

Choose the Program that is right for you



### **Free From Stress NOW™**

Learn to relax your mind and body anytime you want. One session will help you learn the techniques. A second session will reinforce them.

### **Free From Stress NOW™ Advanced**

Some people have emotional issues underlying their stress. If you want to eliminate the root cause of your stress and feel better for the rest of your life, this program is for you. Clients tell us they not only feel less stressed they also feel much more in control of their emotions and their life. Normally 2–3 sessions after Free From Stress NOW™, if needed or desired.

### **Free From Stress NOW™ Reinforcement**

Available to graduates of the Free From Stress NOW™ program, our exclusive reinforcement CD will soon be available. Use it whenever you want to listen and be reminded of what you have accomplished.

### **Self Hypnosis NOW™**

Learn how to relax your mind and body even further. Self Hypnosis is something you can do at home whenever you feel a need to focus on things more clearly or relax. Many clients find they enjoy and get benefit from a daily self hypnosis session.

*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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## All Stress Begins with a Thought

What runs through your mind determines your behavior both physically and emotionally. And much of your thought processes are controlled by what is stored in your subconscious mind. Without help, you may not be consciously aware of what's hidden there, yet it affects every thought you have.

When you don't understand what's causing your actions and reactions, you can become physically and emotionally stressed. Hypnosis can help you uncover the secrets of your subconscious mind and help you deal with the triggers that are causing your uneasiness and anguish.

We help people deal with stress quickly and easily.

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

## Hypnosis can be your tool for success!

We encourage you to call or stop by so we can answer your questions about hypnosis and our stress reduction programs. We enjoy answering questions; it's part of our job. No obligation, of course.



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## What past clients have to say

For as long as I can remember, I have struggled with anxiety and depression. I tried psychotherapy, energy medicine, medication, and amassed a huge library of self-help books and CDs. None of these things worked, not even the antidepressants, which only made me physically ill.

After only one hypnosis session, I immediately felt a transformation, physically and emotionally. It was as if a thousand pounds had been lifted from me. I didn't realize how profoundly my emotional state was affecting my physical well-being until I was hypnotized. My energy level has increased a thousand-fold. I have started exercising every day, and my mood is much lighter and happier. I smile and laugh more now, and people are drawn to my positive energy and happiness.

Had I known the path to happiness was so fun and effortless, I would have done it years ago. Thank you, David, for changing my life by guiding me to the true path to happiness. I would recommend hypnosis to anyone who suffers from depression, or any other malady they can't seem to conquer.

Thanks again for all your help and guidance!" -- Stephanie

*Coming to you for help has absolutely changed my life. After the first hypnosis session I felt completely different. Things that used to worry me seemed so insignificant. I noticed people were being nicer to me. When I asked a dear friend why, she said I seemed so much happier, I smiled more and seemed sincere. I did not realize what a huge impact your sessions would have on my attitude toward others and consequently their attitude toward me. That has literally changed my life, but it isn't even the most beneficial result from my sessions. I can now travel freely without being afraid or anxious. I know I will not panic or develop a migraine headache when I am in a stressful situation. I can now think of people from my past that hurt me and not feel resentful.*

*I want everyone to know the peace I have found inside myself due to your skill and compassion administering hypnosis. I want everyone I love to come to you so that they can find peace and lead a healthy, happy life. I can clearly see that hypnosis can benefit anyone that chooses to rid themselves of a small or large problem they are having. I still can't believe it was so easy, by just opening my mind and accepting.*

*I don't "think"- I "know" I have never been happier. David, thank you for helping me, I will always be grateful." -- Kim*

## How does Hypnosis help me reduce stress?

Noted Psychologist Alfred A Barrios did a study of the recovery rates from various types of therapy and found the following:

### Recovery Rates

Psychoanalysis:

**38% after 600 sessions**

Behavior Therapy:

**72% after 22 sessions**

Hypnosis:

**93% after just 6 sessions**

Hypnosis was far more effective at dealing with emotional issues because emotional issues typically reside in the subconscious mind. Past experiences are all stored there -- some of which your conscious mind may have forgotten. Yet these experiences affect how you act and feel. Through hypnosis these hidden, nagging experiences can be located and diffused. This eliminates the source of the stress and allows you to be free.

Any situation can be easily handled with hypnosis in just 6 sessions or less.

Studies have also shown that proper nutrition and movement of your body significantly improves stress and stress related illnesses. We can help you design a program that will work for you and use hypnosis to help you stick with it.

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

**Hypnosis is a proven, drug-free, natural, method to reduce stress -- and with no negative side effects!**