



Crystal Springs  
**INTEGRATIVE HEALTH**  
*Reset & Renew*

## Give yourself the gift of Health for the holidays

*Experiencing stress or chronic pain? Want to improve your physical and mental fitness?*  
With more than 70 years of combined health experience our team will work together to custom design a program to fit your individual needs and reset and renew your health and lifestyle.

### **Your Program Includes**

#### **A Personalized Health & Lifestyle Transformation Plan**

*In-depth Health and Lifestyle assessment  
Support to establish transformative goals  
12 week Journal to track progress  
Mid and final program assessments*

#### **A Total of 20 Treatments Over an 8-12 Week Period**

*-Chiropractic Sessions  
-BodyTalk Energy Medicine  
-Hypnotherapy  
-Reiki  
-Therapeutic Massage*

#### **Fall 09 Program Starts: Saturday Sept. 26<sup>th</sup> 9am-4pm**

*Focused Group discussion on the Pillars of Health: Water, Nutrition, Exercise and Positive Mental Attitude to establish a foundation for your transformation plan*

*“The Best teamwork I have experienced with a health provider... Very personal feeling of support.” – Fall 08 program participant*

#### **Reset Renew Program - \$1200** (\$2,400 Value)

*Sign up with a family member or a friend and receive a \$100 discount ea.  
To ensure personal attention, space is limited to 6 participants*

**Contact us to reserve your space at (650) 574 1456  
214 De Anza Blvd., San Mateo, CA 94402**