



The **online program** of lifelong **SKILLS** (*not pills*) that **swiftly solve stress and energize health** by optimal HPA-axis functioning



Dynamic Calm
body/mind health



Genius Focus
mind/immune health



Energizing Life
energy health

Beneficial Stages of HPA-Axis Health

Eliminate Stress Damage

Easy-to-learn **skills that CAN** rapidly restore healthier functioning needed to prevent five major body systems from damaging HPA-axis health, costing (pre-pandemic):

60%-90%
of all primary care doctor visits
(Harvard Business Review)

50%
of all sick days at work
(National Institute for Occupational Safety & Health)

\$300-\$500 BILLION
annual cost to USA businesses
(World Health Organization)

Enjoy Instant Calm

Today's **most useful skill** for illness prevention stops stress damage chain reactions within six seconds before stress symptoms can develop into:

- Cardiovascular damage** / hypertension, blood vessel lesions, plaque formation, heart attacks, stroke
- Metabolic damage** / insulin resistance, type 2 diabetes, obesity, mitochondrial damage
- Immune damage** / flu, colds, infections, inflammation, type 1 diabetes, auto-immune problems, cancers
- Neurological damage** / decreases in: intelligence, pre-frontal cortex (executive) functioning, neural connectivity
- Psychological damage** / anxiety, overwhelm, insomnia, panic attacks, depression, worry, negativity, despair

Gain Health Treasures

Generate well-being from **your** five major body systems – not stress damage:

- | | |
|---|---|
| 1 Presence of Mind (<i>Central Nervous System</i>) | 4 Physical Relaxation (<i>Skeletal Muscle System</i>) |
| 2 Emotional Calm (<i>Sympathetic Nervous System</i>) | 5 Uplifting Energy (<i>Electro-Magnetic Energy System</i>) |
| 3 Inner Peace (<i>Para-Sympathetic Nervous System</i>) | |

Activate Wellness Synergy

Optimize body/mind/energy **health**, emotional intelligence, focused productivity & human development:

- **Tissue repair/rejuvenation** all doctors prescribe as “rest”
- **Access to wisdom** of which mindfulness, meditation & yoga practices are beginnings
- **Life Energy Generation** to feel joy, uplift and recharge whenever you want

Elevate Biological Intelligence

The HPA-axis' **key** role to successfully navigate global change:

- 1 Understand** stress as Nature's awareness signal for opportunities to “correct course” with focus
- 2 Operate** the HPA-axis effectively as your life's “biological guidance system”
- 3 Upgrade** your HPA-axis function into “eco-joy” for beneficial communication with Nature by using healthy electro-magnetic energy skills that also improve cellular communication, the immune health key.

THE STRESS FIX skills, clinically developed by Robert Simon Siegel, MS, serve to transform the Hypothalamus/Pituitary/Adrenal glands-axis into an uplifting biological guidance system for improved health, greater energy, successful adaptation & vibrant awareness for enjoying life.

THE STRESS FIX ONLINE PROGRAM IS NOW AVAILABLE AT: online.TheStressFix.com
FOR MORE INFORMATION, CONTACT: info@TheStressFix.com (804) 616-5053