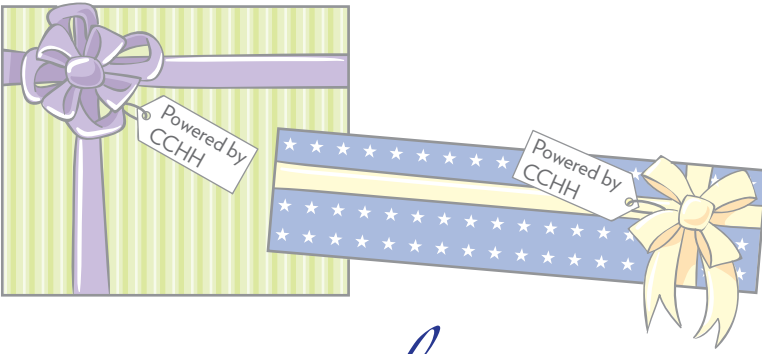


Continuum Center for Health and Healing
 245 Fifth Avenue at 28th Street, 2nd Floor
 New York, New York 10016
www.healthandhealingny.org
 646-935-2220



Give the gift of *sleep* to yourself or someone you love

Experience renewed energy and a fresh outlook during this stressful holiday season.

Many people experience sleeping difficulties during times of stress, leading to a host of health problems and a sense of being overwhelmed. Help yourself or someone you love with time-tested and clinically-proven healing approaches and lifestyle interventions. With this carefully-tailored “Sleep Package,” our seasoned practitioners at the Continuum Center for Health and Healing can help you regain peace of mind and a refreshed perspective to face the challenges of the times.

The **Sleep Package** includes the following four (4) treatment sessions:

60 minute Stress Management

Experience mind-body techniques to help ease stress (modalities may include Reiki, clinical aromatherapy, biofeedback, and guided imagery)

30 minute Nutritional Assessment

Detox your diet and learn to nourish yourself with an energy boosting, mind-calming food celebration.

60 minute Introduction to Acupuncture

Experience how the ancient wisdom of Chinese medicine and acupuncture address sleep from a holistic perspective.

30 minute Balancing Homeopathy

Gently reset your body with individualized remedies derived from nature.

This specially priced Introductory Sleep Package is available for \$565. The package also includes an autographed copy of *The Source*, the definitive text on boosting and sustaining your personal energy resources, written by the Center’s Executive Director, Woodson Merrell, MD.

Patients who complete the Sleep Package are also eligible to purchase follow-up treatments at a special price.

**Call 646-935-2259 to order your gift Sleep Package
 or for more information.**



Power Up Quiz*

1. I wake up with good energy	0	1	2	3	4
2. My energy is as good as it has ever been	0	1	2	3	4
3. I look forward to each new day	0	1	2	3	4
4. I have a feeling of joy in my life	0	1	2	3	4
5. I am able to focus and finish tasks easily	0	1	2	3	4
6. I have a good memory	0	1	2	3	4
7. Exercise gives me energy	0	1	2	3	4
8. My physical stamina is good	0	1	2	3	4
9. I don't feel I need to rest during the day	0	1	2	3	4
10. I drink less than 2 cups of coffee a day	0	1	2	3	4

0 Never
 1 Rarely
 2 Sometimes
 3 Most of the time
 4 Always

Your Energy Profile

Less than 15: Neophyte – You never have enough fuel. You need to make the commitment to learn how to manage and create energy.

15 – 20: Novice – Although you are aware of your deficiencies, you are an energy novice who wants and needs to develop new habits that both conserve and generate energy.

21 – 26: Initiate – You are an energy initiate. You respect your energy needs and use about as much fuel as you spend. Your energy levels are at risk of plummeting during times of stress.

27 – 31: Adept – Impressive! You are very good at balancing your energy, but must learn to generate more juice.

32 or more: Grand Master – Congratulations! You are ready to explore energy generation on an advanced level, and are already using energy to keep yourself healthy.

*Annotated from *The Source* by Woodson Merrell, MD, Free Press, 2008

