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EMPOWERMENT



Uplift Your Life

NOURISHMENT OF THE SPIRIT



Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
November 20th 2014: Improve Your Health
through Lymphatic Massage and Cranial Sacral
Therapy

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When I received a gift certificate for one of Leslie's massages, I didn't think I needed lymphatic drainage. I was wrong. Often when we think we are sick with a stuffy nose or headache, it's really our lymphatic system that is having trouble draining. In addition, Leslie is specially trained to reduce edema in any part of the body which results in improved energy, sleep, decreased pain and release of emotions. For extremely swollen limbs, she knows how to bandage and tape the limb to reduce it to its normal size. Cranial Sacral Therapy is another specialty that moves the cerebral spinal fluid

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Featured Guest



Leslie Forsyth

Leslie Forsyth is an Occupational therapist, Massage Therapist, a Certified Lymphedema Therapist and owner of Healing Arts. She has specialized in Manual therapy since 1997, practicing Manual Lymphatic Drainage, Cranial Sacral Therapy and Visceral Manipulation.

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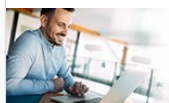
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