



## 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 the MIGUN bed, 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

the MIGUN bed.

**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.



Team MIGUN is (from left) Connie, Ashleigh, Lucy, Barbara and Vicy. Welcome to our family!

## CALCIFICATION OF THE CONNECTIVE TISSUE:

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. In fact, one of the best things you can do for your health is to soften up the connective tissue in your lower 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.

**Questions?**  
Email [info@migunofgreenville.com](mailto:info@migunofgreenville.com)  
Or call: (864) 242-1160

M-F 10 a.m.—7p.m. (last NEW CLIENT ORIENTATION—6p.m.)

Sat. 9a.m.—4p.m.  
(last orientation 3 p.m.)

## 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 jackhammers in your lumbar and sacral area – fairly gentle, but nonetheless effective jackhammers. First, the probes saturate your lower back with deeply penetrating far-infrared heat which dramatically

increases blood flow (and, therefore, oxygen flow) as well as 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 WILL BE CLOSED ON MONDAY, FEBRUARY 19 IN HONOR OF PRESIDENT'S DAY.**

**DO YOU KNOW ABOUT OUR PURCHASE INCENTIVE PROGRAM?**

## MARVELOUS MIGUN (*cont'd*)

According to TCM, disease is a loss of homeostasis (balance) among the several systems of function, and treatment of disease is attempted by modifying the activity of one or more systems of function through the activity of needles, pressure, heat, etc. on sensitive parts of the body of small volume traditionally called "acupuncture points" in English, or "xue" (cavities) in Chinese. This is referred to as treating "patterns of disharmony".

Treatment of acupuncture points may be performed along the twelve main or eight extra meridians, located through-

out the body, or on tender points, called "ashi" (signifying "that's it", or "oh yes"). The meridians are capitalized to avoid confusion with a physical organ (for example, we write the "Heart meridian" as opposed to the "heart meridian"). The two most important of the eight "extra" meridians are situated on the midline of the anterior (front) and posterior (back) aspects of the trunk and head. The twelve primary meridians run vertically, bilaterally, and symmetrically. Every channel corresponds to and connects internally with one of the twelve Zang Fu ("organs").



**Three Generations Enjoy the MIGUN Healthy Mat.**

## Get ENERGIZED! Get REVITALIZED! Get MIGUNIZED!

This means that there are six yin and six yang meridians or energy channels. The movement of qi through each of the twelve channels is comprised of an internal and an external pathway. The external pathway is what is normally shown on an acupuncture chart and it is relatively superficial. All the acupuncture points of a channel lie on its external pathway. The internal pathways are the deep course of the channel where it

enters the body cavities and related Zang-Fu organs. The superficial pathways of the twelve channels describe three complete circuits of the body. Chinese medical theory holds that acupuncture and acupressure work by normalizing the free flow of qi (a difficult-to-translate concept that pervades Chinese philosophy and is commonly translated as "vital energy") throughout the body. Pain or illnesses are treated

by attempting to remedy local or systemic accumulations or deficiencies of qi. Pain is considered to indicate blockage or stagnation of the flow of qi, and an axiom of the medical literature of acupuncture is "no pain, no blockage; no blockage, no pain".

The MIGUN massage system is designed to help remove blockages within your energy meridians so that you can experience better overall health.



## SPOTLIGHT: MIGUN HY7000 UM

The MIGUN HY 7000 UM Thermal Massage Device (which we at MIGUN of Greenville call our 'big beds') was designed with Americans in mind. It is longer and sits higher off the floor than previous MIGUN models, and it features handles on both sides, making it a lot easier for people with restricted mobility to use, with or without assistance from friends and family members.

Beyond the external design of the UM, it

also differs from previous models because it has a more heavy duty motor. This feature serves a dual purpose: it provides a smoother, yet more intense massage for the user and it also allows for more weight to be distributed along the tracks of the massage bed. MIGUN saw the need for a streamlined model of the massage system that could be used in both homes and in busy commercial spaces, such as doctors offices and gyms. The HY 7000 UM also has 8

different programs to provide acupressure, massage, and up to 140°F heat to help the body rejuvenate. The P8 program distinguishes the UM from previous models by offering intense acupressure, holding a full minute on pressure points, along with a full body massage. Using the HY 7000 UM daily at home is a great way to experience

Visit [www.migunworld.com](http://www.migunworld.com) to find a center near your out-of-town friends!