



Fran Free

Jin Shin Jyutsu® Practitioner and Self-Help Instructor

Jin Shin Jyutsu uses gentle touch at specific areas of the body where tension accumulates to relieve stress & pain, promote deep relaxation, and create emotional equilibrium. It aids in releasing tensions that cause physical, mental, and emotional symptoms. It reduces the effects of stress which may contribute to health concerns. After a session people generally feel relaxed & calm with an increased sense of well-being. The benefits are cumulative so that the more you receive it the greater your vitality.

Jin Shin Jyutsu is an ancient art of harmonizing the life energy in the body. It brings balance to the body's energy, which promotes optimal health and well-being, and facilitates our own profound healing capacity. It is a valuable complement to conventional healing methods. It is based on traditional Oriental medicine principles of a network of energy pathways in the body, which feed life to all of our cells. When one or more of these paths become blocked, it leads to discomfort, pain or illness. Jin Shin Jyutsu harmonizes and balances the energy flows.

Jin Shin Jyutsu Can Help

- Headaches
- Acute and chronic pain
- Depression and anxiety
- Immune system support
- Promotion of general health
- Complement cancer therapies
- Surgery—prepare and recover
- Low energy or fatigue syndromes
- Reduce effects of tension and stress

***Fran Free** completed the Basic Jin Shin Jyutsu Seminars in 2003. She is listed in the Jin Shin Jyutsu Locator (jsjinc.net) for practitioners who continue to deepen their understanding of the Art by attending classes on an ongoing basis.*

Fran's practice is located at:

Griffith Luoma Chiropractic
707-443-0695