

# 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.

### 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

### DYNAMIC CALM™ MAKES HEALTH A LOWER COST PRODUCTIVITY DRIVER:

- » Discover the ROI of focus—re-gain three weeks of productivity (30 minutes a day ) per employee lost from stress
- » Prevent 60%-90% of doctor visits and 50% of absenteeism—from stress
- » Learn the new competency—how to translate physiology into financial strategy
- » Start PRODUCING HEALTH—the proactive solution

### GAIN YOUR TWO HEALTHCARE SYSTEM NEEDS:

1. Healthy people to work
2. Lower total illness costs

### SCHEDULE YOUR *NEEDS DISCOVERY CONVERSATION*:

- » Visit [thestressfix.com/services](http://thestressfix.com/services)
- » Call (804) 616-5053 or email [info@TheStressFix.com](mailto:info@TheStressFix.com)

*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](http://www.TheStressFix.com).