

It is important to recognize the main purpose of stress is to deliver vital **Life Messages!** *The solution needed* to remedy, prevent and dissolve stress damage is to answer your **Life Phone**. That is, to get the messages and respond effectively.



That's how most people deal with stress. They don't know stress is actually a fascinating communication with vital **Life Messages** for better health.

However, without "getting" the message, **Stress Calls** increase their loudness to get your attention. Uncomfortable sensations of stress become symptoms, illness then disease.

Without this new understanding, you may sense that something is wrong, but you just don't know what or how to fix it. You don't feel like yourself. Or you feel overwhelmed with everything, frustrated, annoyed or very negative. So you might eat lots of sweets and fried foods, drink more alcohol, start smoking again or stop exercising — anything just to feel better immediately. Soon the doctor visits may become more frequent and your list of medications grows. You might notice that you're aging faster and don't have the 'get-up-and-go' energy or the winning attitude you once had. Life became a struggle and not much fun.

Unfortunately, that scenario is very common in our population. All those experiences are also examples of your **Life Phone** ringing. But... nobody's answering the phone call.

True, maybe you didn't know you are like a human smartphone with feet. Perhaps nobody ever told you that all those odd sensations, symptoms, pains, upset emotions and illnesses are simply how YOUR **Life Phone** rings. **AND. . .** that they have valuable messages for you. Perhaps your school didn't teach you how to pick up your own **Life Phone** and get your vital **Life Messages!**

You're not alone. That's why this program was developed: to teach you how to better operate yourself — your body, your mind, your emotions and your energy. You are going to learn how to hear your **Life Phone** ring, answer the **Stress Call** and get your **Life Messages** so you can thrive! You're also going to learn how to recharge your battery so you have lots of energy and you can produce optimal health!

The stress
dissolves when
and because it
has served its
purpose. Simple!

Ready?
Let's go!