

HEALTHY HAPPENINGS

Integral Brain Health

The practitioner at **Integral Brain Health** has been trained and certified in the **Crossinology® Brain Integration Technique** for brain integration, advanced physiology, muscle reactivation with pain removal (including Migraine pain), chakra balancing, allergy relief as well as asthma control, emotional balancing for severe trauma, sadness, and hopelessness, eradicating ADD/ADHD, Dyslexia, and significant learning difficulties (including memory, retention, and memory recall). The Crossinology® Brain Integration Technique also helps those diagnosed with Autism, Bi-Polar, Schizophrenia, Substance Addiction, and Anxiety find relief from many of the symptoms of their difficulties.

When students find it hard to learn at school, it is not because they are Lazy or that they are incapable of learning. It is because they cannot process the information in their brain as other Ace students. Provide the positive change for your child. When a child is not successful at learning and they feel that they are not equal to other students, they become behavior problems for parents, teachers, and the community. Give your child the edge and contact Integral Brain Health right away.

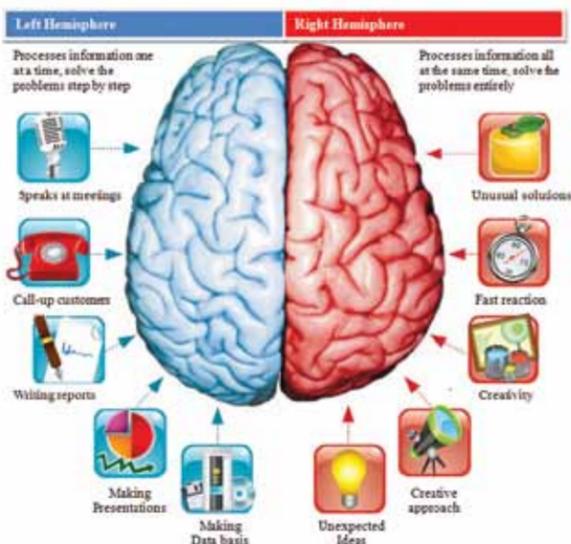


The root of the problem The program addresses malfunctioning and non-functioning pathways in the brain. These errant pathways block the flow of information in the brain, which often presents as issues identified above.

How does the Crossinology® Brain Integration Technique work?

The Crossinology® Brain Integration Technique can correct brain malfunction in cases where there is no organic brain damage in as little as six to twelve hours - that's it! No treatment plans, follow-up sessions, or adjustments. Best of all, your integration is permanent. Unless you have another significant trauma, your brain will stay integrated for the rest of your life!

Using Kinesiology, acupressure, and other non-invasive and drug free methods, your BIT Practitioner addresses the following areas: tastes, sounds, or something that they see.



What is Posture Fitness?

Are you slouching as you read this? That's okay! Yes, you read that right: I am a certified posture coach, and I'm telling you that it is okay to slouch sometimes. Sitting, standing, and moving in ideal alignment—all the time—is not realistic. However, not having pain when you assume these static positions and go about your daily activities is realistic and attainable.

Many of us go to the gym, walk and hike outside, or take group exercise classes to get "fit." We strive to be in better condition and improve the health of our muscles, lungs and heart. Having "fitness" in your posture is no different. It means you have the strength, flexibility and stamina in your soft tissues to achieve and maintain an aligned position in your structure. When you have "fit" posture, you can easily and painlessly move into and out of "good" and "bad" alignment. Life doesn't always accommodate optimal posture—like when you drop your keys under your seat in the car, which often requires contorted positions to retrieve. But you should be able to recover your keys, or slouch for a time, without enduring pain or becoming stuck in that posture.

Unfortunately, many of us do become fixed in a misaligned position. The body needs regular reminders of what straight and "fit" posture looks and feels like. The Posture Fitness class offered at the Moab Recreation

and Aquatic Center does this through small, specific movements, starting with core alignment and conditioning. Similar to yoga and Pilates, the class emphasizes body-mind awareness, breath, and muscle balance.

Awareness is the first step toward change. In this class I foster an attitude of non-judgement and acceptance toward your body. A deep, mindful connection with how you move, what you feel, and any asymmetries between your right and left sides allows you to take action toward better alignment, less pain and greater performance.

I know you may be skeptical of trying something new, so I've created two low-risk offers to spur you into action.

1. Your First Class is Free! Try the class at any time for no charge.

2. Bring a Friend Incentive! Introduce someone to the class, and their class is free, and yours is half price.

Join others who have already benefited from the Posture Fitness class:

"After five Posture Fitness classes at the Moab Recreation and Aquatic Center, my posture has begun to change—especially as I add this new awareness to my existing Pilates and yoga practices. As a 70-year-old woman, it amazes me how powerful and effective this 'seemingly' simple group of exercises is. Jessica Kisiel is very thorough, and even in a group class can hone in on my specific misalignments and movements. Highly recommended!"

—Constance Shambo

"Jessica's Posture Fitness class is awesome! I never realized that my chronic foot pain was attributable to my posture issues. After 3 sessions, my pain is negligible!"

—Carol Mayer, MRAC Member & Avid Hiker

Class Details

Sept. 18 – Dec 11, 2017
Mondays @ 11:30 – 12:30 pm
Moab Recreation and Aquatic Center
Investment: \$10 /class, \$45/5-punch card, \$80/10-punch card

Jessica Kisiel, MS, is a local wellness professional specializing in injury recovery and pain management through alignment. She is certified by the Postural Restoration Institute® and Egoscue University®. Learn more by signing up for her newsletter, <http://www.thepfathlete.com/subscribe>.



INTEGRAL BRAIN HEALTH

Terri Harris MA, BS, BIT

Are you struggling with Learning Difficulties?
There is hope for Drug Free, Permanent Change in your ability to Learn, Understand, Remember and Function

www.integralbrainhealth.com
terriblackberry5@gmail.com
435-459-0293 | 481 E. 100 S. Monticello, UT 84535

Community Nursing Services

CNS Home Health & Hospice
Experts in Home Care since 1928

Available Services:

- Home Health Care
- Hospice & Palliative Care
- Infusion Pharmacy Services
- Respiratory Services
- Specialty Services Including Senior Wish Program

1030 Bowling Alley Lane, Suite 1
Moab: 435-259-0466 Corporate: 801-233-6100

Tired, Sore and Over-worked Muscles?

Let **Sore No More** ease it away

Available at these locations

Moonflower Market ■ Walker Drug ■ Village Market
Dave's Corner Market ■ Canyonlands Copy Center

Call 435-259-5931
or visit
www.SoreNoMore.com
for more information

Grab and Go Local

Open 7 Days
8am to 8pm

natural foods store

At the grill, fresh means flavor

Stock up for your BBQ at Moonflower for

- Produce right out of the field
- 140+ spices in bulk for marinades and rubs
- Local, responsibly-raised meats
- Organic and unique snacks, drinks and treats
- Air-chilled, organic chicken

39 E. 100 N. Moab, 259-5712

RED VALLEY
Chiropractic

880 S. Main St. Moab, UT 84532 (435)259-0123

Offering Chiropractic Care, Low Level Laser Therapy, DOT Physicals, Sport Physicals, Pre-Employment Physicals

"The Power that made the body heals the body." —B.J. Palmer

HArT Healing

Struggling with physical, emotional and/or mental pain?

Experience a Powerful Modality for Instant Healing and Transformation

Schedule a session at healingwithhathi.com

The Pain Free Athlete

1st Class Free
Mondays 11:30

Stay in the game for life

Posture Fitness Class

Moab Recreation & Aquatic Center, 374 Park Ave.
Drop-ins are welcome anytime!
505-412-3132
www.thepfathlete.com