

Stress Calls!™

Your Life Messages for Health & Change

Learn to easily & quickly
eliminate stress damage!
(You no longer have to “manage” stress)

Stress Calls! seminar is your healthy and innovative answer to de-stress and eliminate stress damage for life!

You will learn to:

- **STOP stress damage** – the health destroying source of 75% of doctor visits
- **PREVENT chronic stress** – refresh fast from hundreds of daily stresses
- **PRODUCE optimal health** – skills to better operate your mind & body

How urgent is eliminating stress damage?

Very urgent because waiting is an illness gamble.

- Blood pressure goes **hypertension, heart disease or stroke**
- Adrenal hormone secretion starts **diabetes and obesity**
- Distraction or overwhelm allows bad **accidents or mistakes**
- Nervousness becomes chronic **anxiety, panic attacks or insomnia**
- Immune suppression allows **cold, flu, infection or cancer**

WHEN: Six Monday evenings, 6:30-8:30 pm, starts Nov. 30th (Skips Dec. 21st)

WHERE: Ashington Manor, 5023 Langley Rd., Langley, WA 98260

FEE: \$180 **CALL:** 360-730-1114 to insure your place

BONUS: Delicious healthy treats & food knowledge by expert Lynn Parr

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Robert Simon Siegel, MS is a stress coach, author, psychophysiological and corporate trainer. His **STRESS to WELLNESS** program helps businesses cut lost time costs. Clients included: King County, NBC, Chevron USA, Providence Health Systems, Port of Seattle Police Dept., Washington Athletic Club, and Davis, Wright, Tremaine law firm. Look for Robert's new book "Stress Calls: Answering Your Life Messages for Healthy Change."

Stress is a “life signal” with health-enhancing messages for successful change. Stress dissolves when you get the message & correct the course.

Three skill sets move stress into vibrant health:

- ✓ **Six Second STRESS OFF – Dynamic, Focused, Healthy Calm All Day**
Get your “refresh” button to delete stress & reset 4 body systems to health – faster than pills. Rapid recovery prevents chronic stress damage.
- ✓ **GENIUS FOCUS – Mental Patterns of Solutions & Immune Strength**
Enjoy psychological health by turning all challenges, stress & difficulties into opportunities to thrive. Replace mental patterns of illness and stress.
- ✓ **ENERGY HEALTH – Life's Best Fuel**
Energize and recharge with vitalizing life force skills – not caffeine & sugar that invite diabetes & obesity. Strengthen your adrenals, prevent colds/flu and go “broadband” past the five senses.

**Stress Calls! Sign up today
to get your life messages!**

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