

# MIGUN— beauty & health newsflash

## *Depression: Migun Can Help*

### Inside this issue:

<i>Depression: Migun Can Help</i>	1
<i>Boost Your Immune System with Migun</i>	1-2
<i>Have Migun, Will Travel!</i>	2
<i>Stress Release Technology</i>	3
<i>Sleep Deprivation: How Migun Helps</i>	3
<i>Health Basics for the Holidays</i>	3
<i>Events</i>	3

For many people, the Holidays are a time filled with sadness, self-evaluation, loneliness, and anxiety about an uncertain future. Even in an un-depressed state, the holidays are stressful and often disappointing. Seniors can have an especially hard time with the holidays. One study shows that nearly two-thirds of the population have suffered from depression during the holidays, often to such an extent that they do not take part in the season's activities. So, what can you do to ward off these feelings of depression, anxiety and sadness?

You can use your Migun bed and your Migun Mini-mat **EVEN MORE** to help increase circulation to your brain, which is so important in making sure your body is produc-

ing enough endorphins to keep the blues at bay. The patented technology of the Migun Ther-massage Bed System AND the Migun Healthy Mat series is proven to increase your brain's production of 'feel good hormones' such as serotonin, which boosts mood, and melatonin, which helps you get a good night's rest. Beyond that, Migun reduces your overall stress levels, even when your family starts crowding in to your house with all the screaming kids, sullen teenagers, complaining party-poopers or whatever other role that tends to leave you stressed out at the holidays.

You can also learn to laugh at some of these common stressors. Take it from small kids—laughing at the spilled milk is far better than crying over it. You can also learn to spend a little time



***Stimulate endorphins! A Healthy Smile is what we make at Migun!***

each day reflecting about all the things you are thankful for, no matter your physical, mental, emotional or even financial situation. Just don't forget to count your blessings, and keep in mind that Migun can be a blessing for the whole family for years to come! Investing in your health & your family's health is a safe investment forever!

### Get more from MIGUN at home!

- Migun anytime—even after your Holiday Guests are in bed!
- Massage your feet after shopping and working in the kitchen all day!
- Knock out that cold before it gets started—Migun twice a day!

## *Boost Your Immune System with Migun!*

During the past few years, there has been a noticeable rise in the use of alternative medicine for preventing and treating different health ailments in the United States. According to an article in the Journal of the Medical Association, in 1997, over 55% of all visits to alternative medicine practitioners consisted of visits to chiropractors, massage therapists and acupuncturists. Respondents

of several national surveys conducted in the U.S. indicated that chiropractic and massage therapies were sought for a various reasons, including relief of stress, pain, neurological problems and inflammatory conditions. As alternative medicine increases in popularity in the U.S., more independent studies are being completed to evaluate the effectiveness in

a formal manner. Recently, the University of California at Irvine completed a preliminary immunology study on the Migun HY 7000 series to discover the specific effects the Migun bed has on the human immune system. Although this was the first study of its kind, the implications of Dr. So's findings are very exciting, especially for anyone suffering from autoimmune issues.

**See page 2**

## Migun Helps Your Immune System!



Migun offers Coesam Cream to help troubled skin.

Dr. So's study was designed to evaluate the short and long term benefits of Migun's thermal mechanical massage beds in improving the health and well-being of the body.

This particular project, conducted at UCI, was created as a pilot study to evaluate whether or not continued treatment using the Migun bed boosted the body's immune system. Ten healthy young adults, averaging 24 years in age, received thermal massages twice a week.

The pilot study was conducted over a period of two months, in which blood samples were drawn during the initial interview and at the beginning of the final session. The two blood samples from each participant were later compared to see if there were any changes to the cells in the immune system, mainly by looking at the T-cells and Natural Killer (NK) cells.

**The researchers focused on the T-cells and NK cells because it is these cells that react as the body's line of defense.** T-cells retain memory and can effectively fight against specific strands of viruses if they encounter them after the initial infection. NK cells are part of the innate immune system and fight tumor or virally infected cells in the body. mechanical massage devices.

**By finding an increase in the number of these cells in the immune system after the blood sample comparison, it suggests that using the Migun's thermal mechanical massage beds could cause an improvement in the body's ability to fight against sickness.**

*Indeed, the study results were positive and reported a change in the immune system cells.* The results suggest that the Migun thermal massage beds used in the study gives further proof that the benefits of the therapeutic massage were beyond simple stress relief and muscle relaxation.

It is not yet quite understood how the thermomechanical massage devices alter the immune cell population, though it could possibly be attributed to the stimulation of the autonomic nervous system and the central nervous system by putting pressure to specific acupuncture points. The researchers recommended that a more extensive follow-up study be conducted on a larger scale to gain better understanding on the potential immunological health benefits of thermomechanical massage devices.

This research study was made possible through the efforts of Dr. Steven So and Migun USA Corp. Migun is committed in continuing research for the purposes of improving public health and promoting healthy living. Remember, Migun MEANS beauty and health! Wishing you all a long, healthy life

Own a MIGUN bed today! Financing Available- 12 months NO INTEREST! Or Layaway your bed up to 12 months!



Skin Five Hand Rejuvenator helps relieve pain from arthritis & carpal tunnel. Also helps skin!

## Have Migun, Will Travel

This holiday season, Migun has even more to offer you and your family so that your holidays are filled with beauty and health! Often, the coming of the holidays means the coming of long family road trips to visit friends and relatives. Those hours behind the wheel or

sitting cramped with luggage and pillows tires the muscles, slows circulation, and weakens the immune system. This year, why not take Migun along for the ride?

Starting NOW, Migun has a new Car Mini-mat! This

convenient mat plugs right into your car, without an adapter, and will keep your blood circulating, boost oxygen levels in your blood and to your muscles and tissues, and keep you calm and relaxed while driving—all at the same time! At an intro- (see page 3)

## Have Migun, Will Travel (cont'd)

ductory price of \$199, you shouldn't leave home without one! Arrive at your destination feeling relaxed and refreshed instead of tired and sluggish.

Another problem that all that driving and wedging into those uncomfortable airplane seats causes is a lot of pain and stiffness in the neck, shoulders and lower back. Migun has another travel-sized solution: the

NEW Migun Mini-Wrap Pad! This smaller, form-fitted version of the popular Migun Mini-mat offers the same Far Infrared and negative ion therapy you've come to expect from Migun in a size that's perfect to wrap around your shoulders and neck, your lower back, one sore shoulder after 18 holes of golf or tag football with the kids... or any number of other uses. The new Mini-Wrap Pad is perfect for

travel or home use. Get one now through December 31st for the low introductory price of \$175.

And remember: Migun of Greenville is offering tax-free shopping from now until December 20th!

Come in today to try these great new Migun products. Order by December 12th to make sure you get yours before December 25th! Merry! Merry!

## No Substitute for a Good Night's Sleep

A growing body of scientific evidence suggests that too little or erratic sleep may be taking an unappreciated toll on Americans' health. Failing to get enough sleep or sleeping at odd hours heightens the risk for a variety of major illnesses, including cancer, heart disease, diabetes and obesity, recent studies indicate.

By using the Migun thermal massage system each night before bed, you can reduce the day's stress on the body while also increasing the brain's production of the natural sleep-inducing hormone called melatonin. As you lie down to rest after getting Migun-ized, you are likely to be able to fall asleep more quickly and to get a full night's rest.

The Migun Healthy Mat series also aids in sleep as it not only provides warmth and increased circulation to relax tired or aching muscles, but the Migun mats also block harmful electromagnetic waves that can cause even a sleeping brain to think it's awake. Talk to a Migun representative today about getting your bed and mat at home!

## Migun Offers Health Basics for the Holidays

As you spend time with your friends and family this holiday season, remember how important it is to give thanks not only for your bountiful food and fellowship, but for the gift each day brings. Every day you wake up is a good day and it offers you another opportunity to make

a positive difference in the world. Cicero said that "gratitude is not only the greatest of virtues, but the parent of all the others." Mental health providers all over the world are beginning to understand the true physical value of genuine thankfulness. Migun of

Greenville would like to offer our sincere thanks to each and every one of you. Our customers are the best in the world, and give us thousands of reasons to continue our mission to bring Migun into every home and every office in the Upstate of South Carolina. Thank you!

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health has hope;  
he who has hope  
has everything.—  
Indian proverb**



*NEW Migun Mini-Wrap Pad offers versatility in treating everything from achy shoulders to achy knees! Only \$175!*