



Free Information from Ishman BodyCare Center & Institute

Free Information:

Ask for brochures or information about the following types of care we offer:

- ❖ [Massage & Arthritis](#)
- ❖ [Massage & Chiropractic](#)
- ❖ [Massage & Chronic Pain](#)
- ❖ [Massage & Fibromyalgia](#)
- ❖ [Massage & Headaches](#)
- ❖ [Lymphatic Drainage Massage](#)
- ❖ [Massage for Pregnancy](#)
- ❖ [Reflexology](#)
- ❖ [Massage for Sports and Fitness](#)
- ❖ [Massage & Stress Relief](#)
- ❖ [Massage for TMJD Relief](#)
- ❖ [Massage for Women](#)
- ❖ [Benefits of Weight Management](#)
- ❖ [PhD Prepared Meal Plans](#)
- ❖

Free Articles:

Available online at www.ibodycare.com

- ❖ [My Hips are Doing What?](#)
- ❖ [My Hips are Doing What FAQ's?](#)
- ❖ [What is Fascial Link Therapy](#)
- ❖ [History & Development of Fascial Link Therapy](#)
- ❖ [Stretching for Balance](#)
- ❖ [Safety Muscles](#)
- ❖ [Self-Care in the Information Age](#)
- ❖ [What to Do When You Have Sinus Pain](#)
- ❖ [Vascular Flushing](#)
- ❖ [About Water](#)
- ❖ [Ways to Create Change in A Muscle](#)
- ❖ [The Value of a Neck Roll](#)
- ❖ [Injury Prevention](#)
- ❖ [Key Ways to Amplify the Benefits of Lymphatic Drainage](#)
- ❖ [Low Fat Eating](#)
- ❖ [Weight Management](#)
- ❖ [Body Fat Guidelines](#)
- ❖ [Zone Training](#)
- ❖ [Self-Care Techniques to Resist & Clear Negative Energy](#)
- ❖ [Daily Clearing Affirmation for the Office](#)



Promoting Positive Transformation... Person to Person

608 S. Washington St, Naperville, IL 60540

630-355-5125 ishman1@ibodycare.com

www.ibodycare.com