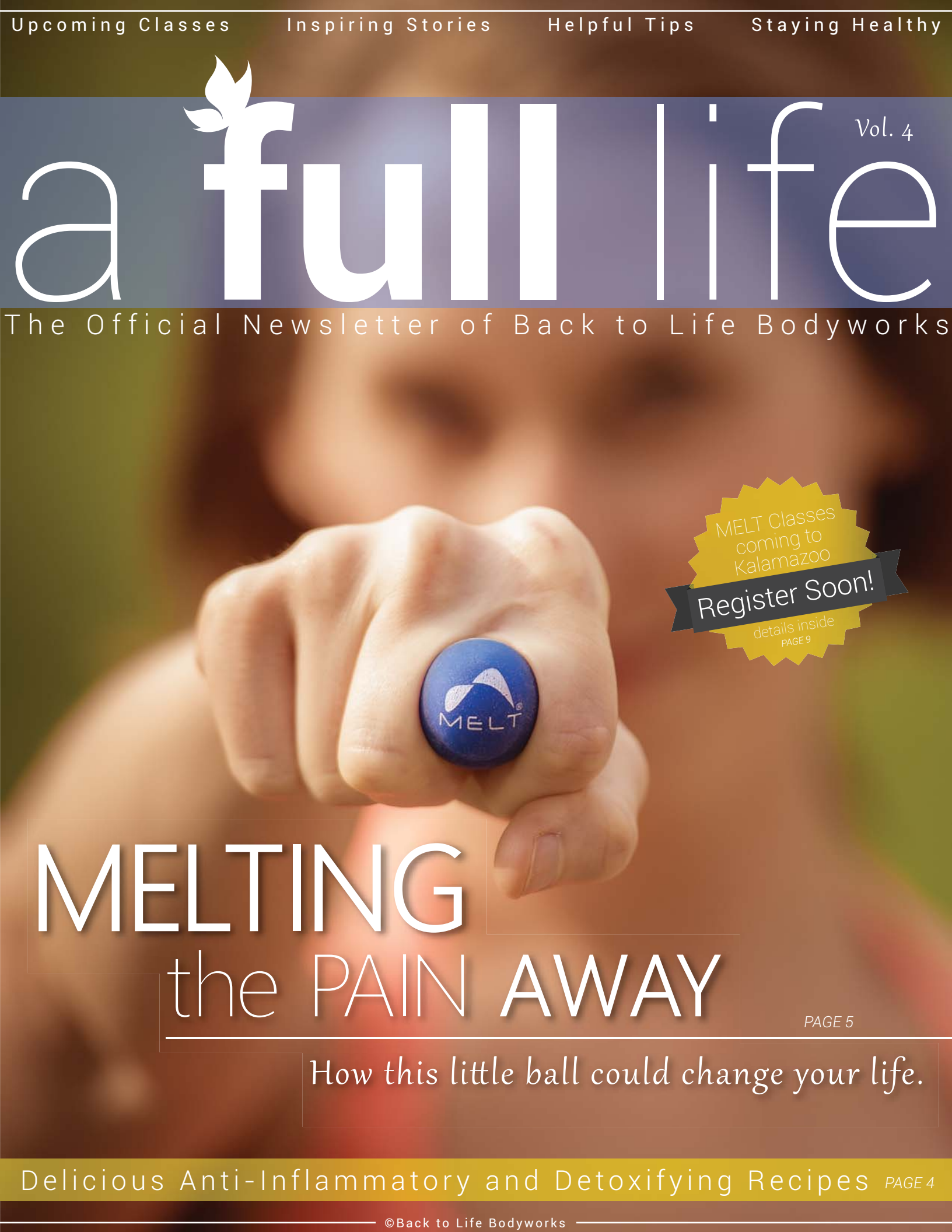


a full life ^{Vol. 4}

The Official Newsletter of Back to Life Bodyworks



MELT Classes coming to Kalamazoo
Register Soon!
details inside
PAGE 9

MELTING the PAIN AWAY

PAGE 5

How this little ball could change your life.

Delicious Anti-Inflammatory and Detoxifying Recipes PAGE 4

a new level of care

I've been a bodyworker since 2002. I've studied and experienced many different techniques, in an effort to evolve as a hands-on therapist and to increase my capacity to help people get out of pain and feel better. Even the name of my business reflects that goal!

When I introduced Bowenwork to our community four years ago, I felt like it was the beginning of being able to affect real, lasting change in the bodies of my clients. I've been privileged to be a part of so many journeys toward good health and recovery, and it inspires me every day to bring as much care and compassion to my work as possible. I also have a vision for my company to offer not just one modality but a suite of specialized services for anyone needing relief from chronic pain, injury, stress, and anxiety.

For the past year, I've quietly been learning a very exciting technique called the MELT Method, and I'm finally able to announce MELT's addition to Back to Life Bodyworks! Starting June 15th, I'll be offering MELT classes and individual sessions designed to bring a new level of care to all of our clients, young and old! MELT is a perfect addition to the Back to Life family, because it offers a gentle, inspired approach to not only decreasing pain and inflammation in the body, but increasing hydration and balance, all of which are very important to me as a bodyworker.

I didn't discover MELT as a practitioner, however. Last year, my own body was in a severe amount of pain and discomfort. I struggled for months, and none of the techniques I'd learned in my career were giving me the relief I needed. I found MELT by accident, and almost immediately after trying it, I started to feel better. Prior to finding MELT, I was afraid my active lifestyle was coming to an end. Now, I feel stronger and more empowered than ever. It was such an exciting change, and I was so inspired by this amazing technique that I knew it would be a perfect fit for Back to Life Bodyworks. I am now certified to teach the Hand/Foot portion of MELT, and in September I will obtain my full certification in the MELT Method.

The first time you try it, you can see and feel a difference. This newsletter is dedicated to introducing you to the MELT Method. MELT is powerful and effective, and I can't wait to share it with you.

Love and Blessings,

Danielle Beller

Back to Life Bodyworks





● The gentle nature of Bowenwork makes it one of the most relaxing forms of bodywork available.

new website

With the addition of the MELT Method to the Back to Life Bodyworks family, we thought it was about time we updated our website! It now features a beautiful, brand new look, with all the information you need to learn more about our services, along with an ever-expanding section of resources for health-minded people.

Besides the cosmetic overhaul, we now offer convenient online scheduling and the ability to pay for your sessions using a credit or debit card. We also have specials and new events coming up in the near future, and we're constantly updating and refining our web content, so check back often! You can find our new website at

www.backtolifebodyworks.com

corporate programs

Back to Life Bodyworks offers corporate programs! We can customize a plan for the specific needs of your workplace ranging from on-site services (monthly, weekly, special events) to large group discounts.

We can accommodate the needs of your company, whether for carpal tunnel, foot pain, back or neck pain. We can address these directly and quite effectively.



● MELT rollers have a specific density to make MELTing comfortable and effective



For your convenience...

We offer sessions Monday-Saturday, 9-7^{PM}

Strawberry Rosemary

1 container thinly sliced strawberries
several sprigs of rosemary

*Add ingredients to a liter or mason jar.
Fill with water and let steep overnight.
You might also try adding blueberries or
blackberries for a flavorful twist!*

Cucumber Lemon Mint

1 sliced cucumber
half of a lemon
several sprigs of mint

*Add ingredients to a liter or mason jar.
Fill with water and let steep overnight.*

Apple Cinnamon


2 thinly sliced green apples
4 large cinnamon sticks

*Add ingredients to a liter or mason jar.
Fill with water and let steep overnight.*



STAY
Hydrated
ALL SUMMER LONG

Water is the most important thing we put into our bodies, and these delicious detox water recipes will make it easy to stay fresh and cool when your body needs it the most!



MELTING the PAIN AWAY

Introducing the MELT Method, and how it could change your life.

- When MELTING your hands, it's important to warm up the tissue and assess where the tender areas are, as pictured here.

What is MELT?

The National Institutes of Health (NIH) reports that pain affects more Americans than diabetes, heart disease, and cancer combined. It is the most common reason to seek out medical care, costing Americans more than \$100 billion a year.

Put simply, the MELT Method is a self-treatment technique that helps prevent pain, heal injury, and erase the negative effects of aging and active living. MELT simulates the hands-on techniques of manual therapy to eliminate stress, pain, and dysfunction. MELT is the first neurofascial technique. MELT brings your body back to a more ideal state by directly enhancing body awareness, rehydrating connective tissue, and quieting the nervous system. The first time you MELT, you see and feel a difference – and over time, you can transform how your body looks and feels.

● MELT addresses issues from your head to your feet



Has MELT been reviewed by experts?

Yes, MELT has been reviewed by internationally respected doctors, neuroscientists, and connective-tissue researchers, including Jean Pierre Barral, D.O.; Ben Domb, M.D.; Gil Hedley, Ph.D.; Tom Myers; and Robert Schleip, Ph.D. Each expert has recognized that MELT is grounded in scientific principles and offers extraordinary benefits.

Who is MELT for?

MELT is for anyone who wants to slow down the aging process and live better, longer. For those in their 40s, 50s, and older who want to stay active, mobile, and independent — MELT is a must. MELT is for active younger adults and athletes who want to maintain a fit, toned body and achieve optimal performance without debilitating wear and tear.

MELT is truly for everyone! Even if you are pregnant, injured, post-surgery, overweight, sedentary, out of shape, have limited mobility, chronic pain, knee/hip replacements, or bone disorders — you can still MELT. It's the best starting point for any exercise program.

What benefits does it offer?

MELT creates a strong, flexible body that maintains its upright posture for life. And you will see and feel results after just one session!

MELT improves:

- flexibility & mobility
- posture
- the results of exercise
- range of motion
- sleep & digestion
- overall well-being

MELT reduces:

- aches & pains
- wrinkles & cellulite
- tension
- headaches
- risk of injury
- stress



So, how does MELT work?

Day-to-day living creates tension within our bodies. Physical stressors range from sitting at a desk to running a marathon. Carrying children and heavy bags creates trapped tension, as does even the gentlest form of exercise. Emotional, mental, and environmental stressors such as processed foods, medications, environmental toxins, and daily worries all build tension in the body.

New science reveals that this “stuck stress” is literally trapped in our connective tissue, which surrounds every joint, muscle, nerve, bone, and organ. Unaddressed trapped stress causes

connective tissue dehydration and cellular damage. This creates a domino effect that begins with aches and stiffness and leads to common health issues such as neck and low back pain, headaches, insomnia, digestive problems, and injury. Accelerated aging and chronic health problems can follow . . . leaving us with limited options such as medicine, surgery, and a sedentary lifestyle.

However, when the connective tissue is hydrated and free of roadblocks, our bodies function at a more optimal level. MELT is a breakthrough technique that keeps our connective tissue and nervous system in top condition and slows down the aging process. MELT rejuvenates tissue hydration and relieves the tension of day-to-day life that gets trapped in our bodies. No other proactive approach directly treats the connective tissue—including nutrition, exercise, yoga, meditation, or vitamins.

MELT is easy to learn, backed by cutting-edge research, and offers immediate results that you will see and feel the first time you MELT. Changes in posture, flexibility, energy, mood, and performance occur within only a few sessions. Best of all, your body feels great long after you MELT!



● the MELT “finger rinse”

● Studies done at the Stanford University School of Medicine show that chronic inflammation, not compression or wear and tear, is the primary cause of joint damage. Chronically inflamed tissue in and around the joints are overheated, stiff and swollen with stagnant chemicals and fluids. The accumulation of these stagnant fluids damages joints, bones, nerves, tendons, cartilage and ligaments.

● The NIH also reports one in three Americans suffers from some type of chronic or lasting pain, and approximately two-thirds have been living with this pain for more than five years. That means that more than 100 million people in the United States are living with chronic pain.

● MELT helps prevent, and in many cases reverse, these effects.

Now that you know a little bit about MELT,
come try it for yourself!

Introductory Hand & Foot MELT Class

Saturday, June 15th 10:30-11:30AM

Sign up by June 3rd and pay only \$15.
A soft MELT ball will be included for you to take home.

You will learn about:

- the real causes of chronic pain and distress
- the importance of keeping our connective tissue healthy and hydrated
- many hand/foot techniques for breaking through "stuck stress" in our bodies



Group classes will be held at
The Station in downtown Kalamazoo
169 Portage St.



Please go to our new website at
www.backtolifebodyworks.com
to register for the Introductory class
or call Danielle at 269-788-8276



How are we doing?

Our goal is not only to provide our clients with the very best in specialized, therapeutic care, but to be a source of information and inspiration for anyone wishing to live the full, active, healthy lives we all deserve.

So, your feedback is important to us! Tell us how we're doing, and you'll receive ***\$10 off your next MELT or Bowenwork session.***

Just send us an email at back2lifebodyworks@gmail.com, or Tweet us @B2LBodyworks
You can even just mention this newsletter the next time you come in for a session!