

THE BODISYNC HEALING APPROACH

THIS GUIDE IS DESIGNED TO HELP YOU UNDERSTAND
HOW OUR HEALING APPROACH WORKS AND WHAT
YOU CAN EXPECT WHEN BEGINNING YOUR HEALING
JOURNEY WITH US.

WELCOME

Our Core Belief

At the heart of everything we do is one simple belief: your body already knows how to heal. Our role is not to force change or follow a rigid protocol, but to listen to your body and work with your own innate healing system.

How Tension Shows Up in the Body

Everyone holds tension differently. For some people, this tension is physical and may present as ongoing back pain, shoulder tightness, neck issues, knee pain, or joint discomfort.

Through our experience of working with hundreds of people, we have consistently found that when physical or internal issues are chronic, long-standing, or when medical tests have not identified a clear cause, there is often an emotional connection underlying what the body is holding.



Our Integrative Model

We believe true healing happens when the body is understood as a whole physically, internally, neurologically, and emotionally.

Our Integrative Model combines hands on therapeutic alignment, advanced diagnostics, nervous system regulation, nutritional optimisation, and emotional release all guided by your body's innate healing intelligence.

Guided by Your Body's Innate Intelligence

At the core of our approach is one principle:

The body already knows how to heal.

Rather than forcing a fixed protocol, we listen to your inner healing wisdom and work with where your body is holding tension and imbalance. Healing unfolds layer by layer. As one layer shifts, another naturally comes to the surface. Your healing directs the journey. We facilitate it.

Identifying Where Tension Is Held

Tension can accumulate in different ways over time:

Physical

Back pain, shoulder tightness, neck restriction, knee discomfort, joint strain.

Neurological

Headaches, insomnia, brain fog, mental overload, nervous system dysregulation.

Internal

Digestive imbalance, abdominal tightness, core instability, organ related discomfort.

This is not about dismissing symptoms. It is about understanding the body's deeper intelligence.

Where To Begin

With so many therapies and services available, people often ask where to start. We always begin with our Whole Body Balance therapy as we have to have a starting point and to begin to establish trust and rapport with your body's innate healing system which guides us throughout.

The Foundation: Whole Body Balance

This treatment works across the physical body, internal systems, and emotional field to create stability and safety. Before deeper work can take place, the body must feel aligned and regulated.

All our therapies including Emotional release is always dependent on this foundation.

Structural & Internal Realignment

Once stability is established, your body will guide us to specific areas where it's holding tension patterns which become more prominent once we have removed the initial layers of imbalances through the Whole Body Balance. The common areas are as follows and we have healing modalities for each:

- The brain and nervous system (BrainSync, Mouthwork)
- The abdomen and organs (OrganSync)
- The belly button and core centre (Core Reconnect)
- The chest, heart and throat (Thorax Reconnect)

By releasing tension patterns in these key areas, the body becomes more coherent and resilient. The body guides as to which modality is appropriate based upon the tension pattern held at that point in time, these are fluid and dynamic, as is our response.

Only then is it appropriate to move into deeper emotional release therapies, such as BreathMind Reset, when the body feels safe enough to begin to let go of past emotions and trauma, as it's more open and receptive to do so after being aligned.

Emotional Release Therapies

Any emotional release therapy is thus dependent on the body being realigned first. Before working directly with emotional release, the body needs to feel stable, grounded, and safe.

This involves realigning the body as a whole, calming the nervous system, and releasing tension patterns from key areas. Once this foundation is in place, deeper emotional release therapies, such as our BreathMind Reset, or EmotionSync therapies can be administered safely and with better outcomes.

They Include:

- Breathmind Reset Foundational
- Brainsync Quantum
- Breathmind Reset Quantum
- LED Light Therapy
- Brainwave Recode
- Neuro–Emotional Reset Flow

These are delivered as the body guides us they are not in a strict protocol all our therapies are fluid and dynamic, so wherever the body takes us we have a healing modality. Each of our Emotional Release Therapies goes into a deeper depth of evolution and release, you decide how deep you want to go.

Clinical Diagnostics & Objective Insight

Healing is both intuitive and informed. Alongside our therapeutic work, we offer advanced diagnostic services including:

- Comprehensive blood testing
- Ultrasound scans
- ECG assessments
- Functional screening

These tools allow us to better understand your physiology, rule out underlying concerns, and provide clarity where needed. They ensure your healing journey is supported by both insight and safety.

Nutritional Optimisation & Cellular Support

Healing requires nourishment.

We provide targeted nutritional and cellular support, including:

- Personalised herbal supplementation
- Vitamin infusions
- NAD and Peptide support
- Detoxification / internal cleansing protocols
- Oxygen Therapy
- Lymphatic Compression Drainage

By supporting the body at a cellular level, we enhance energy production, recovery capacity, nervous system stability, and long-term resilience.

Structural alignment without nourishment is incomplete.

Nourishment without alignment is limited. Integration is essential.

Healing is dynamic because the body is dynamic. As one layer resolves, another may emerge. Our role is to respond intelligently and adjust accordingly.

Every journey is individual.

Every progression is guided.

Every step is built upon safety.

The Outcome

When physical alignment, internal balance, nervous system regulation, emotional processing, diagnostics, and nutritional support work together, healing becomes sustainable, not temporary. We don't force healing.

We restore balance and create the conditions where your body's innate intelligence can lead the way.

Treatment Duration & Frequency

Our therapies are typically between 45mins to an hour long. Due to the integrated nature of our therapies, they are offered on a monthly basis.

How Many Sessions Will You Need

One of the most common questions we are asked is “How many sessions will it take?” and the honest answer is that we cannot prescribe an exact number of sessions, because healing is deeply individual and there are many variables involved. Often, neither the person nor we fully know what the body is holding onto, as many imbalances, tension patterns, emotions, and protective responses are stored at a subconscious level rather than a conscious one. Through our holistic approach, we are essentially peeling away layers of physical, internal, and emotional imbalances that may have built up over years or even decades. As one layer begins to release and the body realigns, another may surface that was previously hidden beneath it. Healing is therefore not linear or predictable it is a dynamic process guided by the body’s own innate intelligent healing system, unfolding at the pace the body feels safe and ready to heal.

Next Steps

If this approach resonates with you, the next step is to book a Whole Body Balance session and allow your body to guide the journey from there. If you have questions or would like to discuss first, we are always happy to support you.

Email us at: info@bodisync.com

Call or Whatsapp: 07960 048275

Visit: www.bodisync.com/core-services

Visit our YouTube Channel: www.youtube.com/@bodisync

Scan The QR Codes for more information

Kindest Regards

*Sukh
Padda*
BODISYNC NATURAL HEALTH SOLUTIONS



THE HIERARCHY OF BODY BALANCE

The BodiSync Therapy Approach

Balance the Body • Clear the Mind • Release What Holds You Back • Live in Flow

- **1 BODISYNC™**
(STARTING POINT)
The foundation of the therapy.
BodiSync aligns your entire body system—structure, energy, information and awareness—to create the ideal field for true healing.
- **2 ORGANSYNC™**
Restoring harmony within.
Supports optimal communication and function of your organs for vitality and balance.
- **3 THORACIC RESET™**
Release. Expand. Align.
Releases tension in the thoracic cavity to improve breath, posture, and energetic flow.
- **4 CORE RECONNECT™**
Your center. Your strength.
Rebuilds core stability and reconnects you to your center of power and balance.
- **5 BRAINSYNC™**
Calm. Connect. Communicate.
Regulates the nervous system and enhances brain—body communication for clarity and resilience.
- **6 EMOTIONAL RELEASE FACIAL™**
Release stored emotions.
Gently releases trapped emotions held in facial muscles and energetic patterns.
- **7 AVENUE OF EXPRESSION™**
Find your authentic voice.
Opens your capacity for self-expression, truth, and confident communication.
- **8 RELEASE & INTEGRATION**
Live in alignment.
Clears what no longer serves you and integrates balance into your daily life.

ONE SYSTEM. ONE FLOW. ONE YOU.

BodiSync Therapy works layer by layer to restore balance, release tension, and reconnect you to your truest self.



ALIGN




RESTORE



RELEASE



THRIVE

BodiSync Therapy – Because true healing starts within. 

OUR EMOTIONAL RELEASE THERAPIES



HEAL WITHIN. RELEASE. RECODE. RESET. RISE.

| | | | |
|----------|---|--|--|
| 1 |  | BREATHMIND RESET FOUNDATION The starting point. We calm the breath, clear overwhelm, and create safety within. |  Regulates breath  Calms the mind  Creates safety & foundation |
| 2 |  | BRAINSYNC QUANTUM LEVEL We access deeper states of the brain to release at the root. |  Accesses the quantum field  Releases deep-rooted patterns  Shifts limiting beliefs |
| 3 |  | BREATHMIND RESET QUANTUM We use conscious breath to expand awareness and rewire from within. |  Expands awareness  Clears energetic blocks  Restores inner flow |
| 4 |  | BRAINWAVE RECODE We reprogram old brainwaves and thought patterns. |  Rewires brainwaves  Transforms patterns  Creates new possibilities |
| 5 |  | EMOTIONSYNC We release, validate, and integrate emotions so they no longer hold you back. |  Releases trapped emotions  Restores balance  Brings emotional freedom |
| 6 |  | NEURO-EMOTIONAL RESET FLOW The integration phase. We reset the nervous system and anchor your new state. |  Integrates mind + emotion  Resets the nervous system  Embodies peace, clarity & flow |

THE RESULTS YOU EXPERIENCE



Calm the mind



Release what weighs you down



Recode limiting patterns



Restore emotional balance



Reset your nervous system



Live in freedom & authenticity