

Choose the Program that is right for you



**Overcome Fear NOW™**

Two sessions designed to help you eliminate any debilitating fear. Many people find this is all they need to start living the life they desire.

**Overcome Trauma NOW™**

When fear is based upon either a hidden or known emotional trauma, this program is designed to uncover and neutralize it. The Overcoming Fear NOW™ program will identify any of these issues and this program is designed to eliminate the root causes. Clients completing this program often say they feel less stressed and more in control of their emotions and their life. Normally 2–3 sessions after Overcoming Fear NOW™, if needed.

**Confident Speaking NOW™**

Two sessions designed to help you speak publicly anywhere without fear. When you need or want to give a speech or presentation at work, school, church or a social club this is the program for you.

**Overcome Test Anxiety NOW™**

Two sessions designed to teach you how to relax and get mentally focused so you can perform at your best. When you take any test you will confidently and calmly be able to recall all the information you have learned. This program also helps with your study habits and retention of information.

*Helping you shift  
from where you are to  
where you want to be*

Hypnosis can help you with the following and more:

- |                  |                    |
|------------------|--------------------|
| Weight Loss      | Stop Smoking       |
| Stress Reduction | Excessive Worrying |
| Self-confidence  | Relationships      |
| Self-esteem      | Public Speaking    |
| Test Anxiety     | Anger Issues       |
| Shyness          | Stage Fright       |
| Pain Management  | Sports Improvement |
| Abuse Issues     | Sexual Issues      |
| Concentration    | Procrastination    |
| Drug Abuse       | Alcohol Abuse      |
| Fears            | Relaxation         |
| Motivation       | Mood Improvement   |

Call or email to schedule your appointment.

**Mederi Wellness LLC**

230 Adams Street  
Port Clinton, OH 43452

[www.MederiWellness.com](http://www.MederiWellness.com)

*“The Best Me Now”*

**David S Prudhomme**



[David@TheBestMeNow.com](mailto:David@TheBestMeNow.com)

419-341-1858

**Ruth E Schneider**



[Ruth@TheBestMeNow.com](mailto:Ruth@TheBestMeNow.com)

419-573-2250

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For an appointment or more information  
call or email

**David S Prudhomme**  
419-341-1858  
[David@TheBestMeNow.com](mailto:David@TheBestMeNow.com)

or

**Ruth E Schneider**  
419-573-2250  
[Ruth@TheBestMeNow.com](mailto:Ruth@TheBestMeNow.com)

## Release your Fears and gain control of your life!

In January 2009 The Boston Globe reported **The Top Ten Fears in the US:**

1. Public speaking
2. Snakes
3. Confined spaces
4. Heights
5. Spiders
6. Tunnels and Bridges
7. Crowds
8. Public transportation (especially airplanes)
9. Storms
10. Water (as in swimming and drowning)

If your fear is keeping you from enjoying your life or accomplishing the things you want to accomplish then hypnosis can help you let go of fear and move forward.

From slight fears to extreme fears, hypnosis can help you gain confidence and live your life fully.

Don't let your fears control what you are able to do. Let us help you gain control of your fear and your life.

Even clients who've had increasing stress from their fear for many years usually get complete and lasting relief.



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## What past client's have to say

"For more than thirty years, my fears of height had gradually excluded me from scenic views. Riding on elevators and escalators, crossing bridges and standing on balconies had become increasingly gripping and nerve racking. Seeking David's assistance through hypnosis had granted me a new freeing perspective on life. Amazingly, one session enabled me to overcome a fear that has haunted me for years." -Bonnie Elias

*"I came to you for my severe claustrophobia issue, mild weight loss and stress/anxiety. I'd just like to say thank you so much for your help. I am much more relaxed and have a whole new outlook on life. Ohio, and more specifically Port Clinton, is lucky to have such a true asset to the hypnotherapy world. Skeptical at first, I settled in great and you were more than kind, comforting and genuine. Again, thanks for your help and I hope others instill their faith in you like I did so they can grasp whatever it is they want or need in life." -- Jacob Meisler*

I cannot even begin to put into words how thankful I am for all that you are doing for me! I have tried so many different things in the past, but none of them have given me the peace of mind you have given me in just a few sessions. Not only have you relieved my anxiety, especially concerning my former fear of flying, but you have also enabled me to relax my mind and body for the first time in years. I'm more energetic, I sleep like a baby and I found that adventurous spirit again that I thought I'd lost forever. You truly have a gift from God – thank you for using it to help others!" -- Laurie Kruse

## How Does Hypnosis Help Me Overcome Fears?

It is safe to say that everyone has fears; you are not alone. People express fear of everything from public speaking, to heights, to spiders. Many fears are innocuous but some can seriously affect your quality of life.

If you find yourself in a work situation where you are called upon to make presentations and you have a fear of public speaking, you might be in trouble.

If you fear confined spaces, such as elevators, you may not be able to work or attend social functions in high rise buildings.

If you are a student and become anxious at the thought of taking a test you may have difficulty getting through school.

Hypnosis can help.

Your fears are stored in the subconscious part of your mind, along with all your life experiences and habits. Your conscious mind cannot control what's stored there. So telling yourself to get over the fear just doesn't work. There is something below your level of conscious understanding that is causing the fear.

Hypnosis can help you access your subconscious mind and uncover the underlying cause of the fear. Once determined, the fear can be removed. Clients are amazed that after hypnosis their fear is gone. It was so quick and easy. They wonder why they didn't deal with it years ago.

It's easy and it works; we do it every day.

**"We have nothing to fear but fear itself" -- Franklin Delano Roosevelt**