



MAKING YOUR FUTURE A SUCCESS

At Beyond Noble Health we practice Reiki as an alternative non-invasive healing option that uses the fundamental healing principles of mind-body medicine accompany with the use of essential oils, herb therapy and healthy cooking.

Reiki helps to balance your energy, to release stress symptoms on a physical, emotional, and spirtual level.

Reiki is used on people, animals, minerals and plants.

## Benifits that some people experience may include:

Deep relaxation, Improved breathing, Improved circulation/blood pressure, Relief from chronic pain, Faster healing of wounds, bruising, and fractures, Relief from migraines, Improved sleep, Increased clarity of thought, Relief from muscle aches, Relief from PTSD, anxiety, depression, Assist with weight loss or addiction recovery, Relief from or fewer side effects from chemotherapy.

By appointment only at 9351 Grant St Thornton, CO 80229

For information or to set up a session contact us at BeyondNobleHealth@CarmenCAppiani.net

720-984-3876

**VISIT US AT** 

@beyondnoblehealth.com

/beyondnoblehealth