



W O R K S H O P  
**D R . H E N E L E**  
*Headaches, Insomnia, Emotional  
 Instability & Natural Solutions*

**Date:** Fri, Oct 10, 2008  
**Time:** 6-9 pm  
**Where:** Moksha Riverwest  
 700 N Carpenter..  
**Cost:** \$30 (\$40 after Oct 2)

**Dr. Henele** (pronounced Hon-ah-lay) passionately devotes his energy to the study, development, and promotion of time-honored holistic natural healing traditions. As founder of Genesis Health Systems and the creative influence behind Release Point Therapy, his healing education includes over eleven years and thousands of hours of study and practice culminating most recently with a Doctorate in Natural Medicine.

Dr. Henele's lifetime mission is to continually improve, promote, and teach innovative applications of advanced natural healing modalities through Genesis Health Systems. Above all, Dr. Henele and the Genesis Health Systems are committed to bringing the healing energies of love and hope to the world.

**Class Topics**

- Optimal neurotransmitter function & sleep
- Easy ways to avoid environmental pollution
- Prominent neurotransmitters of the mind
- Physical causes of headaches, anxiety, ADHD & depression
- Nutrients & herbs that balance them mind
- The balancing effects of breath

**Common Causes of Neurotransmitter Imbalance**

- Nutrient deficiencies
- Environmental pollution – particularly mercury
- Sleep disorders
- Sympathetic ('fight or flight') dominance
- Food allergies

**Class Experience**

- Pranayama practice
- Nutrients & calming herbs
- Sample cases and lab reports

**Demonstrations**

- Emotional charge assessment

**What to bring**

- Notebook & Pen

Headaches, anxiousness, sleepless nights, we've all had a few, but perhaps did not know the depth of natural solutions available to us. And what of the person who experiences these issues on a more regular basis, too often the decision is made just to 'live with it.' What if it didn't have to be that way? What if there were solutions waiting to find us?

In many cases headaches, insomnia, & emotional imbalances are due to the intimate link between neurotransmitter imbalance and environmental pollution exposure. As the body accumulates residue from our environment and as stresses to the body mount the mind goes through many chemical changes in an effort to restore balance. Unfortunately, this process can be painful and even create problems in our everyday lives. What we seek is to create a clean body so that we can have a clear mind.

In this workshop you will learn how to make simple decisions that greatly minimize you and your family's exposure to common environmental pollutants like Mercury, Lead, PCBs, plastics, and PAHs. You will also learn about some very innovative testing available to precisely determine which neurotransmitters are imbalanced and which nutrients and herbs help to restore you to optimal health.

R E G I S T R A T I O N F O R M

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, ST, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

**\$15 DEPOSIT REQUIRED TO REGISTER**

PMT AMT  CASH  CHECK  VISA/MC  AMEX  DISC  ONLINE

CARD NO. \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

O F F I C E U S E O N L Y

OMBASE ENTRY BY \_\_\_\_\_ DATE \_\_\_\_\_

REG LETTER MAILED BY \_\_\_\_\_ DATE \_\_\_\_\_

EMAIL CONFIRMATION \_\_\_\_\_ DATE \_\_\_\_\_

