



At *Blissful Heights* INTEGRATIVE MEDICINE, we bring together the innovative talents of Denise Ginsburg RYT and Angelique Murphy, MD to create an environment embodying the essence of healing. Our programs and services are designed to inspire, restore, and transform your life. We concern ourselves with helping you achieve overall complete health of your body, mind, and spirit.

Angelique Murphy | MD

Dr. Murphy is an Integrative Medicine Physician. Her care is for the whole person, physically, mentally, emotionally, and spiritually. She is a graduate of the University of Arizona Associate Fellowship Integrative Medicine Program, directed by Dr. Andrew Weil.

Dr. Angel utilizes healing-oriented natural energy medicine. Her services range from holistic pediatric care to longevity optimization. She combines her skills in acupuncture, nutritional therapy, relaxation therapy, herbal medicine, with chakra balancing, exercise/Yoga therapy, breath work and meditation therapy to develop a customized wellness program designed specifically to meet the need of the individual.

Denise Ginsburg | RYT

Denise began her professional career as a Registered Nurse in Pediatrics before returning to school to study Energy Medicine, Yoga Therapy, and Spiritual Healing. She has six yoga certifications, including Yoga Therapy, Yoga for Depression, and Phoenix Rising Yoga Therapy. Denise is also certified in Clinical



Thai Bodywork, Nutrition, Master Teacher of Ayurvedic Medicine from the School of Wise Earth Ayurveda which she studied under Sri Swamini Mayatitananda. She has studied many ancient, alternative healing therapies including Tibetan Vibrational Energy Medicine and Shamanic Healing.

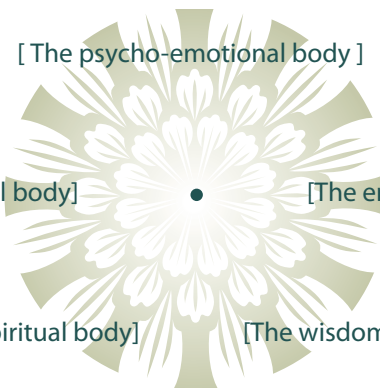
[The psycho-emotional body]

[The physical body]

[The energy body]

[The spiritual body]

[The wisdom body]



True healing occurs when there is balance in all these levels of being.

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 "After only 4 weeks, I feel I am finally becoming aware of who I really am. I am turning within to discover my true self again"

"My body feels free and more limber without the tension, pain, and stress... I can breathe deeper."

"I feel much more calm and content."

"I finally free free."



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3100 Independence Drive, Suite 100
 Birmingham, Al 35209

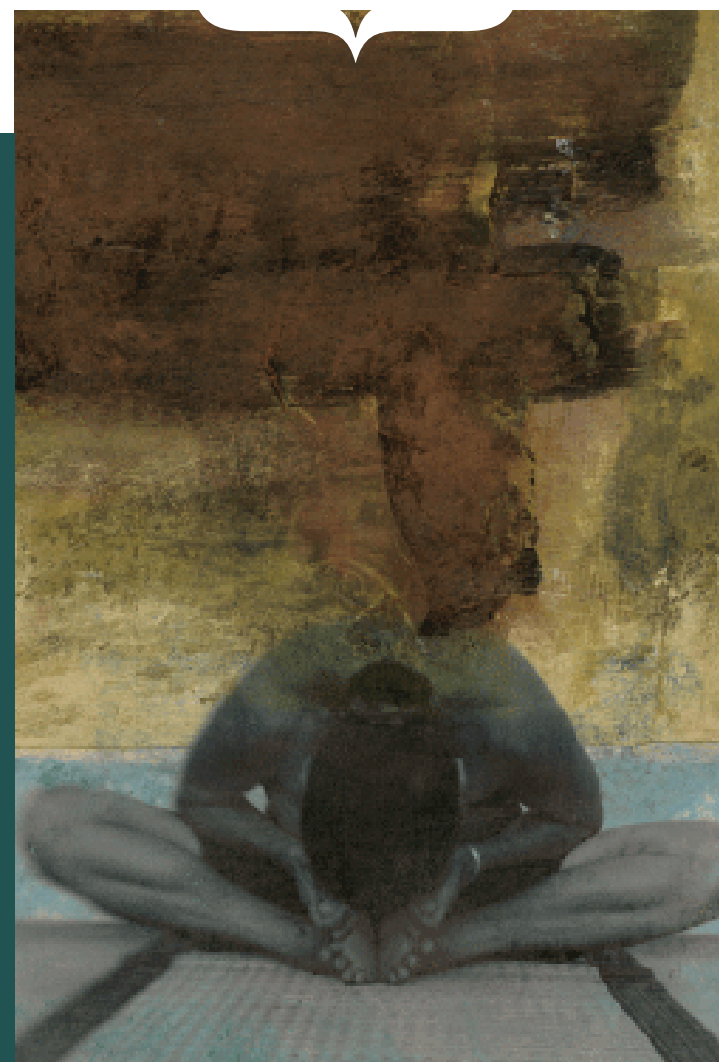
phone | 205.879.7401 | 800.239.7546
 fax | 205.879.7403

{ WWW.BLISSFULHEIGHTS.COM }



Blissful Heights
INTEGRATIVE MEDICINE

Angelique Murphy, MD | Denise Ginsburg, RYT



heal the body | calm the mind | renew the spirit

Awaken your Bliss!

Pathways to Bliss:

PROGRAMS THAT MEET YOU WHERE YOU ARE NOW

Our focus of practice is all inclusive as detailed below:

Immune Strengthening: chronic illness, cancer, rheumatoid arthritis, fibromyalgia, muscular dystrophy, chronic fatigue, chronic back/neck pain, stress related illness

Hormone & Endocrine System Balancing: thyroid balancing, adrenocortical stress syndrome

Heart Healthy: comprehensive healthy heart lifestyle management

Women's Health: reproductive health, infertility, pre- & post-natal care, depression, anxiety, stress, insomnia

Men's Health: reproductive health, stress, tension, healthy heart, healthy back

Body Weight Balancing: overweight, eating disorders, maintaining healthy weight, mindful eating training

Emotional Strengthening & Balancing: depression, anxiety, acute grief, post-traumatic stress disorder, insomnia, headaches, & anger management

Longevity & Life Extension: anti-aging, skin & facial muscle stimulation, cellular regeneration, entire body, mind & spirit with happiness & contentment

Life Counseling: from birth through today, how to navigate life's path & dream your life into being

Yoga Therapy: multiple types of yoga classes & one-on-one yoga therapy

Pediatric Health: natural approach to health & wellness, ADD/ADHD & autism spectrum diseases

Auto-Immune Disease Reversal



THE GATEWAY TO BLISS: YOUR INITIAL CONSULTATION



At Blissful Heights INTEGRATIVE MEDICINE, Dr. Murphy, Denise and staff are focused upon the complete health of your mind, body and spirit. We have developed total life integrative healing programs to help assist you in all aspects of your life and healing journey with love and compassion.

Each journey at Blissful Heights Integrative Medicine begins with a thorough assessment to guide you on our path to realizing your full potential.

The Initial Consultation includes five hours with practitioners and development of a customized treatment plan.

Our Signature Program: Life Transformation

An eight week program with two approximately 2-hour appointments each week.

The Life Transformation Program is an in-depth exploration of each part of your life and how integrative medicine and energy healing can transform you, resulting in the highest potential of healing and health. Although every plan is unique and designed for each individual, most life transformation programs consist of a combination of the following therapies:

- Acupuncture
- Energy Medicine
- Ayurvedic Medicine & Treatments
- Guided Meditations
- Detox Therapy
- Infrared Sauna
- Yoga Therapy
- Speciality Organic Healing Teas & Oils
- Nutrition Plans
- Tibetan Singing Bowl Healing
- Vibration & Sound Medicine
- Aromatherapy

A more Extensive Life Transformation Program is available which includes three treatments per week.

Detoxify Your Life

The Detoxification Program addresses the many toxins we have built up, especially in our bodies, throughout our lifetime. In order to combat these toxins, cleansing can be done seasonally to give the body a fresh start.

This is a two week program with two approximately 2-hour appointments per week.

Longevity & Anti-Aging Program

The Longevity & Anti-Aging Program adds years to your life with a rejuvenating whole body plan. Regain your youth with revitalizing internal and external treatments.

This is a six week program with one approximately 2-hour appointment per week.

Yoga Therapy Program

This program focuses on specific asanas and sound that help to ease sadness and depression, balance mood, strengthen the body, emotions and spirit, and ease physical pain and discomfort. Resulting in a customized yoga practice based on your goals and take home information that will evolve into a valued part of your life.

This is a six week program with one approximately 2-hour appointment each week.

Life Balance Program

This program is designed to bring your body, mind and spirit into perfect harmony. If you find that you are strong in many areas of your life and challenged in others, then allow us to help you develop a plan to bring you into Complete Balance.

The Life Balance program is an eight-week program with one approximately 2-hour appointments per week, alternating practitioners.

Pure Energy Healing Program

This program is for specifically healing on an energetic level in order to treat symptoms of fatigue, anxiety, depression or insomnia. Energy medicine provides intensified focused healing.

The Energy Healing Program includes one approximately 2-hour visit per week for six weeks. Then one visit every other week for four weeks.



Additional services available:

- Massage Therapy
- Maintenance Therapy
- Facials for Anti-Aging & Healing
- Infrared Sauna for detox & Energy
- Yoga Classes
- And more!