

Finally! A drug-free solution that will have you sleeping better tonight... and every night

QUICKLY
EASILY
AFFORDABLY



If you suffer from sleeplessness, you know the debilitating effect it can have. You aren't just sleepy; your temper grows short, your productivity plummets and your health suffers.

Daytime drowsiness is the most common complication of insomnia. But there is also evidence that a lack of sleep throws off your hormonal balance, causes weight gain, and even lowers your immune system's ability to fight infection. A lack of sleep is also a common cause of auto accidents.

Awaken...

- Refreshed**
- Revitalized**
- Renewed!**

Why can't I sleep?

Insomnia doesn't always have one specific cause. The problem may be your lifestyle habits such as working too much, working swing shifts or traveling. Health problems or medications can also affect your sleep, and many women going through menopause develop insomnia.

Normal, restful sleep requires certain rhythms of brain wave activity. Traumatic events or periods of high stress can disrupt these normal brain wave patterns. When unsettled sleep behavior is repeated over time, the brain wave patterns of insomnia become the new "normal." This new sleep habit can be nearly impossible to break on your own.

Brain waves also influence your body's neuro-chemistry. When your "awake chemicals" are more active than your "sleep chemicals," you have insomnia. "Awake chemicals" are primarily stress hormones that make you tense and interrupt your sleep.

How will Self-Mastery Technology get my sleep rhythms back to normal?

The **Insomnia Solutions** program features a safe, clinically proven, non-invasive system for balancing brain waves.

Gentle light and tone pulses bring down the rapid brain waves associated with stress and sleeplessness while activating the brain waves that make you feel calm, balanced and happy. Once your brain waves are back in balance, your neuro-chemistry will improve and your sleep cycles can naturally return to normal.

Self-Mastery Technology also helps you get rid of the negative mind chatter that often accompanies insomnia. You will develop positive new thought patterns to help you manage stress, get focused, feel more confident, and enjoy an overall sense of wellbeing.

The Insomnia Solutions program features... **Self-Mastery Technology**

By using the latest scientific discoveries in brain state management, **Self-Mastery Technology** can help you **Sleep Better Tonight!**... and enjoy an improved quality of life...quickly and easily!

How does the **Insomnia Solutions** program work?

Because your body's reaction to stress and sleeplessness is unique to you, the **Insomnia Solutions** program takes an individualized, multi-dimensional approach. In addition to Self-Mastery Technology, some people may need our detoxification program that's proven to quickly rid the body of excess stress hormones and other toxins. Others may need the addition of a few vital supplements to get the body back in balance.

For this reason, we provide you with a thorough health assessment to address stress-related health factors such as nutritional imbalance, weight, candida, hypoglycemia, adrenal exhaustion, and thyroid dysfunction.

After the assessment, the doctor will be able to recommend a treatment plan that's just right for you.

