

Urgency exists because stress damage is unpredictable.

When unresolved stress symptoms become serious illness, costs increase exponentially. Doing nothing is a gamble because nobody — neither you nor your physician — knows which:

Tiny Daily STRESS >> *BECOMES* >> Expensive, Serious ILLNESS

• higher blood pressure	• strokes, heart disease
• adrenal secretion	• diabetes and obesity
• distraction or overwhelm	• accidents or mistakes
• nervousness	• insomnia, panic, anxiety
• immune suppression	• flu, infection, cancer
• immune hyper-activation	• allergies, auto-immune juvenile diabetes

The prevention of **Metabolic Syndrome** — our nation’s growing epidemic of hypertension, diabetes and obesity — can also improve by stopping underlying stress damage chain reactions. This is today’s single most valuable opportunity for healthcare savings, illness prevention and health improvement.

With this new positive understanding of “stress,” enormously relevant in our present civilization, **THE STRESS FIX™ Trainings** deliver an effective solution that utilizes stress positively as a powerful guidance system. You can now move stress from discomfort to discovery, from symptoms to solutions, from debilitating illness to energized health, achievement and personal growth. You navigate change more successfully, produce optimal health and enjoy top performance.

