

Welcome to your BMS Connection

You will be experiencing what a licensed massage therapist and expert Body-Mind-Spirit practitioner can do for you.

I genuinely care about how you feel and strive to anticipate what your body needs and your soul desires at this very instance.

I offer many modalities that are available to induce relaxation, self-healing and inner peace. Please let me know which modalities you have chosen from the web site for your special (me) time.



The perception of healing is more powerful than.

Are you experiencing any of these symptoms

Nothing seems to work, can't find the exercises that fit
Have or are a survivor of a major illness or disease
Addictions like sugar, carbs, smoking or drinking
Bloating, have gas and gastrointestinal problems
Not sure of best cooking methods
Lost that loving feeling, literally
Can't shake the fast-food habit
Snore and or sleep Apnea
Too skinny, underweight
Feel drained, no energy
Blood sugar problems
Cholesterol problems
Fat, overweight
Always hungry
Constipated
Heartburn
Visually Impaired
My body hates me
Physically Handicapped
My Body will not respond
Not interested or can't have sex
Don't even know what's good to eat
Need a coach to cut through the B.S.
The stress that goes with being a man
The discomforts that go with being woman
Can't get into shape no matter how hard you try
Menopausal symptoms such as hot flashes and irritability
Andropause symptoms such as E.D., muscle and hair loss
Senior changes; energy, mobility, balance, flexibility, sight

**Join me at the Body-Mind-Spirit Connection
I can help you make sense of your challenges
and facilitate your self-healing**



**Hello - I am Larry Fisher
Licensed Massage Therapist
Certified Nutrition Specialist
Certified Personal Trainer**

**Cayce Reilly School of Massotherapy
Developer of the BMS Lifestyle Program
Author ~ The NGA Plan for Health and Longevity
Originator ~ and developer of The Fisher Method (TFM)
International Association of Body-Mind-Spirit Practitioners**

**Committed to helping people of all ages
learn and achieve a Total BMS Lifestyle.
Total BMS Lifestyle is holistic and
dedicated to the restoration of optimal
health, mindset and spirituality. The focus
is not only on your body, but also your
mind, and your spirit.**

It is vital to treat Body-Mind-Spirit as ONE

**We will start with small steps,
achieve these and move on
to more challenging goals.
The ultimate goal for both of us
being that you no longer require
my services in order for you to have
the Total BMS Lifestyle that is right for you.**

**Seriously, you need to live your BMS lifestyle
yourself. Without my assistance or using anyone
else as a crutch. That is my goal and I offer it to you.**

**This is a mobile service. I come to you or by Skype
U.S. Cell (703) 622 0451, Int: 001703 622 0451**

**Contact me to establish your BMS Lifestyle Plan
Email: larry.fisher@iabmsp.org
www.mybmslifestyle.com
Skype: BMSCOACH - Free initial 30 minute session
THE MIND-BODY-SPIRIT CONNECTION**