

**CONTACT  
INFORMATION**

**OFFICE HOURS:**

**Monday—Friday**

**10:00 to 6:00**

**OFFICE LOCATION:**

Route 4 Box 5 N. Park Dr.

Broken Bow, OK 74728

**OFFICE PHONE**

**Dr. Greener**

**580-584-6338**

**Valerie Greener**

**580-584-6339**

**CHRISTMAS  
GIFT CERTIFICATES**

This is a unique gift for someone special in your life this Christmas. It offers everything a Body Harmony Session is, and more.

Discounted for GBHC patients & clients. 90 minute session

\$120 value for \$100 Available November 1st.

# Greener Body Harmony Center

Volume I Issue 6

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## Old Fashioned CHIROPRACTIC & "De-Stress" BODY HARMONY SESSIONS

### A Healthy Word From Doc. Greener

**MANAGING STRESS!** Stress is something which "deforms or evokes change". It can motivate or tear down. There are 3 major areas in which stress may show up: Physical, Bio-chemical and Mental. The combination of the 3 determines our total stress load. The physical stresses involve the balance of our body frame. This rebalancing is where Chiropractic work really shines. The biochemical takes in the levels of toxicity we are exposed to through our environment, diet and whether our body is able to rid itself of toxins from the inside. Nutritional deficiencies & hormonal imbalances all have major effects on our well being. Our new line of Health Supplements are design to help assist in these areas. Our mental stresses derive from our experiences, past & present, and how we "internalize" or deal with them. Valerie's Body Harmony Sessions & Intrinsic Assessment Counseling are incredible ways to bring this area of stress back into balance. Reducing and managing any one or more of these major areas of stress can have positive effects upon the quality of our lives.

### GREENER BODY HARMONY CENTER.com



Valerie Greener &  
Dr. Gordon Greener D.C.

"Old Fashioned"  
**Chiropractic**

580-584-6338

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**Body Harmony Sessions**

"Unique DE-STRESS Bodywork"

580-584-6339

**NORTH OF BROKEN BOW**

### Honey Girl Skin Care Products Are In

GBHC is pleased to offer you a line of organic, all-natural skin care products from Hawaii. These crèmes are hand-blended from several of nature's finest ingredients Rich in antioxidants and anti-aging nutrients that work together to prevent tissue damage, they will stimulate new cell generation, tone, tighten, and soften your skin, giving you a fresh, youthful appearance.

These crèmes are simple and pure, made of organic honey harvested from hives on the North Shore of Oahu, they contain organic beeswax naturally infused with propolis & bee pollen, organic extra virgin olive oil, purified water and various blends of essential oils to give them a pleasing fragrance and additional healing properties.



### BODY HARMONY SESSION GIFT CERTIFICATE

This certificate entitles you to a 90 minute Body Harmony Session, which includes:

- Dead Sea Salts facial Mud Mask
- 100% pure unrefined African Shea Butter massage
- 100% pure Dead Sea Salts body scrub (exfoliation)
- Hot towel body wrap
- Shea Butter hair and scalp treatment
- Body Harmony DE-STRESS Sound Table experience



To: \_\_\_\_\_

From: \_\_\_\_\_



**GREENER BODY HARMONY CENTER**  
1.5 miles North Broken Bow, OK

For an appointment call Valerie Greener  
580-584-6339

*When You're in the clinic, check out the Christmas  
Skin Care Gift Baskets. What a deal!*

**SAMPLES AVAILABLE**

## "Happy Thanksgiving"

May this holiday season be a time that brings you closer to family and friends like never before. May you count your blessings from this past year to the present, and know you have so much to be thankful for.

This is our prayer for you,  
Doc. Greener and Valerie