



Dynamic Calm

Today's #1 Health Ability

Achieve an optimal health state for top performance and better focus.

In this module, you will learn how to:

Gain Dynamic Calm with the only six skills you'll ever need to feel calm, focus and de-stress in seconds. Develop greater "presence of mind" through preventing and relieving ALL stress symptoms by rapidly restoring to optimal health your 4 major body systems that produce virtually ALL stress symptoms. With this fast reset, there's no stress damage and no stress to "manage".

- **Central Nervous System:** Clear your mind instantly to focus better and sleep well
- **Skeletal Muscle System:** Relax 9 major muscle groups quickly and dissolve tension headaches
- **Sympathetic Nervous System:** Turn off fight/flight survival reactions of panic, anxiety attacks and overwhelm
- **Parasympathetic Nervous System:** Enjoy refreshing emotional calm all day at work and home
- **Integrate all four body systems:** Feel calm and stop stress in seconds for the rest of your life
- **Access the ancient prized body/mind state** called "meditation" in seconds and gain increasing benefits