

ESM is the future of Self-help for Family home health care. A Practical "hands-on" workshop for Alternative Health Care!

- ❖ Reduce or eliminate many of common health discomforts
- ❖ Take more control over your body's energy systems
- ❖ Use this ancient method to balance the body's energy systems
- ❖ Practice muscle testing
- ❖ Locate bones and organs for personal healing
- ❖ Learn how to stimulate your acupuncture points
- ❖ Learn to balance your body's organs and functions
- ❖ Eat the proper food for good health
- ❖ Learn how to get emotions and body organs to work together
- ❖ Take care of common colds, headaches, bedwetting and snoring
- ❖ Learn a facial toning technique

Dr. Valerie Chin, DC, CMT, AK, TBM

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Treat Your Health Problems At Home, Before They Become Emergencies! Drug Free!

A Must For All First Aid Kits

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E.S.M. Instructor/Trainer

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What is E.S.M.?

E.S.M. (Environmental Stress Management) is a home health care system that allows you to take charge of your own health.

You will be taught in easy to understand language and a simple to learn format, how the body works as a unit and what you can do to take control of the environment in your daily life. E.S.M. will let you see immediately, by using simple muscle testing techniques, what foods or supplements are healthy for you and your family.

You will receive an E.S.M. tool that will allow you to stimulate the bladder meridian in certain sequences in order to balance out the energy going to a specific organ or body function. You will learn where the bones are and the function of the organs.

Hosting a Seminar

You can host your own E.S.M. Course for your family and friends, just by having several of your friends attend. This way you can have it in the comfort of your own home and with your personal friends. The amount of students required to have this personal instruction would be 8. It is recommended to have a second person from the same household attend so they will have someone to keep them balanced as well.

Discounts are available to the host, in recognition for their hard work in setting up a personal E.S.M. Course.

WHAT IS THE COST?

1 st Time Attendee	Refresher
\$ 600.00	\$300.00

Register a partner with you \$500.00 each person

Early Bird Registration \$50.00 discount!

EARLY REGISTRATION MUST BE PAID IN FULL 1 WEEK prior to class starting date!! REGULAR PRICE AT DOOR

HOW IS E.S.M. TAUGHT?

The full E.S.M. course consists of five Modules, and each module is six to eight hours long. Although you can take one module at a time it is not recommended. The course is designed as a complete course and should not be taken in part except for short term delays only.

This course is absolutely "hands on" learning.

The class size is limited to 8-15 people. This allows enough people for interaction and one on one demonstration.

Module 1 includes: 5 Elements Theory, Anatomy, Muscle testing, Bladder Meridian and Body Points ...

Module 2 includes: Acupuncture Hand Chart, Controlling headaches, urinary Problems, Bed Wetting, Constipation, Diarrhea...

Module 3 includes: Symptom Chart, Relating Symptom/Cause, Relieving Menstrual Pain, Improve Thinking ...

Module 4 includes: Time Chart, Negative Emotions, Energy low, Nutritional Supplements...

Module 5 includes: Facial Toning, Emotional Strengthening, Relieve Pain/Discomfort, Food Testing...

Dates & Location of Seminar

Dates & location will be posted on website: www.innatehands.com and on [Facebook](https://www.facebook.com)

Class Time: registration 8:a.m. for books and tools

Start and End times: 9a.m. – 5 p.m.

Massage Therapist may receive 30 hours of continuing education for Category B/non-approved of NCBTMB

Your E.S.M. Instructor



Dr. Valerie Chin, DC, CMT, AK, TBM

Dr. Chin began working in the Alternative Healthcare field in 1990 when she became a Massage Therapist specializing in Deep Tissue and Sports Massage. In 1993 she graduated college from Louisiana State University with a Bachelors of Science in Kinesiology. In 1995 she moved to Houston, TX where she went to chiropractic school and graduated from Texas Chiropractic College in 1998 with a Doctorate of Chiropractic. Dr. Chin practiced in Houston, TX prior to moving to Sacramento, CA in 2001. In 2002, Dr. Chin continued to practice as a chiropractor and began teaching at local massage schools, first as a massage instructor and later became the program director at two different local schools. She opened her private practice in the Carmichael area in 2006. As a chiropractor, Dr. Chin specializes in musculoskeletal problems as well as nutritional supplementation and emotional concerns. Techniques used by Dr. Chin are Diversified, Applied Kinesiology, SOT, Activator, TBM (Total Body Modification), Thompson Drop and nutritional supplementation. Dr. Chin has advanced training in Applied Kinesiology, Allergy Elimination, acupuncture and other alternative medicine techniques. Dr. Chin became a Certified ESM Instructor in 2009. She believes in doing what it takes to help the body heal itself and perform at maximum potential.