



Self-Mastery Technology MIND-BASED WELLNESS & ACHIEVEMENT

Change your life in 20 minutes a day!

SMT for Mind/Body Healing

There is a growing body of compelling evidence for the supportive role visualization plays in achieving the mind-body connection and facilitating healing. Visualization directly influences the body by relaxing muscles, slowing heart rate, decreasing blood pressure, strengthening the immune system, and improving neuro-chemistry, which together produce an optimal healing environment.

Select from one of the Self Mastery Technology Audio Sessions below.

Candida Healing Breakthrough

At Club Reduce, our goal is to help your body heal itself naturally. We know this can only be accomplished when both your body and mind are engaged in the healing process. For this reason, we provide you with our exclusive Club Reduce SMT series: Candida Healing Breakthrough. Throughout this program, based on the principles of Dr. Todd Singleton's Club Reduce program, Dr. Patrick Porter will guide you on mental journeys that not only fully relax your body and mind, but also positively transform the internal landscape of your thoughts and beliefs relating to food, health, and healing. Throughout this series you will...

- Take your commitment to new heights
- Reverse the negative side effects of stress
- Tame the tension tiger
- Eliminate emotional and stress eating habits
- Overcome negative lifestyle habits
- Restore normal, rejuvenating sleep patterns
- Supercharge your motivation
- Lock in healthy eating habits for life

Each session will guide you on a mental vacation while building internal resources so you look forward to and enjoy your healthy daily activities. You'll feel a brand new level of confidence emerging until you know, without a doubt, that you will achieve your proper weight and vibrant good health. Soon the lifestyle habit of eating to live instead of living to eat will be as easy as taking a breath in open air.

The doctors at Club Reduce spent over 20 years researching and testing their methods with thousands of members. When you engage the power of your mind and imagination to model other successful members, you have every reason to expect the same excellent results!

Heart Healthy Lifestyles

Adversities and life challenges can be viewed as burdens or as gifts. A heart attack or diagnosis of heart disease is a dramatic wake up call. Dr. Patrick K. Porter and Dr. Michael Irving want you to see your diagnosis as the gift that is - the opportunity to create a heart-healthy lifestyle and a brand new you!

Insomnia Solutions Series

Studies show that insomnia is the most common sleep disorder in the United States. About one-third of the adult population has experienced insomnia at some point, and approximately ten percent experience debilitating side effects such as daytime drowsiness, irritability, lack of concentration, or poor memory. When the body doesn't get the deep sleep it needs to recharge and rebuild, the immune system can suffer as well. As frustrating as insomnia may be, there is a solution. In this series, Dr. Patrick Porter, PhD. will help you discover how, by using Self Mastery Technology (SMT), you can quickly and easily return to a natural sleep cycle and regain your health and vitality.

Pain Free Lifestyle

Persistent pain can have a costly impact on your life. It can lead to depression, loss of appetite, irritability, anger, loss of sleep, diminishing social interaction skills, and an inability to cope with the pain. Fortunately, with Self Mastery Technology (SMT), pain can almost always be controlled. Self Mastery Technology helps you eliminate pain while you relax, revitalize, and rejuvenate. You deserve to be free of your pain - and now you can be, thanks to SMT! You owe it to yourself to experience pain free living.

Rejuvenation Program

The Club Reduce doctors spent over 20 years researching and testing methods that promote healing and weight reduction. The self-mastery program you are about to embark upon is all about getting you results. We partnered with mind-based wellness expert Patrick K. Porter, Ph.D. because our goal at Club Reduce is to help the body heal itself naturally. We know this can only happen when both your body and mind are engaged in the healing process. This program is the “missing link” to weight loss because it retrains your brain while you are retraining your body. When your body and mind are truly healthy, you will arrive at your proper weight. With the help of Dr. Porter’s super-learning technology, we will educate you on how to live a new and improved lifestyle from the inside out. Our goal is to have you thinking, eating and responding to life as a naturally thin, healthy-minded person—now that’s true self-mastery!

Stress Reduction

Stress is the most pervasive malady of our time. The effects of stress on our health, productivity, and quality of life are more devastating than most people care to admit. Luckily, you've just found the solution! SMT can help you see yourself as the healthy, happy, optimistic person you'd prefer to be. Whether you're dealing with stress at work or in your personal life, this stress reduction series can help you can overcome the battle and regain control. With this new image, your fears and frustrations fade away, your anxiety vanishes, and you no longer let small things stress you. It begins with effective stress management, and creative visualization relaxation provides you with a roadmap to stress-free living.

Vibrant Health Series

Of all the cells in your body, more than 50,000 will die and be replaced with new cells, all in the time it took you to read this sentence! Your body is the vehicle you have been given for the journey of your life. How you treat your body determines how it will treat you. Dr. Patrick K. Porter will show you how, by using Self Mastery Technology, you can recharge and energize your body, mind, and spirit. This series is for people who are looking for more than to maintain good health; it's for those who will settle for nothing less than vibrant health! Taking good care of your body will go a long way in ensuring that your life is active, happy, and full of positive experiences. The benefits of good health is important to living a long and happy life.

Weight Loss Series

Now you can design the body you want and the life you love. That's right, you can have the trim, healthy body you've always dreamed of by simply changing the way you see yourself and your life. Once you have a new image of yourself, everything else changes -- junk food and fast food lose their appeal, healthy foods that burn fat become desirable, and you eat only when you're hungry. With the Self Mastery Technology Weight Loss Series, you will overcome common weight loss mistakes, learn to eat and think like a naturally thin person, conquer and control food cravings, and increase your self-confidence. Each week you will take another step toward a lifetime of healthy living; losing weight is the natural by-product of these changes. While the average diet lasts just 72 hours and focuses on depriving you of the foods you love, Dr. Patrick Porter supercharges your weight loss motivation with these powerful Self Mastery Technology processes! You will eliminate the problem where it started - your own mind. There is simply no easier way to lose weight than SMT!

What is Self-Mastery Technology?

Hemisphere Synchronization for Maximum Benefit! By combining ZenFrames SMT Audio Sessions with today's MP3 digital music players, users can experience Self-MasteryTechnology.com's dual-voice visualization system - a unique recording process with two separate voice tracks spatially placed to synchronize the right and left hemispheres of the brain.

- ✓ Deepen meditative states
- ✓ Reduce mind-chatter
- ✓ Gain inner calm and balance
- ✓ Become logically creative
- ✓

SMT - The Safe, Natural Solution!

Will SMT work for me?

Almost anyone can use SMT to visualize and create the life changes they desire. Your imagination and a reasonable commitment are all you need to get excellent results.

Is SMT safe?

Absolutely! The two components to SMT - SMT - are 100% natural and have no side effects . . . unless you count more restful sleep, a boost in energy, enhanced memory and focus, and an overall sense of wellbeing!

Does SMT really work?

Yes! There are dozens of scientific studies that prove the power of the mind, and all of Self-MasteryTechnology.com's case histories are documented.

How does SMT work?

SMT helps you achieve the mind states where you can focus on and visualize the life you want to create for yourself.