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Naturopathic Doctor

Certified BodyTalk Practitioner

PaRama BodyTalk Practitioner

Certified BodyTalk Access Trainer

Take Charge of YOUR Health

Activate Natural Healing By Focusing Your Awareness!

Learn in One Day, Use for a Lifetime, 6 Easy Techniques

- 1) **CORTICES: Balance YOUR Brain.** Get all the lobes of the brain communicating, left to right, back and forth and with all the systems of the body. Kind of like a “re-boot” for your brain.
- 2) **SWITCHING: Reset Your Stress Threshold.** When your body is chronically stressed your fight or flight responses become confused; too easily panicked or too slow to respond and protect your body from harm. This technique optimizes the fight or flight protection mechanism of the body.
- 3) **HYDRATION: Hydrate Your Tissue.** Proper water distribution is critical to every bodily function. Hydration affects blood pressure, nutrient absorption, nerve signal conduction and waste elimination. Life is not possible without water. Health is not possible without proper hydration.
- 4) **BODY CHEMISTRY: Activate Your Immune System.** Your body’s natural defenses are greatly affected by chronic stress. If your immune system overreacts you have allergies, if it under reacts you have infections. This technique optimizes the immune functions.
- 5) **RECIPROCALLS: Align Your Posture and Balance Your Meridians.** This technique will help you balance the movements of 17 pairs of joints while balancing the flow of energy (qi or chi) between the upper and lower acupuncture meridian channels.
- 6) **FAST-AID PROCEDURE:** Focus **IMMEDIATE HEALING** in the event of accident or sudden illness.

This hands-on workshop is designed to give you theory and PRACTICE, so you will learn these techniques and use them at home or as needed wherever you are. A manual with full color photos is included.

Class Details

February 16, 2019 from 9:00 AM – 5:00 PM

EARLY BIRD SPECIAL (now through February 1st)

\$125 adult* (includes manual) **Children (ages 12 - 18) & monitors \$50** (manual not included)

Regular Price: \$150 adult (includes manual) Children (ages 12 – 18) & monitors \$75 (manual not included)*

Day of Workshop: \$175 adult (includes manual) Children (ages 12 – 18) & monitors \$100 (manual not included)*

The class will be held at:

The House of Gilead Holistic Renewal Center: 2200 W. Spring Creek Parkway, Suite A, Plano, TX 75023

Register at:

AccessCompleteWellness.com/upcoming-events

For more information call 972-712-0892

**For every person you refer, who enrolls, pays full price & attends the workshop, you will receive \$25 off your workshop tuition. If you have already paid for the workshop a credit will be applied to your next BodyTalk session or you will be reimbursed at our discretion.*