

**\* FOR IMMEDIATE RELEASE\***

**SIGN CHI DO STRESS MANAGEMENT SYSTEM PRESENTED BY DR. ANNE BORIK.**

*Boca Raton, FL/Los Angeles, CA.* – **Envision Productions** has teamed up with Dr. Anne Borik and her extraordinary medical science breakthrough technique known as ***The Sign Chi Do Stress Management System***. Through a National Public Relations campaign Dr. Anne Borik is relieving stress and adding fitness to our everyday lives. Dr. Anne Borik, once ranked third in the world in the Women’s Black Belt Division, has created the most innovative approach to educational stress management on the market. This unique program is based on brain function, breathing, and simple body movements that achieve amazing results.

***Sign Chi Do*** is more than a relaxation program – “Sign language stimulates the brain in a different area than all other movement” says Dr. Borik. “Thinking about the word movements and putting them into action constantly stimulates the brain in a way that gives you immediate results.” Cognitive function combined with slow-rhythmic movement is scientifically proven to enhance memory, concentration, and overall spiritual awareness. Feeling well can only occur when mind and body are in harmony. Dr. Borik, a Phoenix based physician, board certified in Internal Medicine and Exercise Physiology, created and developed ***Sign Chi Do*** as a tool to aide her grandmother in recovery from a stroke through using breathing, movement and thought. The pioneering of “Moving Language” as introduced in ***The Sign Chi Do Stress Management System*** is making waves in the meditative world. Learning a new language can now be just as easy and beneficial for the mind, body and spirit as a whole.

Dr. Borik will be making appearances across the country and presenting ***Sign Chi Do*** during May and June 2008 at engagements like the General Conference of the United Methodist Church, Episcopal Church Medical Trust Conference, Wisdom Age and Grace Conference, and the Health Ministries Conference.

For further information visit [www.signchido.com](http://www.signchido.com) or contact Jennifer Gambino at **Envision Productions** 561.353.4190. [jgambino@envision-tv.com](mailto:jgambino@envision-tv.com) [www.envision-tv.com](http://www.envision-tv.com)