

# MIGUN of Greenville

## NEWSFLASH

March 2007

Welcome to the MIGUN of Greenville Family!

### MIGUN PROUDLY SPONSORS:

GREENVILLE INTEGRATIVE  
MEDICINE CONFERENCE

March 30, 2007

10 a.m.—4 p.m.

THORNBLADE



*Greenville Integrative Medicine Conference brings together practitioners, patients, and the community at large to discuss the new face of HOLISTIC health care.*

The mission of the Greenville Integrative Medicine Conference is to bring together conventional and natural medicine practitioners to build bridges between the two forms of the healing arts. More and more Americans are seeking the wisdom and advice of both types of professionals to establish and maintain a healthy lifestyle. A blend of each of these time honored healing techniques may well be the future of medicine in the United States and beyond.

As the main speaker for the event, Dr. Tracy W. Gaudet, M.D. will be a special treat for attendees. Dr. Gaudet is the executive director of Duke Integrative Medicine, and assistant professor of obstetrics and gynecology at Duke University Medical Center in Durham, North Carolina. Under her leadership, Duke Integrative Medicine ([www.dukeim.org](http://www.dukeim.org)) has recently opened a

state-of-the-art healthcare facility dedicated to the transformation of medicine through the exploration of new models of whole-person health care. Dr. Gaudet also made possible Duke Integrative Medicine's pioneering work on the development of Personalized Healthcare Planning, as well as initiatives in research and medical student and resident education.

Physicians like Dr. Gaudet are working all over the country to help people learn to take an active interest in and responsibility for their own health. Migun of Greenville believes that EVERYONE can achieve BEAUTIFUL HEALTH by being conscious of how they treat their bodies. With the right nourishment and encouragement, both physically and mentally, our bodies can flourish—even as we age!

**\*\*PRICE LIST MARCH 2007\*\***

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—Travel sized!	\$345 + tax
Pillow—Memory foam	\$89 + 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!	

**SPRING FORWARD,  
STEP BACK!**

**MARCH 8,9, & 10th  
EVERYONE** who buys a bed is  
qualified for 7-day incentive!

**IN THE SPOTLIGHT**

**\*\*MIGUN MINI-MAT\*\***

Take Beautiful Health with You!

See page 3 for more information

We recommend **DAILY**..  
**USE of MIGUN!**

**Payment Options:**

Cash, Check, Visa,  
MasterCard

**FINANCING  
AVAILABLE**

**0% Interest—12  
months!!**

We offer **FREE** layaway—  
become a preferred  
member!

Use **FLEX SPENDING  
DOLLARS** to buy your  
MIGUN bed!

**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 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, Vicy, and Pam (not pictured). 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—5:30p.m.)  
Sat. 9a.m.—4p.m.  
(last orientation 2:30 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!

**DO YOU KNOW ABOUT OUR PURCHASE INCENTIVE PROGRAM?**  
**Ask a Staff Member!**

## Greenville Integrative Medicine Conference (cont'd)

Taking time out of a busy schedule to give the body rest is crucial to well-being. Incorporating the use of a Migun bed into your daily routine may boost your immune system and keep your other body systems in good working order so that your busy schedule does not compromise your good health.

Greenville is at the edge of a major change in local consciousness concerning health and wellness. As the city grows, the options in

healthcare and wellness programs—from places to purchase supplements to places to take classes on nutrition, yoga, etc. as well as alternative medicine practitioners—is growing so fast it's hard to keep up! Migun of Greenville is excited to be a part of this fantastic change for a better, healthier community. Take advantage of the change, and join us for the first Greenville Integrative Medicine Conference this month.



Three Generations Enjoy the MIGUN Healthy Mat.

### Get ENERGIZED! Get REVITALIZED! Get MIGUNIZED!

The conference will host a variety of speakers, including Tracy W. Gaudet, M.D., Executive Director, Duke Integrative Medicine; Dr. Terry Hall-Hines ND, CNHP, MH, CNC, CTN, AANC, IACT; Bonnie Tollison, R.N., CNHP, Licensed HeartMath® Coach; John L. Tate, DDS.

Join Migun of Greenville in learn-

ing more about important topics, such as, “Integrative Medicine: Quackery or the Wave of the Future” and “Stress Less -Managing Stress for Life.” The conference will begin at 10:30a.m. and conclude around 4 p.m. Continuing Education Credits (5 credits) are available for nurses who attend the conference. Registration is required. Visit

[www.greenvilleintegrativemedicine.com](http://www.greenvilleintegrativemedicine.com) to register and find out more! Thank you for supporting integrative medicine in Greenville. Migun hopes that our participation in this conference will help build bridges among practitioners and patients to bring better health and understanding to our community.



### SPOTLIGHT: MIGUN MINI-MAT

“Could I have the mini-mat when she’s finished, please?” is a question we hear all day, every day here at Migun of Greenville. Why? Because using a Migun mini-mat does LOTS of things for you! Our mini-mats use special Migun 100-year-old stones (clay made from 6 different naturally occurring minerals) that produce NEGATIVE IONS to clean and ionize the air around you. Our mats also HEAT TO 140°F FAR INFRARED HEAT to soothe aching muscles and increase circulation. And they NEUTRALIZE HARMFUL ELECTROMAGNETIC INTERFER-

ENCE too!

Mini-mats are a great substitute for a heating pad because they are SAFE TO SLEEP ON, EVEN OVERNIGHT. For people with CIRCULATION PROBLEMS and CHRONIC PAIN DUE TO ARTHRITIS OR OTHER CONDITIONS, a Migun Mini-mat may help make a big difference in your life!

For ATHLETES, a mini-mat makes a great way to help reduce knots due to lactic acid build up in those overworked muscles!

Next time your Migun-bed neighbor asks you, “would you like my mat?”, just say YES! The best part about taking a Mini-mat home is that you can take it wherever you go from now on. Enjoy! ☺

Using the MIGUN MINI-MAT daily at home is a great way to experience BEAUTIFUL HEALTH!

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