

# BODY WISDOM, LLC

## MELANIE L. PALM,

PRYT, ADVCBP, PARBP, HHP, BAT

# NEWSLETTER

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Supporting you in listening to your head, heart and gut.



Whole healthcare designed by your body!

[BodyWisdomMelaniePalm.com](http://BodyWisdomMelaniePalm.com)

**CELEBRATING 5 YEARS IN THE PROFESSION!  
THANK YOU FOR YOUR SUPPORT!**

**ADVANCED BODYTALK**

When the body talks to itself, it can heal itself. Health really can be that simple! BodyTalk is safe, fast and effective, and is practiced worldwide! Advanced BodyTalk uses new findings to go far deeper into the inner workings of the body/mind complex to bring about startling and long-lasting results.

**PHOENIX RISING YOGA THERAPY**

Through practitioner assisted yoga postures and a dialogue process that is both open-ended and non-directive of the outcome of the session, one is facilitated through an experience of the present moment, with a deeper attunement to one's own internal guiding compass.



Melanie is an internationally certified BodyTalk Access Trainer! Please call if you'd like this one day (or two evening) class offered to your community, organization or corporation.

Body Wisdom also offers BioEnergetic remedies to support your body in restoring your natural flow systems within.

Feel free to peruse the website [BodyWisdomMelaniePalm.com](http://BodyWisdomMelaniePalm.com) to learn more about how to order:

- ☞ the **Biomat** which provides deep-penetrating soothing, infrared heat while stimulating the regeneration of damaged cells in your body

- ☞ **doTERRA** Certified Pure Therapeutic grade essential oils
- ☞ **Xocai** Healthy Chocolates: Change your health just by changing your chocolate!

# Recent Training and Events



## What is Phoenix Rising Yoga Therapy?

Through practitioner assisted yoga postures and a dialogue process that is both open-ended and non-directive of the outcome of the session, the client is facilitated through an experience of him or herself in the present moment—physically, emotionally, intellectually and spiritually--- finding richness in relationship to the bigger picture of how that client is being in the world in daily life. Using focused breathing and the opportunity to verbalize the in-the-moment sensations, we experience such a connection as well as a deeper attunement to our own internal guiding compass.

Through this process of awareness and discernment, clients have the opportunity to release old undigested experiences, traumas, personal beliefs and out-of-date habits and patterns to then move more fully into life with new perspective and personal efficacy.

**Did you know that Melanie is now on the Phoenix Rising Yoga Therapy faculty as a mentor?**



## doTERRA essential oils family physician kit

Become a Wellness Advocate for yourself and your family! Sign up with doTERRA essential oils using Melanie's IPC #36419 on her website: [www.mydoterra.com/melaniepalm/](http://www.mydoterra.com/melaniepalm/) and save money on the membership by purchasing the Family Physician Kit which contains six essential oils and four essential oil blends no family should be without! This kit also comes with a CD and descriptions of how to use the oils safely and effectively for physical, mental and emotional support for your whole family.

**Lavender, lemon, peppermint, melaleuca, oregano, frankincense, Deep Blue, Breathe, Digestzen and On Guard**

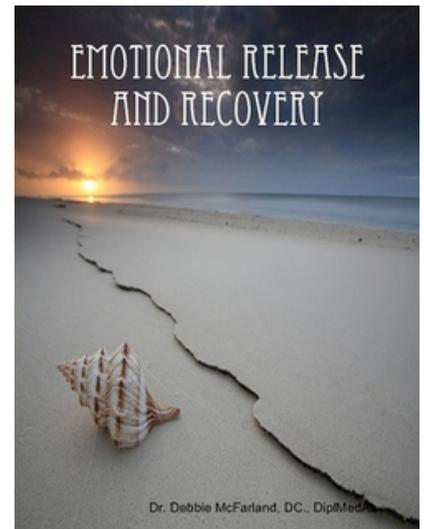
**Explore the wonderful benefits of certified pure therapeutic grade essential oils!**

**If you would like to host an essential oils presentation, please feel free to contact Melanie.**

**Come experience it... for yourself!**



Melanie recently completed her training in Esoteric Acupuncture with Dr. Mikio Sankey in Boulder, CO during his first Advanced course offered in the United States.



**NEW CERTIFICATION!**  
**Emotional Release and Recovery Using Essential Oils with Dr. Debbie McFarland**

Integrating the use of essential oils, prayer and acupuncture principals this unique approach gives you the tools that may help in releasing deep



## Advanced BodyTalk, PaRama BodyTalk, BodyTalk Access

### BodyTalk: WholeHealthcare designed by your body!

BodyTalk is healthcare that understands the psychology of the body and the influence it has on your health. Rather than focusing on the symptom, BodyTalk finds the hidden causes of illness by looking at the physical, emotional and environmental factors. BodyTalk is Whole-Healthcare, which means addressing the whole-person and their whole-story, using the entire context of their life to improve their health. WholeHealthcare is integrative and is designed to draw upon all fields of healthcare. Each practitioner has a unique experience and skill set which can help to create a balanced approach to healthcare. Many people find that regular sessions of BodyTalk enhance their ability to 'show up' in the world more authentically, joyfully and completely. Come experience it for yourself!

### BodyTalk Access in your community or business

South Dakota now has over 260 BodyTalk Access Technicians! Do you want to offer a class in your community, place of business or favorite charitable organization? Contact Melanie to offer these 5 simple, safe and effective techniques that anyone can do to maintain daily health and manage many health challenges. These techniques are so simple they can be learned in one day, and so effective that they can be used for a lifetime. Give the gift of healthcare at your fingertips, to yourself and your loved ones.

The next **BodyTalk Access** classes will be  
**Saturday, January 10 in Sioux Falls**  
**Early Spring in Rapid City**  
**9:00 - 5:00 / Please pre-register**  
[www.BodyTalkSouthDakota.com](http://www.BodyTalkSouthDakota.com)

### Recent PaRama 2 Seminar

Melanie appreciated the opportunity to train with Dr. John Veltheim in Florida at the International BodyTalk Association to complete PaRama BodyTalk 2. Other seminars she has taken with Dr. Veltheim include Finding Health 1&2, Eastern Medicine, 2 Treatment Intensives, and, in December, Body Ecology which will focus on the new findings of the Microbiome Project.



Melanie Palm with the Founder of BodyTalk, Dr. John Veltheim

## Energetix Products ~ Contact Melanie for more information.

### Opening Channels Program Testimonial

"Upon beginning the program, I was experiencing the following issues: sleeplessness, constipation, back pain, dry skin, nails, chapped lips, low energy, lethargy. After 2 months of the program my sleep is restful and approximately 7.5 hours nightly. My back pain is gone; my fingernails are not cracking and splitting; my lips are not chapped, and my skin feels better. I cannot believe the energy I have. Getting better sleep has helped that, but I feel more alert and feel like my brain is functioning at capacity and I want to do more things than the day will allow. Having energy at the end of the day is wonderful. I thank the Opening Channels program for helping me rediscover the feeling of youth and vitality I once had. Thanks, Melanie!"



### What is *The Opening Channels Program* from Energetix?

*The Opening Channels Program* is a unique combination of homeopathic, botanical, and nutritional supplements designed to "set the stage" for healing by opening the pathways of elimination in the body, including the colon, liver, spleen, kidneys, etc. The synergistic ingredients in the Opening Channels products have been used traditionally to aid and assist with digestion, elimination, hydration, pH balancing, and liver/gut function. The products are all natural, safe, and designed to work with your body as the first step in an overall healing strategy.

### How do the products work?

*The Opening Channels Program* works with the body's natural flow system to assist in restoring a healthy balance. In today's fast paced world, almost everyone accumulates unwanted toxins in their bodies. The combination of botanicals, nutritionals, and homeopathics in the Opening Channels products supports the body's natural ability to eliminate toxins gently via the pathways of drainage and elimination.

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# MELANIE PALM



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### Presenting...

If you would like Melanie to present to your group, or to offer community service through providing free BodyTalk Access balancings, please call 605.484.6765. It's always an enjoyable challenge to talk about something that is indescribable!

### Enjoy BioMat benefits when you receive a Body Wisdom session!

The BioMat delivers soothing, deep-penetrating infrared heat while stimulating the regeneration of damaged cells in your body. It's a safe and natural way to achieve optimal health now and maintain a stronger, more resilient body in the future. Melanie is also a distributor if you decide you would like to purchase one and take it home!

For more information:  
[BodyWisdomMelaniePalm.com](http://BodyWisdomMelaniePalm.com)

### dōTERRA Essential Oils

(CPTG Certified Pure Therapeutic Grade) are now available online. Check out: [mydoterra.com/melaniepalm](http://mydoterra.com/melaniepalm)

**It's helpful to schedule your first three sessions in advance to build your foundation.**

### Body Wisdom Packages:

- 3 sessions BodyTalk - \$250**
- 3 sessions Phoenix Rising - \$300**
- 10 sessions any modality - \$800**
- Holistic Healthcare consult - free with other sessions, otherwise \$30 for 15 min.**
- Children under 12 - \$45**
- 12-18 years old - \$60**
- Families, couples, groups, businesses - please inquire**

**Thank you kindly for your support and referrals!**

For an appointment  
Please contact Melanie Palm  
Call 605.484.6765  
Or email: [melaniepalm@rap.midco.net](mailto:melaniepalm@rap.midco.net)

Days	Time	Location
Monday through Thursday	8:00 - 5:00	Body Wisdom 2102 Arrow
other days	as needed	please call
	Fees/Length	
Phoenix Rising Yoga Therapy	Advanced BodyTalk	Other Modalities
\$110 / ~ 80 min.	\$90 / ~ 50 min.* *1st session add 15 min.	please inquire

### Testimonials from Clients

*My Phoenix Rising Yoga Therapy experience was transcendent. I left more in tune with my body and myself. I also accessed some deep feelings and memories that I thought were long ago dealt with. I loved the experience of deep presence and I felt more whole and together at the end. This was a calm and deeply centering experience for me. - S*

*Melanie provided assistance in moving directly, compassionately and bravely towards my internal critic. Her support and strong presence allowed me a safe space to surrender more deeply into my own trust. It just gets better every session! - J*

*I have had several sessions of BodyTalk from Melanie for arthritis in my neck, and it always relieved the pain. The relaxation I felt after each treatment was always wonderful. I would very much recommend having a session with Melanie...just being with her is a calming experience. - B*



2009 Isle of Palms, SC

"The rational mind is the faithful servant and the intuitive mind is the sacred gift. We have created a society that honors the servant and has forgotten the gift."

Albert Einstein

### Testimonials from BodyTalk Access Students

"Loved the class! A privilege to attend! Thanks, Melanie!"

"I had felt overwhelmed before coming about being able to master these techniques, but with the great teaching and the hands-on practice, I feel like I can confidently do this at home!"

"Excellent timing and pacing! Absolutely awesome!"

"Very supportive, very well organized and presented. Thank you for bringing BodyTalk to South Dakota!"

"As a monitor, what impressed me the most is how much I got out of this class the second time!"

"Very knowledgeable instructor, friendly and very willing to help."