



Unlock the key  
to your health!



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The Body Code

# The Body Code

## **A Simple, Natural Way to Less Pain and Better Health**

All of us have pain, whether it is physical or emotional. Wouldn't it be great to be able to understand what exactly is causing our pain and then DO something about it?! If your desire is to overcome your pain naturally and simply, The Body Code may be right for you.

## **Did You Know that Trapped Emotions Are Responsible for Many of Your Aches and Pains?**

Trapped emotions are negative energies that are not fully processed. They distort cell energy and tissues which can lead to all sorts of pain, disease and emotional problems.

## **How Does The Body Code Help?**

The Body Code is an energetic natural healing system that both helps to identify those things that are imbalancing your energy and cells, as well as providing a way to quickly release those imbalances. Trapped emotions are one common type of imbalance that contribute to common ailments like joint pain, digestive issues, depression, headaches and many others.



## **How Does The Body Code Work?**

By using muscle testing (kinesiology) to tap into your bodies "computer", which is the subconscious mind, imbalances can be identified. Your subconscious knows ALL about you, including WHY you suffer with the ailments you have. Muscle testing is a simple, non-invasive method where you ask the body Yes/No questions, which allows you to identify what is imbalancing your body. These imbalances are then released through a gentle swipe of a magnet down the Chinese Governing Meridian. The beautiful thing about The Body Code is that it gets to the ROOT of the problem and does it in a gentle, simple way! Practitioners of The Body Code don't diagnose or treat disease. They remove imbalances and your own body does the healing it was designed to do.

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

Acid Reflux	Headaches
ADD/ADHD	Hip Pain
Addictions	Infertility
Allergies	Irritable Bowel
Anxiety	Knee Pain
Arthritis	Insomnia
Back Pain	Migraines
Bells Palsey	Morning Sickness
Blood Pressure	Neck Pain
Chronic Fatigue	Panic Attacks
Chest Pain	PTSD
Constipation	Sciatica
Crohn's Disease	Shoulder Pain
Depression	Sinus Problems
Digestive Problems	Tennis Elbow

## **Are There Age Limits To Those Who Can Benefit From The Body Code?**

The Body Code is safe for all ages including infants, young children, the elderly and anyone in between. You may have questions – I am here to answer them. Please call me to learn more about how The Body Code might benefit you.

## **How Do I Get Started?**



Lexie Staton, Certified Practitioner of The Body Code, will help you get to the root cause of your physical and emotional pain — quickly and naturally.



Stop by the front desk today to make an appointment or call:



Lexie at 571-228-5638 or BRSC at 703-250-1299.