

## Feel Relief:

- *Aches, Cramps, Injury, Pains & Strains*
- *Allergies, PMS & Hormonal Shifts*
- *Anger, Fear, Frustration, Grief & Worry*
- *Being Unheard or Misunderstood*
- *Bruising, Scarring & Surgical Lesions*
- *Connective Tissue & Visceral Motility*
- *Digestion, Absorption & Elimination*
- *Dis-Ease, Fatigue & Insomnia*
- *Feeling Alone & Helpless*
- *Joint Stiffness & Inflammation*
- *Migraine & Tension Headaches*
- *Neck & Back Pain and Mobility Issues*
- *Pre & Post Natal Tension*
- *Toxins & Mineral Imbalances*

## Experience Wellness:

- *Deepen relaxation & sense of well being*
- *Diminish recovery time from operations*
- *Improve lymph & immune functioning*
- *Feel safe, empowered, free & authentic*
- *Increase circulation and metabolism*
- *Gain Insights on addiction & life issues*
- *Reduce side effects of other treatments*
- *Restore range of motion and posture*
- *Return harmony, balance & joy to life*
- *Uncover causes and their significance*
- *Understand the dis-ease process*

## Holistic Wellness Model

The Holistic Wellness Model of Health Care views people as whole beings, with a natural tendency to be balanced in a state of physical vitality and head-heart coherency. Pain and dis-ease result when you become stuck in a state of imbalance.

The goal of *Clymer Functional Wellness™* is to create conditions which allow your natural healing ability to be enhanced, and systemic harmony and balance restored, through all aspects of your Being.

Holistic therapies have proven to be safe and effective for individuals of any age. I invite you to take this opportunity to experience the *Peace* that accompanies *Wellness*.



**MARK CLYMER, BHSP, MT, NC**

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*Clymer Functional Wellness™ is a complement to, not a substitute for, appropriate medical care. Today, many Holistic Therapists work with medical doctors to form wellness teams.*

# **CLYMER FUNCTIONAL WELLNESS™**

**THERAPEUTIC  
MASSAGE**

**BRENNAN  
HEALING SCIENCE®**

**NUTRITIONAL  
COUNSELING**

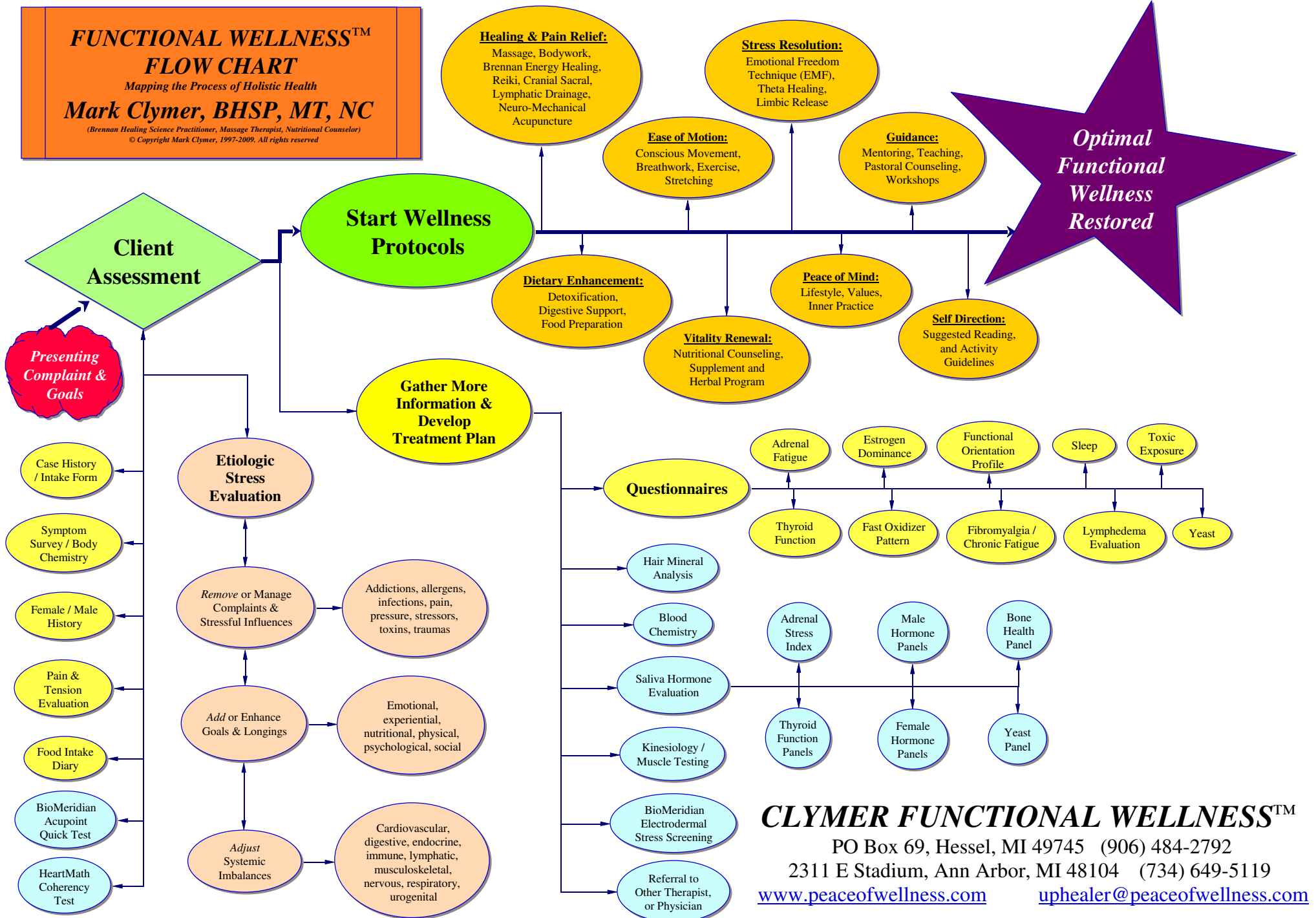
**CONSCIOUS  
MOVEMENT**

**STRESS  
RESOLUTION**

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(866) 874-3257

**Rejuvenate, Reenergize, Recharge,  
Replenish, and Revitalize NOW!**

**FUNCTIONAL WELLNESS™**  
**FLOW CHART**  
*Mapping the Process of Holistic Health*  
**Mark Clymer, BHSP, MT, NC**  
(Brennan Healing Science Practitioner, Massage Therapist, Nutritional Counselor)  
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