

Now the most powerful pain relief available  
without a Doctor's prescription...

## THERAPEUTIC MEDICAL MASSAGE

Therapeutic medical massage is the combination of two disciplines:  
**Reflexology** and **Orthopedic Medical Massage**.

*Reflexology* is based on the principle that there are reflex areas in the feet that correspond to all the glands, organs and parts of the body. Stimulating these reflexes properly can help many health problems in a natural way.

*Orthopedic Medical Massage* is a powerful massage technique dealing with the treatment of pain and stiffness due to injuries and diseases of the bones, joints and muscles.

Here's what you can expect from your therapeutic massage

### *Orthopedic massage relieves:*

- ✓ Back Pain
- ✓ Arthritis
- ✓ Shoulder & Neck Pain
- ✓ Aching Hips, Knees, and Joints
- ✓ Strained Muscles

### *Reflexology relieves:*

- ✓ Poor Circulation
- ✓ Chronic Stress
- ✓ Insomnia
- ✓ Tension Headaches
- ✓ High Blood Pressure



### **Lions HealthFirst Foundation**

*an IRS approved Non-profit Organization*

**CALL TODAY FOR MORE INFORMATION**

**ASK FOR MITCHELL — 739-6552**

**5040 Edna Avenue, Las Vegas, NV 89146**

# You may be 72 hours away from a pain-free life!

How can something that feels this good relieve chronic pain and improve your health?

Orthopedic Massage Therapy, when combined with Reflexology, eases muscle stress, softens connective tissue (fascia), restores joint rotation and flexibility while improving circulation and stimulating energy to vital organs.

## REFLEXOLOGY FOOT CHART



## Meet Your Therapist



Nancy Garlinger is a lifelong dedicated massage therapist. Her intuitive feel for the body in distress, and her true gift for soothing, easing and relieving pain and stress is absolutely amazing.

Nancy is a licensed and insured massage therapist (License # NVMT-4169). She is certified by The National Certification Board for Therapeutic Massage & Bodywork (Certificate # 443051-00). She is also certified by the Lions Institute of Health Sciences in the practice of reflexology and orthopedic medical massage.

## COMMENTS FROM PATIENTS

*"I finally got my first night's sleep in weeks. Thanks for the relief from excruciating back and shoulder pain." ~ Audrey S.*

*"I went in for a half-hour treatment, but felt so much better I begged for a full hour." ~ Jim C.*

*"After just 3 treatments the debilitating pain in my legs is gone. I can live again! I wish I'd found you sooner!" ~ Bob D.*

**Schedule your appointment today! Call Mitchell at 739-6552**