

## **Self-Mastery Technology™**

### **Elevator Pitch**

If you have dieted in the past only to regain weight, or if you eat more under stress or are an emotional eater, Self-Mastery Technology fixes all that.

SMT uses light and sound frequencies to promote brain fitness; it's the Club Reduce advantage that provides you the crucial piece that's missing from conventional diet plans—the mind/body connection.

We use SMT because your brain is the control center of everything in your life. When you experience repetitive stress, the coping mechanisms in your brain cause imbalanced brain wave activity; that's when emotions start overriding logic and you make bad food choices. SMT works by balancing your brain waves so you feel calm, relaxed and focused. Now appropriate decision-making is easy and automatic. If your goal is to make a positive lifestyle change that ensures you keep your weight off for life, SMT is for you.

At Club Reduce we have designed our weight-loss program to include Self-Mastery Technology to provide you these important benefits:

- ✓ Your stress levels come down while your motivation soars
- ✓ You will sleep deeper and better
- ✓ Your process of losing weight becomes far easier than dieting you've done in the past.
- ✓ You get healthier, regain energy and self-confidence
- ✓ Most importantly, you finish your program feeling too smart and savvy to ever go back to the old behaviors that caused your weight problem in the first place!

SMT bridges the gap between the mind and body to ensure that the change takes place where it started—in your thinking.

Let's get you started with the SMT demo. During this quick 10-minute process, Dr. Porter will describe how the system works by using a combination of light, sound and strategic mind messaging to get you eating and thinking like a naturally thin person—for life!

**You can purchase SMT Brochures online at:**

<http://SMT.biz.vistaprint.com>