

# Are you still “managing” your stress?

That old model hasn't worked for 70 years.

Why “manage” stress when you can **FIX IT?**

## THE STRESSFIX™

*Energizing Healthy Life*

**Skills not pills!**



### *Enjoy today's most important health abilities*

- ✓ De-stress in seconds flat anytime you want
- ✓ Easily relieve AND prevent ALL stress symptoms for life – without pills
- ✓ Transform stress into positives: optimal health, focus, new solutions, more joy and energy

### *Introducing THE STRESS FIX - the game-changing solution*

Produce optimal health with lifelong skills missing from healthcare

Access your body/mind/energy wisdom

#### ***You replace stress with positive health!***

*Even better, you enjoy these treasured qualities:*

**Emotional Peace** – Autonomic Nervous System

**Uplifting Energy** – Life Energy System

**Presence of Mind** – Central Nervous System

**Physical Relaxation** – Skeletal Muscle System

#### ***You gain far greater benefits!***

**Rest** – what all doctors prescribe to recharge & heal

**The Zone** – for top performance at work and home

**Meditation** – the prized ancient body/ mind state in seconds, not 45 minutes of “mindfulness”

**Life Guidance** – use stress to improve your life

### ***Why is this so important?***

For the first time, we can now eliminate the enormous costs of stress and prevent the huge array of stress symptoms, illnesses and diseases!

### ***Where to Start***

Discover THE STRESS FIX wellness programs for:

- Individuals • Companies • Physicians & Nurses • Private Groups • Lunch N' Learn Series • Keynotes

**(804) 616-5053 | [info@TheStressFix.com](mailto:info@TheStressFix.com) | [www.TheStressFix.com](http://www.TheStressFix.com)**

# STRESS: The Danger

## WHAT HAPPENS WHEN YOU ARE STRESSED?

It can be really hard to just stay healthy, much less do your best work, feel good in your relationships plus enjoy your life. AND then have enough juice left to make the world a better place.

Why? Because inside your body every stress, worry and challenge triggers THE cause of stress damage - your HPA-axis (hypothalamus-pituitary-adrenal glands). Hundreds of stressful thoughts all day can keep your HPA-axis turned on almost 24/7. "Managing" stress neither stops nor prevents HPA-axis triggering.

## HOW BAD IS STRESS DAMAGE?

With your HPA-axis constantly "ON", chain reactions of stress damage develop into symptoms, illness and disease along four main stress damage pathways: cardiovascular, metabolic, immune and psychological.

Here's how dangerous stress is:

- 60%-90% of all primary care doctor visits (*Harvard Business Review*)
- 50% of absenteeism (*National Institute for Organizational Safety & Health*)
- 45% of physicians feel severe stress and/or burnout (*2015 Physician Stress & Burnout Survey, VITAL WorkLife & Cejka Search*)

## THE URGENCY

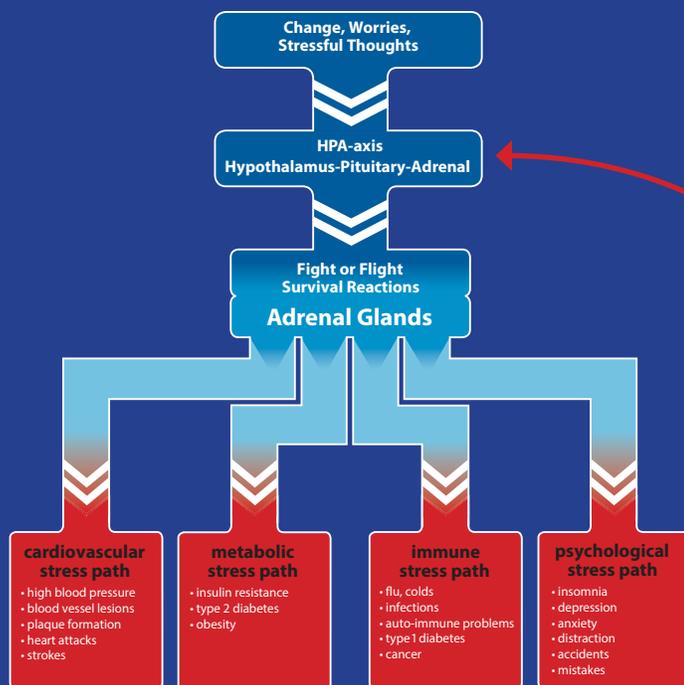
Even worse, stress damage builds. So nobody knows which daily stress will trigger heart attack, stroke, cancer, panic attack, diabetes, obesity, depression, immune problems or migraines.

## CONCLUSION – IT'S TIME TO FIX STRESS!

Neither "managing" stress nor taking medications solve stress.

## STRESS DAMAGE CHAIN REACTIONS

Primary Source of Most Illness & Lost Time Costs



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## The Six-Second STRESS FIX Today's #1 Health Ability

- Stop stress fast at its core - the HPA-axis
- Restore your HPA-axis health in seconds
- Relieve ALL stress symptoms without pills
- Prevent stress damage entirely
- Learn the only six skills you'll ever need to de-stress, focus & feel calm in seconds

**You stop stress damage HERE** easily by restoring your 4 major body systems to optimal health in seconds. Done!

1. Clear your mind instantly to focus better AND to sleep well (*Central Nervous System*)
2. Relax 9 major muscle groups quickly AND dissolve headaches (*Skeletal Muscle System*)
3. Stop fight/flight survival reactions of panic & anxiety (*Sympathetic Nervous System*)
4. Enjoy refreshing emotional calm all day at work & home (*Parasympathetic Nervous System*)
5. Gain sensual awareness & presence of mind, not overwhelm (*Central Nervous System*)

**AND... it gets MUCH better!**

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# THE STRESS FIX Opportunity

## SCIENCE MEETS WISDOM

**THE STRESS FIX** advances current medical practice by integrating cutting-edge sciences, physiology and clinical effectiveness with rare knowledge from ancient wisdom traditions. Results include:

## THE LONG-AWAITED STRESS REMEDY

**THE STRESS FIX** engages how stress operates positively in Nature, something missed by 70 years of laboratory research on caged mice and rats. As our natural life guidance system, stress signals both opportunities and necessities to navigate change successfully. Stress also delivers the information, like an amazing GPS, to continually improve life, health and relationships. This new understanding, essential for today's challenges, elevates daily stress into a fascinating adventure! To fix stress, you just need to learn how to operate it.

## NEW HEALTHCARE DIRECTION – PRODUCING HEALTH

**THE STRESS FIX** produces optimal health with a foundation of lifelong skills – not pills - to better operate your body, your mind and your energy together as a much greater whole. We cultivate how healthy people can be!

## ENERGY HEALTH WITH NEW ENERGY SOURCES

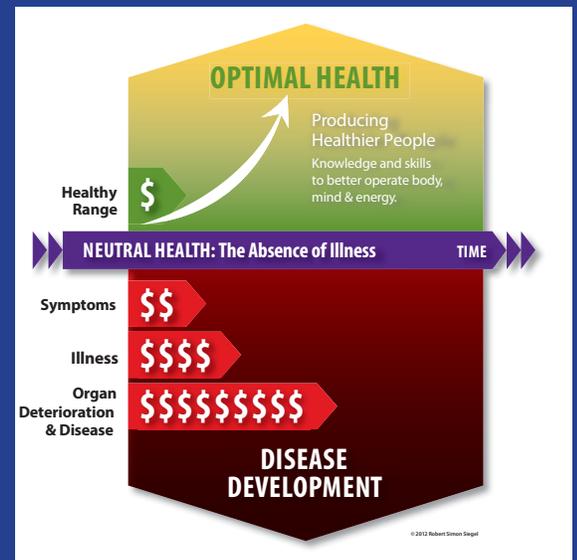
**THE STRESS FIX** presents unique tools for healthy biological energy including new energy sources that fulfill energy's key functions. Fixing stress stops dangerous adrenal gland stress damage. Since healthy adrenal glands co-regulate every organ and every cell's environment, stressed adrenals cause multiple illnesses. Switching to healthier energy sources enables you to fuel your life, nourish your tissues, strengthen your energy fields, gain bio-information and access the greater intelligence of "the whole". In Nature, energy guides everything from bird migrations over thousands of miles, the cell signaling of epigenetics and the higher intelligence of spiritual wisdom - as Einstein's *Unified Field* and Boehm's *Informational Field* recognized. **THE STRESS FIX** energy tools develop the energy efficiency by which humans can grow fascinating new abilities!

## NEXT GENERATION HUMAN 4.0

For the first time in human history, **THE STRESS FIX** skills end our being victims of ancient prehistoric 'fight or flight' survival reactions. This frees us to generate new capacities already built into us. Since ancient times authentic wisdom traditions have refined tools and techniques to develop the body, mind and energy in ways that activate these higher capacities. "Meditation" is only one example. **THE STRESS FIX** brings key wisdom tools into physiology with science to start activating your healthier capabilities that also benefit society, nourish the environment and uplift our shared quantum field. It's now time we turn these on!

## THE STRESS FIX Story

**THE STRESS FIX System** integrates Robert Simon Siegel's 25 years of clinical experience in hospitals, medical clinics and corporate wellness with 21st century sciences like bio-physics, telecommunications technology, electromagnetic field theory, and physiology so that we can **operate stress positively** as it works in Nature. Stress Specialist, Psychophysicologist and Author, Robert adds rare knowledge and multi-use wellness treasures from his personal trainings with lineage holders of several wisdom traditions. See full bio [HERE](#) and testimonials [HERE](#).



## What all does THE STRESS FIX fix?

### YOUR BODY/MIND HEALTH

#### Module #1 - DYNAMIC CALM

- De-stress in seconds with focused calm and restore optimal health to your 4 major body systems (CNS, SMS, SNS, PSNS)
- Relieve and prevent ALL stress symptoms for life without pills
- Enjoy emotional peace, physical relaxation & presence of mind

### YOUR MIND/IMMUNE HEALTH

#### Module #2 - GENIUS FOCUS

- Use your mind positively to create health, joy and confidence not anxiety, overwhelm & depression
- Transform stress into new solutions for 21st century living
- Grow new brain neurons that increase your life quality

### YOUR ENERGY HEALTH

#### Module #3 - ENERGIZING LIFE

- Turn on your brain with energy, ignite your life force & recharge fast
- Gain adrenal health to normalize blood pressure, blood sugar & weight
- Operate your bio-energetic field for greater health & awareness
- Activate your Little Sun energy engine to become solar-powered
- Enjoy THE ENERGY TREASURE of feeling JOY whenever you want!

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