

## ABOUT ALLISON



The wonderful city of Calgary is my hometown. I love its energy, the surrounding foothills and its proximity to the mountains.

I graduated with an Equine Business Management diploma from Olds College. I have worked as a Education Assistant in a private school where I learned a great deal about working with children of all ages. I have also worked as an Arborist on a private golf course.

Natural healing and energy work has always been an interest of mine. I was introduced to Body Talk in 2001. After experiencing positive changes in myself and having a natural passion for helping others, I decided to study Body Talk. Shortly after that, I became a certified Body Talk Practitioner.

Having had a close connection to animals all my life, Animal Talk was a natural progression.

I also enjoy a large spectrum of competitive sports such as Riding, Swimming, Diving, Gymnastics, Volleyball, Basketball, Wrestling, Soccer and Track & Field. I have competed at the National level in Wrestling, Track & Field and Equine events. I have a good understanding of the competitive energy needed and the 'driven' but balanced side of that spectrum.



### All Natural Body Talk “No Preservatives Added”

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## BODY TALK AND ANIMAL TALK



**FOR MORE INFORMATION OR  
TO BOOK AN APPOINTMENT  
CALL:**

**(403)796-4776**





# ABOUT BODY TALK AND ANIMAL TALK



## What is Body Talk?

Body talk is a professionally recognized practice. It is a combination of modern medicine, science and our own body's natural energy. It is applied in a simple, safe and effective way to address the whole body spectrum of health care. Body talk can be used on its own or it can complement other forms of health care, both alternative and conventional.

## How does Body Talk work?

The body is an amazing mechanism. Each of the body's systems, cells and atoms are in constant communication. Due to this communication your body is naturally designed to heal itself. This is proved when a person cuts a finger or twists



an ankle. The body immediately starts to take steps to fix the problem. This automatic, self-guided healing process is part of the body's inborn intelligence. When all the parts and systems of the body communicate with each other, healing happens naturally. So why don't our bodies heal all the ailments that come our way? The answer is stress. Stress can cause communication breakdowns which overloads the energy circuits, resulting in discomfort and disease.

Body Talk is designed to identify these breakdowns through neuromuscular feedback (muscle testing) and uses a light tapping technique to restore communication, helping the body to heal itself.



## How can it help you?

Body talk has been known to improve and heal many injuries and illnesses in the body. It can also be helpful for *performance agendas including sports, test taking, general rehabilitation, child birth, and surgeries*. Some of the ailments that have improved with regular Body Talk are:

- Allergies
- Arthritis
- Asthma
- Birth Defects, Reproductive disorders
- Blood Diseases
- Breathing issues, Cardiac problems
- Cancer
- Chronic pain
- Depression and anxiety
- Diabetes
- Emotional disorders
- Problems with eyesight
- Insomnia
- Menstrual problems
- Migraines
- Multiple Sclerosis
- Musculoskeletal disorders
- Neurological disorders
- Nightmares
- Parasites, Viruses
- Physical injury
- Psychological disorders

## Animal Talk

Like Body Talk, Animal Talk is designed to re-establish good communication within an animal's body. Due to the bonds between humans and animals, many animals take on the physical, emotional and energetic stresses of their human companions. Exposure to daily stress can lead to disease and malfunctioning within an animal's body. Healing occurs when inner systems in the body communicate, synchronize and balance.

Animal Talk facilitates a process that accelerates the physical healing. This helps to maintain health and strengthens their response to daily health challenges.

Your understanding of your animal is enhanced and your bond deepened while stress and anxiety are reduced. The sessions focus on reconnecting the animal to its ultimate health; many people experience feeling a greater sense of well-being following the Animal Talk session.

Animal Talk can be performed on domestic or wild animals. As the sessions are done by "short-distance", there is no hands-on contact with the animal, thus making it safe for all parties involved.

