

BACK²NORMAL *beresponsible.*TM MONTHLY TOPIC

November 2017

BACK²NORMAL RECOVERY ZONE

MEET US AT THE FINISH LINE!

We understand athletes. To achieve success athletes at all levels must have the drive and the commitment to train hard but more importantly create a balanced program that peaks performance and accelerates recovery. Building a solid plan and having the right team of people will not only make a difference in performance but will give an athlete the edge over their competitors.

WHY ATHLETES ARE WINNING WITH US:

- We **KEEP THEM IN THE GAME**
- Find the **TRUE CAUSE** of injury and pain
- Whole-body approach that **GETS RESULTS**
- **EMPOWER THE BODY TO HEAL**
- Provide **NATURAL SOLUTIONS**
- We are invested in being your **PERFORMANCE ADVOCATES**

At this year's St Pete Run Fest held on November 19th, Back 2 Normal will be featuring the first and only **beresponsible**TM Recovery Zone where we will offer athletes the opportunity to experience cutting edge therapy and technology to help speed healing, accelerate recovery and optimize performance. There are many things that impact an athlete's recovery, here are just a few of the services we will be offering:

Massage Therapy: Designed to help athletes recover after a run to reduce muscle and joint soreness, improve circulation, increase flexibility and speed recovery from injuries or overworked muscles. Techniques include a combination of deep tissue, stretching and compression.

Bemer Therapy: Delivers a patented pulsed therapy that increases circulation in the body's smallest blood vessels to allow for quicker healing and recovery, and optimized function of the body.

Redox Signally Technology: Get your cells talking with bioidentical redox messengers that are fundamental to cellular communication to ensure optimal performance and healing of all systems of the body.



Stretching/Foam Roller Station: Learn simple self-care stretching and techniques using small balls and foam rollers to help reduce effects of accumulated tension and stress following your run.

Sports Nutritional Therapy: Are you fueling your body with the appropriate food and beverages for maximum performance and optimal recovery? Understanding the key elements of recovery can mean the difference between average and elite performance.

Essential Oils: Experience therapeutic essential oils to help reduce inflammation, minimize stress and toxicity and restore homeostasis to improve your recovery.

Normatec Compression Therapy (offered by our partner at Elite Body Cryotherapy): A device that uses compressed air to massage legs to reduce muscle soreness, improve circulation, flush toxins, enhance blood flow and speed recovery.



Healing for the body. Performance for *life*

productofthemonth

Renu 28 Gel

Improve **YOUR CELLULAR HEALTH** and **RESTORE CELLULAR COMMUNICATION** to optimal levels.

What is Renu? Redox molecules that help detect, repair and replace damaged cells

What does it do?

- Speeds healing of skin conditions, wounds & scars
- Post-surgical healing
- Reduce inflammation
- Reduces discomfort and soreness
- Sports performance and recovery
- First aid
- Energy and endurance
- Recovery from jet lag
- Revitalize sleep
- Anti-Aging
- Promotes healthy immune response
- Improves vascular health
- Improves digestive health
- Helps hormone modulation

Why do I need it? **YOUR** body needs it. **YOUR** cells can't live without it.

To purchase or learn more visit our online store at:

<http://back2normal.myasealive.com/newsite/index.aspx>

