

DYNAMIC CALM™

TODAY'S #1 HEALTH ABILITY

Learn the only six skills you'll ever need to feel calm, focus and de-stress in seconds. HOW? You rapidly restore optimal health to your 4 major body systems—the ones that generate virtually all symptoms of stress. Instead of a lifetime of constantly “managing” stress damage, you are producing optimal health for top performance.

DYNAMIC CALM™ stops stress damage—the main causal risk factor for illness. Learning the skills in this training module saves money, prevents 60%-90% of doctor visits, and reduces sick days by 50%.

FEEL CALM AND STOP STRESS IN SECONDS:

- » Clear your mind instantly to focus better
- » Physically relax and sleep well
- » Prevent ALL stress symptoms for life without pills
- » Stop anxiety, insomnia, or depression
- » Enjoy emotional peace and presence of mind
- » Gain the benefits of meditation in seconds

Enjoy body/mind health for top performance.

**SKILLS,
not
PILLS.**

Make your life stress-free by learning today's #1 health ability.

**YOUR
BODY
will
LOVE
you!**



Meet Stress Specialist **ROBERT SIMON SIEGEL, MS**. Robert developed these functional health skills for THE STRESS FIX and PRODUCING HEALTH over 25 years in hospitals and medical centers. His clients have included a sitting Governor, CEOs of multi-national corporations, police chief, physicians, nurses and people from all walks of life. His wellness trainings have helped clients like: Chevron USA, Inc., TRW, NBC, Port of Seattle Police Department, Washington Athletic Club and King County, WA. Robert presented “Fixing Stress” at the 2015 Health and Productivity Forum in San Francisco for Integrated Benefits Institute. A selected speaker at the 2008 & 2010 National Wellness Conferences and author of Six Seconds to True Calm: Thriving Skills for 21st Century Living, his articles have appeared in a wide variety of publications like: CAPITAL: Business & Finance Magazine and QI: The Journal of Eastern Health & Fitness. When not playing Afro-Cuban rhythms on his congas, Robert trains individuals and provides wellness trainings for companies who want lower lost time & healthcare costs. Visit us at www.TheStressFix.com.