



The Top Ten Techniques for
Rapid Injury Recovery
ONLINE
Sunday, October 29th



\$150 (includes manual – 7 CEs NCBTMB)

Learn a wide variety of gentle, hands-on techniques that can **address both acute and chronic injuries** with immediate results.

Discover cutting-edge energy-medicine techniques that provide safe, non-pharmaceutical alternatives to address a wide spectrum of pain issues.

These natural, time tested, highly effective skills can be used anytime, anywhere to help yourself and others.



Instructor: Arlene Green, LMBT NC is one of the leading trainers in the field of Touch for Health Kinesiology. She has been teaching TFH Kinesiology for over 40 years and is the author of *The Top Ten Pain Relasers, Specific Neuromuscular Reset Technique, Emotional Repatterning, RESET for Enhancing Athletic Performance and Rapid Injury Recovery*. She is a Nationally ranked competitor in table tennis. Arlene is the director of the U.S. Kinesiology Training Institute in Chapel Hill, NC. NCBTMB Provider #158222-00.

You will Learn:

- How to release the body's stress response
- How to use music to relieve back pain in 5 minutes
- How to gently manipulate muscles to quickly release cramps
- The art of muscle testing to use as an assessment tool
- A highly effective skill to quickly & thoroughly reset injured fibers
- Two energetic techniques to reset the electrical field around injuries
- Meridian tapping points for relief of chronic pain
- How to release muscle memory and enhance flexibility
- Inflammation first aid

For more information and to REGISTER online:
www.USKinesiology.com