTalk into her practice with great success. She has found BodyTalk to be very helpful for a variety of health issues—including hormonal and reproductive disorders, asthma, allergies, chronic fatigue, infections, digestive disorders, Parkinson's disease, anxiety, depression, learning disorders, back pain, and arthritis.

Mary's Story

Brooke told me about one case in particular that was simply incredible. "Mary" was a 42-year-old woman who exercised daily, ate healthfully, and seemed quite emotionally balanced. However, she had daily migraines that were so severe she needed to take prescription medication.

Brooke started Mary on a regimen of weekly acupuncture treatments, which temporarily alleviated the migraine pain. However, she reached a point where there was no more relief, and she was still suffering and taking her medication a few times a week.

That's when Brooke suggested BodyTalk. Mary agreed, and what transpired was nothing short of miraculous. Brooke discovered that Mary had imbalances relating to Mary as a 12-year-old girl, grief, home and family, and maple and pine trees. After a bout of tears, Mary told Brooke that she had lost her mother when she was 12. Her mother had died from brain cancer, which at the time the doctors were treating as migraines. During her grieving process, she spent much time among the maples and pines near her home.

Several days later, Brooke checked in with Mary and was thrilled to hear that she hadn't experienced any more migraine pain. The same was true a few weeks later.

Bonnie's Story

Another amazing story involves "Bonnie," a career woman with two children. Bonnie held a prominent position in her company, which required travel as well as public presentations in front of large groups of people. Her main reason for coming to Brooke's office was to reduce her anxiety issues, which she had experienced for most of her life. Compounding her anxiety was her fatigue, which was due, in large part, to her youngest child "Katie," who would wake in the middle of the night screaming in terror.

After just a few sessions, Bonnie had a major lecture out of the country, and it was preceded with unmatched ease. She was so pleased with the veritable disappearance of her anxiety that she decided Brooke should also begin to work with Katie.

Katie was a delightful baby with a gentle disposition. However, in the middle of the night, after several hours of sweet dreams, Katie would wake up screaming. Bonnie could not find any rhyme or reason for Katie's sudden shrieks.

What came up through Katie was incredible. The first thing Brooke looked at was Katie's prenatal life, the three months between fall and winter. It seemed that there was a lot of anxiety in Bonnie's life during her pregnancy with Katie that caused Bonnie to wake every night in terror during those three months.

We are all aware of the gift of connectedness between a mother and child, however, that connection begins long before birth, as this session demonstrated. Bonnie's anxiety transferred onto the baby and revealed itself in the baby's first life experience in the interim between fall and winter.

Just as her mother had done, Katie would wake up in terror every night screaming for her mother's comfort. Bonnie was amazed to learn that the source of Katie's distress was found with such ease and effectiveness in just one session. Bonnie now reports that Katie sleeps soundly and happily.

Using BodyTalk

I find the BodyTalk System to be exciting because not only is it completely safe, but some people see dramatic results in as little as one session. It can be used as a stand-alone treatment, or to enhance the effectiveness of other therapies. In addition to its ability to affect physical, emotional, and spiritual healing, I particularly like the fact that this healing modality is respectful of the body's wisdom.

To contact Brooke Baggett directly, please visit: www.mosaichealingarts.com