

**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
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SHEA BUTTER BEANS

The treasure in this tiny nut is now YOURS! Now the same purely incredible Shea Butter and Dead Sea Salts used in your Body Harmony Session are available for you to purchase. NEW *HOT* Shea Butter scalp treatment.

Ask Valerie. About it

Greener Body Harmony Center

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**Old Fashioned CHIROPRACTIC &
Body Harmony Sessions & Intrinsic Assessment Counseling**

Feeding Your Body a Life-Giving Meal

Our practice revolves around what is best for you, and we are very particular about what goes into and outside of your body. You deserve 100% natural with nothing missing from or added to the perfect food your body ingests. Trace minerals, vitamins and other pure nutrients are within the Shea Butter and Dead Sea products used to lavish your skin during your Body Harmony session. When the hot, moist towels are applied, the Dead Sea salts, mingled with the melted Shea Butter gives your body all it wants to drink in. Only good things can happen to your health and well-being when your body is fed what it needs to thrive. Good News! When you feel great your whole life changes: body, soul & spirit. Body Harmony sessions are scheduled 11:30 –2:00 & 4:30 Monday, Tuesday, Thursdays & Friday.



**Dr. Gordon Greener D.C. &
Valerie Greener**

A Healthy Word to You From Doc. Greener:

Your Basic 3 for Nutritional Support. The three supplements which I recommend that everyone should add to their daily diets are:

- 1) A broad-based natural vitamin and mineral supplement. It makes up for any deficiencies in our less than ideal eating habits.
- 2) Additional calcium and magnesium to support nerve and muscle relaxation. Calcium not only helps to support our bone health, but it also is our natural nerve relaxing friend. Magnesium is our bodies natural muscle relaxer, and is essential for the proper usage of our calcium. Taking 1 or 2 calcium/magnesium tablets at bedtime will allow for a more relaxed and refreshing nights sleep. Another important reason for getting plenty of magnesium is bowel function. This is one of the critical keys for many individuals having problems with normal bowel habits.
- 3) Vitamin C to support the body glue (ligaments, tendons and muscle fascia), which keeps our body tightly held together. Vitamin C is also our wound healing nutrient, and it assists with recovery from injuries, stress, along with building up our immune system. "We are what we take into our bodies"

WE ALWAYS LOOK FORWARD TO SEEING YOU!

Come to see Doc. Greener for all of your chiropractic needs, as well as a demo on the Body Harmony Sound Table, and also a sample of the pure health products that have made Greener Body Harmony Center the most unique Healthy Lifestyle Change you have ever experienced this side of Hot Springs. There is no need to travel to the big city for a relaxing, stimulating and rejuvenating experience, when right here in the Tri-county areas we have brought you this and much, much more.

**Be sure to read the article about Greener Body Harmony Center in the September issue of Oklahoma Edge Magazine. Copies are available at most local businesses or downloaded free at their website: www.oklahomaedge.com
Check out new products at our website: www.GreenerBodyHarmonyCenter.com**