The Top Ten Pain Releasers:
Integrating Massage and Touch for Health Kinesiology

Chapel Hill, NC
U.S. Kinesiology Training Institute
Friday, May 30, 2025
(9:00 am – 6:00 pm) $195

(includes book and **8 CEs** for NC Massage Therapists,
Nurses and Fl. Massage Therapists)

The Top Ten Pain Releasers has for **30+ years** had success helping thousands of people with gentle, effective hands-on skills to reduce and alleviate many kinds of pain.

In this class you'll learn muscle testing and experience a wide variety of easy-to-learn techniques for reducing pain right at your fingertips. These techniques will offer you safe, effective alternatives for pain relief for family, friends or clients if you are a therapist. Use them for yourself too! A great investment for the rest of your life!

Taught by Arlene Green, Top Ten author and International Kinesiology College Faculty with 45 years teaching experience in Touch for Health Kinesiology.

You'll learn:
• Auricular massage
• Meridian massage
• Neurolymphatic reflex technique
• Specific Neuromuscular Reset
• Emotional Stress Release technique
• Neurovascular emotional 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

Register Online:
www.USKinesiology.com
email: arlenegreen@mac.com
(919) 933-9299

The U.S. Kinesiology Training Institute is an approved provider for continuing education for Nurses, Acupuncturists, Massage Therapists & Personal Trainers.

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.

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