

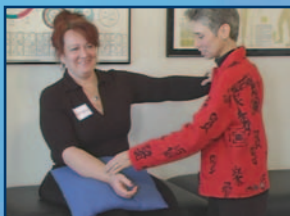
A masterful collection of ten simple and effective, hands-on self-help skills that address a wide variety of pain and stress issues—with proven results.

In this three-DVD set...

You will learn:

- 1 - **Auricular Massage** for tight neck muscles
- 2 - The important healing aspects of **Water**
- 3 - **Release Muscle Cramps** in 10 seconds or less
- 4 - Stress and Pain Relief through **Music**
- 5 - **Meridian Massage** for overall health and jet lag
- 6 - **Specific Neuromuscular Reset** for chronic muscle injuries
- 7 - **Energy Stroking** for pain relief
- 8 - **Neurolymphatic Massage** for general muscle relaxation
- 9 - **Neurovascular Balance** for emotional stress relief
- 10 - **Brazilian Toe Massage** for deep relaxation, insomnia and nausea

And special bonus...learn the **Basics of Quality Muscle Testing** from one of the leading authorities in the field of Touch for Health Kinesiology.



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The Top Ten Pain Releasers

Self Help Techniques for
Relieving Stress and Pain



with
Arlene Green

Easy to Learn
Highly Effective

Cutting-Edge Energy Medicine Techniques

All you need is a pair of loving hands

The Top Ten Pain Releasers with Arlene Green