

December
2007



MIGUN of Greenville

NEWSFLASH

Welcome to the MIGUN of Greenville Family!

IN THE SPOT-
LIGHT:
MIGUN treats
YOUR FEET!

MIGUN & Your Circulatory System

The circulatory system (or cardiovascular system) is the organ system that moves nutrients, gases, and wastes to and from cells, and helps stabilize body temperature and pH to maintain homeostasis. The main components of the human circulatory system are the heart, the blood, and the blood vessels. Our circulatory system is divided into two types of systems: the systemic circulation and the pulmonary circulation. The systemic circulation is the main part of the circulatory system, while the pulmonary system oxygenates the blood.

Systemic circulation is the portion of the cardiovascular system which carries oxygenated blood away from the heart, to the body, and returns deoxygenated blood back to the heart. In the systemic circulation, arteries bring oxygenated blood to the tissues. As blood circulates through the body, oxygen diffuses from the blood into cells surrounding the capillaries, and carbon dioxide diffuses into the blood from the capillary cells. Veins bring deoxygenated blood back to the heart.

The release of oxygen from red blood cells or erythrocytes is regulated in mammals. It increases with an increase of carbon dioxide in tissues, an increase in temperature, or a decrease in pH. Such characteristics are exhibited by tissues undergoing high metabolism, as they require increased levels of oxygen. Migun beds work on the veins, arteries and capillaries of your circulatory system in or-



Live music, fellowship, and lots of food made the evening during Migun's bed owner Holiday Party!

der to increase oxygenation and also to increase efficient delivery of nutrients to the cells and tissues. Migun also works by increasing the temperature of muscles and tissues inside the body, and, therefore increasing the body's metabolism.

Increasing your body's circulatory efficiency helps all aspects of your health because a healthy circulatory system is the key to more energized cells and tissues! It's best to use Migun at least once per day for the greatest effects on your circulatory system. Help your heart this Christmas - order a Migun bed for you and yours!

MIGUN at HOME = LOWER STRESS

Migun presents... the 12 Migun beds of Christmas!

The first 12 families that purchase Migun beds during December will receive a FREE Migun Mini-Mat!

\$345 value

30-60-90 day purchase incentives still apply!

Payment Options:

Cash, Check, Visa, MasterCard, AMEX

FINANCING AVAILABLE

0% Interest—

12 months! Or up to 60 months with interest for LOW PAYMENTS.

We offer FREE layaway—become a preferred member and GET A FAST PASS!

Use FLEX SPENDING DOLLARS to buy your MIGUN bed!

| | |
|--------------------------------|-------------------------|
| HY 7000 UM | \$3695+ tax & delivery |
| HY 7000 U | \$3095 + tax & delivery |
| Healthy Mat-Full | \$1199 + tax |
| Healthy Mat- Queen | \$1499 + tax |
| Ionic Comfort Rug (Large/King) | \$499 + tax |
| Ionic Comfort Rug (Med./Queen) | \$349 + tax |

| | |
|---|-------------|
| Mini-mat DUO (NEW!!) | \$550 + tax |
| Mini-mat-Travel sized! | \$345 + tax |
| Skin Five Hand Rejuvenator | \$499 + tax |
| Negative Ion Bracelets (regular) | \$20 + tax |
| Handmade Negative Ion Jewelry is also available. Please see our in-store collection for prices. Special orders are available! | |

ALWAYS remember to bring either towels or a sheet for sanitary purposes!

ALWAYS DRINK A LOT OF WATER after using the MIGUN bed. Hydration is critical after a massage!

OUCH! THE MIGUN BED HURT MY TAILBONE!

Did you say that to yourself after the jade probes made their first few passes under your lower back? Or on your way out of our center after your first treatment on the MIGUN bed? How about when you woke up the next morning?

After using MIGUN, did your tailbone area feel tender, inflamed, even bruised? If so, what you were experiencing was most likely a HEALING REACTION. A healing or improvement reaction is different from an injury. In fact, it is the opposite of an injury. Your body is actually trying to heal your lower back with the help of MIGUN.

SO, WHY DOES IT HURT? Most of us have problems with our lower backs, even if we don't know about the problems specifically. Some problems are obvious: herniated discs, fused vertebrae, curvature of the spine, misalignment of the spine, chronically tight muscles, spinal stenosis, arthritis, sciatica, etc. MIGUN of Greenville has seen it all.

Other conditions are less obvious but more common. The most common problem related to the lower back is calcification of the connective tissue along the spine. Healthy connective tissue is a lot like Saran Wrap: soft, pliable, smooth, yet strong. As we age, however, the connective tissue tends to harden up like cement, especially in the lower back. This can cause a whole host of health problems, so one of the best things you can do for your health is to soften up the connective tissue in your back. But, have you ever gotten a massage aimed at trying to break that stuff up? No. As you age, your connective tissue loses some of its youthful flexibility— due to wear and tear, stress, less than perfect diet, injuries, etc.

MIGUN HAS GOOD NEWS!

Your tailbone will not always be sore after a treatment on the MIGUN bed. Calcification of the connective tissue can be reversed, and the MIGUN jade probes are uniquely suited for the task. The probes act like tiny gentle jackhammers in your lumbar and sacral area - very effective. First, the probes saturate your lower back with deeply penetrating far-infrared heat which dramatically increases blood flow, oxygen flow, and energy flow to the area. Then, the probes aggressively massage the connective tissue until the calcified material is broken down and flushed out of the body. This process usually takes about two weeks of daily MIGUN sessions. REMEMBER: Your problems did not appear overnight. Be patient and have faith in the process of healing. Come often to see what the MIGUN bed can do for you!

MIGUN EVENTS

On December 8th, Migun will host a day of Mary Kay facials! FREE! Sign up at Migun today for your facial.

Energizing Ionic Footbaths! \$35 for a half hour session— Saturday, December 15 and/or Saturday, December 29—all day long. Sign up for your foot bath today—sign up is located on library table in MIGUN's lobby.

MIGUN WILL BE CLOSED Sat. through Tues., Dec. 22-25, IN CELEBRATION OF CHRISTMAS. For last minute Migun Purchases Dec 22 and 24, Debbie will be on-call at 313-7010. Purchase needs only, please.

We will close Dec. 31—Jan. 1 in honor of the New Year. **Special Christmas Delivery days: Saturday 22nd & Sunday 23rd!**

We thank you for your patronage during 2007 & we look forward to continuous beauty and health for the Upstate during 2008!



Team MIGUN is (L-R, back to front) Vicy, Liza, Debbie, Lucy, Ashleigh & Eva.



Questions?
We like to answer!

Call us:
(864) 242-1160

Email us:
info@migunofgreenville.com

Visit us on the web:
www.migunofgreenville.com

Hours of Operation:
M—F 10 AM—7 pm
New Client Orientations
10:30, 11:30, 12:30, 1:30,
2:30, 3:30, 4:30, 5:30

Saturdays 9 AM—4 PM
New Client Orientations
9:30, 10:30, 11:30, 12:30,
1:30, 2:30

Last person on beds 30
minutes before closing!

MIGUN IS ENDORSED BY THE AMERICAN CHIROPRACTIC ASSOCIATION!
Visit www.migunofgreenville.com for more information about professional discounts
now available.

Having problems sorting out Medicare benefits?

During this time of year when many of us are focused on our families and how to help them most during the holidays, it's important to remember our Seniors who are struggling with open enrollment for Medicare benefits. Migun of Greenville would like everyone to know that our own Debbie Bennett is a licensed insurance agent for South Carolina and her specialty is helping families with Medicare benefits! If you have any questions or concerns about benefits for yourself or for a loved one, please contact Debbie. You may always reach her by tele-

phone — (864) 313-7010. Debbie is usually at Migun on Tuesdays, Fridays and Saturdays!

Debbie is also at the forefront of helping Migun of Greenville serve you better by working with representatives from Migun USA and other Migun locations to determine how we can successfully get insurance companies to help individuals purchase Migun beds for in-home use.

But remember: get a prescription for your Migun bed purchase so that you can deduct the purchase from this year's taxes!



Lucy enjoys talking with new bed owners at the 2007 Bed Owners' Holiday Bash! We trust you'll join us next year!



SPOTLIGHT: MIGUN TREATS YOUR FEET!

"After a long day at work, I come home to my MIGUN and immediately do about 15 minutes of reflexology for my aching feet! It's made such a difference in my life to be able to take care of my feet every day. What did I do before Migun?" wonders one local bed owner.

Gary, a Migun regular, once had planter's fasciitis so severely that he could not even drive his car without pain. Gary now reports that working on his feet with Migun

'just every now and then' keeps his feet feeling fine all the time!

Another bed owner reports help with fallen arches and arthritis.

The bottom line: Migun is even better with a foot massage.

So, how does it work? Once Migun of Greenville delivers your bed to either your home or office, our Service Manager Ashleigh Hummers shows you how to TREAT

YOUR FEET. You lie down in normal position on your bed, and then you bend your knees and rest your feet on the lower jade heads. As the jades start to move on the P2 (upper body) program, you may pick the perfect position for your body and then press the 'pause lower' button on your remote control.

After that, the jade heads will gently rock back and forth along the bottoms of your feet.

"I love the Migun foot massage!"

Does the program work the same way on both beds?

The answer is not quite. On the HY 70000 UM beds (upgrade beds), you may use the foot reflexology without interruption for the duration of the P2 acupressure program. On the HY 7000 U beds ("little beds"), the foot massage reflexology will work for 2 full minutes at a time before it 'times out' and the remote control beeps

for you to move the jade heads.

Migun of Greenville staff has noted that owners of both bed models enjoy the foot massage, and having to 'reset' the massage on the U beds becomes second nature to daily users.

Can you massage your feet on other programs or just P2?

You may use any program to massage

your feet by bending your knees and placing your feet on the jade stones. However, only P2 has the built in rocking motion.

Order your bed today to learn more about how having a Migun bed at home or work can help your health for years to come!

Visit www.migunworld.com to find a center near your out-of-town friends!