



Greener Body Harmony Center

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CONTACT INFORMATION

OFFICE HOURS:

Monday—Friday

10:00 to 6:00

OFFICE LOCATION:

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GreenerBodyHarmonyCenter.com

Old Fashioned Chiropractic—Body Harmony Sessions & Intrinsic Assessment Counseling

GRAND OPENING OF BODY HARMONY SESSIONS JULY 16TH

Dr. Gordon Greener and Valerie Greener are announcing the Grand Opening of Body Harmony at Greener Chiropractic & Greener Body Harmony Center. Come join us in the celebration and let us take you on a tour of the new facility. There will be refreshments, and you will leave very excited about this new concept and what it can do for you.

What is a Body Harmony Session?

Stresses, memories and emotions can be stored within the physical body, especially the muscle tissue. Muscles move bones and provide balance to the physical framework. Tight and imbalanced muscles can and do pull bones and joints out of alignment.

One of the purposes of the Body Harmony Session is to relax the muscles, improve the circulation and stimulate a reflexive signal back to the body core which may allow the physical body as a whole to release the imbedded stresses, negative emotions, toxicity and other potential sources of imbalance.

This is aided through the process of nurturing touch and physical body-work while laying on a specially designed Body Harmony Sound Table. Relaxing sound waves from the music within the table pass through the individuals body, which then brings the cellular structure of the internal organs and muscles into resonance with the vibrating frequencies of the music. Combining vibrating sound from the Body Harmony Sound Table with body-work is a truly unique experience.

Studies have shown that chronic stress, anger and depression cause the body to manufacture destructive chemicals and hormones. Your body over-producing **Cortisol** can inhibit the healing process and shorten life expectancy. Your body wants to heal itself, and it will if you will participate by giving it what it needs.

Endorphins are hormones as well and are believed to create key positive effects on the body and mind: They enhance the immune system, relieve pain, and reduce stress, just to name a few of their benefits.

Greener Body Harmony Center uses natural healing techniques to stimulate the body's production of endorphins. They include chiropractic adjustments to align the body structure, light body nurturing massage, alternating hot and/or cold compresses, dead sea salt body scrub, which also infuses the body with a high content of much needed minerals, pleasant aroma, light, atmosphere and music.

Music has always exerted powerful physical, spiritual and psychological effects on humans, but scientists have only recently made the connection with relaxing music and the prolific production of endorphins.

The Body Harmony experience is a relaxing time just for you, and contributes to your healthy life-style habits. It also has the potential for **changing your life!**



Dr. Gordon Greener and Valerie Greener bringing you one practice with many fac-

Valerie Is Being Interviewed On KKBI Radio

On July 15th at 7:35 AM on 106.1 of your FM dial, Valerie will be interviewed on their live early morning segment. The discussion will be, **"Healthy Lifestyle Changes"** Be sure to tune in.

www.GreenerBodyHarmonyCenter.com

**HAPPY 4TH OF JULY
LETS CELEBRATE OUR FREEDOM**