

*Approved for 10 Nurse CNEs*

# THE STRESS FIX™

THE NEW FUNCTIONAL HEALTH  
MODEL OF STRESS

*How to operate stress positively as  
your biological life guidance system*

*Discover*

**SKILLS NOT PILLS THAT SOLVE STRESS**

Better operate your body, mind and energy

Prevent and relieve virtually all stress symptoms

Produce optimal health for sustainable top performance

Eliminate costly stress damage—the #1 risk factor of illness



EXPERIENCE  
FUNCTIONAL  
HEALTH

BODY/MIND HEALTH

**DYNAMIC CALM**

*Today's top health ability*

MIND/IMMUNE HEALTH

**GENIUS FOCUS**

*Humanity's mental leap*

ENERGY HEALTH

**ENERGIZING LIFE**

*Vibrant awareness*

LIFELONG BENEFITS THAT  
PRODUCE HEALTH AND  
REDUCE COSTS FOR:

INDIVIDUALS

EMPLOYERS

HEALTHCARE SYSTEMS

FOR MORE INFORMATION:

TheStressFix.com | (804) 616-5053 | info@TheStressFix.com

*This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. CNE approval number 1342*

# 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)

Approved for  
3 Nurse CNEs

*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!**



Psychophysiological **ROBERT SIMON SIEGEL, MS** developed the functional health skills for THE STRESS FIX over 25 years in hospitals and medical centers. His clients have included a sitting Governor, CEOs of global 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, author of *Six Seconds to True Calm: Thriving Skills for 21st Century Living*, his articles include publications like: *CAPITAL: Business & Finance Magazine* and *QI: The Journal of Eastern Health & Fitness*.

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# GENIUS FOCUS™

## HUMANITY'S MENTAL LEAP

Throughout human history, exceptional people have contributed brilliance, artistic creations and visionary solutions by focusing their minds in a specific way not taught in schools. They cracked the code for how to operate and leverage the brain's natural hard-wiring.

Grow new brain neural pathways that positively increase your life quality. HOW? Use your mind to naturally boost your immune strength in ways that also develop genuine self-esteem and open your creative inner guidance.

### CREATE SOLUTIONS THAT CONTINUALLY UPLIFT YOUR LIFE:

- » Use your mind positively to create health, success, confidence and joy—not anxiety, overwhelm & stress
- » Apply “The Big Lever” to transform problems and difficulties into new solutions and “wins” for 21st century living
- » Implement five main mental patterns of goal-achieving
- » Stabilize your mind into optimal psychological health, positive communications, continuous improvement and the ability to better navigate change
- » Gain amazing wisdom and valuable guidance by de-coding the gifts of your stress emotions

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*Turn business  
and personal  
challenges into  
goal-achieving  
solutions that  
continuously  
improve your life.*

**SKILLS,  
not  
PILLS.**

*Enjoy mind/immune  
health for top  
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# ENERGIZING LIFE™

## VIBRANT AWARENESS

All biological organisms, including humans, can develop new capacities with better energy efficiency, so we don't have to spend all our time just searching for food. Gain rare energy knowledge from new science and powerful ancient wisdom tools to energize your health, your awareness, your goal-achieving and your life.

Enjoy THE energy TREASURE of feeling JOY whenever you want, even if your life isn't perfect! HOW? Activate your Little Sun energy engine to become a healthy, solar-powered human so you're not fatiguing your adrenal glands with constant demands from stress, because they are needed to co-regulate nearly all your organs.

TURN ON YOUR BRAIN WITH ENERGY, IGNITE YOUR LIFE FORCE AND RECHARGE FAST:

- » Strengthen your adrenal gland health to lose weight, lower blood pressure and normalize blood sugar
- » Optimize your bio-energetic field functioning for greater health, awareness and illness prevention
- » Discover how to open the main energy "valve" of your life force energy
- » Throw off colds and flu energetically before they can "catch"
- » Increase your lung function and oxygen vitality with "longevity breathing"
- » Expand your perception beyond the senses for "broadband" awareness

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4 Nurse CNEs

*Enjoy energy health  
for top performance.*

**SKILLS,  
not  
PILLS.**

*Fuel your life with  
healthier energy and  
grow fascinating  
new abilities!*

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