

# BFC Newsletter

MARCH 2026

✻ SPRING ALLERGIES & SPINE HEALTH! ✻

SNEEZING, ITCHY EYES, CONGESTION... DON'T LET ALLERGIES  
STEAL YOUR LUCK!

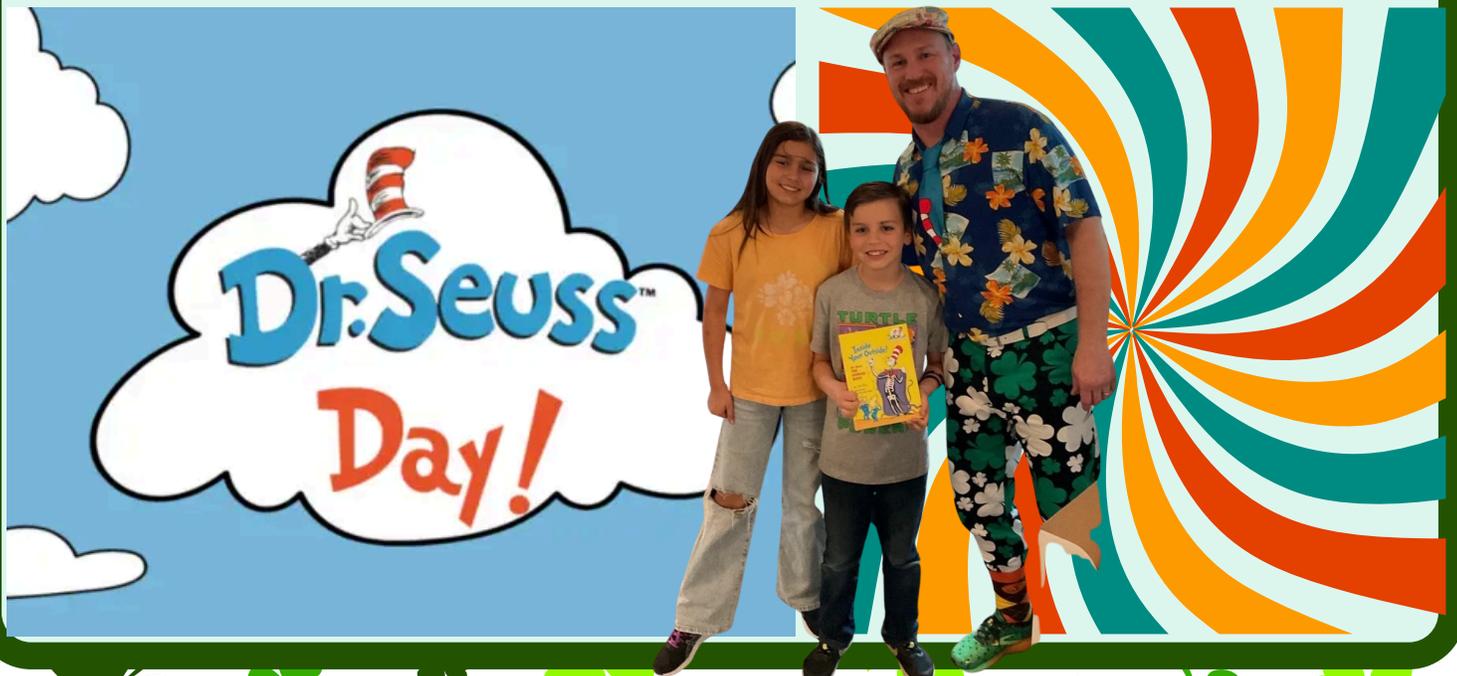
A HEALTHY SPINE KEEPS YOUR NERVOUS SYSTEM RUNNING  
STRONG SO YOUR BODY CAN FIGHT SEASONAL TRIGGERS.  
**WEAR GREEN ON MARCH 17TH FOR A  
CHANCE TO SCRATCH & WIN THE POT OF  
GOLD!**



**JOIN US MONDAY MARCH 2ND**

**THE SILLIER THE OUTFIT, THE BETTER THE DAY-  
A HAPPY, HEALTHY SPINE IN A DR. SEUSS-Y  
WAY!**

**WEAR YOUR SILLIEST OUTFITS!**



**\$280**  
**4 SESSIONS**

## Why **Cranial Facial Release** Can Help During Allergy Season

- Supports sinus drainage  
Gentle cranial work helps relieve pressure in the face and sinuses, allowing trapped congestion to drain more easily.
- Calms the nervous system  
When the nervous system is less stressed, the body can better regulate inflammation and immune responses—key during allergy season.
- Improves breathing & facial tension  
Releasing tension around the nose, jaw, and face can help improve airflow and reduce that "stuffed-up" feeling.
- Natural, drug-free relief  
Cranial Facial Release supports your body's own ability to adapt and heal—without medications or stimulants.



**Spring allergies don't have to run the show.**  
Supporting your nervous system can make a big difference.