

Feel Relief:

- *Aches, Cramps, Injury, Pains & Strains*
- *Allergies, PMS & Hormonal Shifts*
- *Anger, Fear, Frustration, Grief & Worry*
- *Being Unheard or Misunderstood*
- *Bruising, Scarring & Surgical Lesions*
- *Connective Tissue & Visceral Motility*
- *Digestion, Absorption & Elimination*
- *Dis-Ease, Fatigue & Insomnia*
- *Feeling Alone & Helpless*
- *Joint Stiffness & Inflammation*
- *Migraine & Tension Headaches*
- *Neck & Back Pain and Mobility Issues*
- *Pre & Post Natal Tension*
- *Toxins & Mineral Imbalances*

Experience Wellness:

- *Deepen relaxation & sense of well being*
- *Diminish recovery time from operations*
- *Improve lymph & immune functioning*
- *Feel safe, empowered, free & authentic*
- *Increase circulation and metabolism*
- *Gain Insights on addiction & life issues*
- *Reduce side effects of other treatments*
- *Restore range of motion and posture*
- *Return harmony, balance & joy to life*
- *Uncover causes and their significance*
- *Understand the dis-ease process*

Holistic Wellness Model

The Holistic Wellness Model of preventative health care views people as whole beings, with a natural tendency to live in a balanced state of physical vitality and emotional head-heart coherency. Pain and dis-ease result when these become imbalanced.

By treating the person, rather than the condition, the goal of *Clymer Functional Wellness™* is to enhance your natural healing ability and restore the *Peace* that accompanies *Wellness*.

I invite you to take this opportunity to experience an alternative to the way you've been doing things, by joining me in a journey of self inquiry that will lead to the discovery of being your best now.



MARK CLYMER, BHSP, MT, NC

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Clymer Functional Wellness™ is a preventative complement to, not a substitute for, appropriate medical treatment of disease and critical care conditions. Holistic Therapists now commonly work with Allopathic and Osteopathic doctors to form wellness teams. Holistic wellness therapies have proven to be safe and effective for all ages.

CLYMER FUNCTIONAL WELLNESS™

**THERAPEUTIC
MASSAGE**

**NUTRITION &
DETOXIFICATION**

**PASTORAL
COUNSELING**

**CONSCIOUS
MOVEMENT**

**STRESS
RESOLUTION**

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**Rejuvenate, Reenergize, Recharge,
Replenish, and Revitalize NOW!**

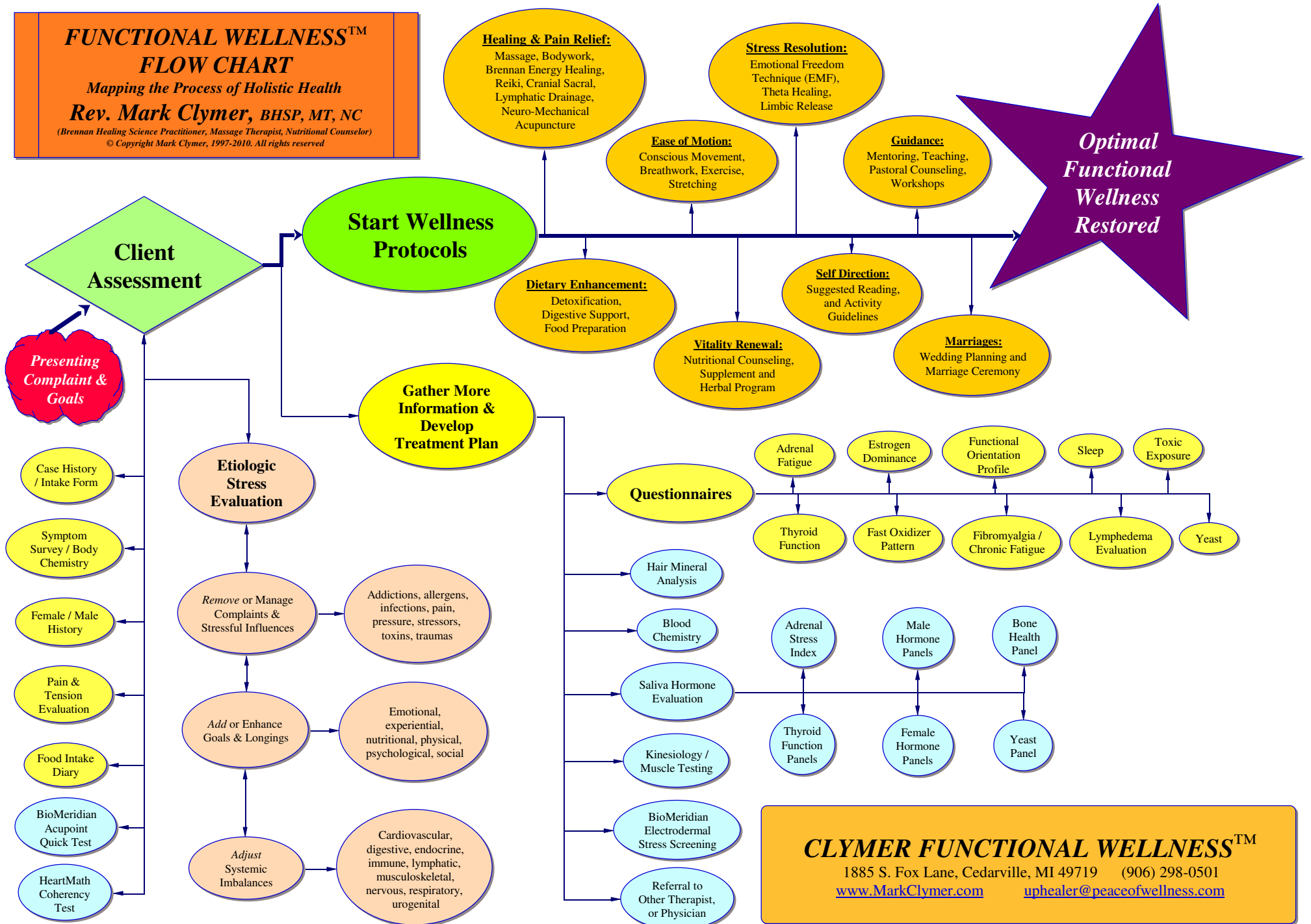
FUNCTIONAL WELLNESS™ FLOW CHART

Mapping the Process of Holistic Health

Rev. Mark Clymer, BHSP, MT, NC

(Brennan Healing Science Practitioner, Massage Therapist, Nutritional Counselor)

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