

The History of BODY HARMONY

VALERIE SKILES

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Founder & Developer of Body Harmony Concept

Owner & Developer:

3 Rose, Inc.

Operation Outreach, Inc. 501c3

Body Harmony, Inc.

Beyond Harmony Gift Shop, Inc.

DR, GORDON GREENER

Doctor of Chiropractic ~ Graduated from Cleveland Chiropractic College of Los Angeles ~
30 years in private practice ~ Taught alternative healing and nutrition seminars ~ Substance abuse recovery counseling

Married to Valerie Skiles Greener

Father to 3 daughters ~ Grandfather to 12 ~

www.GreenerChiro.com



RESERVATION APPOINTMENTS

1.5 miles North of Broken Bow, Oklahoma on Hwy259

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The History of Body Harmony



You've Never Done This Before



RESERVED APPOINTMENTS
90 Minute Body Harmony Package
Sessions are Scheduled:
Tuesday—Saturday
11:30 - 2:00 & 4:30

580-584-6339

The History of Body

Harmony by Valerie Skiles Greener

The Body Harmony concept is very unique. I don't believe anything like it is going on anywhere in the world today, at least not done the way we do it. Body Harmony has been described as being "a very personal experience", and that there are not words to express how it feels and what it does for the individual who has had a Body Harmony session. It is way more than JUST a massage.

18 years ago Dr. Gordon Greener invented a music sound table he called "The Quantum Table" which he purposed to use as a tool for helping many to recover from all kinds of physical, emotional and spiritual issues. The table was handmade and constructed much like an instrument, except people would lay on it while music resonates up through the table and in to and through the individuals body; the entire body responded at cell level to the frequencies and vibrations of the music. People were being healed.

At the same time Dr. Greener was researching and trying to pull his invention together, not understanding at the time how he was going to implement his discovery, I was living in a cabin at Buffalo Springs Lake in Lubbock Texas, hundreds of miles away from this man I was yet to meet. I was busily writing a 100 volume 3 part book series on human behavior. Decades of my life had been spent learning and studying every aspect of what makes us humans the way we are and why we do the things we do. "Why is life so hard? And whose fault is it?" Some choices we make are very destructive, and the effects of bad decisions have effected us all. I was in hot pursuit of an intrinsic assessment of my own life as well. Most people I knew and knew of seemed to be stuck in their past, and emotionally dysfunctional because of unresolved conflicts and issues from way back. Many have fears, regrets and disappointments in adult years that are manifest into anger, resentments and low self-esteem, and nothing offered seems to medicate enough to fill their empty soul. Past events they have already lived are robbing them of a quality future, and their bodies are wreaking havoc and wasting away in response to mental torments, sadness and grief. Many are having a hard time finding a quality of life that is worth living. What I discovered in my writing was the good news. Life didn't have to stay this way. There was a way to bring a sense of wholeness to an individual on a holistic level, if...

I could only get my hands on them!



This writing venture took my 40s away. In 10 years I was finished with my writing, and in 2002 I moved to the Dallas/Fort Worth area, and in May of 2007 Dr. Greener and I met and began dating. Then there came the day that brought it all together when the good doctor took me to his chiropractic office in Hurst, Texas. It was a humble place; Dr. Gordon Greener prided himself in his old fashioned chiropractic ways: no insurance, no x-rays, only old-fashioned chiropractic adjustments, and he was the best! This gentle man's insightful wisdom, years of experience, good heart and love for his patients were in his touch, and his patients loved and trusted him. Then when Doc. Greener showed me his special "Quantum Table", suddenly 10 years of my writing and my past research swirled in my mind and spit out a resounding concept that would integrate Dr. Greener's invention with my experience, knowledge



and wisdom of what people needed for healing, and a unique and powerful new practice was born which we named, "Body Harmony". This became the new name for Dr. Greener's unique sound table as well, **Body Harmony Instrument Bed**.

The combination of body work: stimulation circulation and relaxation techniques, along with nurturing and affirming touch became a holistic language of its own; a body language. Not many weeks later I set up an office at Dr. Greener's clinic and had my first Body Harmony client scheduled for a session, and in a matter of a month or two my appointment book was filled. Soon after this I had a waiting list of people. Hot, purely raw, thick African Shea Butter was drizzled on to the person's body and massaged into the tissue, and the Dead Sea salts straight from Israel were then sprinkled over the Shea Butter, and the skin was scrubbed to remove dead skin cells. After this was accomplished the client was wrapped in hot, moist, steamy towels in order to open the pores and cause the salts to mingle and melt with the Shea Butter, and the body to drink in all of the nutrients and minerals it so desperately needed; all of this while the music softly played up through the Body Harmony Instrument Bed into the persons body, and at cell level, the individuals soul was calmed, and peace and healing came.

Dr. Greener and I both have studied the effects our thinking has in contributing to the sickness or the wellness of our body. We have studied the positive effects of endorphins and the negative repercussions of Cortisol. Our knowledge and experiences, along with our practices have brought a dynamic which has changed the course of an individuals self-esteem, which then ripples the benefits into their personal life: marriage, family, personal relationships, and so on. We have witnessed Body Harmony sessions literally change a persons life,

**GIVE YOUR BODY
WHAT IT NEEDS
AND IT WILL HEAL
ITSELF**

**Cortisol - Endorphins
SHEA BUTTER & DEAD SEA SALT**

and our prayer is that this will happen for you!

Studies have shown that chronic stress, anger and depression cause the body to manufacture destructive chemicals and hormones. Your body is most likely over-producing **Cortisol** which can inhibit the healing process, cause weight gain, and shorten life expectancy. Your body wants to heal itself, but it can only use that which you provide.

Endorphins are naturally-released hormones which have a positive effect on the body and the mind. Just to name a few of its benefits: Endorphins enhance the immune system, relieve pain, and reduce stress. Body Harmony uses natural healing modalities to stimulate the body's production of endorphins. They include chiropractic adjustments to align the body structure, light tissue and muscle bodywork using a blending of nutrient-filled, purely organic preparations for feeding your body a nutritious meal, then hot compresses are applied. Pleasant aroma, color controlled atmosphere, and soothing music stimulates all your senses. All five senses are stimulated in positive ways at Body Harmony Spa. Music has always exerted powerful physical, spiritual and psychological effects on humans. Scientists have only recently made the connection with relaxing music and the prolific production of endorphins and their healing attributes.

Shea Butter

The Shea Butter we use in your Body Harmony session is in raw form, pure and all natural. It grows in the wild throughout West Africa. For centuries, Shea Butter has been highly regarded as a superior skin moisturizer, creating moistness similar to what your skin's sebaceous glands produce. Its deep penetration gives your skin elasticity while revitalizing and softening it. Our unrefined and organic Shea Butter contains an abundance of health-promoting ingredients, including vitamins, minerals, proteins and a unique fatty acid profile. Well-known vitamins include A, E, and F. Shea Butter.

Dead Sea Salt

Salts from the Dead Sea have been legendary for centuries for their therapeutic and beatifying properties on the skin. Nothing like regular sea salt, Dead Sea salts are comprised of a wide variety of minerals which are present in high concentration. Whereas regular sea salts is made up of over 90% sodium, salt from the Dead Sea is only about 10% sodium and the rest is made of minerals which are essential for the proper function and health of skin and body. Body Harmony sessions use Dead Sea salts harvested directly from the Dead Sea: Nothing added and nothing taken away.

