

# Now you can feel stress-free, confident and vibrant every day!



Today we are experiencing a new kind of stress never before seen in human history. This new super-stress disrupts brainwave activity, causing sleep disturbances, brain fog, energy loss, poor memory and a diminished quality of life.

*In other words, when your brainwaves are out of balance, so is your life.*

## Relax your way to a...

- ✓ **Positive outlook**
- ✓ **Crystal clear memory**
- ✓ **Exceptional quality of life!**

## Why is stress so harmful?

The effect of stress on your health, productivity and quality of life may be more devastating than you realize. You see, your body is designed to be in a relaxed state most of the time. But these days most people spend the better part of their day in a stress state called the *fight-or-flight* response.

This physical effect is normally triggered when we encounter danger, but in today's chaotic world,

fight-or-flight is set off by worry and overload. It starts with a rapid release of stress hormones for instant energy—so you can *fight or flee*—then later leaves you depleted, hungry and weary.

In addition to upsetting your brain wave patterns, persistent stress can alter your blood sugar, causing mood swings, fatigue, and conditions like hypoglycemia. It can cause gastro-intestinal problems and weaken the immune system. Stress hormones also tend to halt fat burning and make you crave sugar, salt and fat, creating a stress/gain cycle most people find tough to break.

## How can I achieve a happier, more productive life?

The **Stress-Free-Lifestyle** program features a safe, clinically proven, non-invasive system for balancing brainwaves called **Self-Mastery Technology™**.

Gentle light and tone pulses bring down the rapid brain waves that trigger tension while ramping up the brain waves that remove stress to help you feel calm, balanced and happy.

**Self-Mastery Technology** also helps you develop healthy positive thought patterns. When your self-image changes from that of a “stressed” person to that of an “easygoing” person, you will no longer have tension and doubt.

Many people also find that Self-Mastery Technology is key in reducing stress-related symptoms associated with allergies, asthma and chronic pain, among others.

## The Stress-Free-Lifestyle program features... **Self-Mastery Technology**

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

**QUICKLY  
EASILY  
AFFORDABLY**

## How does the Stress-Free-Lifestyle program work?

Since everyone's stressors are different, and because your body's reaction to stress is unique to you, the Stress-Free-Lifestyle program takes an individualized, multi-dimensional approach to stress. 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 revitalized.

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.

