

June 2007

Happy
Father's Day!

MIGUN of Greenville

NEWSFLASH

Welcome to the MIGUN of Greenville Family!

IN THE
SPOTLIGHT

**Migun goes to
the BEACH**

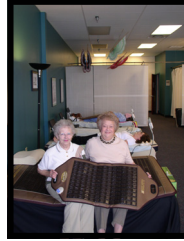
LAUGHTER HAS ALWAYS BEEN THE BEST MEDICINE

We all have one thing in common: we are all humans. And you know what? Humans were designed to LAUGH! Our bodies are designed to laugh because laughter is nature's stress-buster. A few minutes of laughter can lift our spirits for extended periods of time, long after the laughter ends. Laughter makes us feel good and it improves our attitude and behavior towards others.

According to researchers, just a few generations ago happy healthy humans spent 20 minutes a day or more in laughter. Now, however, adult daily laugh-time is down to only 5 minutes or less per day in most countries. This decrease in laugh-time also decreases the quality of modern life.

What can you do to laugh more – and even laugh yourself healthy? First of all, you can spend more time with us here at MIGUN! Like laughing, a 30-minute session on a Migun bed boosts your body's serotonin level to elevate mood and increase the feeling of peace and well-being you feel throughout the day. Another thing that you can do is make a pact to LAUGH at least 20 minutes a day, as often as possible. And MIGUN is here to help.

MIGUN of Greenville will host Greenville's first LAUGHTER CLUB beginning in June. Our first meeting will be held at 9:30 AM on Wednesday, June 20, here at MIGUN. Everyone is welcome to join us! The Club is FREE and open to everyone wanting to try a new way to improve their health and outlook on life. During the first meeting, we will discuss how often to meet and we will vote on the time that will be the best meet. Come for the first meeting to help shape our



*Happy Mini-Mat Owners
Migun gives these ladies so much*

Laughter Club.

Remember: seven days without laughter makes one weak. ☺

What can you expect from the Laughter Club? We will begin by introducing ourselves and sharing anything WE find amusing about ourselves. After that, Vicky will lead everyone in a series of exercises that simulate laughter in the body. After a short time, we will find that our simulated laughter is suddenly REAL laughter... and we will learn in short order that laughter is contagious. (And it really is contagious! Scientists have proven that due to 'mirror neurons' in our brains, watching someone laugh or cry or yawn produces the same action in the person watching!) We will spend about 20 minutes laughing together. By the time we're done, we'll all be excited about having a great Wednesday. Any participants in the Laughter Club are welcome to try the Migun beds afterwards.

PRICE LIST JUNE 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 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!	

DAD NEEDS

A MIGUN BED—so much more than another tie. ☺

Save \$595—everyone gets the 30-day incentive for Father's Day!

June 9–18

FREE delivery; FREE mini-mat; FREE extended service contract

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 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

Pam, Liza, Vicy, Barbara,

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
 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

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 see what the MIGUN bed can do for you!

Seven days without laughter makes one weak...
 COME LAUGH WITH US FOR GREENVILLE'S FIRST LAUGHTER CLUB—RIGHT HERE AT MIGUN OF GREENVILLE!
 Wednesday 6/20/07 @ 9:30 AM
 FIRST CLUB MEETING

YOGA by Appointment-
Call Pam Macpherson

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

LAUGHTER MEDICINE (*cont'd*)

Research shows that a regular 20-minute laughter session can have a profound impact on our health and well-being. Laughter is gentle exercise, so everyone can do it! Even people who can no longer walk or stand for long can benefit from laughing in a group (or by themselves). Laughter fills your lungs and body with oxygen; a good laugh clears your breathing passages very deeply and exercises your lungs.

This process will help bring more nourishment to all the cells in your

body. It is really important for everyone, but especially critical for people who don't get regular aerobic exercise.

When we laugh our bodies release a cocktail of hormones & chemicals that have startling positive effects on our system. Laughter reduces stress, decreases blood pressure, lifts depression, and boosts your immune system! Modern science is just starting to discover all the great effects of laughter on the body. Visit www.laughteryoga.org for info on Laughter Clubs around the world!



**LEFT: A painful walk into MIGUN
RIGHT: Feeling GREAT after MIGUN!**

Get ENERGIZED! Get REVITALIZED! Get MIGUNIZED!

DID YOU KNOW....

Your Migun bed at home will massage your feet?

You can use your Migun bed at home to aid digestion and elimination by using the abdominal program?

Your Migun bed has a manual function program so that you can work on your 'trouble spots' at home?

DID YOU KNOW....

You can get a FAST PASS for Migun by putting a bed on layaway?

You can get a FREE mini-mat, FREE delivery & set-up, and a FREE extended service contract by purchasing your Migun bed during your first 30-days of visiting Migun of Greenville?

DID YOU KNOW....

Migun has a LOST & FOUND for the belongings you left behind? We have some keys, some glasses... much more lost stuff! Ask a staff member if you've lost something!

You can visit migunofgreenville.com to learn more about the GREAT effects of daily Migun use?



SPOTLIGHT: MIGUN AT THE BEACH

We're beginning to hear a question almost daily around here as the people of Greenville prepare to take their vacations at the beach or at the lake: What will I do for two weeks without Migun of Greenville?

Our answer is simple. Ashleigh can deliver a bed to your home here in the Greenville area, and teach you how to TAKE YOUR BED WITH YOU when you go on an extended vacation!!! Once you have a Migun bed at home, it's as easy as 1-2-3 to disconnect the cables and

load the bed (without the frame) into your car for that long trip to the beach or the lake.

Lucy, one of the owners here at Migun of Greenville, always takes her bed to the beach! The frame for the bed is not necessary for the beds' operation, so you can take the bed itself and leave the frame at home. Some people choose to simply place their bed directly on the floor for short-term use in a different location. We would suggest this if you are able to get up and down from the floor without much diffi-

culty. However, there are other options.

If you have a spare bed, you can use a piece of plywood to stabilize the center of the bed (where the upper and lower portions join together), and then place the bed atop the wood and voila! Your bed is ready to take the kinks out of that 6-hour drive and get you ready to hit the waves.

Knowing that you can take your bed with you will help you rest better. Of course, the melatonin boosts that using your bed gives you will help you rest better too!