

# THE REFRESHING STRESS REMEDY!

Today's needed wellness skills to be healthy, prevent illness & avoid many pills



## **Dynamic Calm** • *for healthy productivity & better focus all day*

- De-stress in six seconds flat – faster than pills!
- Enhance your mental clarity
- Relieve insomnia, tension, headaches & overwhelm

## **Genius Focus** • *turn personal & business challenges into triumphs*

- Use your mind to create solutions & produce health – not stress, illness, anxiety & depression

## **Energize** • *enjoy healthy energy & vibrant awareness*

- Turn on your brain
- Recharge quickly for maximal productivity
- Strengthen your adrenal glands for lower blood pressure, easier weight loss, healthier blood sugar & more immunity

**Produce vibrant health and top performance – on and off the job!**

## **The Refresh Button – Today's Health Necessity To Produce Wellness & Save Money**

These unique skills effectively transform stress into health and productivity gains.

**Now you can prevent costly stress damage, the single source of :**

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

Refresh your company to enjoy significant savings, lower healthcare costs, boost productivity, innovate solutions & appreciate your people!



**Robert Simon Siegel, MS** is a stress specialist, wellness innovator, keynote speaker & 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, health professionals and companies including: Chevron, USA, NBC, Providence Health Systems, Port of Seattle Police Dept., Pritikin Longevity Center, Washington Athletic Club & TRW. The REFRESH BUTTON™ training helps cut absenteeism & illness costs in half. Robert effectively integrates science with traditional wisdom to share rare knowledge and multi-use treasures. His new fiction thriller, *Thieves of Eden*, is now available online.



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