



~ 10 REASONS why Mums could take time out for a **WELLNESS BALANCE** ~

1. To **feel rested and relaxed** which supports **efficient and effective body** functioning.
2. To **regain a feeling of vitality**. Balancing helps water reach everywhere it's needed enabling the transport of messages and nutrients.
3. To **feel alert and physically responsive**. Balancing supports neural pathways in the brain and communication throughout the body.
4. To help resolve dietary and environmental issues which cause pain, discomfort, ageing, weight gain and disease.
5. To **become more physically active**. And increase your participation in family and or other activities, by reducing inflammation in joints and muscles
6. To support your immunity, so you stay well and continue doing the things you love.
7. To **feel empowered**. A balance **increases your awareness** of those emotional triggers that steal your joy or cause you to be reactive, and helps you release them.
8. To **release stress** so that you are calm to deal with life, and be the support you want to be for your loved ones.
9. To stay socially engaged by **releasing fear, stress and anxiety**.
10. To **release traumas**. This also helps break the cycle of disease and behavioural disorders that impact you and your family.



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Call today to find out how you can be WELL BALANCED.

