

*Discover*

How to Look & Feel Better  
Naturally!

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**BRT**

Body  
Restoration  
Technique™

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A Revolutionary  
Advancement in  
Health Care

# Do you have . . . ?

Stubborn Weight - Slow Metabolism

Fatigue

Sleep Disturbances

Cravings - overeating

Emotional: anxiety - depression

Joint Pain

Muscle Pain

Inflammation & Stiffness

Female Problems

Fertility issues

Respiratory symptoms - Allergies

Sinus problems

Urinary problems

Digestive distress

Bowel Problems

Skin eruptions & Itching

Blood pressure - Cholesterol

Blood sugar (low or high)

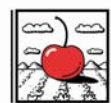
Mental clarity and focus problems

Attention trouble

Immunity and Resistance

Thyroid or heart problems

Eye and Ear problems



**NATURAL**  
*Health Services*

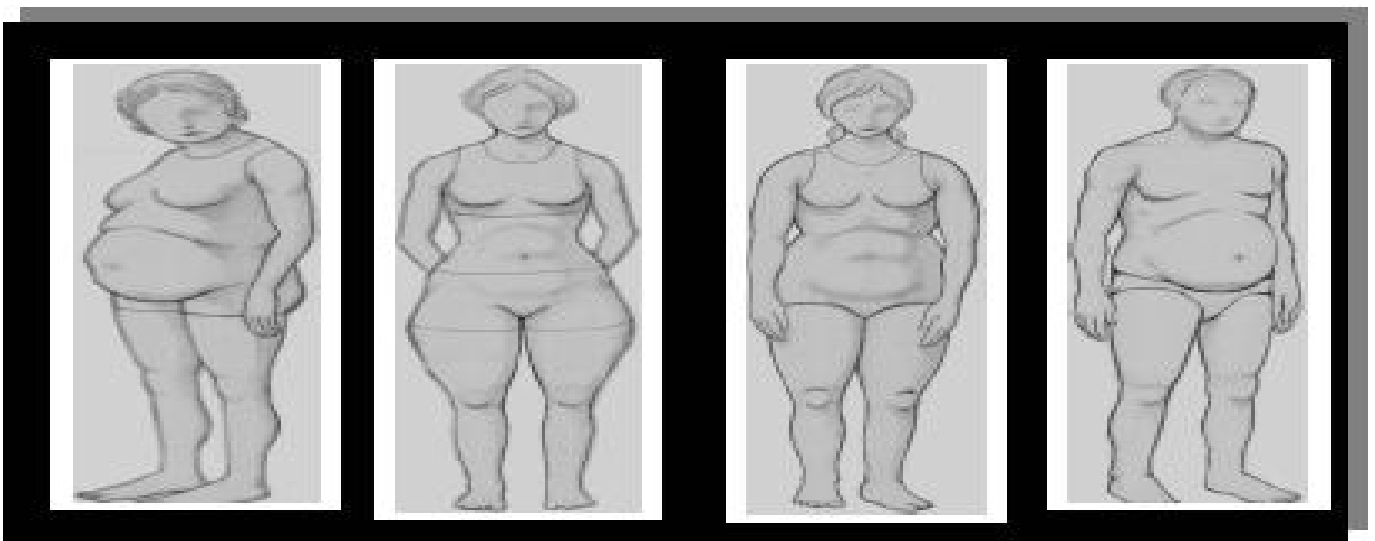
# Why me . . . ?

**P**ain, illness and dysfunction happens when the nervous system, the energy system and endocrine system of organs and glands becomes dis-organized, out-of-sync, out-of-phase, or out-of-time. Dr. Eric Berg developed the Body Restoration Technique™ (BRT): a hands-on, non-invasive system of evaluating and correcting these “timing” problems. BRT uses reflex points, similar to acupuncture points, to enable the body’s innate, inborn intelligence to restore normal communication between organs, glands, muscles and nerves. Healing occurs quickly and completely.

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## How Long Does BRT Take?

**A** complete BRT evaluation can take an hour. A corrective office visit takes about 15 minutes. The number of visits required is based on how many systems are involved.



Which body shape are you?

**FREE Workshop** - Learn the of causes belly fat, under-stand the 4 body shapes and the source of symptoms.

# How did this happen . . . ?

**E**very part of the body is interconnected by a complex communication system. In an effort to survive, the body compensates for various stresses (environmental toxins in the air and water at work and at home; chemicals in food, poor nutrition, trauma; even emotional insults). The effects of stress accumulate over time. Communication pathways between organs, glands, muscles and nerves, and their functioning, becomes more and more disorganized. Resistance to disease is compromised and we become susceptible to all manner of infection. Eventually, systems become exhausted, and pain and illness shows up.

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## How Long Does BRT Last?

**T**here can be multiple parts to any health challenge. As each BRT correction is made, vitality and stability increases. When the process is complete, correction can be permanent.



# Why BRT . . . ?

Often the CAUSE of pain and illness is far removed from where we feel it! “BRT” focuses on WHERE the source is located and WHY it is occurring.

For example, pain in the right shoulder blade could signal a gallbladder problem. Neck pain and stiffness may be the result of lymphatic congestion. Low back pain may be caused by prostate or uterus trouble. Fatigue may be due to exhausted adrenal glands. Elevated cholesterol levels could signal liver congestion or thyroid imbalance. A blood pressure problem may be the result of kidney stress. Excess weight can have many causes, such as slow metabolism. While drugs can “control” symptoms, they cannot (nor do they claim to) address the cause. Drugs also tend to have unpleasant side-effects.

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## How is BRT Different?

Alternative methods may change symptoms slightly and temporarily, but not resolve them. BRT enables the practitioner to locate and evaluate the CAUSE of a problem accurately, and correct the communication pathways that have become disorganized. Symptoms soon disappear. Organs, glands, muscles, circulation and other tissue functions return to normal.



# What's my next step?

Attend a FREE Workshop:  
**Call Now** (978) 470-2727

You don't want to miss out!  
Space is limited. **Register Today.**

At the FREE workshop you will learn more about the source of your health challenges. Once we find the cause, we can recommend a plan of correction.



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Natural Health Services provides non-forceful, corrective and preventive health care for individuals throughout New England.

Irene Beikoussis, MS, CHHP, NC is a certified BRT practitioner and Diplomate Certified Bio-Energetic Synchronization Technique (B.E.S.T.) practitioner. Irene Beikoussis also teaches workshops on health, wellness and nutrition throughout the area.