

RADIO SHOW INTERVIEW KIT

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Guest Name and Title:

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Bio:

Marci Javril is a Vitality Expert. She began her exploration into movement and healing growing up in Christian Science and musical comedy. Marci is a professional dancer, extensively taught massage therapy, and is a lifelong student of Integral Hatha Yoga.

Marci began her healing journey from a “toxic twenties” by earning a degree in dance therapy, and training with Lauren Berry RPT, in lymph, lung & liver detox, scar softening and colon cleansing. She has served on the faculty of 12 massage schools and has 30 years of affiliations with health professionals & doctors. Ms. Javril developed her specialty into CEU approved course curriculum, which became Melting Touch Method© - lymph detox massage.

Marci believes that playfulness is one of the most important attitudes to have, in order to achieve optimal health. She offers simple, practical & scientifically proven methods for rejuvenation that anyone can incorporate into their lifestyle. Her life's work is consolidated into a compendium and Handbook for the everyday person, now released on Kindle – **Feel Like Yourself Again: heal & recover from injury, surgery & illness – “increase vital energy circulation”**

Suggested Topics based on Chapter 7 –7 steps for Detox – “Sparkle” Activities to keep you shining every day.

Upcoming book based on HomeStudy Course – Age-Less-Be-More – contains transformational exercises in how to use the 5 keys (Breath, Awareness, Movement, Sound, Intention), to open and increase circulation in the 5 Dimensions of life energy (sexual, spiritual, physical, emotion, mental).

Consultations & presentations are customized & creative - using elements from dance, massage, yoga and breath awareness practices, positivity, health tips, and communication games.

Topic #1: Feeling tired, unable or lost? Recreate your vitality! with detox tips to increase circulation and make you sparkle.

Questions: (Bold questions are most important for limited time)

Q1. You say that stress is the #1 cause of poor health – why is that?

Q2. Tell me about the core of your eBook -7 steps for detox -“Sparkle Activities”, and why you chose that name?

Q3: Are there any other steps that someone who has been injured, or had surgery, can do to improve their health?

Q4: If someone wanted to have a complete shift in her health status, what is ONE simple technique anyone can incorporate right now?

Q5. I think that people seeking good health, or getting over a health crisis, get told so many different things that they must do, no wonder they get overwhelmed. You mention that there is one in particular method that 95% of doctors don't usually tell you, and you may forget to do. What is it and why is it so important?

Q6: What do you think is YOUR secret weapon – that allows you to be as energized all the time, as you are?

Q7: It says here that you believe that Life Energy circulates in “5 Dimensions”, and each one has a particular “Key” to open it - Can you explain what you mean?

Q8: One of your philosophies that really sets you apart from other health professionals is your idea that everyone has an “intrinsic gyroscope.” What is it and why does understanding it make all the difference for longevity?

Q9: What is one simple step that someone listening can take right now?

Topic #2: Achieve optimal health after surgery or injury - even after Dr says, “you’re ok, or “just live with it “. How to soften scars, restrictions, and flush out fluid.

Questions: (Bold questions are most important for limited time)

Q1: You spent a lot of time teaching in massage schools and working with doctors and surgeons. Doing hands-on massage immediately after surgery must have been difficult, and not an accepted medical method. Can you tell us a little about what you ran into, and how you came to be such an expert?

Q2: What is the big “ah-ha” you say all people recovering from a health crisis must get before they can rebuild and upgrade their status quo?

Q3: What are the three things that someone might have to “give up” in order to create long-term benefits in their health & future medical bills?

Q4: I know a lot of people with chronic or recent health problems, particularly in the beginning, are “self-medicating” – doing everything themselves to keep the cash flow down. Would someone at this stage of healing benefit from a Vitality Expert?

Q4: If someone doesn't know if a Vitality Expert is right for them, what are some things they should consider?

Q5: What is the #1 question you must ask yourself before deciding which health pathway to travel?

Q6: Where should someone start their own research, especially if they are concerned about paying for supplements, downloads, or a series of consultations?

Q7: You mention an easy-to-follow system for cleansing, for total beginners, or experienced health nuts. Can you share that information?

Q8: If someone needs help building their health & longevity, where should they go?