



TTouch for You® - Inspiring Self Care **“Live with Linda” June 22, 2021 - Class Chat**

- 11:56:38 From Kirsten to Everyone : I am from Santa Fe NM
- 11:57:38 From Rasya Susanne van Geijn to Everyone : I am from Switzerland
- 11:58:37 From Dilly B to Everyone : Hello from Glastonbury England xxx
- 11:59:03 From Diane Herold to Everyone : I'm from Milwaukee, WI
- 11:59:38 From Rasya Susanne van Geijn to Everyone : Susanne Rasya van Geijn from Switzerland. I call myself Rasya
- 12:01:28 From Kathryn Goldman Schuyler to Everyone : SORRY, BUT I CAN'T STAY THE WHOLE TIME TODAY!
- 12:01:46 From Liza Weaver Brickey to Everyone : I can only one here part time too
- 12:02:12 From Valentina to Everyone : yup, I have to go around 1:11
- 12:02:51 From Olivia Cheever to Everyone : Hi Linda and all,I also can only stay until 3:55pm. I love the readings you recommended! Thanks!
- 12:34:55 From Kathryn Goldman Schuyler to Everyone : Bye for now! See you next week!
- 12:37:57 From Kirsten to Everyone : Dr. Joe Dispenza
You Are the Placebo: Making Your Mind Matter
- 12:40:58 From Liza Weaver Brickey to Everyone : So sorry I have to go, I love this class and your teaching.
- 12:47:35 From Jennifer S. to Everyone : I have the Anatomy Colouring Book open to a page on the thorax - front and back. If you want me to hold it up to the camera, let me know.

12:51:54 From TT Teresa Cottarelli-Guenther Switzerland P/H/M to Everyone : Wow, Valentina, THANK YOU! how wonderful you explain all! I was working for many years in osteoporosis and osteoarthritis this part was missing!!!

12:59:34 From Valentina to Everyone : Got to bounce--love to all xoxoxo

13:03:19 From Lauren Grey to Everyone : Valentina, Dilly, Linda thank you so very very much! I hear you and understand what you are saying. I met Joe D, attended 2 of his long weekend events, but because of all the hoopla , I found hi and the whole situation hard to 'buy into'. But here now in this intimate situation, and at this time in my life, I DO hear you and understand you and believe you and know that I can do this. And Linda, when you told the story of the chiro, I was reminded that one of my chirps said "Your X-rays are not your story." Now I understand that. Thank you all!

13:03:39 From Maggy Burrowes to Everyone : I am hoping we are going to return to the knee self care process that we were talking about last week - there was a video that wouldn't work properly. I am still moving around on one foot while my ankle heals, and have just injured that main supporting foot, so am in a lot of pain and not at my most positive although you are all cheering me up :-) I am hyper mobile and the one supporting knee is beginning to struggle. I also am wondering if anyone here has any experience with restless leg syndrome?

13:11:09 From TT Teresa Cottarelli-Guenther Switzerland P/H/M to Everyone : I do struggle with a peripheral neuropathie like the restless leg syndrome, they suggested to treat with drugs for Parkinson which I prefer not to take! I do TTouch on my feet as best I can!

13:33:44 From Jennifer S. to Everyone : Would Linda please demonstrate the movement for spinal cord connection? Thank you.

13:33:50 From Denise Müller to Everyone : I'm very tired, have to go - to bed. Good night @all. See you next tuesday. ❤️-hug

13:36:01 From Marie Miller to Everyone : Could I share something that I find so helpful for night cramp in the calf please?

13:38:54 From Lauren Grey to Everyone : Am having big leg cramp right now!

13:49:43 From Lauren Grey to Everyone : That helped also much! Thank you! The sea kelp floating concept really helped !

13:50:16 From Lauren Grey to Everyone : Thank you, Angela!

13:55:26 From Lauren Grey to Everyone : Dilly- my Rheumatologist recommended elemental Strontium for Osteoarthritis when I asked for a natural bone growth solution. I can show you the brand-bottle!

13:56:14 From Olivia Cheever to Everyone : Thank you Linda and everyone! I have to run another meeting! I am filled with gratitude and going to bring it to continuing to do small circles with my right knee and down the leg. Will keep you posted!

14:00:25 From Jennifer S. to Everyone : Thank you all so much. I have to go now. Blessings.

14:11:21 From Lauren Grey to Everyone : Wow! Thanks Anna!

14:11:52 From Megan to Everyone : Thank you Anna, that was completely awesome!

14:11:55 From Angela Boocock to Everyone : Anna - thank you so much for sharing. Really helpful :0)

14:12:13 From Marie Miller to Everyone : Thank you Anna

14:14:08 From Lauren Grey to Everyone : I have found some good folks on F5iver

14:16:54 From Anna Oeste to Everyone : Dr. Alberto Villoldo's book, Grow a NEW Body and the foreword is Christine Northup, M.D. (xo, Anna Oeste)

14:17:27 From Rasya Susanne van Geijn to Everyone : its ok for me

14:19:59 From Kirsten to Everyone : learn.ttouch.ca

14:31:27 From Megan to Everyone : Thanks, and love to all, I must go now. Look forward to next week!

14:36:21 From TT Teresa Cottarelli-Guenther Switzerland P/H/Mo Everyone : Thank you all for this precious sharing. TTouch is a never ending story of hope

14:36:51 From Dilly B to Everyone : Thank you so much Linda. Sending you much love xxxx

14:36:55 From Marie Miller to Everyone : It's very late .. thank you so much everybody for sharing. See you next week xxxxxxx

14:37:02 From Angela Boocock to Everyone : Thank you ladies! You've really encouraged me with all your stories and advice. Love to all and see you next week. Thank you xxxxxx

14:44:57 From Anna Oeste to Everyone : Dr. Karen Becker is an online certified animal acupuncture, homeopathy and rehabilitation (physical therapy for animals) websites: www.drkarenbecker.com>dvm & drkarenbecker@mercola.com

14:45:58 From Anna Oeste to Everyone : Dr. Karen Becker is also on youtube (xo, Anna Oeste)