



Becky's Stories

My family has a very long history of heart problems. High blood pressure, heart attacks, congestive heart failure, heart surgery and irregular heartbeats these things were all normal and almost expected in my family. At age 38 I started having I started having difficulty with irregular heartbeats and high blood pressure. I saw several doctors who tried several different medications which all made me ill or that did not take care of the problem. By the time I was 45 I was having a great deal of difficulty but there had never been any help from organized medicine. I found a BodyTalk practitioner and she did a few sessions. What she found was that I was storing a great deal of grief in and around my heart that made it difficult for it to beat correctly. After that BodyTalk session I have never had the blood pressure and irregular heartbeat problems again.



In 8th grade I fractured my knee cap and the tip of the femur in a track accident. From that time I had had pain in my knee whenever I walked, climbed stairs, got in and out of a chair or car. When I was in my 40's the knee started locking up and popping with a lot of pain when I moved it. There were also days it would just ache even when I was resting. I was thinking that I would have to have knee replacement surgery sometime in my fifties. Then I was offered a BodyTalk session. The practitioner said my body wanted to work on my knee and I thought o.k. When I got off her table my knee was very warm and it didn't hurt like it had before I laid down. That was 3 years ago and it still hasn't swollen like it used to, been at all painful and no longer locks up or pops on me!