

# ***How Stress Affects Your Performance***

## ***DO YOU FIND THAT .....***

Certain exercises and movements seem easier on one side of the body....

Despite good intentions you begin to give up.....

Despite regularly exercising and feeling good you quickly begin to doubt or dislike yourself..

If the answer is yes to one or more of these statements the following is going to interest you.

## ***THE PROBLEM***

The world we live in is very stressful, and the way we deal with this is the problem. All of our challenges in life are stress related, and the challenges of our modern world make our brain respond as if we are under attack.

This response locks us into a 'Fight or Flight' stimulus which causes the brain to over stimulate one of its one hemispheres and render the other passive. This shows itself by one side of the body being stronger than the other. As a result we remain locked into an imbalanced state for years.

Some of the ongoing effects of this (which started from early infancy) are physical imbalances, ineffective thinking, feeling unfulfilled, or that ones life has no meaning reflecting itself as a sense of being separated from our true essence or being and the world in general.

*It is a fact that our world is more stressful now than 30 years ago. A study undertaken some years ago concluded that a 25 year old today will undergo more stress in one year than his or her grand parents did in a whole lifetime!*

## ***A SOLUTION***

Fortunately there is a safe, natural, tested, and proven solution to this problem that is quick and profound.

It is called an Alphabiotic Integration that can produce wonderful benefits and changes for people.

It takes less than 3 minutes to apply, and received regularly will assist the body and mind in re-balancing and healing itself.

Within us lies the ability to meet the challenges of life that enables our personal growth, learning and evolution. On receiving regular Integrations this assists us in developing and using these abilities

***Although the Integration is a physically administered process it is not about healing, treating or curing and if you have problems that require professional or medical expertise please seek out that help.***

## **Side Benefits**

Most things produce side effects, however regular Integrations produces side benefits such as:

**IMPROVED HEARING**

**CLARITY**

**RELAXATION**

**PHYSICAL BALANCE**

**IMPROVED MUSCULAR STRENGTH**

**CLEARER VISION**

**JOY**

**IMPROVED MEMORY**

**IMPROVED PERFORMANCE**

**SENSE OF PURPOSE**



***FOR DETAILS CALL  
GRAHAM TUTHILL DA 07901 921634***