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Dr. Tonia
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YAY YOU! Thank you and congratulations for booking a BodyTalk session. I'm excited to work with you as your body's detective and shift anything that is in the way of you feeling how you want to or living the life you want to live.

This document will tell you everything (and probably more) you need to know about our session together. It's loaded with tidbits of important info so **be sure to save this one!**

What to do before we meet:

You'll receive a reminder email between 1-2 business days before our time together.

Hopefully you have access to your patient portal, and have filled out your intake form. Please have the questions filled out at least 24 hours before our session. This will give me time to get a sense of who you are, how I can help, and how as your chaperone, I can best manage our time.

A few minutes before the session:

Get Skype all fired up. My Skype name is **tonia-winchester** - please add me as a contact. I will initiate the call when it is time.

If we are doing a phone call, have your phone on the ready. I will be calling you at the number you provided.

Find a comfy, quiet spot. You can be lying or sitting, just make sure you're cozy. Please have a glass of water nearby.

It's time:

I'll call you when it is time to start our session. From time to time I am running 5-10 minutes late with my previous client / patient. I will do my absolute best to be on time for you. 😊

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We'll spend about 10-15 minutes going over your intake form and clarifying any info we need to. When we're ready to get started I'll have you take some deep, breaths into your belly. This helps your body and mind scan itself.

I'll then use my intuitive skills and muscle testing to identify what your body wants to talk about.

Sometimes there will be periods of silence. Fret not; I'm still there, just gathering the information. I do this by mentally asking yes or no questions and using myself as a surrogate for muscle testing the response. I always ask the questions in the form of, "Is _____(blank) a priority?" BodyTalk is all about pulling out the most important information - the priorities.

It's basically like putting together a sentence crafted by your body's innate wisdom. This is the same wisdom that heals a wound when you cut yourself. That's what we're tapping into.

Once we have the "sentence" we'll do the part of the session that is the actual treatment. We tap! And this part is audience participation. (That's you!) I'm going to have you deep breathe again and we'll both tap. On the top of the head, and your breast bone over the heart. Don't worry about doing it wrong. I'm not grading you.

I may have you repeat certain phrases or engage certain memories. You might hear me yawning, and trust me I'm not bored or tired - it's just energy moving and the body processing.

Don't be surprised if your belly gurgles. This is also just energy moving and the body processing. I call myself the belly whisperer. In my "in person" practice people's bellies start talking to me as soon as they get up on the treatment table. I call myself the "Belly Whisperer."

If things feel emotional, keep breathing and it will pass. This work is all about removing blocks that are holding us back from having the health and life we want. Sometimes that is challenging. I'll be there for you. And you have to feel it to heal it.

Most often a few seconds of discomfort to release something old carves a path for a life of freedom. The tears are where the goods are. They unlock the blocks. Let 'em flow.

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And do know that BodyTalk is a very respectful practice. It's never going to take us anywhere we're not ready to go.

And I promise to keep confidential your sacred story.

I'm like your safety deposit box.

We'll continue pulling up new information and tapping until your body says, "I'm done!" Then we'll have about 10 minutes to go over any self-care / "homework" that your body is looking for, answer any questions and discuss the best time for a follow session. Your body tells us this too!

What's next:

Within 1 business day of our session you will be able to access a summary of our session in your patient portal under, "Patient Plans." Here will also be a list of any homework or additional recommendations we talked about.