

# The Body Code

## A New Breakthrough in Natural Healing

### What is The Body Code?

The Body Code is a state-of-the-art healing technique. It was developed over several years by a holistic chiropractor, Dr Bradley Nelson, who teaches that true health means being balanced in six different ways:

**Energies:** To correct this area of imbalance we use simple yet powerful energy work to identify and remove damaging emotional and mental energies that can become trapped in the body during stressful emotional events.

**Circuitry:** Here we balance the energy systems of the body including the chakras, the acupuncture meridians, the connections of the spiritual and physical body and the energy circuits of the organs and glands.

**Toxicity:** The Body Code can identify and address toxic agents that don't show up on medical tests as well as those that do. Removing them is simple and often immediate!

**Pathogens:** Destructive and often elusive infections can be easily identified along with any necessary remedies to rid the body of them.

**Structural:** Imbalances in the bones, organs, connective tissue, muscles and nerves can be treated non-invasively to gently restore stability to the physical body.

**Nutritional:** This can be straightforward nutrient deficiency as well as imbalances as dehydration, magnetic field deficiency or a need for a certain healing food or herb.

The Body Code is so effective because it allows us to find specific problems and simply remove them. There is no guessing game involved, just results!

### How does it work?

Your subconscious mind is the ultra-intelligent computer system of the body; it knows exactly what you need in order to achieve balance in the six key areas of health. We use specific questioning, charts and muscle testing (kinesiology) to get precise answers from your subconscious mind about imbalances in your body that need to be addressed.

To release or correct an energetic imbalance, The Body Code combines 2 important elements: the modern technology of therapeutic magnets and the ancient principles of Chinese Medicine.

A magnet acts as a powerful carrier for your practitioner's intention to release or correct the imbalance in your body. When that magnetically charged intention is placed into your body via the Governing Meridian (a major energy channel in the acupuncture system), it flows through your body instantly and either releases the body and either releases the negative energy or restores balance to the energy circuit. This procedure is non-evasive and pain free.

Other imbalances may require a remedy, which your practitioner may test you for and suggest accordingly.

If you have an issue that you would like to improve or resolve or would like more information or would like to make an appointment, please contact me using the details below.

To book your Body Code session, please contact: Janet Thornton on 0044 7795483452 (also via WhatsApp), 0031 6 34291617 or email [info@janetthornton.co.uk](mailto:info@janetthornton.co.uk)

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### **The Body Code has helped:**

Acid Reflux, Abdominal Pain, ADD/ADHD, Addiction, Allergies, Anxiety, Arthritis, Asthma, Back Pain, Bedwetting, Bell's Palsy, Blood Pressure problems, Cancer, Carpal Tunnel, Chronic Fatigue, Colitis, Constipation, Eating Disorders, Fibromyalgia, Headaches, Hip pain, Hormonal problems, Hypoglycaemia, Infertility, Insomnia, Irritable Bowel, Knee pain, Learning Disabilities, Knee Pain, Lupus, Migraines, Morning Sickness, MS, Neck Pain, Night Terrors, Obesity/Overweight, Organ Malfunction, Panic Attacks, Parkinson's Disease, Phobias, PTSD, Sciatica, Sinus Problems, Skin problems, Tennis Elbow, Tinnitus, Thyroid problems, Vertigo, and much more.

### **Is Great Health Possible?**

The human body has a truly incredible ability to bounce back and heal itself from all kinds of stress, trauma, sickness and disease. But this self-healing ability is dependent on the right conditions; if the body is imbalanced, it won't be able to heal itself as well as it should. This allows problems to build up over time, some never fully being resolved. Most people are in this kind of state and suffering from it, but the good news is that this process is often completely reversible. Every kind of imbalance that can affect the body is outlined in The Body Code and your certified practitioner has been trained to help you find and remove each one of them, one by one. This is the most direct and most powerful way to restore health to the body, by making the conditions right for it to rebalance itself. Working with The Body Code has helped thousands of people create a profound shift in their emotional and physical wellbeing. Try it today and watch your best possible health become your reality!

### **Where do I start?**

The first step is to contact your Certified Body Code Practitioner to set up an appointment. You can discuss the options with your practitioner to either target a particular physical or emotional problem, or you can keep it more general and request to address imbalances that are preventing you from achieving total wellness or your true potential. The process is simple and fast, but also effective and long lasting. You don't need to know much about how the technique works – you just need to be ready and willing to heal. Leave the rest up to your knowledgeable and capable certified practitioner.

### **About your practitioner:**

My name is Janet Thornton, I have been an Aromatherapist and Holistic practitioner since 2007. I run my own therapy practice from home in Zeist, The Netherlands, I am qualified in healing modalities such as: Reiki, The Body Code, The Emotion Code, Access Bars, Energetic Facelift, Crystal Healing and more. I am passionate about Natural Health & Wellbeing and have tried and tested all the treatments that I practice at one stage or another. I am fully insured and licenced to carry out each of the healing modalities that I practice.

The Body Code is a profound healing modality that opens up a person's ability to heal on many levels. Sessions are usually conducted online via Skype or Zoom. I can also do remote sessions by email. Distance is not a problem.

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