



The Top Ten Pain Releasers 1

July 28, Sept. 9, or Dec. 2

\$150

The Top Ten Pain Releasers 2

September 10 or December 3

\$140

The Top Ten Pain Releasers is going on 25 years of workshop success helping thousands of people with gentle, effective hands-on skills to reduce and alleviate many kinds of pain.

Learn muscle testing and experience a wide variety of easy-to-learn techniques for relieving pain right at your fingertips. These techniques will give you healthy alternatives for pain relief and enhance your overall health and well-being. A great investment for the rest of your life!

Taught by Arlene Green, Top Ten author and International Kinesiology College Faculty.

In the Top Ten part 1 you'll learn:

- Auricular exercise
- Meridian massage exercise
- Neurolymphatic reflex technique
- Specific Neuromuscular Reset
- Emotional Stress Release technique
- Neurovascular balance
- Energy Stroking
- Spindle Cell Release
- Music for pain relief
- Brazilian Toe Massage

Benefits:

- Gentle release of tight neck muscles
- Easy resetting of body's meridian clock
- Increase energy
- Speed healing from muscle/joint injuries
- Release body's stress response
- Elevate moods and attitudes
- Rapid pain relief
- 5 second gentle cramp release
- Reduce back/hip pain in 5 minutes
- Ease nausea/ deep relaxation

In the Top Ten part 2:

- Hook Ups exercise
- Figure Eight Energy balancing
- Meridian Walking
- Pain Tapping
- Sound balance
- Food and Environmental Testing
- Learn a priority system based on all the skills from the Top Ten part 1 & 2

Benefits:

- Calming, helpful for hyperactivity
- Increase joint mobility & mental clarity
- Release surface and acute pain
- Learn tapping acupoints for chronic pain
- Release emotional pain
- Learn skills to identify foods that may stress you and your family
- Prioritize for efficient, optimal results

Register Online:

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*The U.S. Kinesiology Training Institute is an approved provider for continuing education for Nurses, Acupuncturists and Massage Therapists.

Most of these techniques are simple enough to be used even by your children for self-care. Both you and the whole family can benefit from these safe, effective non-pharmaceutical alternatives for pain relief.

