

STAY TUNED!



MISSION & VISION

To provide a community of trained Muscle Tuner™ Specialists to switch on muscles first so their clients have increased mobility and get performance and recover results faster.

Our goal is to provide training and opportunities for Muscle Tuner™ Specialists to develop an ethical business where they are profitable within the fitness, wellness and recovery industries.

Our Vision is to have 100 Muscle Tuner™ Specialists by Dec. 2018 who will become our Founders Club. The Founders will help shape the future of the Muscle Tuner™ Network (www.muscletuners.net – coming soon)

WHAT'S NEW

Muscle Tuners International Inc. (MTII) had two more speaking engagements. One was in Mississauga to staff of Victims Services where Heather taught 14 staff to use "Energy Boosters for Resiliency". Also referred to the Energy Boost 5 Free Tips . She also taught the Visual Tune-up and Auditory Tune-up with great success. The reception was warm and inviting and the participation was outstanding! Everyone walked away with a branded back scratcher (for Circuit Breaker Reset) and an energetic smile.

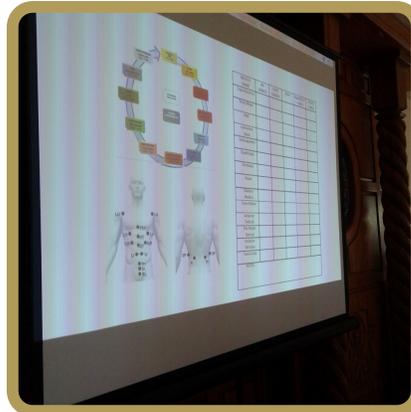


The Back scratcher is the tool used for the Circuit Breaker Reset.

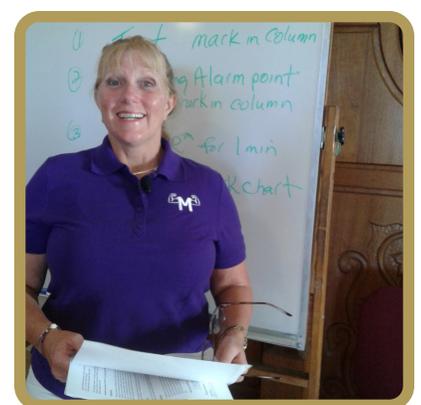
Heather and Denise spoke at the Touch for Health Conference in Malibu, California where they engaged the audience by partners exchanging a tfh-14-muscle balance, all the while using Dynamic Tissue Reset™ as the ONLY correction technique. The data collected is for a research paper to be presented at the next Touch for Health Conference in April 2019 in Boise, ID.



Denise presenting



Data Collection Sheets



Heather writing the instructions



MTII joined **Holistic Chamber of Commerce** and has started applying to Associations to be a Continuing Education Provider for Fitness Trainers and Professionals such as Massage Therapists, Physiotherapists and Kinesiologists (in Ontario, Canada).

Where is our Muscle Shirt now?



Muscle shirt at the beach



Muscle shirt by the pool in Mexico

Did you Know?

The Tummy Tune-up (from Energy Boost10™ Techniques) combined with Power on Your Brain (from **Energy Boost 5 Free Tips**) can help with balance? Who Knew!! Thanks to Laurie P, one of our Muscle Tuner™ Specialists for that tip! Laurie also shared that she was feeling “off” on a motorcycle ride. During a stop she and her husband did the Power on Your Brain and both of them experienced a better ride afterwards.

OFFERS

Did you know that anyone who has taken at least Level 3 and 4 of Touch for Health can become a Muscle Tuner™ Specialist without coming to the in-person seminar? The cost is reasonable, and you learn how to switch on muscles first and introduce yourself easily as a Muscle Tuner™ Specialist (MTS). Start collaborating with other professionals to ensure that their services last longer!

Check out our MTS Program and Register today!

Muscle Tuner™ Specialist Spotlight with RuthAnna Lindemeir

Interviewed by Heather Phillips



RuthAnna is a musician, calligrapher, energy worker originally from Germany. I met RuthAnna at a Company of Women Luncheon and she loved the idea of becoming a Muscle Tuner™ Specialist! It resonated with her because of her music background.

H: You are currently enrolled in the program. Why did you enroll?

R: Because the presentation of it started with how to integrate body-mind. The techniques that you presented had a quick effect for me on how I showed up in my life in only 2 days of doing the techniques!! If these techniques can have that type of impact and make that big a difference, what else is there to learn? It makes sense when you balance your muscles and your mind and integrate them how you are more present in your life!

H: What do you like about the Program?

R: Being a Muscle Tuner™ Specialist helps define what I am doing naturally. MTII gives me a title and career. It is really pragmatic. I like the online learning. There are short videos that you can take your time taking it in, you can rewind it and go over it again. For a newbie like me, I appreciate that. I liked the weekly Office Hours for questions and answer through video conference and I love the manual that comes with the program. The in-person seminar with the Muscle Motion song helped anchor my learning of the program.

H: What is the most significant result you got when sharing muscle tuning™ with someone else?

R: Oh! There are a few...I helped a friend who was very fatigued and overwhelmed have more energy. She felt her energy was at a 2 then after doing the pre-tuning, the Circuit Breaker reset and the Meridian sweep (Wake up your Central Meridian) she reported higher energy. After 15 minutes it got to a 7. I also helped someone with pain in the leg. It started from the left ankle upwards to the left hip. I did pre-tuning then when straight to Reactor/Reactive technique learned in the Muscle Tuner™ Specialist Program. He started off with the pain at 7 and after I did the Reactor/Reactive Muscle technique (Infraspinatus and Soleus) he reported his relief was felt as a 3.

H: What would you say to anyone considering taking this program?

R: If you are into body work, healing work, and want to optimize your own body and mind, this program covers so many aspects of that in a fairly short time. Then how you can go out and explain what you do in a package like this, it is very, very attractive.

H: Any additional comments you want to say?

R: Again, the techniques are simple and effective when we make life so complicated. **The 5 Free Energy Boost Tips** can be part of our daily routine and to help re-focus very fast. They help me focus inwards and then help me perceive and make decisions better. It makes a difference. My favourite ones are The Power on your Brain and Circuit Breaker Reset (backscratcher on the spinous processes).

THANK YOU!

Thank you to RuthAnna for her interview this month.

Thank you to our wonderful Muscle Tuner™ Specialists who make our world brighter by sharing their amazing talents and successes with us.

Thank you to Lainie Sevante Wulkan for continuing to support our vision and connecting us with the right people, places and things to bring Muscle Tuning to the world.

Thank you to the Touch for Health Kinesiology Association of the USA for inviting us to speak at their Annual Conference.

Thank you to our friends, family and colleagues for sharing our vision for simple techniques that work to increase energy and decrease discomfort in the body and for them to be in the hands of everyone in every corner of the world.

Thank you to our service providers for helping us create our successful business.

Please share, if you know someone who would benefit from knowing about Muscle Tuners International Inc.

To find out more about our programs, click:

[Muscle Tuner™ Specialist Program](#)

[Energy Boost 5 Free Tips](#)

[Energy Boost10™ Techniques](#)