

Choose the Program that is right for you



### **Sleep Better NOW™**

Two sessions designed to help you change your relationship with sleep forever! Most people see immediate results after the very first session. This is where everyone starts. Some people find it is all they need to get back to sleep.

### **Sleep Better NOW™ Advanced**

Many people understand there are emotional issues underlying their inability to sleep. The Sleep Better Now™ program will identify any of these issues and our Advanced 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 Sleep Better Now™, if needed.

Once you experience the power of hypnosis in dealing with your sleeping issues you, or someone you love, may want to come back for these programs:

### **Weight Loss NOW™ Jumpstart:**

Two sessions designed to change your relationship with food forever! You will see immediate results after the very first session. A week later we will adjust and reinforce so you are in total control. This is where everyone starts. Many people find it is all they need to get on their weight loss path.

### **Stop Smoking NOW™:**

Stop smoking after only one session. That's right, most of our clients do! Just in case you have any difficulties, we offer you a free second session within 6 months.

*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**

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*“The Best Me Now™”*

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20% of all car accidents are sleep related.

1 in 3 people will have sleep problems at some point in their lives.

## Improve Your Sleep and improve the quality of your life!

Poor sleep is an epidemic problem in this country. We see clients who have had sleep issues for years --affecting their quality of life and denying them the opportunity of performing up to their potential. In some cases, a lack of sleep becomes debilitating and it's victims have trouble doing even simple tasks.

Many of the people we see have tried everything to no avail.

What is the root cause of most sleep problems? Many times people just can't shut down their thinking so they can fall asleep. Or they wake up in the middle of the night thinking about problems in their life or plans for the next day.

By learning how to relax your mind you can restore your body's natural ability to fall asleep easily and to stay asleep throughout the night. The result: you wake up feeling refreshed and ready to go!



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## What past clients have to say

"David, I want to thank you for helping cure my insomnia. Prior to becoming a client, I was experiencing 2 – 3 nightmares a week. I would spend half the night trying to fall asleep, only to wake up a short time later kicking or screaming from a nightmare. Countless months of talk therapy failed to provide the relief that you gave me within the matter of a few weeks. I was amazed that my nightmares ceased after just one session. I am now falling asleep faster, the nightmares have stopped and I have more energy during the day. The additional work that we did together has greatly reduced my stress level and the associated muscle spasms that I have endured for years. I can't thank you enough,"  
-- Rich

*"I would like to take this opportunity to thank David Prudhomme and his practice Mederi Wellness for helping me with insomnia. I have been pleased with the results and am pleasantly surprised how hypnosis is helpful in many other areas of my overall well-being. I recommend David to anyone who would like to improve their lives, change habits or, in my case, improve sleep." – Tally Gallagly*

"Before I came to you for help, I hadn't slept through the night in 14 years, and was plagued with horrible nightmares when I did sleep. I trudged through every day in a sleep-deprived fog, barely able to put one foot in front of the other. I couldn't think straight, performing the simplest task was a major ordeal. I was recently diagnosed with early Rheumatoid Arthritis; the insomnia only seemed to aggravate my symptoms. The nightmares were a result of traumatic experiences from my past that I couldn't seem to resolve, even after years of therapy. I was depressed, exhausted, and desperate to climb out from under the suffocating darkness of my own emotions. I had run out of options... or so I thought. Then I stumbled on one of your pamphlets. I read the testimonials and was amazed at the transformations that have taken place in these people's lives. I felt a glimmer of hope. If it worked for them, why couldn't it work for me? After going through 5-path hypnosis sessions, I am now sleeping soundly through the night and have not had a single nightmare. My arthritis pain has almost completely gone away. My mood is improved a thousand-fold, and my energy is higher than it's ever been. I wake up in the morning feeling energetic and well-rested. I have more than enough energy to accomplish my daily tasks at home and at work, and I go to the gym every day. For the first time in my life, I'm happy for no good reason!" -- Stephanie Mortus

## How Does Hypnosis Help Me Sleep Better?

If you have trouble falling asleep or if you wake up in the middle of the night and can't go back to sleep, you are not alone.

20-40% of adults have insomnia in the course of a year.

and

50% of adults over 65 suffer from chronic insomnia.

Hypnosis can help.

You probably have something in your subconscious mind nagging at you. The subconscious mind controls 90% of your mental activity. But, it is not the part of your brain that you can consciously control. So telling yourself you need to sleep still doesn't shut off all that activity. You want to sleep but you just can't; you want to turn off the chatter but you just can't.

Hypnosis is the key to accessing your subconscious mind. Hypnosis can clear the negative emotions over which you have no control. The result? You rest comfortably and sleep soundly!

We see amazing results. No drugs! No years of talk therapy!

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

Good Sleep

is an essential element of Health and Well-being!