

# Do you keep your household up at night with snoring, snorting, and other noises?

## You may be damaging your health, not just annoying your housemates!

Poor sleep doesn't just affect how you feel. It affects your relationships, performance, decisions, and your future.

What if there was a **gentle, yet effective** treatment that

eliminated the root cause of your snoring –

and didn't require you to lose weight

or spend thousands of dollars on a machine or dental device?

Would you be interested?... Of course you would!

CranioSacral Therapy is a specialised technique that provides profound and effective relief without costing the earth.

A course of CranioSacral Therapy will help you:-

- Breathe easily through your nose.
- Release the tension in your jaw, neck and shoulders;
- Find the correct sleeping posture;
- Enjoy a quiet, peaceful night's sleep;
- Some patients are able to stop using a CPAP machine or dental device.

Patients have noticed profound changes including:-

- Feeling rested in the morning;
- Increased energy;
- Greater power of concentration throughout the day; and
- Happy partners - because snoring doesn't just affect **your** sleep, it also affects your partner.

Why put up with it any longer?

**Call 0409 508 020 Today for an Appointment!**  
**Results are Long-Lasting and endorsed by Sleep Specialists!**

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