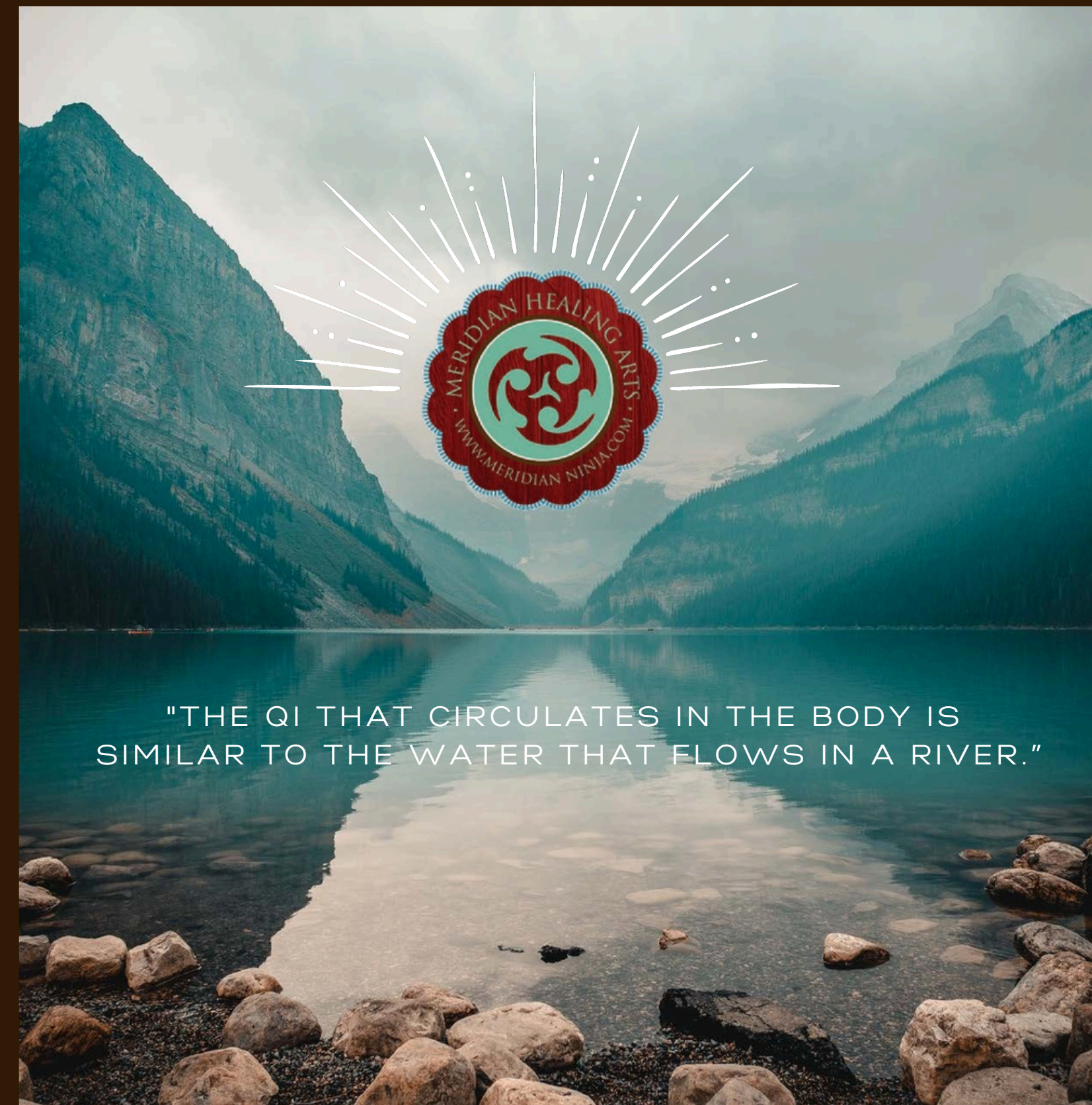


ALTERNATIVE THERAPIES



TO HELP RELIEVE COMMON
CANCER RELATED SYMPTOMS
IN THE COMFORT OF HOME 

Lovingly prepared for



"THE QI THAT CIRCULATES IN THE BODY IS
SIMILAR TO THE WATER THAT FLOWS IN A RIVER."

IF THE WATER IS CLEAR AND FLOWS
SMOOTHLY, THEN THERE IS NO BLOCKAGE OR
STAGNATION; BUT IF THE WATER IS DIRTY OR
BLOCKED, THEN IT CAN CAUSE ILLNESS OR
DISEASE. THE SAME IS TRUE FOR THE QI IN
THE BODY." - UNKNOWN





MERIDIAN HEALING ARTS



CINAMON KIMBROUGH, LAC, MSOM, CMT

ACUPUNCTURE | CUPPING | GUA SHA | CRANIOSACRAL | MERIDIAN MOVEMENT

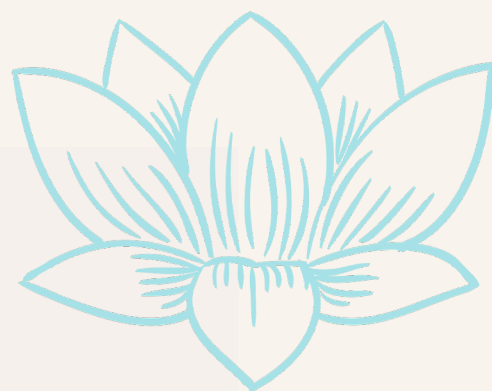
BEAUTIFUL BLEND OF ASIAN MEDICINE AND
CRANIO SACRAL OSTEOPATHIC PHILOSOPHY

PRACTICES IN PHOENIX, ARIZONA AND TRUCKEE, CALIFORNIA

TREATS PATIENTS WITH IMMUNE DISORDERS,
RESPIRATORY DISORDERS, TRAUMA, PTSD AND
CANCER RELATED SYMPTOMS.

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ALTERNATIVE THERAPIES



TO HELP RELIEVE COMMON
CANCER RELATED SYMPTOMS
IN THE COMFORT OF HOME 🏠

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ACUPRESSURE



EAR SEEDS



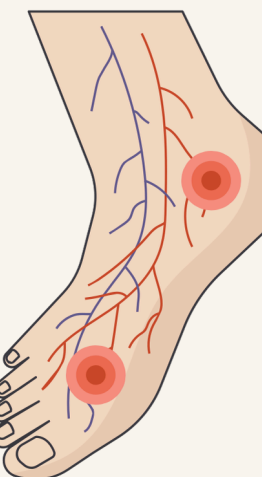
QI GONG



NAUSEA



PAIN/ANXIETY



NEUROPATHY



GENTLE
GUA SHA



FOOT SOAKS

ALTERNATIVE THERAPIES



TO HELP RELIEVE COMMON
CANCER RELATED SYMPTOMS
IN THE COMFORT OF HOME 

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PRECAUTIONS AND DISCLAIMER BEFORE TREATING

Before trying any alternative therapy, including acupressure, gua sha, or foot soaks, it is important to consult with a qualified healthcare professional. These therapies are not intended to diagnose, treat, cure, or prevent any disease and should not be used as a substitute for medical advice. It is also important to use caution when attempting these therapies, as improper use could cause injury or exacerbate existing health conditions. Always follow instructions carefully and discontinue use if you experience any adverse effects.

1

It's important to avoid these therapies if you have any open wounds or broken skin in the area you want to treat. This can increase your risk of infection. Additionally, you should avoid these therapies if you have any underlying medical conditions that affect your skin or muscular health.

2

Communicating any discomfort or pain during the treatment with your therapist is also important. These therapies should never be painful, and if it is, it's a sign that the pressure or modality is too intense.

3

Lastly, use clean and sanitized tools for the treatment. By following these precautions, you can ensure a safe and effective therapy session.

IN ORDER TO USE ASIAN MEDICINE
MODALITIES, ITS IMPORTANT TO
KNOW A LITTLE PHILOSOPHY
AND THEORIES BEHIND

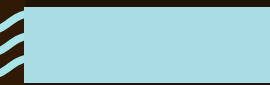
ASIAN MEDICINE PHILOSOPHY

THE HUMAN BODY'S ECOSYSTEM IS SIMILAR
TO NATURE'S ECOSYSTEMS.

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BOTH HAVE COMPLEX RELATIONSHIPS.
IN THE SAME WAY ECOSYSTEMS
IN NATURE CONSIST OF

RIVERS, OCEANS, STREAMS
LAND, MOUNTAINS, VALLEYS
CLOUDS, MIST, RAIN,
HEAT, COLD, WIND, DRYNESS



THE ECOSYSTEM OF THE HUMAN BODY
CONSISTS OF

ORGANS, VESSELS, BLOOD,
MUCUS, HORMONONES,
NEUROTRANSMITTERS,
FLUIDS, AND ENERGY

MAINTAINING BALANCE WITHIN
ITS DIFFERENT SYSTEMS IS CRUCIAL FOR ITS HEALTH.

OPPOSITES



SEASONS
FOOD
MOVEMENT
HERBS

Yin

SHADY SIDE
OF MOUNTAIN

Yin represents the
feminine
passive
dark aspects

WINTER
DESCENDING
COOL
DARK
BLOOD/FLUIDS
REST
DIRT
ROOTS
DEEP



Yang

SUNNY SIDE
OF MOUNTAIN

Yang represents the
masculine
active
light aspects

SUMMER
ASCENDING
WARM
LIGHT
ENERGY
MOVEMENT
SKY
FLOWERS
ABOVE

EVERYTHING IN THE MIDDLE

Traditional Asian medicine utilizes the Yin Yang theory and the theory of channels/meridians to balance the natural flow of the body. The ancient practitioners used the 5 elements of

FIRE
WOOD
WATER
EARTH
METAL



to organize their function.

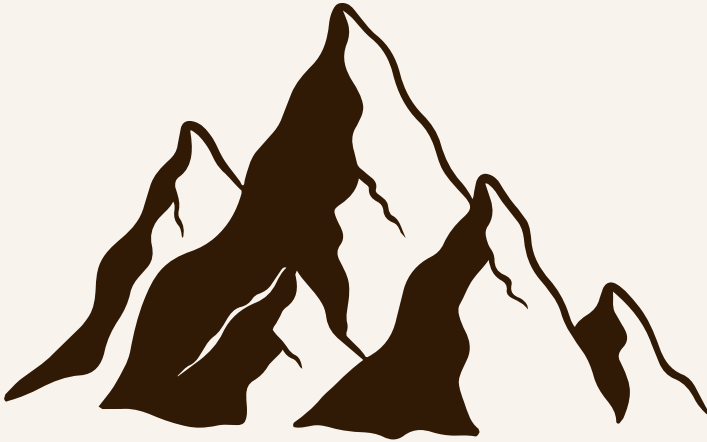
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Traditional Asian medicine theory claims there are Meridians that are energy conduits. The goal is to unblock, stimulate, sedate, warm, cool, ascend, descend the energy. The signal is sent to like a conduit to the Central Nervous System.



12 PRIMARY MERIDIANS COORDINATE WITH ORGANS

Yin
SHADY SIDE
OF MOUNTAIN



Yang
SUNNY SIDE
OF MOUNTAIN



LUNG
SPLEEN
HEART
KIDNEY
PERICARDIUM
LIVER

METAL
EARTH
FIRE
WATER
FIRE
WOOD

LARGE INTESTINE
STOMACH
SMALL INTESTINE
URINARY BLADDER
TRIPLE WARMER
GALL BLADDER

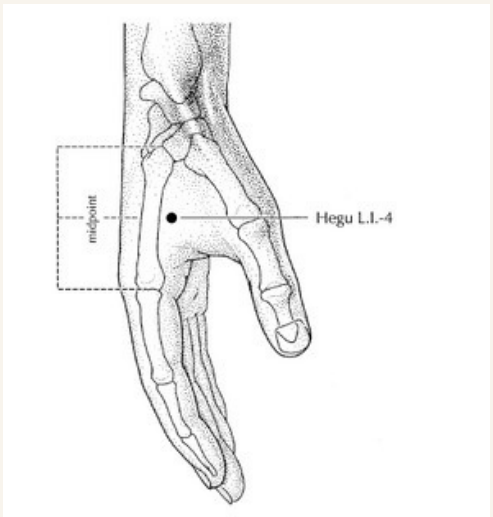
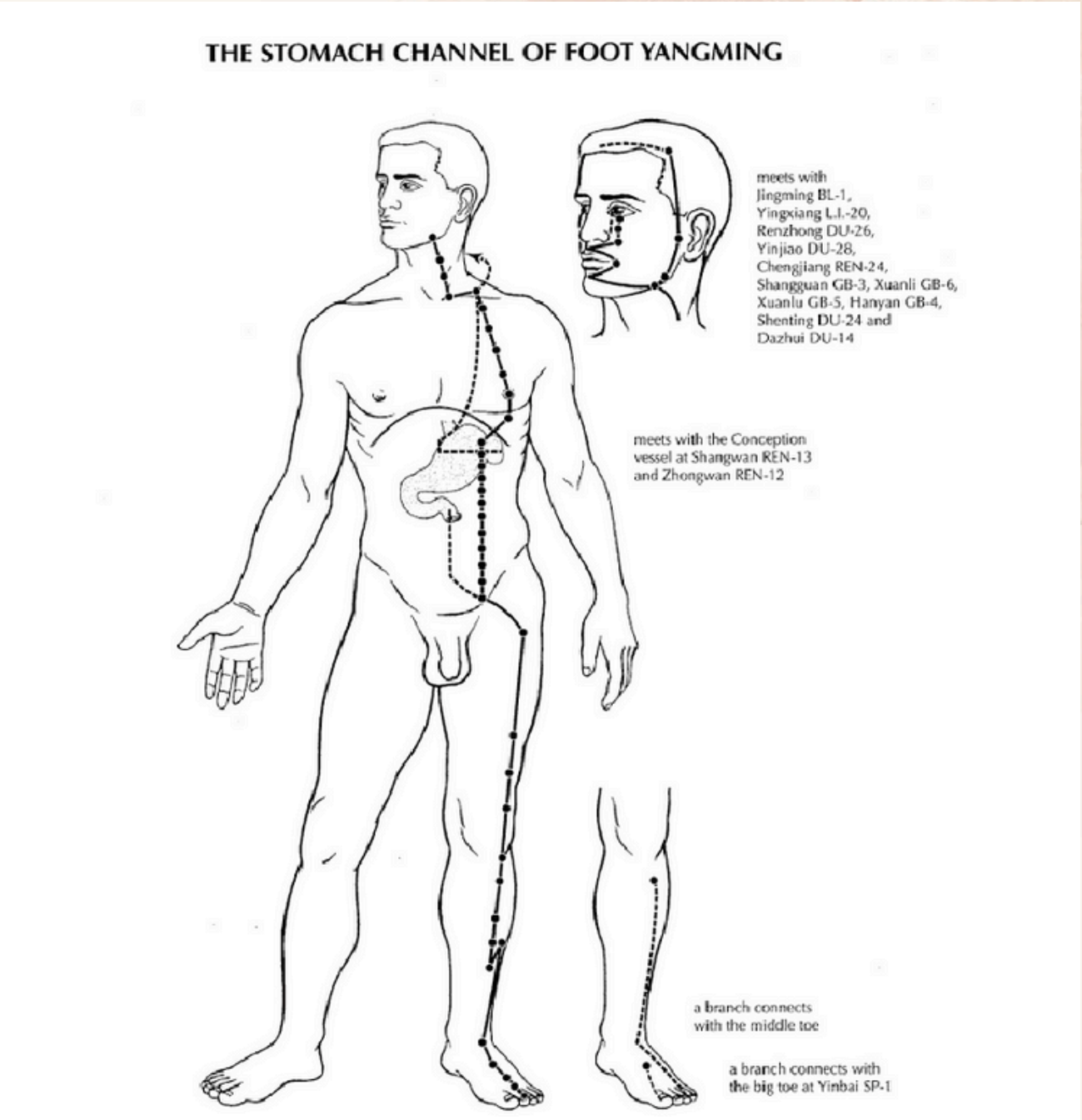
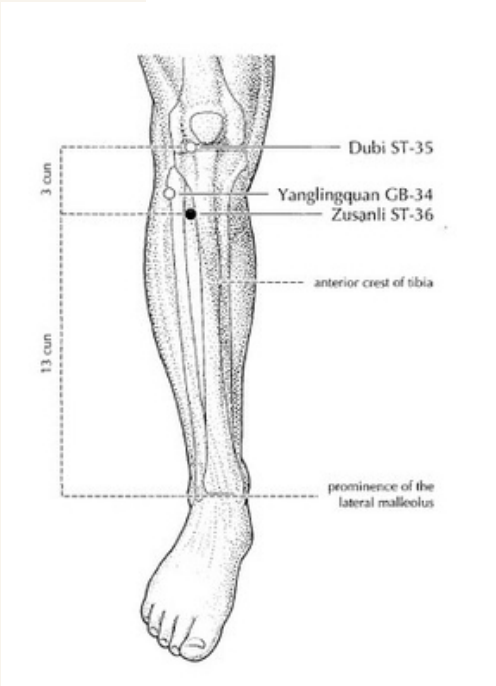
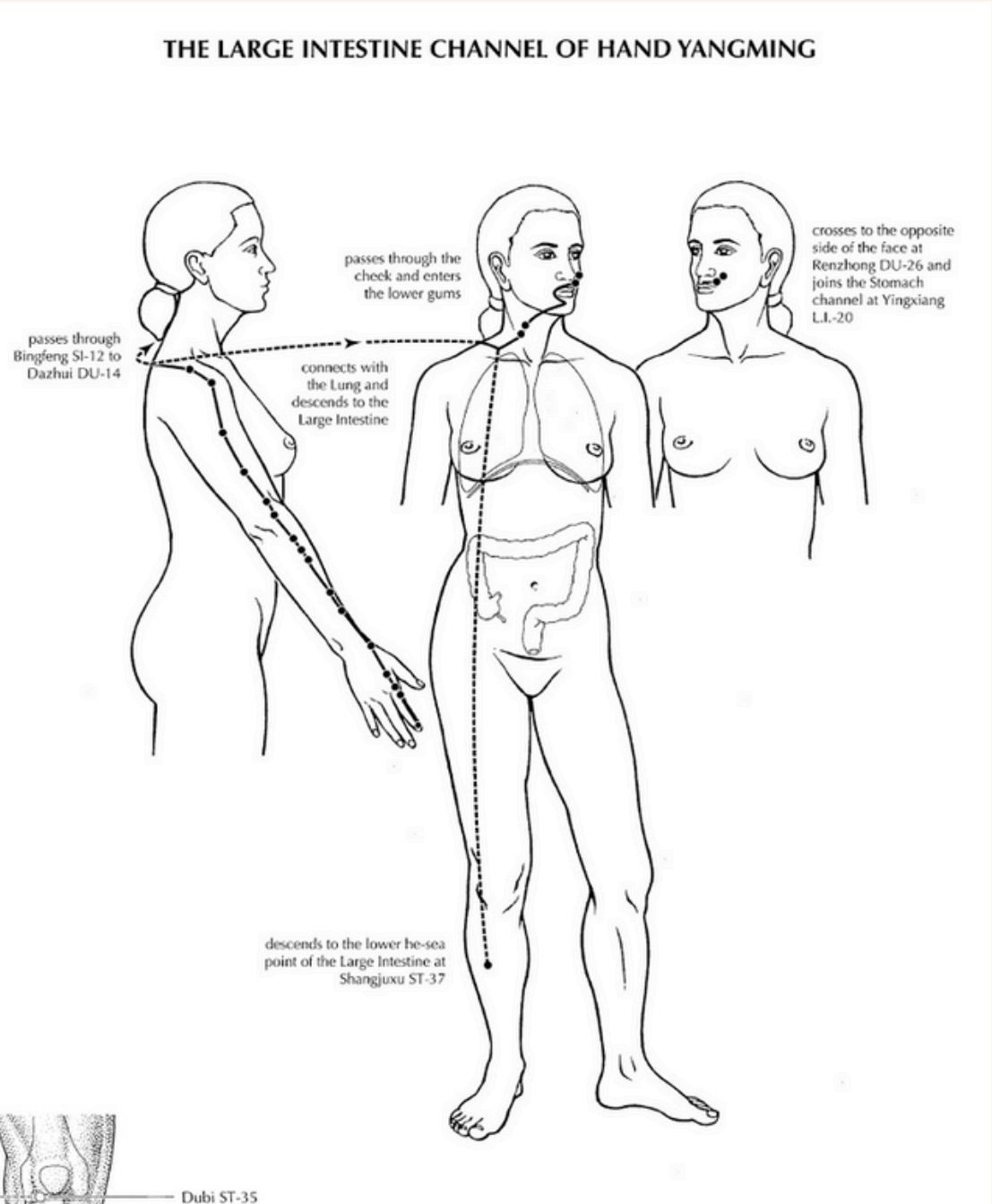
THERE ARE OTHER MERIDIANS BESIDES THESE

BEST RESOURCE
FOR POINT LOCATION



A MANUAL OF
ACUPUNCTURE

PETER DEADMAN &
MAZI N AL-KHAFAJI
WITH KEVIN BAKER



Traditional Asian Medicine takes into account symptoms, physical attributes, and medical history, and employs a unique investigative process to identify underlying issues. It has a unique investigation process that might find underlying issues.

MERIDIANNINJA.COM

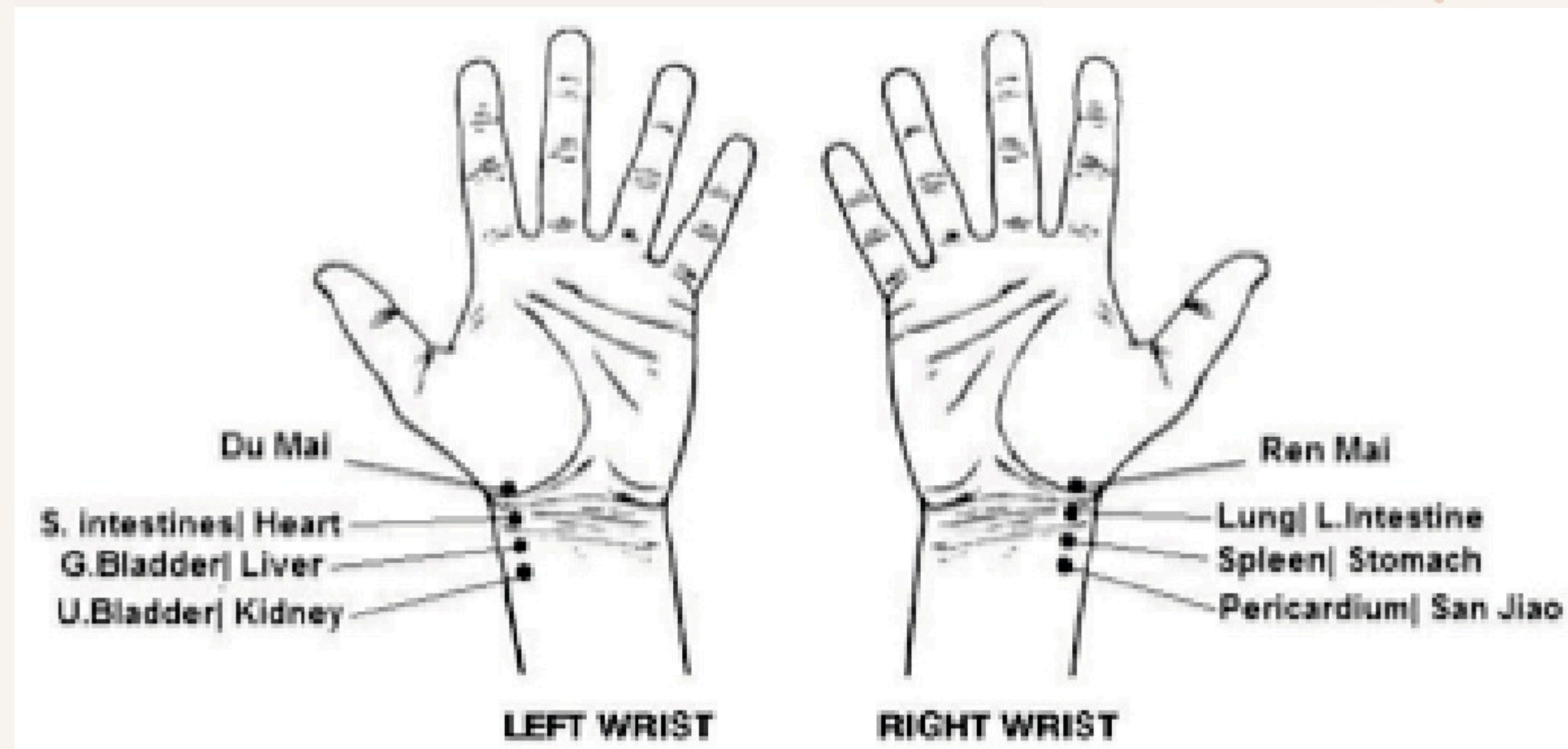
PULSE TAKING
SPEED, DEPTH,
QUALITY AND
LOCATION GIVES US
INFORMATION ABOUT
THE BODY
FOR INSTANCE

RAPID PULSE INDICATES **HEAT**
SLOW PULSE INDICATES **COLD**
WIRY PULSE INDICATES **STAGNATION**

SLIPPERY PULSE INDICATES
DAMPNESS AND **PHLEGM**

THIN PULSE INDICATES
BLOOD DEFICIENCY

WEAK DISSAPPEARING PULSE
INDICATES **QI DEFICIENCY**

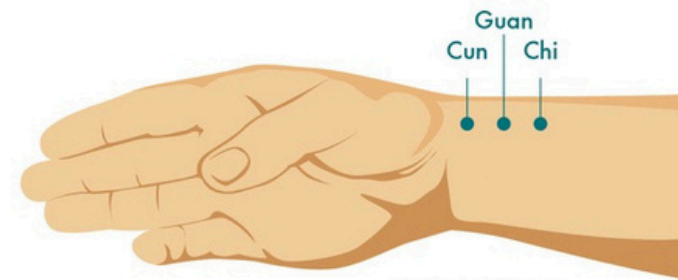


Traditional Asian Medicine looks at the level of the pulse the width of the pulse the quality of the pulse.

Pulse taking is an art that takes many years of practicing and experience to achieve. Yet some of the basics can be learned by everyone.

MERIDIANNINJA.COM

An Illustrated Guide to Traditional Chinese Medicine Pulse Diagnosis*



3 Positions

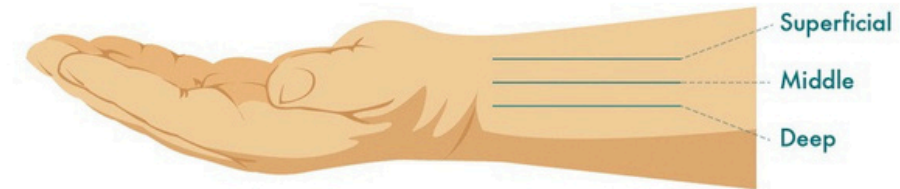
Place 3 fingers over radial artery, with middle (guan) position over the styloid process of the wrist.

Left Hand

First position (Cun).....Heart
Middle position (Guan).....Liver
Third position (Chi).....Kidney yin

Right Hand

First position (Cun).....Lung
Middle position (Guan).....Spleen
Third position (Chi).....Kidney yang



3 Levels

Press fingers over radial artery first lightly, increasing pressure gradually to moderate force, then lastly to deep.

Both Hands

Superficial level.....Heaven
Middle level.....Human
Deepest level.....Earth

While palpating each pulse location and depth, take note of pulse speed, strength, shape and rhythm. Together these elements make up a TCM pulse diagnosis. Here are some of the more clinically common pulses:

Superficial pulse (fu mai)

Easily felt with gentle touch.
Typically indicates exterior syndromes in the early stage.



Rapid pulse (shu mai)

More than 5 beats per breath.
Typically indicates heat syndromes.



Wiry pulse (xuan mai)

Feels taut, straight & long, like the string of a guitar.
Typically indicates disorders of the liver & gallbladder channels, pain and phlegm/fluid retention.



Deep pulse (chen mai)

Felt only on heavy pressure.
Typically indicates interior syndromes.



Weak pulse (chen mai)

Forceless at all 3 positions, in all 3 levels.
Typically indicates syndromes of a deficiency type.



Thready pulse (xi mai)

Feels like a fine thread, but is distinct and clear.
Typically indicates deficiency due to overstrain & stress or deficiency of qi and blood.



Slow pulse (chi mai)

Less than four beats per breath.
Typically indicates cold syndromes.



Forceful pulse (shi mai)

Forceful at all 3 positions, all 3 levels.
Typically indicates syndromes of an excess type.



Slippery pulse (hua mai)

Feels smooth and flowing like pearls on a dish.
Typically indicates phlegm & fluid retention, retention of food and excess heat.



EMPEROR'S COLLEGE
OF TRADITIONAL ORIENTAL MEDICINE

*Most clinically common pulses selected. This guide is not meant to be comprehensive. Pulse descriptions taken from "Chinese Acupuncture and Moxibustion".

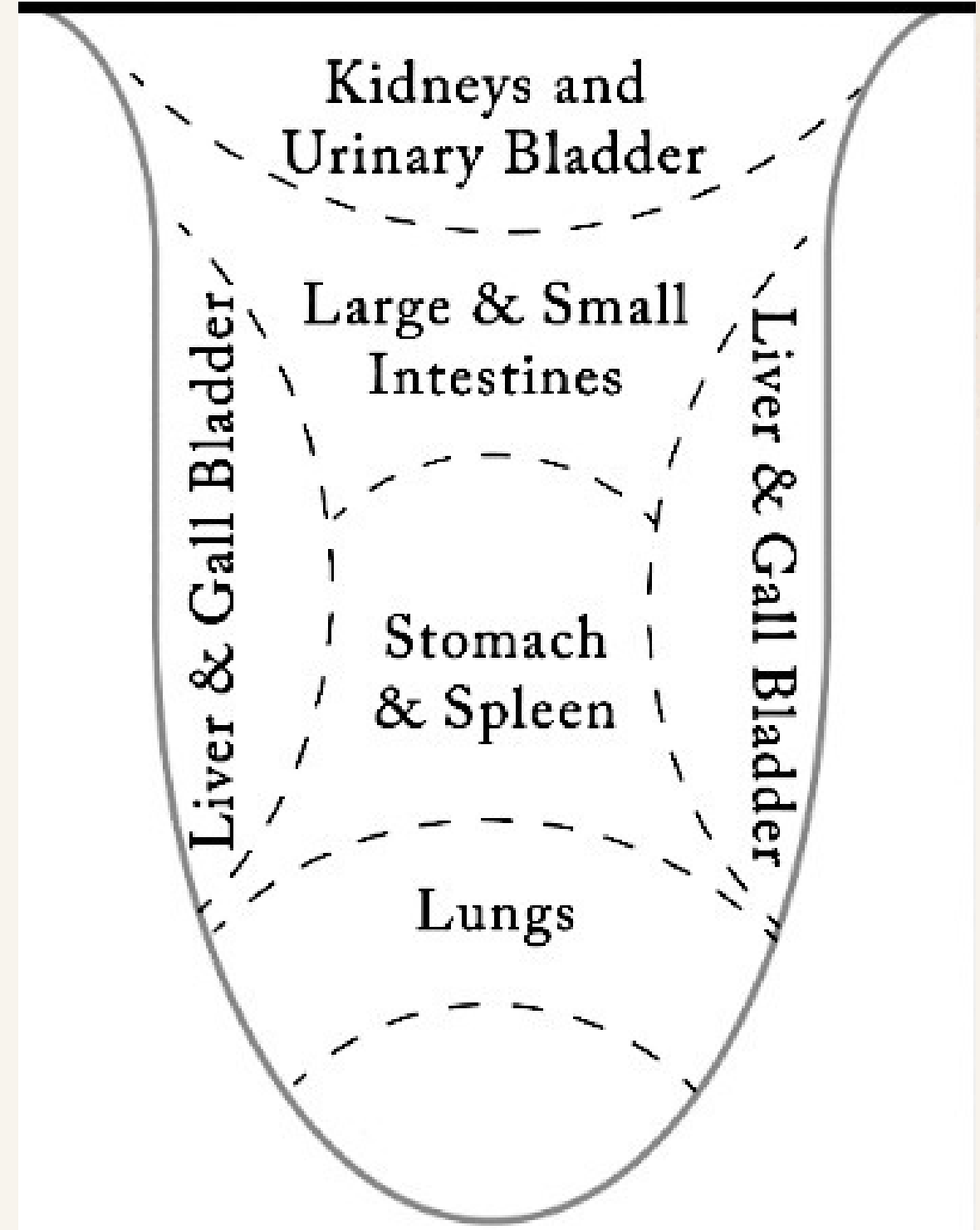
Traditional Asian Medicine looks at symptoms, physical attributes medical history and has a unique investigation process that might find underlying issues.

Tongue diagnosis involves analyzing the

COLOR
COAT
TEXTURE
LOCATION
THICKNESS
MOVEMENT

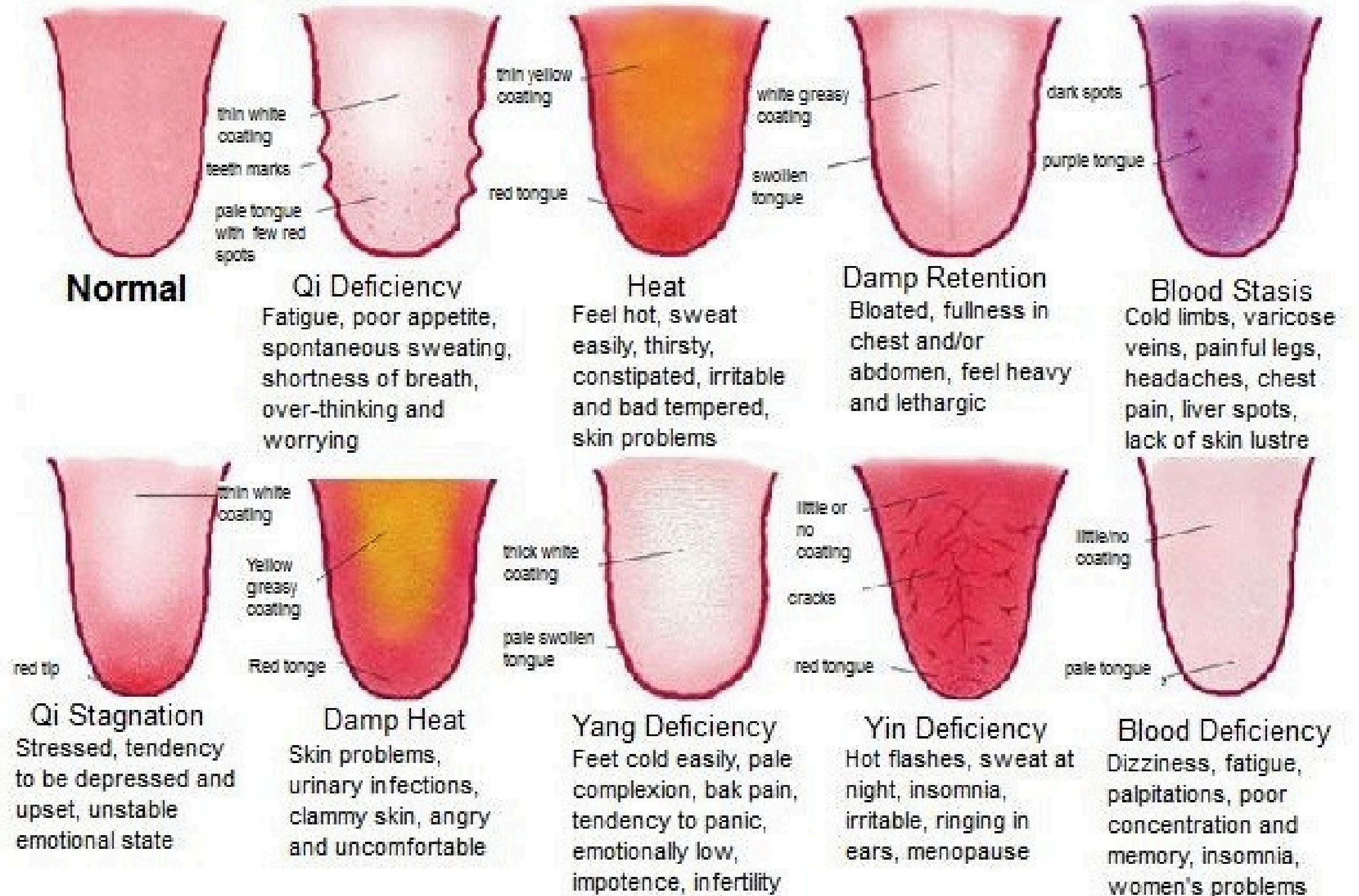
of the tongue to understand the body's internal state.

Chinese Medicine Map of the Tongue



Traditional Asian Medicine looks at symptoms, physical attributes medical history and has a unique investigation process that might find underlying issues.

Which Tongue Are You?



BALANCE OPPOSITES



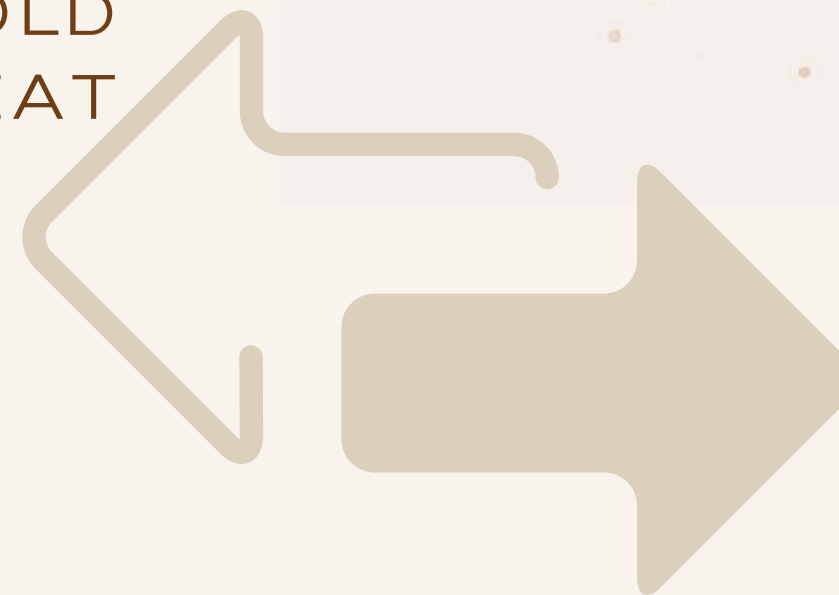
Harmonize

MERIDIANNINJA.COM

NAUSEA

REBELLIOUS QI

STAGNATION
EMOTIONAL
INJURY
SEDENTARY
EXCESS COLD
EXCESS HEAT



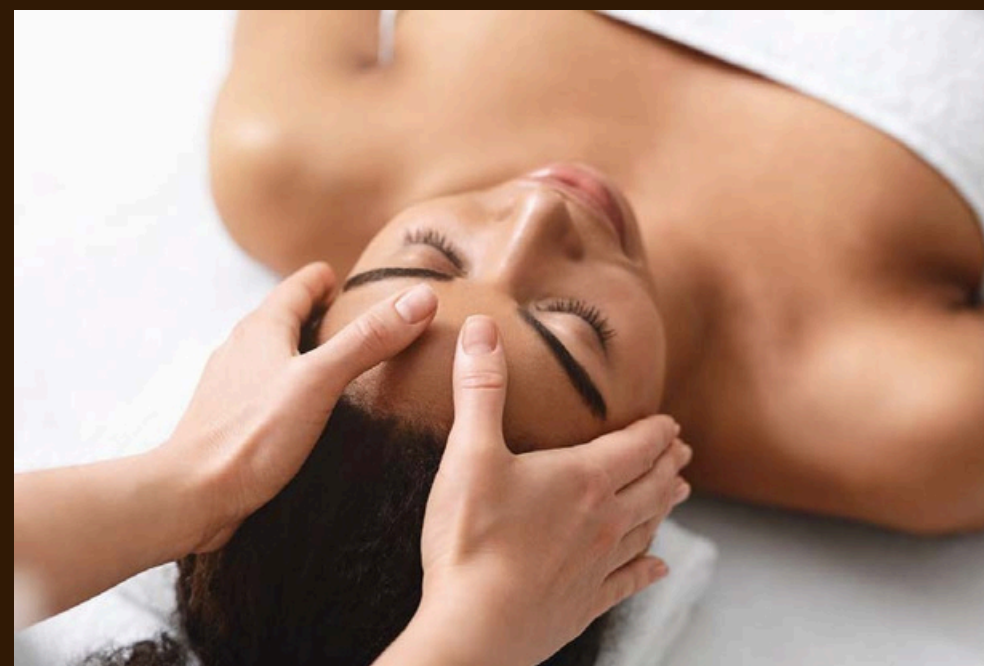
DISPERSE
CALM
DECREASE INFLAMMATION
CHANGE POSITION
WARM
COOL

ACUPRESSURE

GENTLE TO
DEEP PRESSURE OR HOLDS
TO AREAS OF THE BODY
TO RELIEVE SYMPTOMS
USING

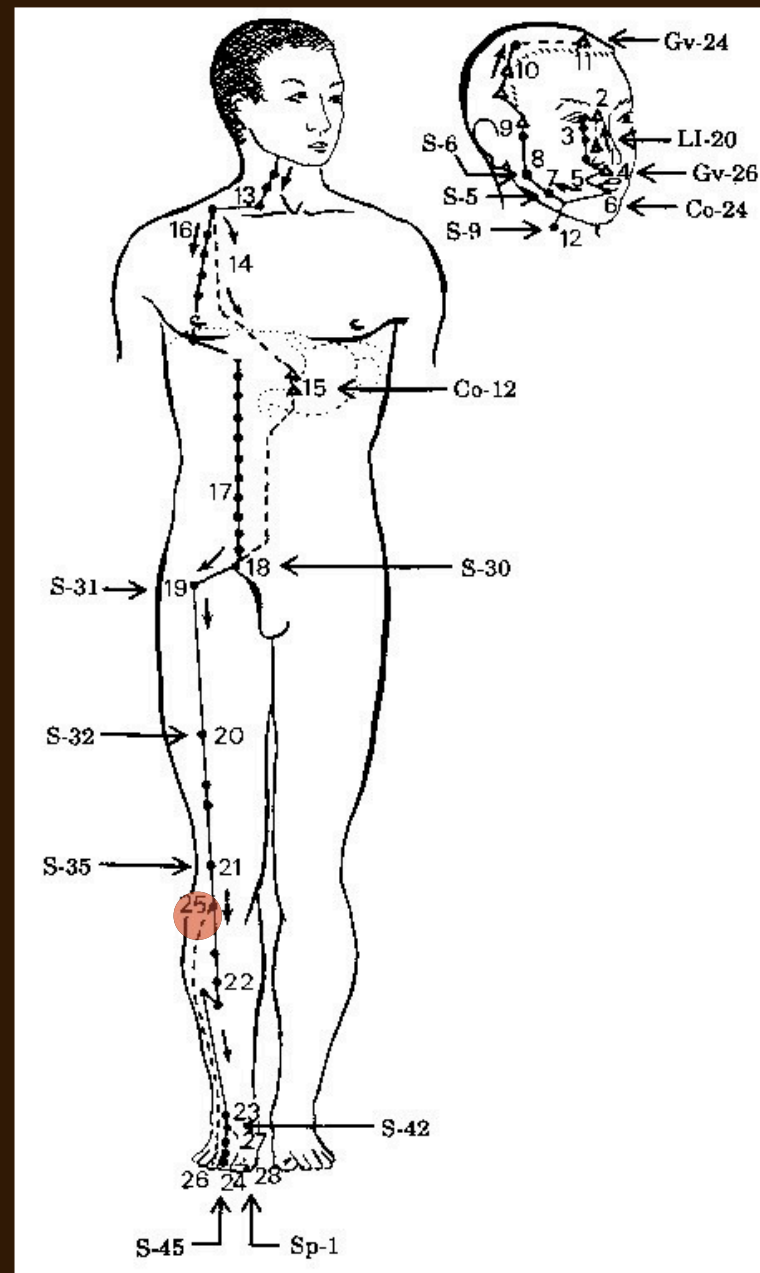
MICROSYSTEMS
MERIDIANS/CHANNELS

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WHICH GIVES US TOOLS
AWAY FROM LOCAL AREA
OF PAIN AND DISCOMFORT

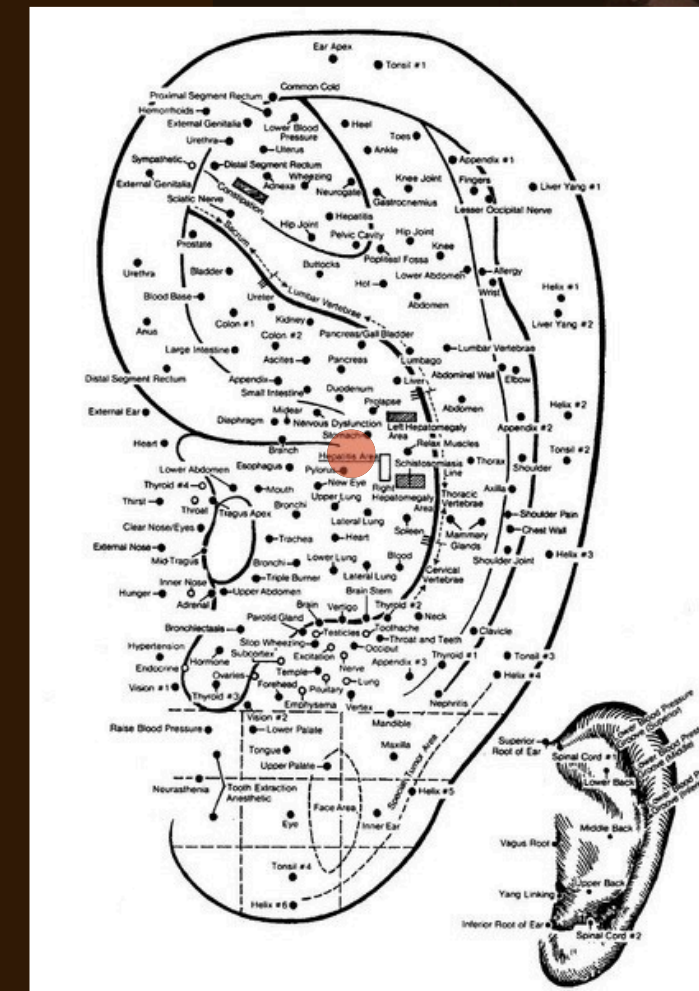
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(ACUPUNCTURE.COM, THE STOMACH MERIDIAN)

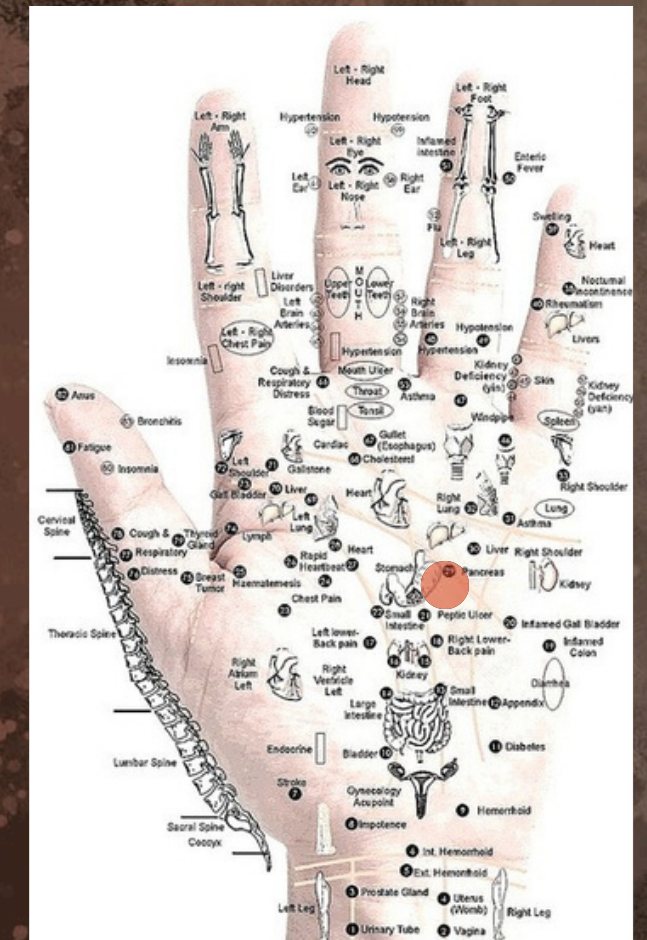
STOMACH MERIDIAN

EXAMPLES OF ALTERNATIVE STOMACH AREAS



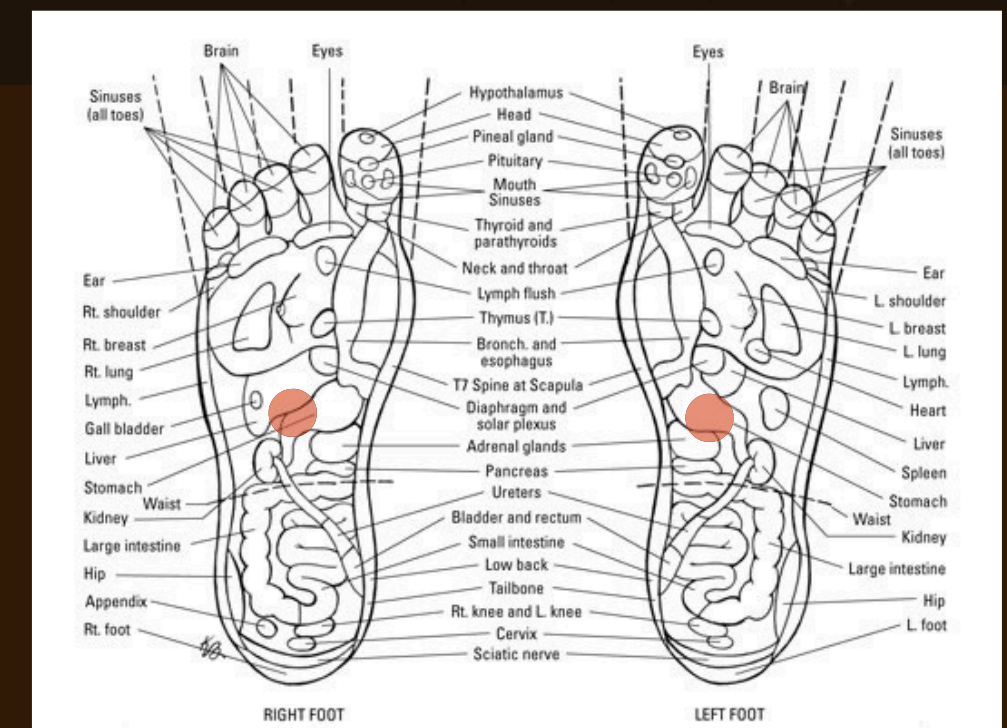
(YINOVA CENTER, 2021)

EAR



(ACUPRESSURE: HAND REFLEXOLOGY, REFLEXOLOGY, HEALING REFLEXOLOGY 2022)

SOJI HAND



(31 PRINTABLE FOOT REFLEXOLOGY CHARTS & MAPS | TEMPLATELAB 2022)

REFLEXOLOGY



ACUPRESSURE

Acupressure is a technique that involves applying pressure on specific acupuncture points. The pressure can be gentle or constant, using a finger or an object.

It's important to note that the pressure should never be painful, as it can cause bruising, and skin wounds, especially in patients with deficient circulation, edema should never be applied. It's crucial to find the level of pressure that the patient finds comfortable to avoid any adverse effects. It's safer to stay on the side of caution especially if the nervous, circulation, or lymphatic system is compromised.



HOLDING LIGHTLY



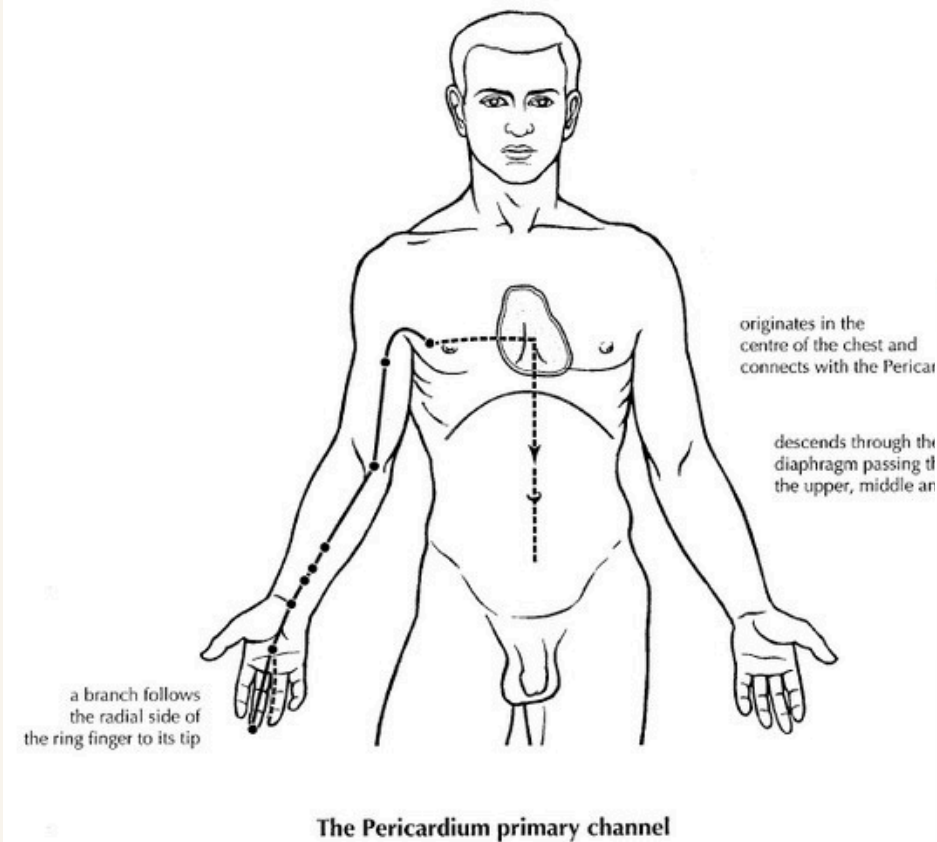
DEEPER PRESSURE

Pericardium acupuncture point 6 PC6

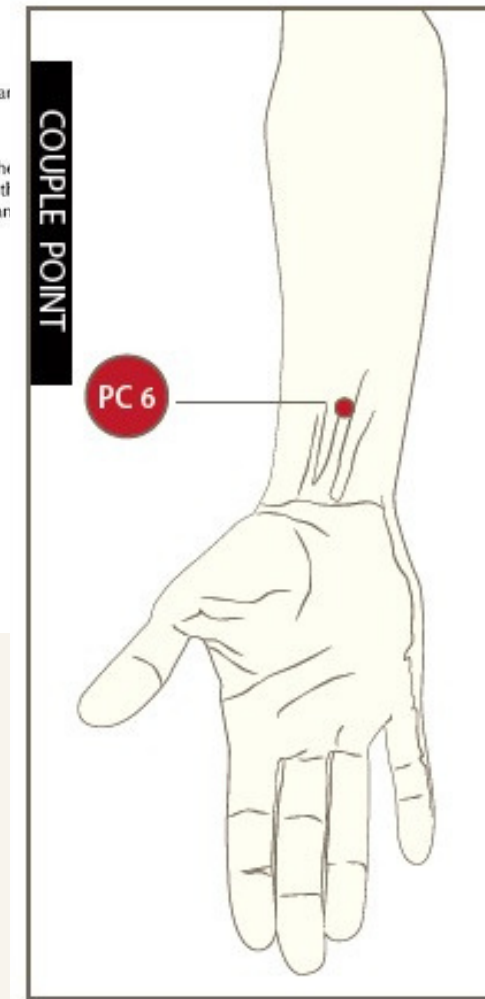
According to theory
all the meridians
and organs effect
each other as nature.
thus there are other
meridians that
influence other
organs. PC 6 effects
areas of the chest
and stomach:

MERIDIANNINJA.COM

THE PERICARDIUM CHANNEL OF HAND JUEYIN



(DEADMAN ET AL., 2016)



(KIMBROUGH)



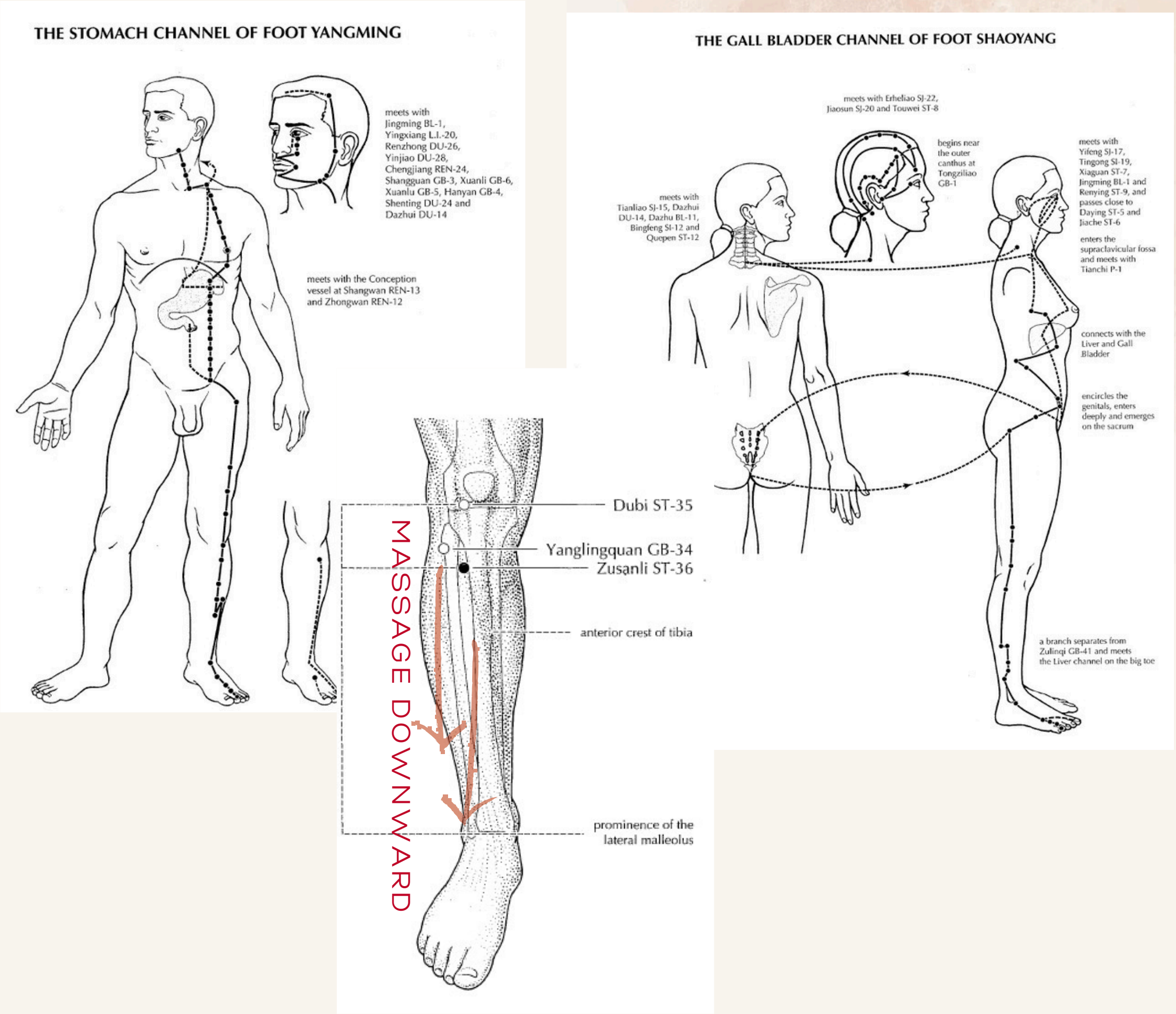
AMAZON.COM:
SEA-BAND



(RELIEF
BAND PRO)

It has been shown to reduce nausea symptoms
with acupuncture, pressure, holding.
3 finger widths of the person from crease of wrist.

The Stomach and Gall Bladder Meridian on the lateral shin of the leg can be massaged gently downward to help relieve abdominal inflammation and swelling. In addition, apply pressure to points as you glide down the leg.



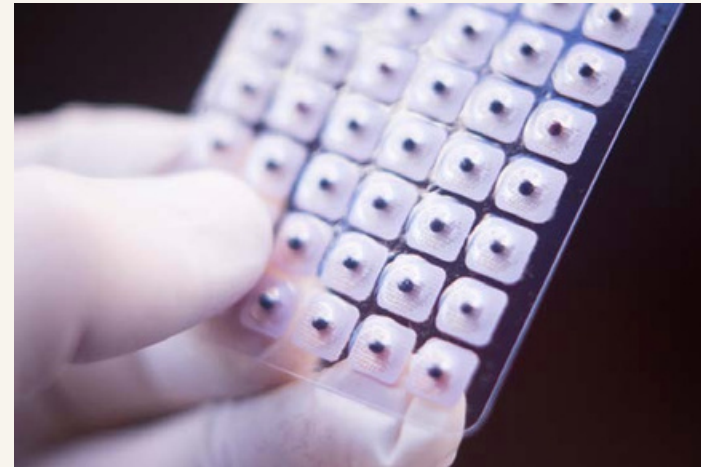
EAR SEEDS

Ear seeds are small seeds used in auriculotherapy. They can help with pain relief, stress reduction, improved sleep, anxiety, depression, addiction, weight loss, digestive issues, and hormonal imbalances. They are an affordable, non-invasive, and easy-to-use treatment option.

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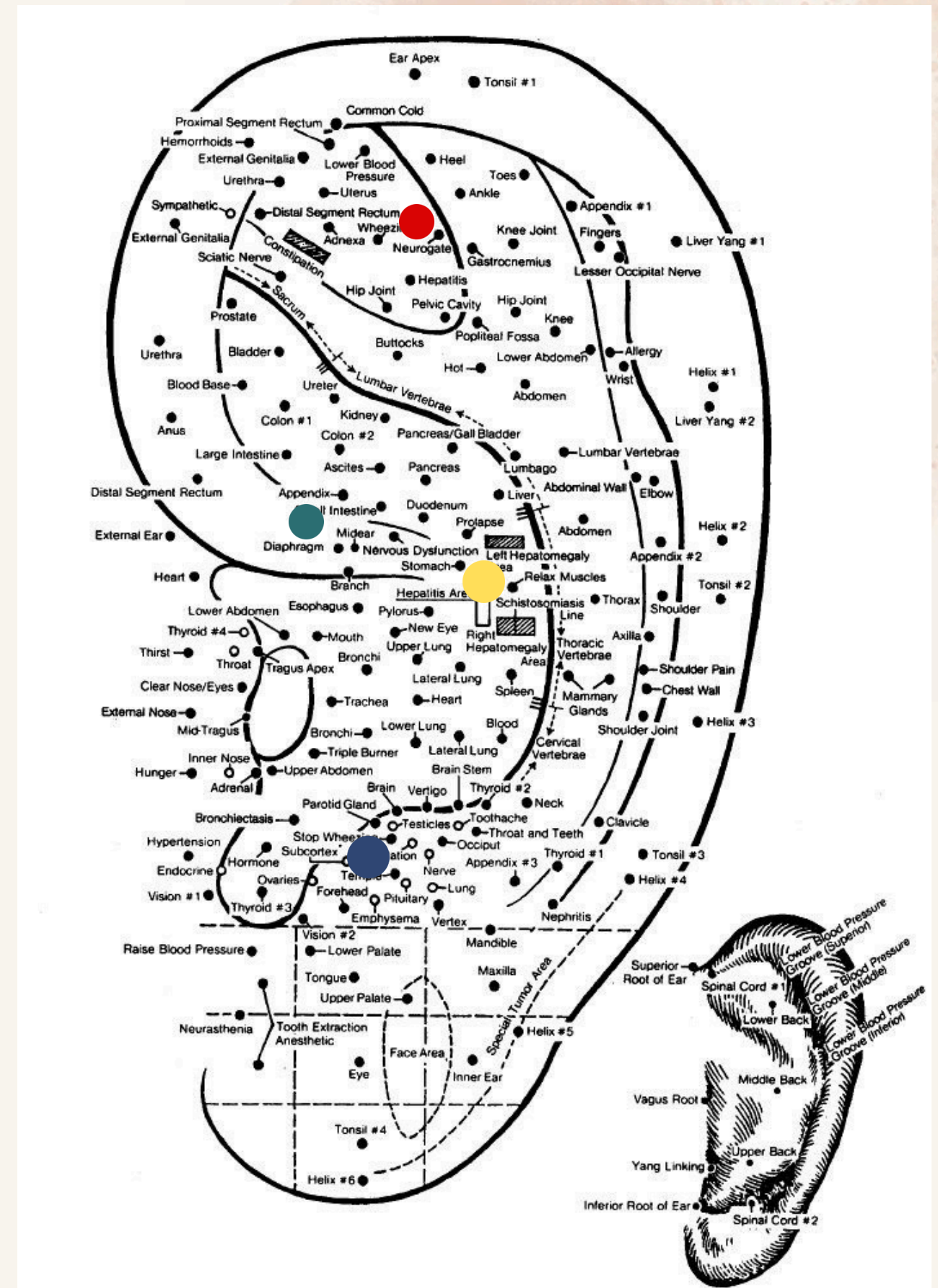
EAR SEEDS



SUGGESTED EAR SEED PLACEMENT

- EAR SHEN MEN/NEUROGATE
ANXIETY/CALM MIND
- DIAPHRAGM
- STOMACH
- DIGESTIVE SUBCORTEX
REDUCE DIGESTIVE
SYMPTOMS

Be careful not to drop ear seeds into ear canal
Better to place while patient is sitting up



(YINOVA CENTER, 2021)

MERIDIANNINJA.COM

CRANIO SACRAL

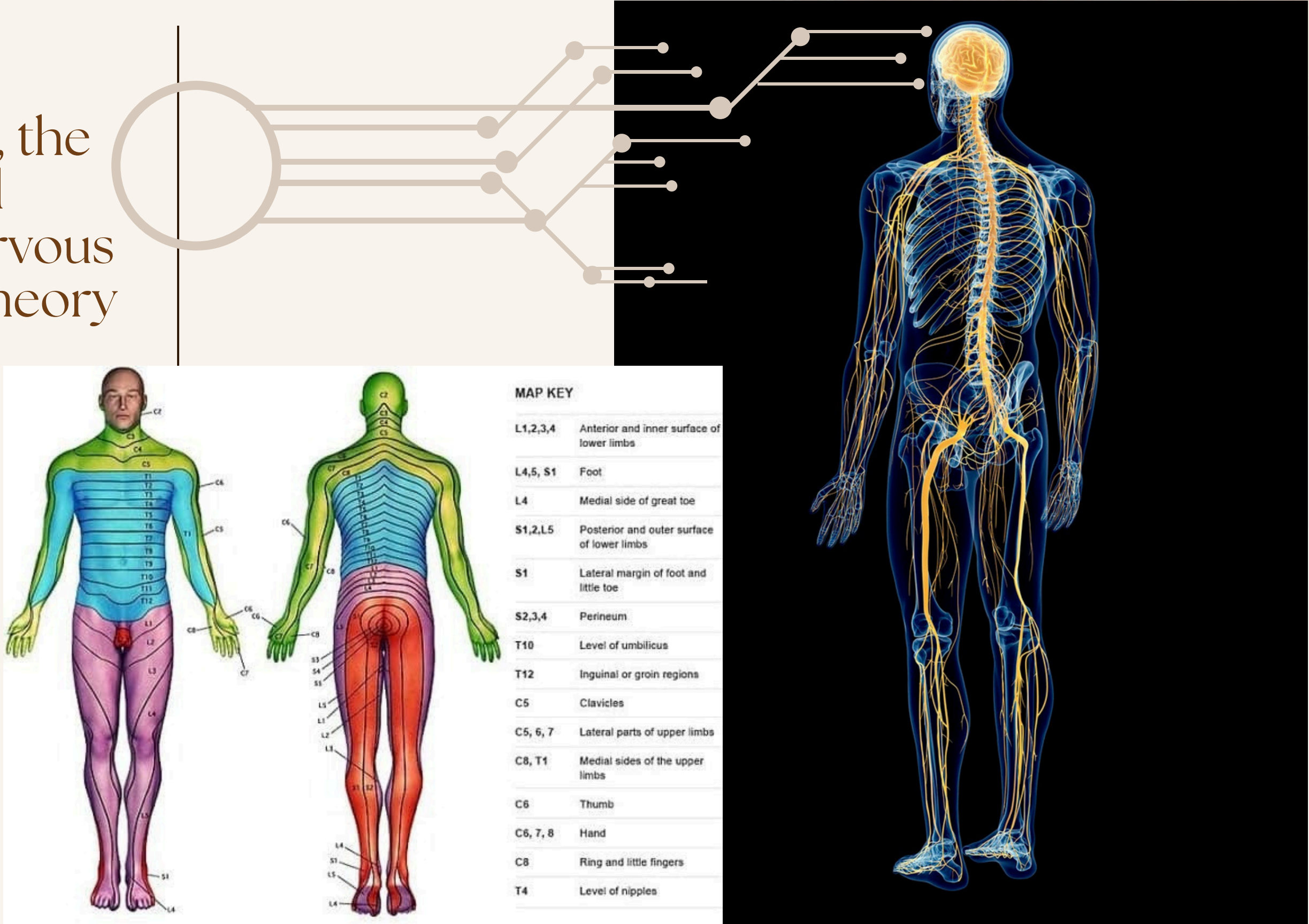
Craniosacral therapy (CST) is a gentle, hands-on massaging technique. It uses a light touch to release tension around your body's connective tissue network called the fascia. CST promotes pain relief from headaches, neck pain and the side effects of cancer treatment.



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Nervous System

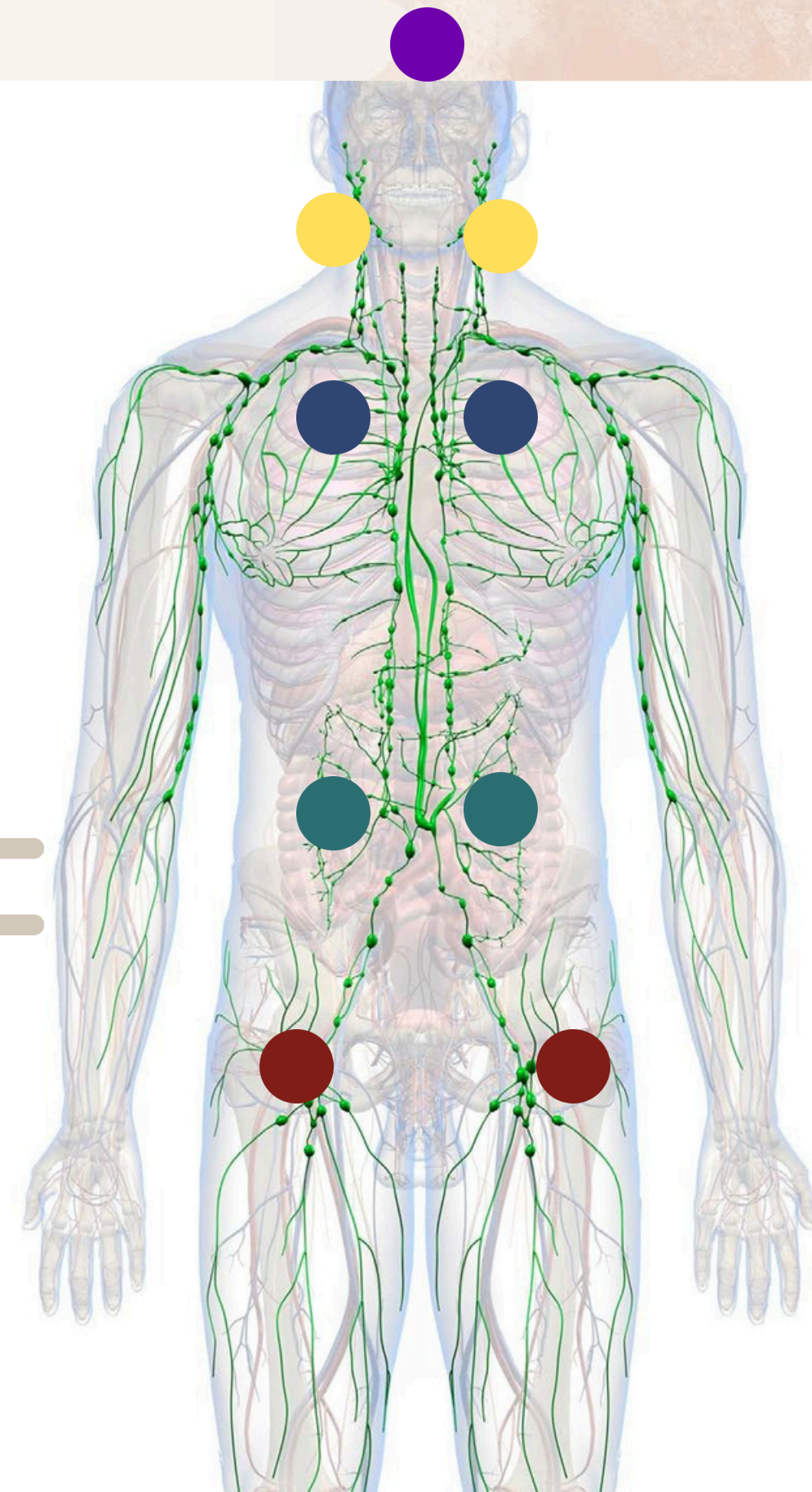
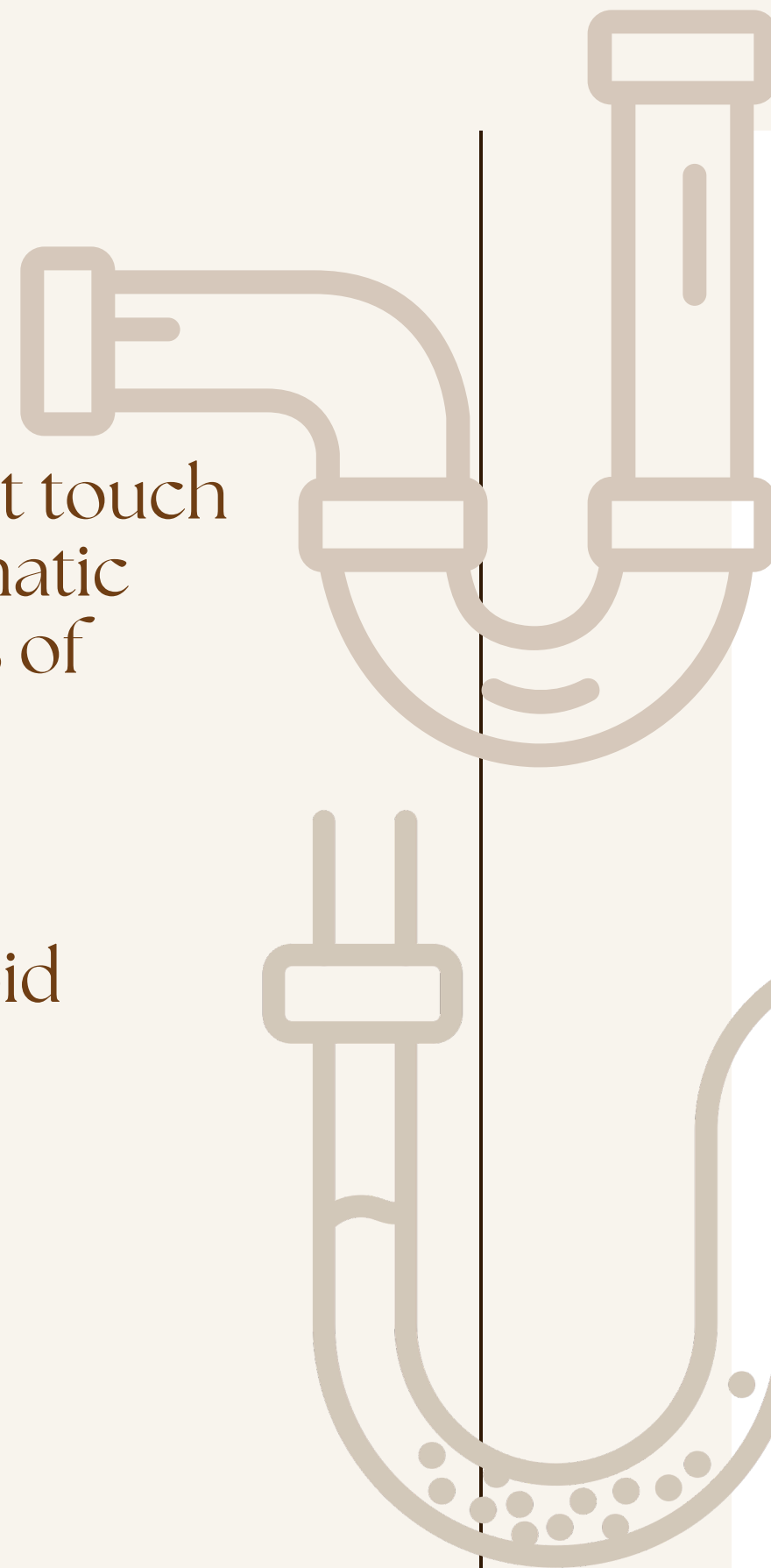
When we touch something, the specific areas of skin called dermatomes affect our nervous system. The craniosacral theory aims to stimulate the parasympathetic nervous system, which promotes relaxation and digestion. As well as encourages circulation of the lymph and blood.



Lymphatic System

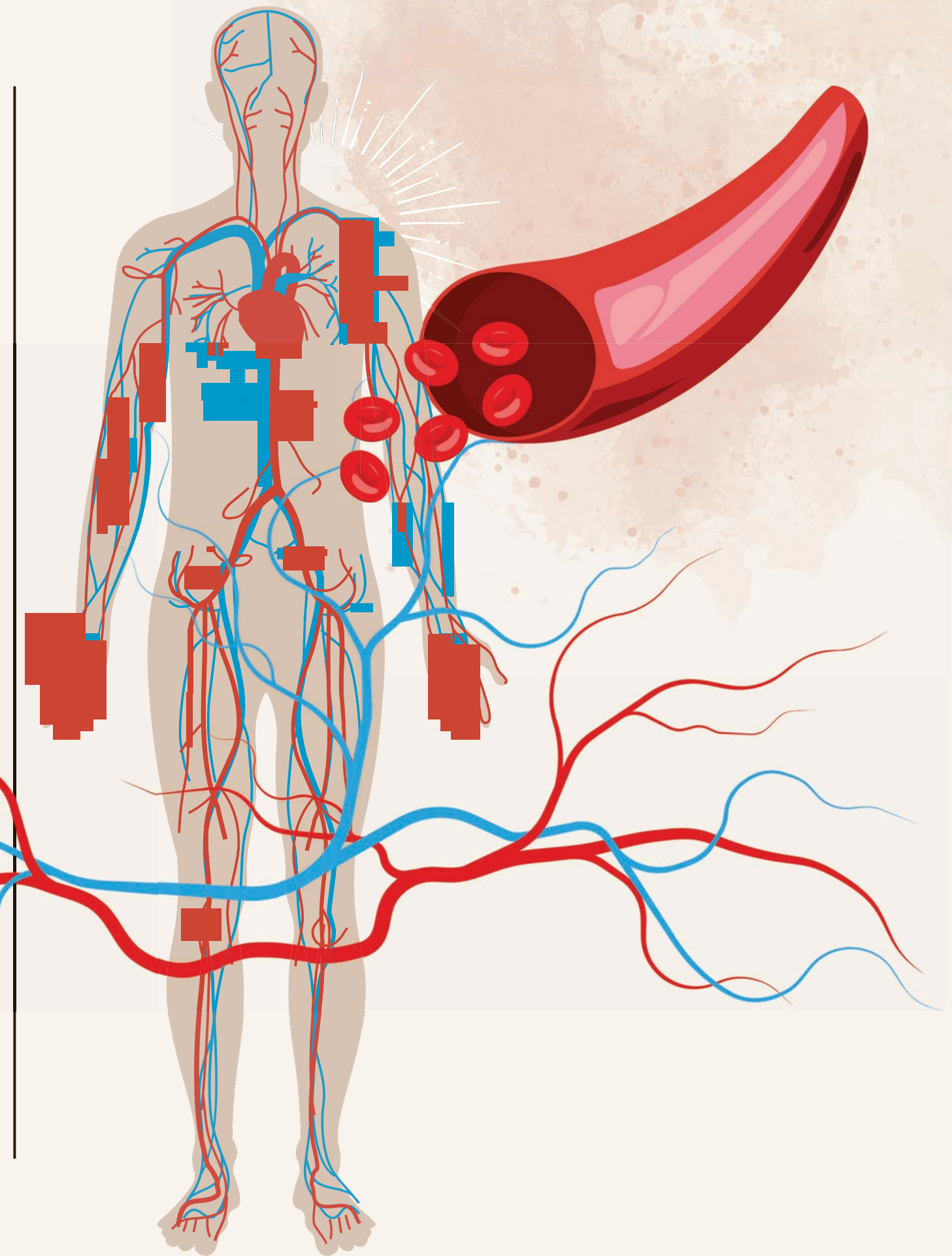
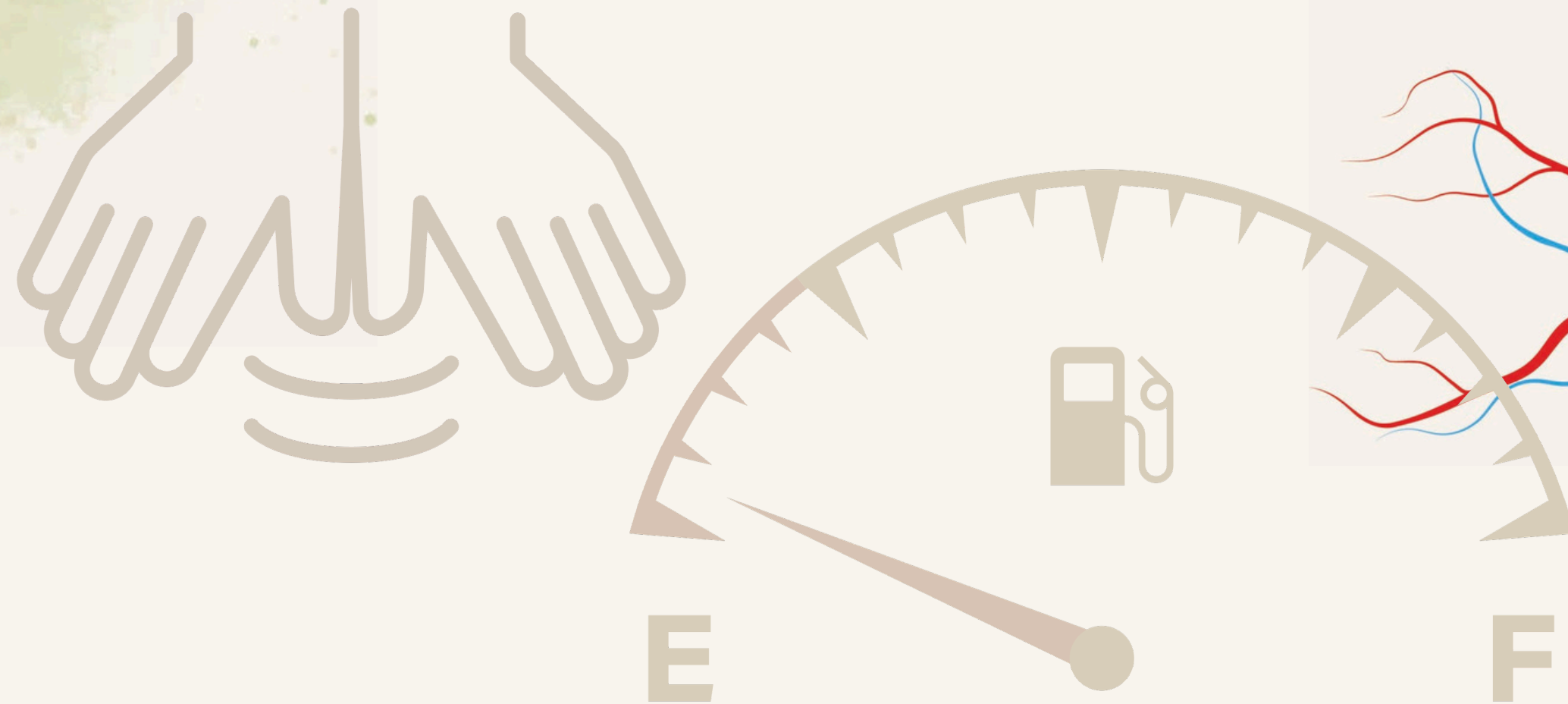
Gentle pressure or a light touch can help promote lymphatic drainage. The main areas of drainage are:

- Sinus
- Sternocleidomastoid
- Thoracic inlet
- Diaphragm
- Pelvis



Cardiovascular System

To promote blood flow, consider trying some gentle pressure, shaking, joint movement, hydrotherapy, infrared therapy and rapid light massage. These techniques have been known to enhance circulation and help you feel more relaxed overall. A nourishing and healthy diet also supports cardiovascular health.

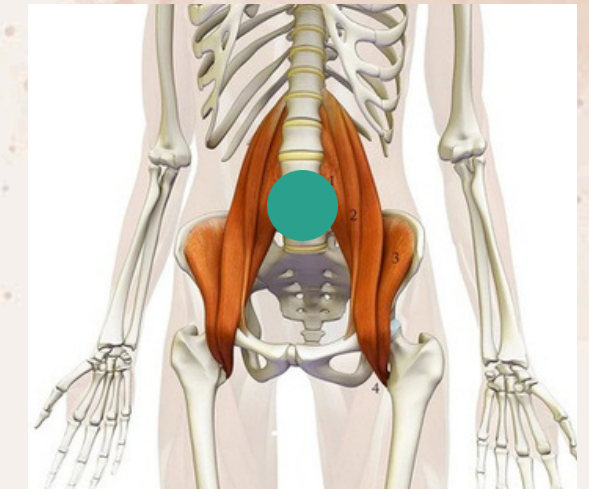
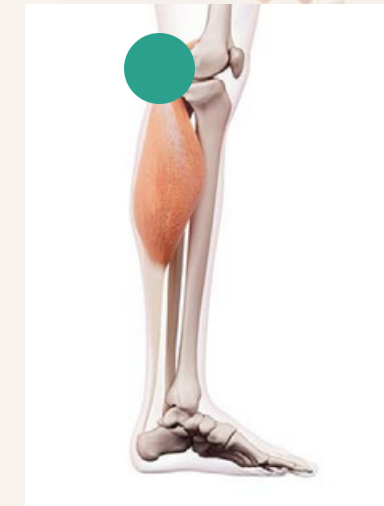
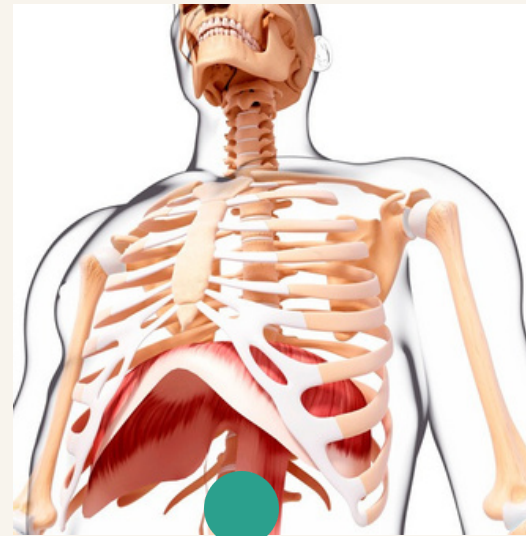


BLENDED TREATMENT #1

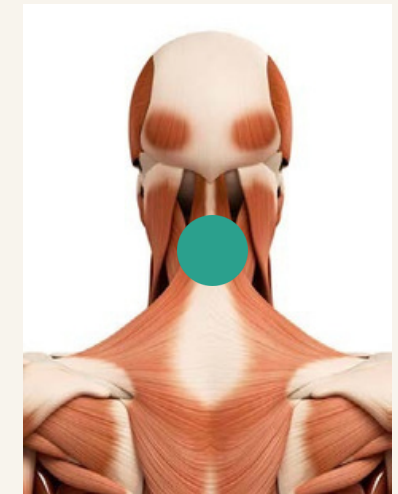
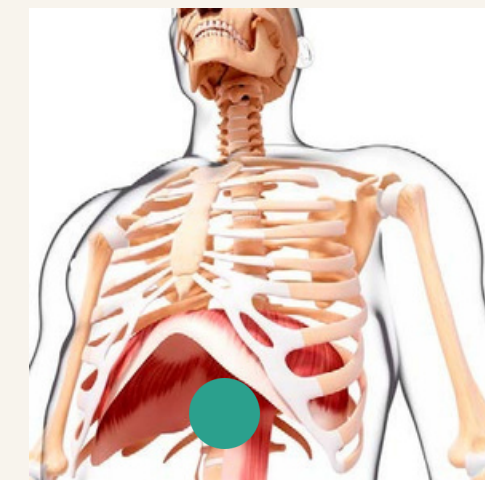
Treatment to assist fluid movement, reduce anxiety, and nausea, and increase circulation. The patient lies flat while the partner's hands slide under the spine. Hands and patient should be relaxed and comfortable: bed, lazyboy, floor. Bolsters and pillows advisable where patient feels tension.



Step 1. Hands underneath knees and under lower thoracic spine where diaphragm connects



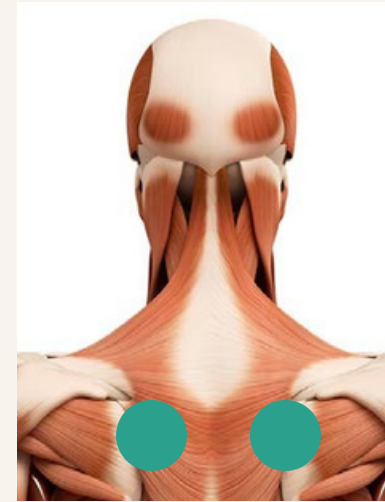
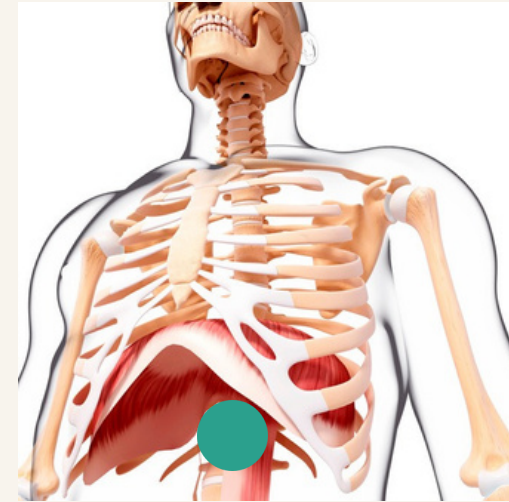
Step 2 Hands underneath knees and under lumbar spine where psoas connects



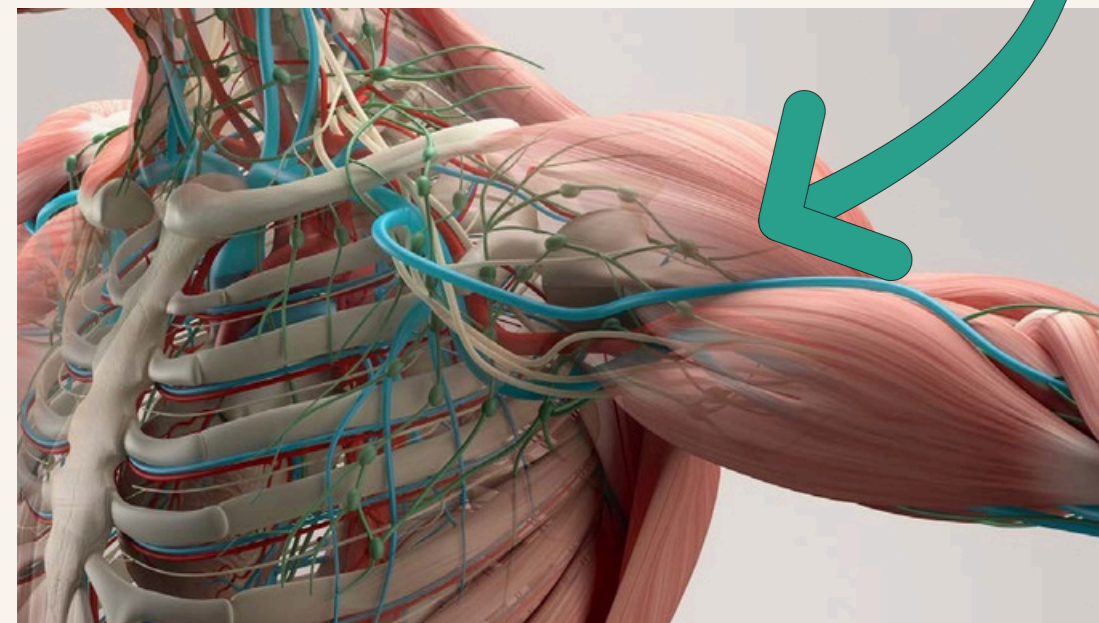
Step 3 Hands underneath thoracic spine and under cervical spine

BLENDED TREATMENT #1 CONTINUED

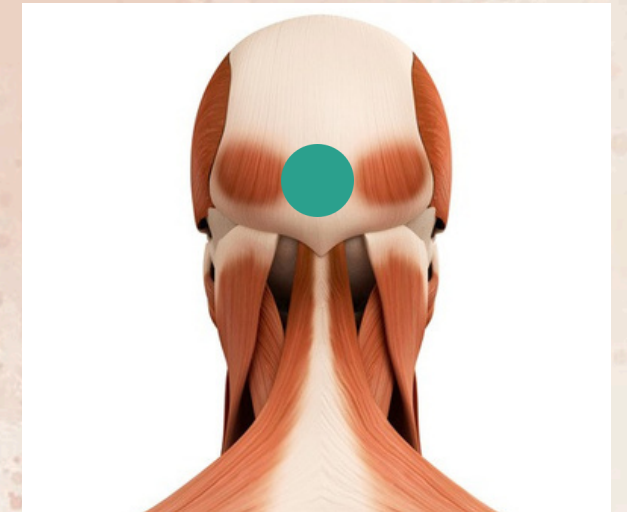
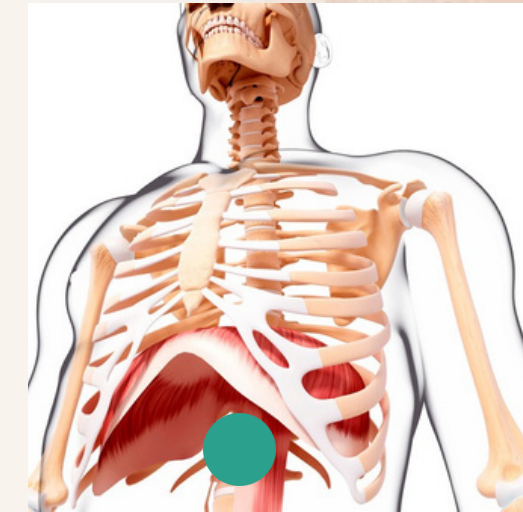
The patient or their partner may feel a dull, achy pumping sensation, which is the result of the nervous system activating lymphatic activity. It is normal to hear gurgling, bubbling, and fluid noises, which indicate movement. If patient is uncomfortable these sessions can be short and then revisited later when ready.



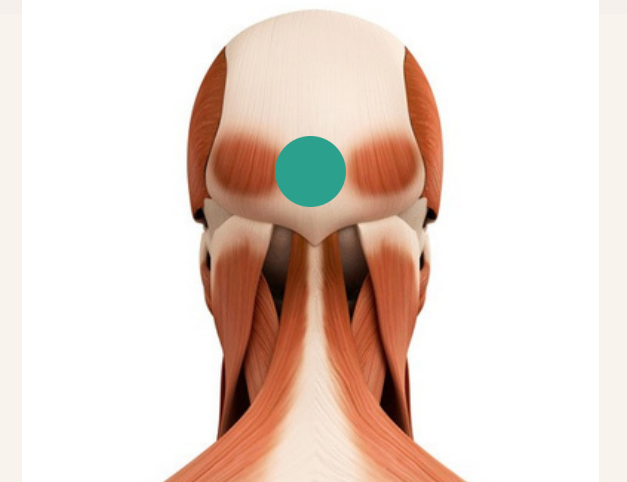
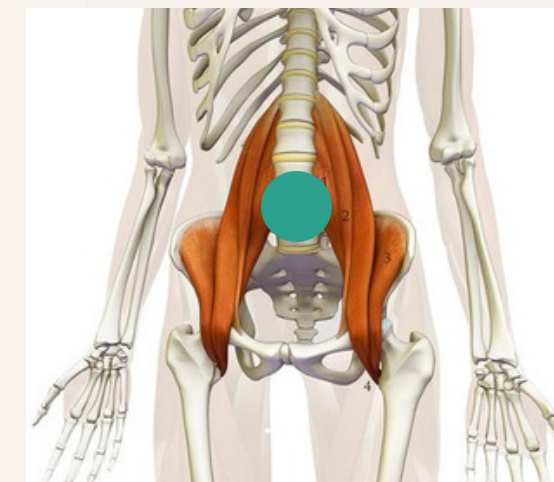
Step 4 Hands underneath lower thoracic spine where diaphragm connects and under the left side then right side of upper thoracic spine



Maybe gentle pressure in the lymphatic area on the front side of the thoracic area where the inlets are located below the collar bone and the three ribs below the collar bone if the back is stiff and rigid



Step 5 Hands underneath lower thoracic spine where diaphragm connects and under the sub occipital head area



Step 6 Hands under lumbar spine where psoas connects and under the sub occipital head area

BLENDED TREATMENT #2

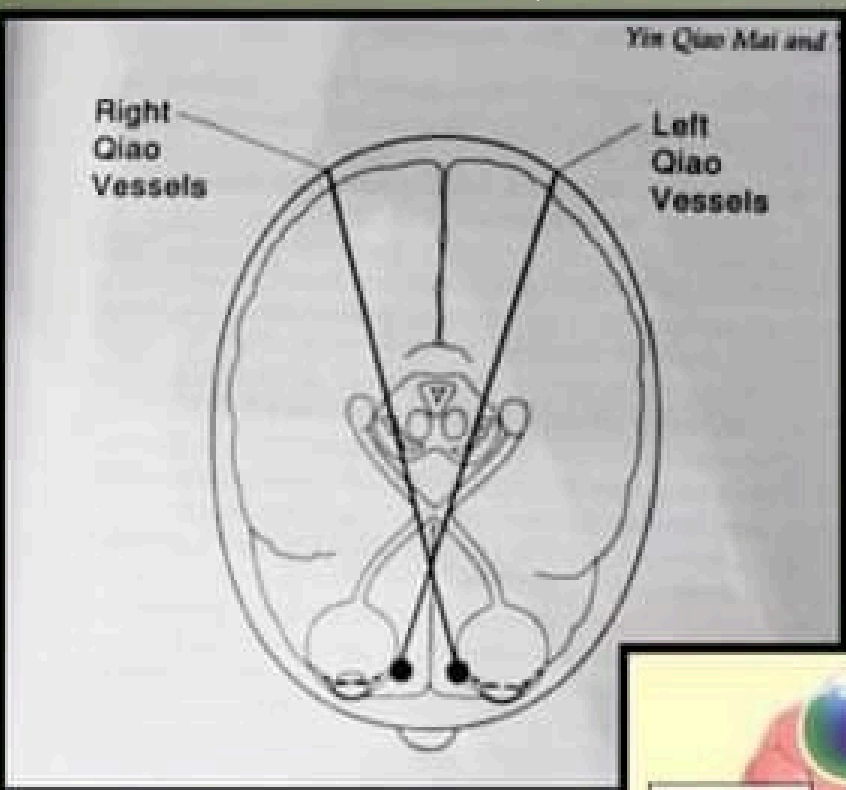
Integrating CranioSacral therapy with Asian Medicine combines traditional ancient techniques with modern anatomy. The Yin Qiao/Yang Qiao meridians in Asian Medicine charts have a similar pattern to the optic nerve and tract. This treatment can be added to Treatment #1 or performed by itself and may help relieve eye strain, headaches, and anxiety.

The technique involves a gentle, relaxed hold behind the suboccipital and a softly cupped hand on the eye opposite of the suboccipital hand.

Be sure to clean your hands of all essential oils, germs, etc.

The suboccipital may feel less rigid and more pliable when done correctly. This hold can take up to 5 or more minutes.

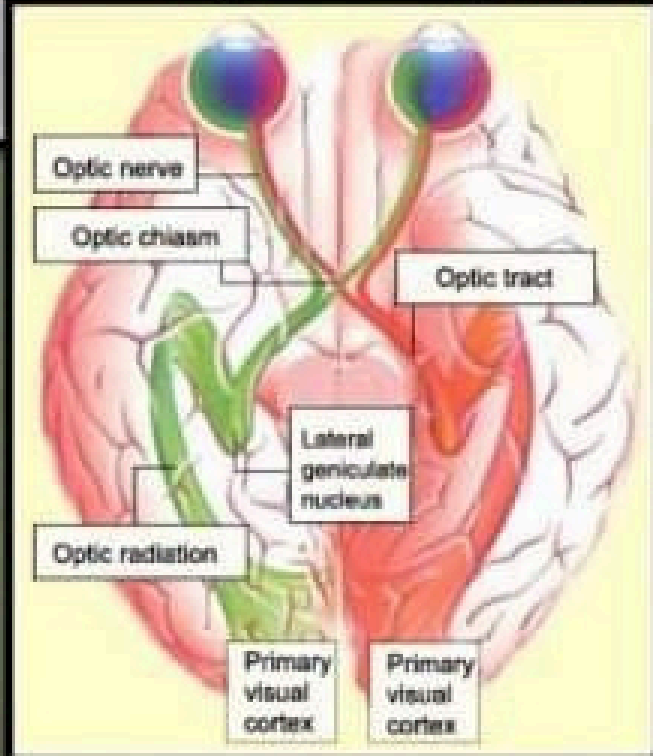
(PIROG, 1996)



Right Qiao Vessels

Left Qiao Vessels

Yin Qiao Meridian



Optic nerve

Optic chiasm

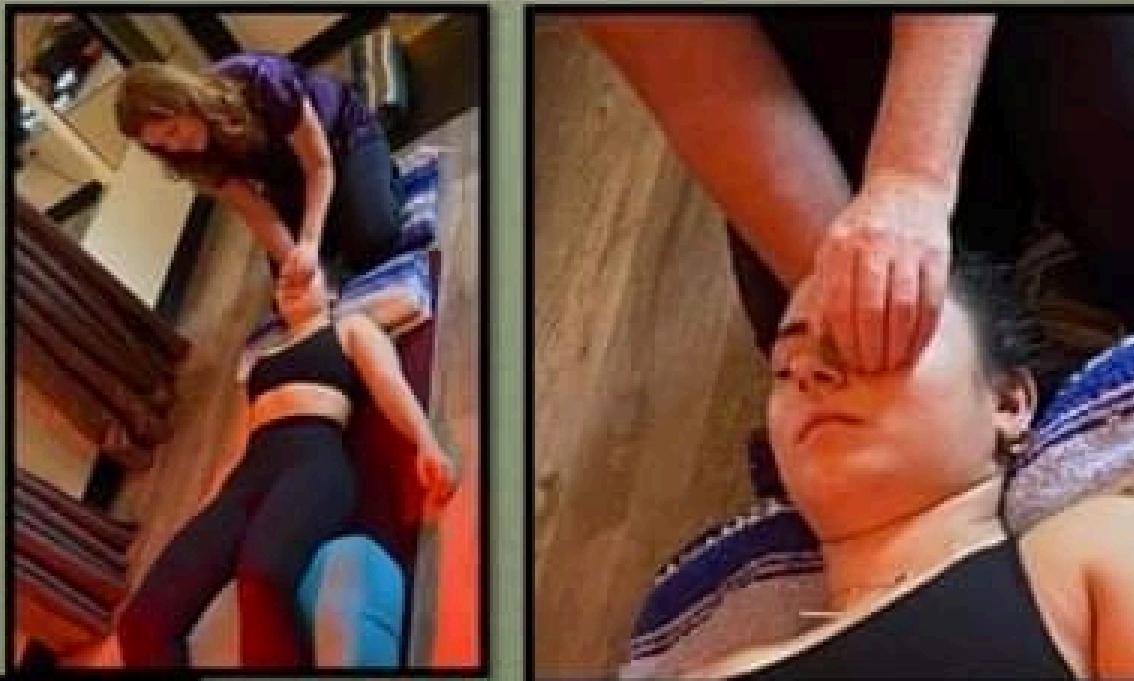
Optic tract

Lateral geniculate nucleus

Optic radiation

Primary visual cortex

Primary visual cortex



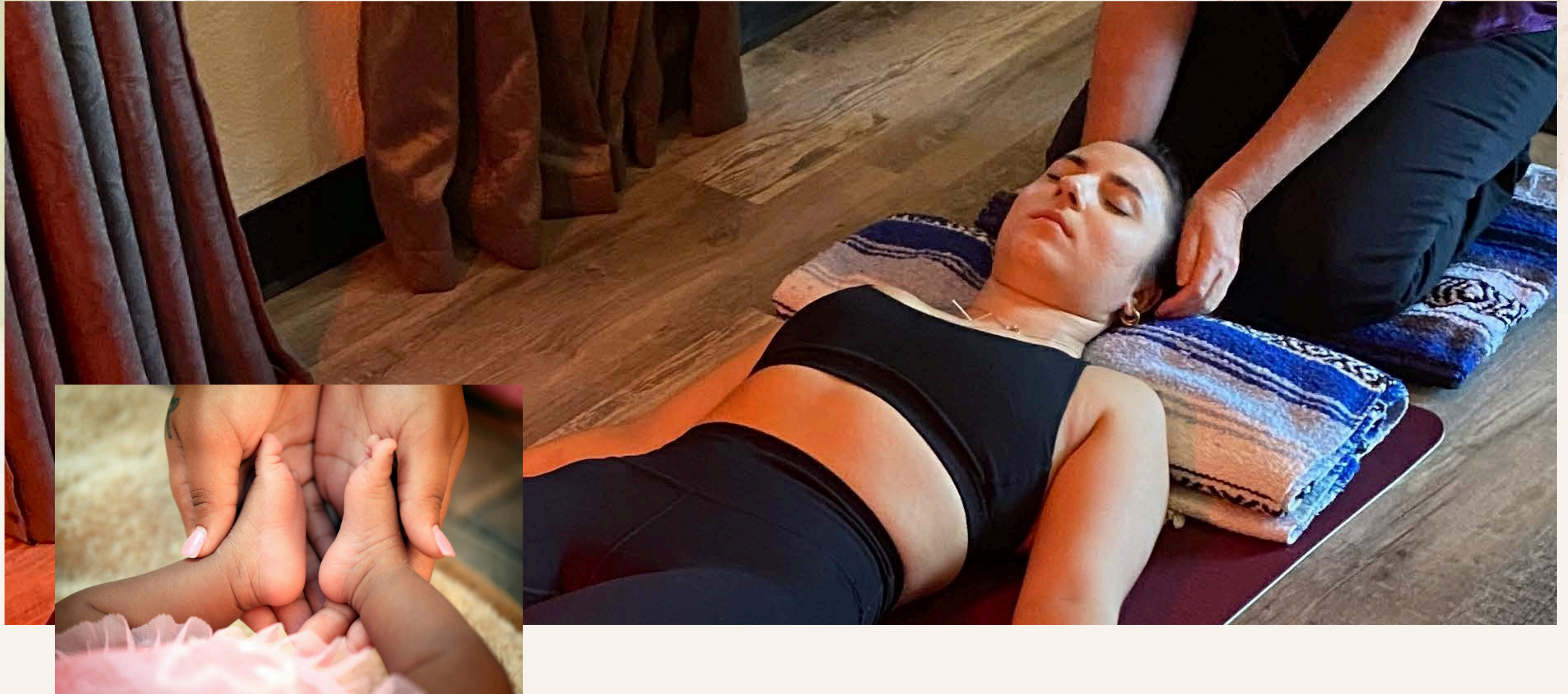
Acupoint pressure on GB 20
Suboccipital protrusion and
Hand cupping opposing eye with
gentle pressure on outside orbital area

Gentle hold until congestion
decreases at GB 20.
Gently feel neck to see if rigid
ischemia has soften and cervical area
have released in congested areas.

Yin Qiao
&
Yang Qiao

ENDING TREATMENT SESSIONS

Gently hold head and allow body to continue to relax. Ending with holding the feet is tradition, so as to ground the person before ending session.



GUA SHA

Gua sha is a traditional Chinese medical treatment that involves scraping the skin with a tool to improve circulation and promote healing.

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GUA SHA

It is important to note that gua sha should only be performed by a trained practitioner, as improper technique can lead to skin damage and other complications.

For home remedy uses it is suggested to use gently and not around open sores or skin discoloration

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Some of the benefits of gua sha include:

1. **Pain relief:** Gua sha has been shown to be effective in reducing pain, especially in the neck, back, and shoulders.
2. **Improved circulation:** The scraping motion of gua sha helps to increase blood flow to the treated area, which can help to promote healing and reduce inflammation.
3. **Reduced inflammation:** Gua sha has been found to have anti-inflammatory effects, making it beneficial for conditions such as arthritis and asthma.
4. **Immune system support:** Gua sha is thought to stimulate the immune system and promote the production of white blood cells, which can help to fight off infections and illnesses.
5. **Improved skin health:** Gua sha can help to increase circulation to the skin, which can improve its tone, texture, and overall appearance.

Gently glide (start with the pressure that would be like sliding a coin over the skin) over areas: best to always drain toward heart, the angle of fibers may also be helpful.



HEAD
SHOULDERS
SINUSES
UPPER BCK



ARMS AND HANDS
LEGS AND FEET



FOOT SOAKS

Salt and herbal foot soaks are a popular home remedy for relieving symptoms of neuropathy. The warm water helps to increase circulation, while the addition of salt can help to reduce inflammation and soothe sore muscles and joints.

(VAKILINIA SR;,, EVALUATION OF THE EFFICACY OF WARM SALT WATER FOOT-BATH ON PATIENTS WITH PAINFUL DIABETIC PERIPHERAL NEUROPATHY: A RANDOMIZED CLINICAL TRIAL)



Salt Lemon Herbs

To prepare a salt foot soak, simply fill a basin with warm water and add a handful of Epsom salt or sea salt.

Squeeze Lemon Juice (2 lemons)

Add Herbs (Mint for cooling
Frankincense for pain and circulation)
Or custom tea bags and herbs made
for your condition.

Soak your feet in the water for 20-30
minutes, and then dry them off
thoroughly.

Repeat this process daily as needed to
help alleviate symptoms of neuropathy
and promote overall relaxation.



QI GONG



Qigong is a Chinese practice that involves coordinated

Body movements

Breathing techniques

Meditation

Self Massage

Tapping

Its purpose is to improve one's physical, mental, and spiritual health by enhancing the flow of vital energy (qi) throughout the body.

Qigong has been shown to have numerous benefits, including reducing stress and anxiety, improving balance and flexibility, boosting the immune system, and promoting overall well-being.





(GUNIZ, 2019)

This is a direct from inarticulatehour.com. This is a good look at the Eight Brocade and the theory behind it. If any movement becomes uncomfortable, alter to the limitation or stop immediately. It is best to learn from a practitioner before practicing solo.



1. Pressing Up to the Heavens with Two Hands

This form consists of an upward movement of the hands, which are loosely joined and travel up the center of the body. It regulates the Triple Burner/Warmer and balances the energy. An unhealthy triple heater can result in issues such as ADD, fatigue, anxiety and panic attacks as well as insomnia and tinnitus. So, practicing this qigong will benefit for all these conditions. The First burner includes organs from the neck to the Diaphragm. (heart, pericardium, lungs). The second burner includes organs from the Diaphragm to the navel(Liver, spleen, stomach, etc.) and the third burner includes all organs from the navel to the pubis (Intestines and Reproductive organs etc.)



2. Drawing the Bow and Letting the Arrow Fly

While in a lower horse stance, the practitioner imitates the action of drawing a bow to either side. This form balances and replenishes the kidney meridian, strengthens your root through the low horse stance, strengthens lower body. It works on strengthening and realigning the lower back muscles and the spine. Also the hips, legs, knees, and ankles. It is said to exercise the waist area, focusing on the kidneys and spleen.



3. Separating Heaven and Earth

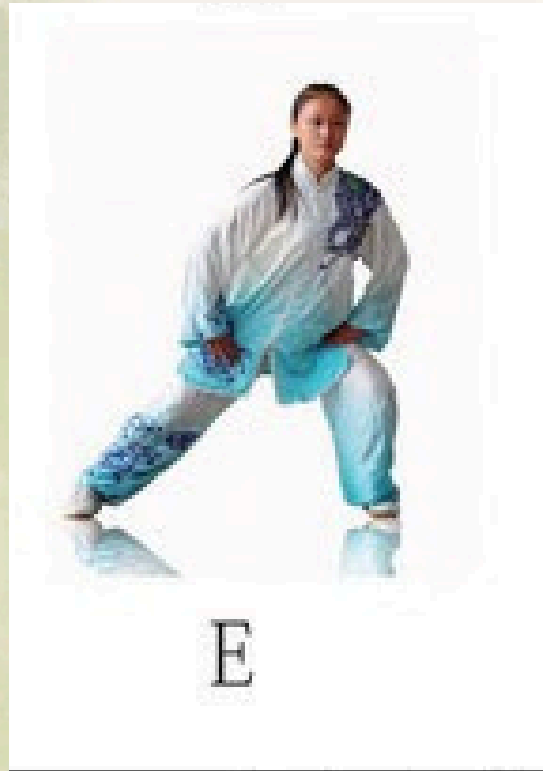
This resembles a version of the first piece with the hands pressing in opposite directions, one up and one down. A smooth motion in which the hands switch positions is the main action. It benefits to Spleen and stomach meridian. It is said to especially stimulate the stomach, ease the Liver and the spleen and the chest for deeper breathing.



4. Wise Owl Gazes Backwards

This form is a stretch of the neck to the left and the right in an alternating fashion. You turn your head to look to the rear. It eases tension at the neck and eyes. Works on healing internal injuries. Nourishes the internal organs. This is a stretch of the neck to the left and the right in an alternating fashion.

It assists energy depletion and consumptive illnesses, as it works the entire spine much like a wrung-out cloth, it gets rid of nagging stiff muscles and pinched nerves, this exercise improves your vitality, focus, and energy levels, and it also wards off aging and is very beneficial for back pain all along the spine.



5. Big Bear Turns from Side to Side

In this form, you sway head and swing tail. It is said to regulate the function of the heart and lungs. Its primary aim is to remove excess heat (or fire) (xin huo) from the heart. Xin huo is also associated with heart fire in traditional Chinese medicine. In performing this piece, the practitioner squats in a low horse stance, places the hands on thighs with the elbows facing out and twists to glance backwards on each side.

This exercise directly increases your life force and energy, affecting longevity personal power and health.



6. Touching toes and bending backwards / Two Hands Hold the Feet

It stimulates the yin meridians and the governing vessel so most of the lower meridians and all the solid organs of the body, check above for the illustration

It stretches and tones the spinal column. Works on strengthening the muscles and tissues around the spinal column. Enables circulation of oxygenated blood to the brain.



G

7. Punching with an angry Gaze

This form strengthens and revitalizes the liver. Engenders courage and fortitude.



H

8. Shaking the body / Bouncing in the toes / Heels up

Helps draw energy from the earth through the Bubbling wells on the soles of the feet.
Enhances the body's balance and stability.

(GUNIZ, 2019)

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MAY THE BEAUTIFUL “BREATH OF LIFE” WITHIN YOUR CELLS
RADIATE WITH
LIGHT FILLED WITH HEALTH, PEACE, AND LOVE
MAY THESE CELLS RECOGNIZE THIS LIGHT IN EACH OTHER

LET THIS RADIATE AND FLOW THROUGH YOUR BODY, IN YOUR HOME
TO YOUR FAMILY, FRIENDS
AND TOGETHER THE WORLD.

*Thank
you!*

