

Be **FREE** from **chronic pain** and **enjoy** the **healthy, active lifestyle** you deserve!

**EASILY
SAFELY
AFFORDABLY!**



Anyone who suffers from persistent pain knows it's nothing to take lightly. Constant pain can have a costly effect on your life. It can lead to depression, withdrawal, loss of appetite, irritability, poor sleep, and an inability to cope. If left untreated, pain can damage relationships and make you feel alone in the world. People who have never experienced chronic pain don't understand that it's not just soreness or discomfort; it rules your life.

Introducing good news for pain sufferers!

When you're in pain, your muscles tighten, decreasing blood flow in your body. Your breathing gets shallow, your heart beats faster, and your blood pressure goes up. Your body begins to pump out an excess of stress hormones, causing inflammation and more pain, thus creating a stress/pain cycle.

Fortunately, there's now a breakthrough program that uses proven techniques of creative visualization and brain state management to help you eliminate pain while you relax, revitalize, and rejuvenate—it's called **Self-Mastery Technology™**

The good news is, this cutting-edge science is now available right here in this clinic!

- No Drugs**
- No Injections**
- No More Pain!**

How will **Self-Mastery Technology** help me control my pain?

Self-Mastery Technology helps you activate the most powerful pharmacy on earth—your human brain. You see, cells in the body have tiny receptors that, when activated, decrease the sense of pain. Most painkillers work by stimulating these receptors. Drugs can help control pain, but at a price: potential addiction, immune suppression, lethargy, and constipation, to name a few.

Fortunately, your brain can produce natural chemicals known as endorphins that trigger these pain-eliminating receptors naturally. Research shows that a single Self-Mastery Technology session can increase endorphin levels by as much as 25 percent.

Put simply, Self-Mastery Technology is a simple, relaxing way of relieving stress while changing the way your body senses and responds to pain.

*Important note:
Pain is the body's way of sounding an alarm that something is wrong. Before starting any pain control method, you need to discuss it with a licensed healthcare professional.*

How does the **Pain-Free Now** program work?

The Pain-Free NOW program is unique in that it takes an individualized, multi-dimensional approach to pain.

Since there are different causes of chronic pain, each patient's needs are different. In addition to Self-Mastery Technology, some people may need our detoxification program that's proven to quickly rid the body of the toxins known to cause inflammation, 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 contributing factors to chronic pain such as nutritional imbalance, weight, candida, food intolerance, hypoglycemia, stress and thyroid dysfunction.

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

The Pain-Free NOW program features... **Self-Mastery Technology**

By using the latest scientific discoveries in brain state management, **Self-Mastery Technology** can help you eliminate pain and enjoy a better quality of life...quickly and easily!

