

May 2007

Happy
Mother's Day!

MIGUN of Greenville

NEWSFLASH

Welcome to the MIGUN of Greenville Family!

IN THE
SPOTLIGHT
**MINI-MAT
DUO**

BODY MAINTENANCE 101

Recently, Greenville hosted its first annual Integrative Medicine Conference. One of the speakers, a naturopath and iridologist from Asheville, NC, talked about maintaining the body and taking preventative healthcare seriously. She pointed out the fact that homeowners carry homeowner's insurance, but know they will still be responsible – out of pocket – for cleaning the gutters, repainting the fences, re-shingling the roof, etc. That doesn't include all those daily maintenance things – cleaning house, taking out the trash – we all do, without a thought to whether or not our homeowner's insurance is going to pay for them. We have the same relationship with our automobiles and insurance policies – we carry the insurance in case of major damage or loss, but we know that oil changes and tire rotations are going to cost us out of pocket and don't even count towards the \$2500 deductible.

But what about our bodies? We carry health insurance to cover calamities, crisis in our bodies due to accident or illness. However, most of us have been trained to think that we only do things for our bodies if those things are covered by our health insurance! We have a tendency to ignore body maintenance work and instead say 'it's too expensive.'

Our bodies are amazing machines, but they require some things for proper function.

**PRICE LIST

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



Derek W. and 3 of his cats enjoy the new way to achieve BEAUTIFUL HEALTH!

First of all, we must nourish our bodies with vitamins, minerals, and proteins that are best found in foods like (organic) fruits, vegetables, whole grains, grass-fed or free-range meats without additives (like antibiotics and growth hormones) and so forth. The human body also requires sleep, and we live in the most sleep deprived time period in human history. Sleep gives our bodies time to recuperate from our daily stresses and process the nutrients we give it through our diet and activity.

Beyond those basic functions, our bodies function more efficiently (and that means we FEEL GOOD) when they are in good alignment with all the parts working smoothly – just like your car! Our bodies need tune ups, too!

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Mini-mat DUO (NEW!!)	\$550 + tax
Mini-mat–Travel sized!	\$345 + 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!	

**MOM NEEDS A
MIGUN BED!
MAY 7–14
10% OFF
EVERYTHING MIGUN!
SAVE UP TO \$369**

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 and **GET A FAST
PASS!**

Use **FLEX SPENDING**

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

Pam, Liza, Vicy, Barbara, Lucy, Ashleigh (left to right)

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.

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!

Questions?
 Email: info@migunofgreenville.com
 Call: (864) 242-1160
 Visit us on the web:
www.migunofgreenville.com

M-F 10 a.m.—7p.m. (last NEW CLIENT ORIENTATION—5:30p.m.)
 SAT. 9a.m.—4p.m.(last new

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

May is
 Asthma Awareness Month

**HELP YOUR RESPIRATORY SYSTEM BY USING A MIGUN BED DAILY!
 HOW CAN IT HELP?
 ASK TEAM MIGUN!**

VISIT
www.epa.gov/asthma/awm.html
 FOR MORE INFORMATION!!

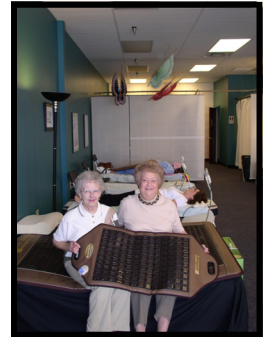
YOGA BY APPOINTMENT—CALL PAM AT 905-3175

BODY MAINTENANCE 101 (cont'd)

MIGUN is designed to give your body a daily tune up. Having a MIGUN bed in your home means that you and your family have access to a body mechanic any time you're feeling 'out of alignment.'

You can also give your body a tune up by taking up a new exercise program – anything from walking with a friend or your dog to swimming laps or playing a few holes of golf a couple of times a week (walk the course).

You could also take advantage of many of the great services available in Greenville: get a full body massage; establish a relationship with a chiropractor whose focus is wellness care; get involved with a group that practices yoga, tai ch'i or some other martial art form that incorporates movement with deep breathing; join a gym; join GOFO (Greenville Organic Food Co-Op); or take the family out for a hike up Paris Mountain or Caesar's Head!



Two Happy Mini-mat Owners!

Get ENERGIZED! Get REVITALIZED! Get MIGUNIZED!

The Upstate has an abundance of activities and therapies to help ATTAIN and MAINTAIN great health for your entire family. Have fun with them!

Remember that good food, clean air, pure water, sunshine, laughter and taking time out to 'smell the roses' will add years to your life and increase the quality of every one of

them. If you are one of those people who 'doesn't have time' for things, keep in mind that every single person in the world has one thing in common: 24 hours to each day.

At MIGUN, we believe that a healthy body leads to a healthy lifestyle... and making sure each day includes time for healing is the most important thing

that any of us can do for ourselves, our families, and our community.

For more information, visit MIGUN of Greenville on the web and check out our links page for information on local products and services, as well as educational resources to help you get the most out of life!

www.migunofgreenville.com



SPOTLIGHT: MIGUN Mini-Mat DUO

The MG-3300 Mini-Mat DUO has finally arrived! The Mini-Mat DUO is an integration of the patented thermal jade head and our very popular MG-3600 Mini-Mat. The DUO emits far infrared rays and negative ions, is protected from electro-magnetic waves, and heats up to 158°F. It also features 24k gold-plated 2 way thermal jade heads for deeper far-infrared treatment, which can be used on various pressure points on the body. It is designed to help

people with prostate or urinary problems, and can also be used to help with problems such as erectile dysfunction, hemorrhoids and other painful conditions.

MIGUN of Greenville has already discovered that the DUO can do much more than that! Use it in your recliner at home work on TENSION HEADACHES by using it under your neck (either sitting in a high-backed recliner or lying down on the couch/floor/bed). You can work on LOW BACK PAIN by using the DUO as LUMBAR SUPPORT while you're watching

your favorite TV show. For those of you who spend a lot of time at a computer, use the DUO for your ACHING SHOULDERS and TENSE MUSCLES in the upper back.

Check out the list inside our store for more uses of this dynamic DUO! Want to try it out? Ask a staff member for help!

Take home this new way to relieve pain and discomfort that's sure to become a new classic today! Be the first one in your neighborhood to own more BEAUTIFUL HEALTH!