



# Fibromyalgia & Chronic Fatigue

## Fibromyalgia And Chronic Fatigue Defined



**Fibromyalgia:** *“pain in the muscle fiber,” is a term for deep muscle pain that lasts for more than six months and includes sleep disorders, foggy thinking, mood swings, and exhaustion or anxiety.*

**Chronic Fatigue Syndrome:** *is distinguished by muscle and joint pain, mental and physical exhaustion unrelieved by rest, poor immune response, depression, sudden-onset flu-like symptoms, and post-viral fatigue.*

The BodyTalk System™ has the ability to approach these complex disorders, addressing the poor immune response, the chronic mental and physical fatigue, and the deep muscle pain. BodyTalk assists the immune system to respond appropriately to infection. The BodyTalk protocol allows a practitioner to highlight and address viruses and bacteria that the body couldn't recognize as threatening before your session.



**Fibromyalgia and Chronic Fatigue ultimately stem from stress.** They are signs of our times. We are bombarded by electromagnetic frequencies that interfere with the micro-electrical impulses in our nervous system. And we are overwhelmed by news streaming to us constantly from all over the world.



**Processed foods, food additives, and artificial sweeteners can be contributing factors** in these conditions. These substances cause our systems to become inundated and toxic.

Fibromyalgia and Chronic Fatigue are complicated conditions. Each person has a unique set of symptoms that need to be addressed in an individual way. **BodyTalk is unique in approaching these multi-faceted conditions with individualized sessions, establishing the right timing and a proper sequence of healing for each client.**



BodyTalk

The BodyTalk System™ is a form of natural healthcare that can be used as a stand-alone system, and also integrated with any other modality in health and preventive care. It recognizes and addresses all sides of the human being: physical, mental, emotional, spiritual, hereditary, and environmental.

BodyTalk is a simple, effective, and non-invasive method that makes use of the body's innate healing powers. Communication is restored among all the parts of the body, then reinforced by light tapping on the head and chest.

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International BodyTalk Association  
2750 Stickney Point Road, Suite #203  
Sarasota, Florida USA 34231

Phone: +1.941.921.7443  
Toll Free (US Only) 1.877.519.9119  
Fax: +1.941.924.3779  
[www.ibaglobalhealing.com](http://www.ibaglobalhealing.com)