



# BEST<sup>®</sup>

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ACADEMY  
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## B-E-ST START & REBOOST

The B-E-St Start & Reboost seminar is the BEST Seminar to start your B-E-St journey and get started as a rocket! Learn the basics and fundamentals of B-E-St + lots of new treatment protocols & programs. (for both beginners and experienced B-E-St practitioners).

- Introduction to the philosophy of JeeCee Total Therapy & B-E-St.
- What is B-E-St? What are the positive effects of frequency specific microcurrent & how does it work on a cellular level?
- B-E-St Tools like manual electrodes & gloves with the different manual techniques, adhesive electrodes, acupuncture clips and long cables to combine B-E-St with exercise
- STaR or Soft Tissue advanced Therapy
- Frequencies
- Overview of 148 programs with their function
- Manual techniques for OAA in combination with the „nervus vagus“ program
- Reflex Responding muscles (diaphragm)
- Lymphdrainage
- Ortho & parasympathetic
- Unique combination programs like “Muscle“
- “Jacques recipe“ & recovery of the knee with lymph simultaneously

**Price:** 280 Euro (catering & hand-outs inclusive)

**Teacher:** Frank Marico

**Language:** English

FRIDAY & SATURDAY  
**15 & 16 MARCH 2024**

9.30AM - 6PM & 9AM - 5PM

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