

MEDICAL RESEARCH SHOWS THAT SIX TO TWELVE WEEKS OF RELAXATION THERAPY IS EFFECTIVE FOR ANXIETY RELIEF AND OTHER HEALTH BENEFITS:

Smokers often quit, only to return to smoking again after a while. Why? *Stress*. Researchers in the U.S. studied relaxation therapy on smokers who couldn't quit and found that just **twelve weeks** of relaxation therapy was effective for getting smokers to quit for good! "*As guided relaxation imagery is learned and practised, ...perceived stress is reduced, and smoking abstinence is maintained*".

Ref: Wynd, C. A. (1992), Relaxation imagery used for stress reduction in the prevention of smoking relapse. *Journal of Advanced Nursing*, 17: 294–302.

Chronic obstructive pulmonary disease (COPD) is a lung disease that makes it hard to breathe and do activities like climbing stairs. After **six weekly sessions** of relaxation therapy, patients had "*statistically significant increase ... in oxygen saturation*". They weren't just more relaxed, they were actually breathing better! And without drugs, surgery or complicated procedures.

Ref: Louie, S. W.-S. (2004), The effects of guided imagery relaxation in people with COPD. *Occup. Ther. Int.*, 11: 145–159.

Researchers associated with Harvard Medical School studied **university student stress** and found that **six weekly sessions** of relaxation therapy gave "*significantly greater reductions in psychological distress, ... anxiety, and perceived stress*". The doctors involved in the research even recommended relaxation therapy as "*useful as a preventive intervention for college students*". In other words, they think *all* students should have access to relaxation therapy to *prevent* stress! (I'm sure any student would agree.)

Ref: Deckro, G. R. (2002), The Evaluation of a Mind/Body Intervention to Reduce Psychological Distress and Perceived Stress in College Students. *Journal of American College Health*, 6: 281-287.

“If I, as a physician, were limited to only one therapeutic intervention with which to treat all the people who came to see me, I would choose physiologic relaxation. Relaxation is an antidote to the taxing effects of unrelieved stress, a significant factor in most modern illnesses. Over three-quarters of all people who develop significant physical illness have experienced unusually high levels of stress in the year preceding their illness.”

–Dr Martin L. Rossman

Can you imagine a better way to get stress-free? Rather than popping pills or being psychoanalysed for years, relaxation therapy feels great and works fast. Are you ready to start? Email or call me and let's meet to discuss a relaxation therapy plan that will work for *your* needs.

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