

ENERGY HEALTH TRAININGS™

The Future of Wellness – Producing Healthy People



Refreshing lifelong tools to fuel your life, focus and job performance PLUS an uplifting 21st century stress remedy

Unique “health-producing” skills missing from the health care system to better operate your body, mind & energy

Eliminate costly stress damage & stop “managing” stress

ENERGY HEALTH TRAININGS™ (3 Modules, Each 3 Hours)

Dynamic Calm • *enjoy healthier productivity & better focus all day*

BODY

- De-stress in six seconds flat – faster than pills!
- Clear your mind instantly for strong focus & greater mental clarity
- Relieve insomnia, headaches, tension & overwhelm

Genius Focus • *transform personal & business challenges into triumphs*

MIND

- Use your mind to create solutions & produce health not stress, depression, illness & anxiety
- Improve confidence, relationships & communications

Energize • *enjoy vibrant awareness*

ENERGY

- Turn on your brain with energy
- Recharge quickly for maximal productivity
- Strengthen your adrenal glands for lower blood pressure, easier weight loss, healthier blood sugar & immune strength

ENERGIZED HEALTH IS THE ULTIMATE GOAL OF WELLNESS

Experience true prevention that stops illness costs at their main source: STRESS DAMAGE

- 60% -90% of primary care doctor visits (*Harvard Business Review*)
- 50% of absenteeism (*NOISH, European Agency for Safety & Health, USA workers*)



Robert Simon Siegel, MS is a stress specialist, psychophysicologist, ENERGY HEALTH & Qigong Instructor. Robert is author of *Six Seconds to True Calm: Thriving Skills for 21st Century Living*. A selected speaker at the National Wellness Conference in 2010 & 2008, Robert trains individuals and companies including: Chevron USA, NBC, Providence Health Systems, Port of Seattle Police Dept., Pritikin Longevity Center, Washington Athletic Club, TRW & King County, WA. Robert's new fiction thriller and graphic novel *Thieves of Eden* is now available online. Robert artfully integrates cutting-edge science & physiology with ancient wisdom to share rare knowledge and multi-use treasures.



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