

BECKY LEE OSTERBACK

BSN, RN, Healing Touch Clinician

Becky Lee offers therapeutic treatments to help you feel better. She has more than 20 years experience as a critical care nurse, caring for people at the beginning and ending stages of their lives, plus all the health events in between. Becky Lee can provide a total network of health options for your healing journey.

Becky Lee knows where you're coming from. After four car accidents, Becky Lee couldn't walk, talk, read or write! She is living testimony of her own work and the power of Healing Touch.

Faith and dedication helped Becky Lee transform her own struggles from despair to health and joy. She looks forward to guiding you on your path toward health and well-being.

Self Defense America

www.H2HCTC.com

6612 E. Seltice Way • Post Falls, ID 83854

The Hand to Hand Combat Training Center (H2HCTC) is offering a local Corporate Wellness in the form of Self Defense. Martial Arts are well known to be one of the best forms of exercise because it encompasses so many aspects of overall fitness.

The H2HCTC's purpose is to create an understanding and awareness of the importance of training hard and getting more and more dangerous. In order to adapt, new methods of combat and personal defense must be learned.

H2HCTC's **Mobile Training Team's** (MTT) were created to travel to the locations of police, homeland security personnel, firefighters, private and corporate security, executives and hospital staff to name a few.

A healthy, happy employee base equals a lucrative company.



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BECKY LEE OSTERBACK, BSN, RN,

HEALING TOUCH CLINICIAN

www.Well-Quest.com

BeckyLee@Well-Quest.com

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personal & corporate
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Total Body Makeover

(inside and out)

- ◆ Healing Touch & Raindrop Therapy
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- ◆ AquaMED Dry Hydrotherapy
- ◆ Whole Body Vibration
- ◆ Galvanic Spa
- ◆ Quantum Biofeedback

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Replacing them with the positive through
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Network of
Health Options**



Becky Lee Osterback
BSN, RN

**HEALING TOUCH
CLINICIAN**

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Guidance on Wealth Creation



Whether it is home, office, telephone, TV, energy or security, we offer all services at a reduced cost and provide ways for you to create personal income that can lead to substantial wealth.

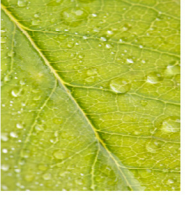


**Lipo-Laser—Weight Loss—Healing Touch & Raindrop Therapy—Total Body Massage—Galvanic Spa—Bemer 3000
Whole Body Vibration—Quantum Biofeedback
AquaMED Dry Hydrotherapy**

Take control of your health...Invest in your wellness

Healing Touch

Becky Lee Osterback, BSN, RN, is a Healing Touch Clinician (American Holistic Nursing Association). She uses hands-on treatments and energy-based techniques with the best of technology. The nursing profession first designed Healing Touch with a clinical focus that uses touch to promote physical, emotional, mental and spiritual health. You are given the opportunity to feel empowered by participating fully in your healing journey!



Healing Touch Process

All healing is basically self-healing. A doctor can set two bone fragments in place, but the body itself finally heals the break. The physician simply directs the process. Healing Touch is complimentary. It functions from an energy perspective, rather than a physical one. In a safe, relaxing environment, the connection is re-activated between mind, body & spirit. This eliminates obstacles to self-healing.

Benefits of Healing Touch

- ◆ Reduces Stress
- ◆ Calm anxiety, depression
- ◆ Decrease Pain
- ◆ Strengthen the immune system
- ◆ Enhance recovery from surgery
- ◆ Complement care for neck and back problems
- ◆ Deepen Spiritual connection
- ◆ Support Cancer Care
- ◆ Create a sense of well-being
- ◆ Erase acute & chronic conditions, including Fibromyalgia.

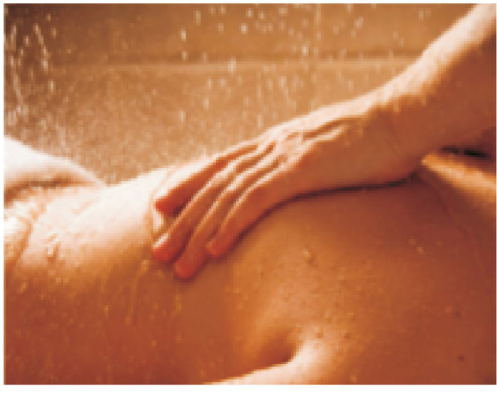
Individual experiences will vary.

Raindrop Technique

This spa-like experience with full body massage & Healing Touch is completely relaxing & rejuvenating. Raindrop Technique uses therapeutic-grade essential oils that are antiviral, antibacterial & anti-inflammatory boosting your immune system and helps your body heal itself.

Raindrop Technique Process

As you relax, the oils are applied to the spinal reflex points of your feet. These reflex points communicate through your nerves to reach your circulatory system. Nine different oils will be applied like rain drops along your spine and over your back. Feather-like strokes massage the oils along the spine.



Benefits of Raindrop Therapy

- ◆ Soothe aches and pains (from age & injuries)
- ◆ Reduce colds and the flu (supports the immune, endocrine & nervous system)
- ◆ Rejuvenate your soul (aromas create peace & calm)

Individual experiences will vary.

www.Lipo-Lasers.com

Non Invasive

BODY FORMING TECHNOLOGY HEATS TISSUE & RELIEVE PAIN

Non-Invasive Body Forming Technology

- ◆ Refine
- ◆ Reshape
- ◆ Revive



Lapex 2000 Lipolaser is a safe, painless and completely non-invasive treatment for spot fat reduction and aesthetic Body Contouring. Heats Tissue and Pain Relief.

Whole Body Vibration (WBV)

Exercise and healing in just 10 minutes. This patented technology utilizes the "whole body vibration theory". It originated from the concept of human body movement under Earth's gravity.

Research shows the WBV improves:

- ◆ Circulation
- ◆ Depression by increasing serotonin
- ◆ Energy & Endurance
- ◆ Increase flexibility & agility
- ◆ Health & well being
- ◆ HGH levels up to 460%

Reduces:

- ◆ Pain & Stress
- ◆ Fatigue & Cortisol
- ◆ Fat & Cellulite

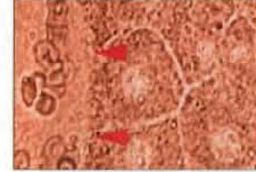


Bemer 3000 - PEMF Applications

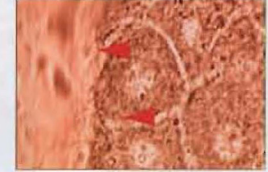
Clinical Study Results

Significantly increased antioxidative balance

Liver Circulation (Source: Dr. med. R. Klopp)



Microscopic visualization of a liver sinusoid with slow flow of blood cells and aggregations.



Following 60 days of BEMER, blood cells flow through the sinusoid with noticeably increased velocity.

Significantly increased immune system

Gingiva (gum) Circulation (Source: Dr. med. R. Klopp)



Before BEMER very few white blood cells are present.



After 2 min BEMER, noticeably better presence and activation of the white blood cells can be observed.

24% improved blood flow in microcirculation

Stomach Circulation (Source: Dr. med. R. Klopp)



Microcirculation perfusion of a capillary region before the BEMER application.



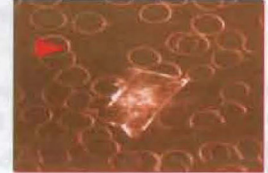
Significantly improved microcirculation as a result of the BEMER application.

18% increased energy (ATP)

Red Blood cell activity (Source: Kafka WA, Spodaryk K)



Our current lifestyle causes red blood cells to stick together.



After a BEMER application red blood cells are separated and thus can transport more oxygen for higher energy production.