



# BRAIN WORKS NATURALLY



MAY 2018 -NEWSLETTER

## BOOK A LASER MINI-FACIAL NOW!



Use this cold level laser on face, neck, arms, legs, and anywhere you would like to see skin tightening, looking healthy and vibrant. Sessions can be of benefit in 5-15 minutes and have a cumulative positive effect over time.

## SPECIAL MEMBERSHIP PLAN BEGINNING

As a way to benefit loyal clients of Brain Works Naturally, there is now an optional savings plan that gives members significant savings for all services in return for an agreement to come for a monthly service of your choice. Each month, clients will be charged \$59.95 and may select any 50 minute session as well as receive a 10% discount on any other purchase of products. Members will be given a coupon to be used for a savings of \$10 for any other additional service and a \$10 coupon to be used for any Brain Works Naturally workshop.

You may pay by cash, check, or credit card. Appointments can now be made online. See the online listing of services and pricing to plan your own bundle of care.

“BEAUTY IS BEING COMFORTABLE AND CONFIDENT IN YOUR OWN SKIN “

-Iman

## 5 TIPS FOR HEALTHY SKIN

This is a wonderful website that I came across:

<https://www.medicalnewstoday.com/articles/320071.php>

## 60 SECOND BRAIN RESET

This is an amazing tool for bringing relief to any stress in your life. It uses a blend of three Young Living essential oils: Lavender, Frankincense and Stress Away.



Inhaling the oils allows for a powerful shift in energy in just moments. This has been a wonderful way to introduce the possibilities for promoting and enhancing positive energy flow. It also serves as a simple introduction to the Aroma Freedom Technique.

Online sessions are now available for Aroma Freedom Technique, Emotion Code and Brain Gym. Call to arrange.

## TIME TO DETOX?

The Aqua Chi foot detox bath removes toxins and energizes your body. It's time to detoxify if you have more than three of the following systems:

- Headaches – more than occasionally
- Colds or viruses every year
- Bowel movements less than once a day
- Itchy or watery eyes at certain times of the year
- Allergies or hay fever
- Feel bloated after eating
- Extra pounds that won't come off
- Puffiness in areas of your face or body
- Dark circles under your eyes
- Heartburn
- Bad breath / Body odor
- Excessive gas
- Tingling or numbness on one side
- Recurrent edema
- Cravings
- Restless sleep
- Troubling skin conditions
- Pain in joints or muscles
- Moody or foggy mind
- Forgetfulness
- Difficulty concentrating
- Can't find words
- Feel apathetic and tired
- Feel angry or bursts of irrational frustration
- Sensitivity to odors
- Multiple prescription medications

Make an appointment today!



## MOTHERS DAY SPECIAL (TO ANYONE WHO HAS EVER HAD A MOTHER)

Mention this newsletter and receive 10% off any service.

## GOOD NEWS ON CONCUSSIONS

Studies have shown that the number of concussions received in a lifetime is NOT necessarily as detrimental as first thought.

Although concussions are still a risk to brain health, the brain has tremendous potential for healing itself over time.

My services can aid in healing traumatic brain injury symptoms. I'm happy to provide a consultation.

## HELP FOR ALZHEIMER'S

I visit Elizabeth Church Manor's Alzheimer's unit weekly, interacting with a group of patients using music, rhythm and sound, along with Brain Gym movements and Aromatherapy.

Patients often arrive drooping, and at the end of this hour are smiling with twinkling eyes. We have fun! Seeing this difference at the end of the hour is so gratifying.

I am always looking for additional volunteers to help with this exciting and important work. Please contact me directly for free training. You may volunteer for whatever period of time is comfortable for you.

## TWO BCC CLASSES COMING IN JUNE

### AROMA FREEDOM TECHNIQUE

**Thursday June 7, 2018 6-8pm**

Experience this step by step process using Young Living essential oils to help you reach goals going from where you are to where you want to be. It's not just freedom from negative emotions, but the freedom to pursue your dreams.

### ENERGIZE WITH BRAIN BOOSTS

**Monday June 11, 2018 6-8pm**

Brain Boosts is a class designed for all ages. Learn simple movement techniques that can strengthen heart/brain/body connection for improved performance in your daily life, academically, physically, emotionally or spiritually.

**To register for these classes call: 778-5012**

## OTHER UPCOMING EVENTS

**Tuesday May 15, 2018 12-1pm**

Talk at the Binghamton Sertoma Club

Topic: Energize with Brain Gym and the 60 Second Brain Reset

**Monday May 21, 2018 6-8pm**

**Garden of Hope at United Presbyterian Church Chenango St. Binghamton**

Vendor for holistic services in support of recovery

**Tuesday May 22, 2018 4pm**

Job Corps - Oneonta

Energize with Brain Boosts

**Friday June 22, 2018 1-3pm**

Vendor for Chenango Valley State Park Health and Wellness Fair (for Headstart and Opportunities for Broome)

**June 25-28, 2018 9-5pm**

Brain Gym 170 (for Special Needs Providers)

See website for description

"STUDIES HAVE SHOWN THAT 90% OF ERROR IN PERCEPTION ARE DUE TO ERROR IN THINKING. IF YOU CAN CHANGE YOUR PERCEPTION, YOU CAN CHANGE YOUR EMOTION AND THIS CAN LEAD TO NEW IDEAS."

-Edward De Bono

Your Initial Consultation is FREE!  
Introductory Service is only \$45!  
(\$35 savings!)  
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