

The Language of the



by Iva Lloyd, RPP, RHN, ND

Verity, a 24 year old aspiring actress came into the clinic with the chief complaint of swelling of the knees. Over the last two months she had visited medical doctors, physiotherapist and a nutritionist with minimal relief.

She sits down and begins to tell her story. After the typical physical overview, I ask her to tell me about herself proceeded by what was going on in her life before all this happened. Now the 'true' story begins. She slowly and methodically tells about a young girl, a little unsure of herself, but with a large dream. Her eyes keep looking away, holding back tears, as she justifies why her boyfriend doesn't have enough time for her, why her friends tend to take more than they give, and why she needs to stick to a restrictive diet in order to be 'the best'. When I ask her how this makes her feel, she says 'stuck, as if she is bursting inside, unable to move forward'. When asked to describe how her knees felt. She smiles, looks at me and says, 'stuck and unable to move'. A light bulb has gone off in her head. She gets it. She settles back in the chair, a little more relaxed, with better eye contact. The journey of healing has finally begun.

Health is a reaction to life, expressed through our body. When an aspect of our life is out of balance the body will respond, alerting us and providing guidance as to how to address the imbalance. It does this, first with simple signs -- a slight rash, a twinge of pain, a feeling of stiffness. If we don't listen, or understand the body gets louder, stronger and more insistent.

The language of the body is about understanding how your body talks and expresses. It is a conversation that we have with ourselves, sometimes only unconsciously. We train our body to express in certain ways. When we are open to the initial signs the body will usually respond by being gentle and subtle. Part of the process is about learning new ways that can be more gentle, more overt and more conducive to overall health.

The universe has given us a body as the manifestation of our energetic patterns. Recognizing and acknowledging that there is a language and message to symptoms, emotions, diseases and physical structure is the starting point.

Just as there are different languages that people speak, there are different foundations for expression. Polarity Therapy, for example, is based on Ayurvedic and Chinese Medicine principles. Both of these traditional methods have five elements to describe the body, but they use different windows. When I am unsure of what window a client may be using I will ask them what colour is Fire. If they say yellow, then I have a clue that their body is trained to express from an Ayurvedic viewpoint. If they say red, then I will start with the Chinese perspective. All windows lead to the core or essence of a person, but having practitioner and client walk in the same direction on the journey can smooth out the process.

Learning how to interpret the language of the body is the next step. The more you understand the elements, what they mean and their correlation with emotions, thoughts and the physical body the better your foundation. Energetic patterns will be expressed on all levels - how someone talks, what they say, the initial impression they convey, their physical symptoms, their thought patterns, emotions, dreams, all aspects of their physical body, even their hands and feet.

As a practitioner, the most valuable step is being able to feed this information back to clients, with the aim of bringing awareness, curiosity, and understanding of how the body mirrors life. If one of the reasons for living is to learn lessons, then awareness of those lessons and patterns is essential to learning. As a practitioner myself, I am constantly reminded of the importance of slowing down the process and spending as much time as necessary at the stage of awareness before we attempt to alter the messages.

The language of the body is a wealth of information with subtleties and strengths. Mastering the art of understanding this language is a lifelong journey that provides tremendous personal insight and an increased ability to assist and work with others.

Be curious, be open and enjoy the art of body language.

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