

The Body Code deals with balancing the body in these different aspects – emotional, energetic, nutritional, structural, pathogens and toxicity. The Body Code is a sophisticated and complete method of body balancing. Anything that is imbalanced in the body can be identified and corrected. This technique is not meant to replace any medical treatment, but by correcting any underlying imbalances, we help the body's innate self-healing ability to take over. As a result, discomfort and malfunction in the body often disappear, the organs function as they should, nutrients are absorbed properly, energy levels are raised, and emotional issues become manageable or nonexistent.

In addition to trapped emotions, The Body Code identifies negative thoughts and beliefs which were temporary and yet become embedded in our subconscious. Examples include "I want to die," "I don't want to live," "My family would be better off without me," "I want to avoid connection," "I want to avoid feelings," "I want to sabotage myself," "I want to punish/harm myself," "I am a loser," "I am dead inside," "I am not ok," "They don't care," "I want to disappear," "I don't trust," "I am worthless," "I can't feel at peace," "I don't deserve to live," "I hate myself," "I'm damaged," "I'll never be wanted," "I should be dead," "My life is a waste," "No one cares." Once these negative thoughts and beliefs are identified, they can be removed from the subconscious, freeing that person of the negative thought patterns.

Trauma is an important aspect of The Body Code. When we become overwhelmed during a traumatic event, we shut down, and the energy of that traumatic moment becomes stuck in our bodies. All the emotions, sights, smells, sounds, memories, and feelings of that event are trapped within us. And a reminder or a trigger will cause the energy of the trauma to activate. It feels real because it is real. It is the actual energy from the actual event which has once again become activated, causing old emotions to surface and new feelings to become trapped. The Body Code can release the layers of the trauma, and all the feelings associated with the trauma can be removed.