

TAP INTO YOUR MOST
powerful resource



We hold the key to your inner mind.
With our help you can open the
door to a new, happier, healthier you!

Become Alive & Free
with Additional Programs...

- Weight Loss
- Anxiety Control
- Alcohol Reduction
- Motivational Enhancement
- Stress Management
- Pain Reduction
- Accelerated Learning
- Sales Improvement
- Sports Enhancement
- Improve Confidence & Self Esteem
- Sleep Improvement
- Golf Improvement

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REAL PEOPLE, **speak out**

"I am 81 years old and have been smoking for approximately 60 years. On my first session prior to leaving the parking lot, I had about 10-12 cigarettes in my pocket that I put in the garbage. I have not smoked a cigarette since, nor have I gained any weight. The Hypnosis System was excellent and I would recommend it to anyone. I was amazed how quickly I kicked the habit with no side effects!!

Edgar Pitre

After smoking for over 35 years, I cannot believe that I quit after my very first session, ALIVE & FREE helped me do it!

Natalie Hamelin



CORPORATE PROGRAM TESTIMONIAL

The **ALIVE & FREE** program has shown excellent results. Several participants stopped smoking immediately, and a large majority significantly reduced their intake of cigarettes each day. These results will have an immediate positive impact on our corporate culture, and will reveal tremendous cost-savings over the long-term!

Jeff Weingarten, Health and Wellness Consultant
Canadian Tire Corporation



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Alive and Free
HYPNOSIS & WELLNESS
SINCE I QUIT
smoking



I can't remember when I felt this GREAT!



ALIVE & FREE guarantees that you will stop smoking in a natural, effortless, permanent manner, without ever feeling deprived. *No pills...no patches... no gums... no more cravings.*

Our program focuses on using the power of your subconscious, to stop smoking, easily and forever.

We are so confident in our ability to help you stop smoking. We promise to work with you as a team, until your goal is attained.

CLINICALLY PROVEN techniques

The key to long lasting successful change in your habits begins with changes in the subconscious mind. Scientific research has verified that the combined effects of light and sound promotes a deep, relaxed state of mind. Utilizing this cutting edge technology along with hypnosis, you are able to replace the self sabotaging behaviors of your subconscious mind and introduce positive thoughts in it's place.

This allows you to make permanent changes from the inside out. Through the combination of these clinically proven techniques and positive suggestions, you will finally be empowered with the mindset and internal strength to stop smoking.

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TAKE CONTROL of your life

Your health is important to you and to those who love you. Smoking has been proven to cause cancer; it's becoming increasingly expensive, and has become socially unacceptable.



IS HYPNOSIS safe?

Our **ALIVE & FREE** certified hypno-therapists, are professionally trained and follow strict ethical guidelines. You remain in control at every moment. You can terminate the hypnosis session at any time. Therapeutic hypnosis cannot make you do anything that you do not want to do.

WHY hypnosis?

The subconscious mind often stores negative thoughts or behaviors that can activate destructive habits resulting in a life long struggle. The most effective way to overcome this struggle is to reprogram your subconscious mind through hypnosis. In the altered state of hypnosis, the subconscious mind readily absorbs positive suggestions. With **ALIVE & FREE** we bypass your conscious mind and speak directly to your subconscious.

*All you need is the desire
and the commitment to be
more **ALIVE & FREE** !*

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HOW DOES hypnosis work?

Habits are controlled by our subconscious mind. Our skilled hypnotherapists are working directly on your subconscious mind, targeting the habitual triggers that prompt you to smoke. The deep relaxation associated with hypnosis helps most people make an effortless transition to the healthier lifestyles of non-smokers.

IS HYPNOSIS for everyone?

It has been proven that if you are willing, most of us are perfect candidates for hypnosis. Call **ALIVE & FREE** today for your quick and easy free hypnotic screening. With a little background information from you, we can evaluate your needs and design a personalized program according to your goals .



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