

## Some Case Studies

Dennis and his wife Linda travelled all the way from Essex to stop drinking with us. This is their story:

First Session	Fri 07/12/2007	(dealt with the habit)
Second Session	Sat 08/12/2007	(dealt with the 'Luggage of Life')
Third Session	Fri 29/02/2008	(free back-up session)
Fourth Session	Sat 01/03/2008	(took away the pain of his wrongful conviction)

*Questionnaire: 'Drinking in excess daily. Always tired, unable to undertake normal domestic chores such as gardening, etc, as the willingness had ceased.'*



Before his first session, Dennis rang me and told me that he had gone to see his alcohol rehabilitation officer. I replied, 'Well, that is good.' He said, 'No, it's not.' Dennis said that the officer had told him that he may as well throw away the money he was investing in our programme as he will not receive any redeeming value from it. I was not surprised with his attitude because people invest £20,000 - by re-mortgaging their house in order to go to the Priory for a three month detoxification course - only to come back and start drinking again. The NHS sends people to one or two-week detoxification course in hospitals where they pump people full of drugs and the moment they leave, the first thing they do is hit the bottle. Institutions like the AA,

Aquarius and other charities never refer anyone outside their own organisations.

Dennis almost pulled out of the course, and the only way he stayed on the programme was when I told him that the reason we made eight 1-hour TV programmes - on difficult subjects such alcohol, smoking, weight, IBS, ME, confidence, cocaine, trauma and so on - was because we were getting the results and his rehabilitation officer wasn't. We also made it easy for Dennis to fund the programme as he only had to pay us a small amount up-front, the rest of the money has been paid by several backdated cheques. This investment will allow us to look after Dennis for a year to make sure he does not revert back to drinking again.

This is what Dennis had to say a day after the treatment:

This is a transcript of the video on our website ([www.lifeprinciples.com/](http://www.lifeprinciples.com/)) where he talks about his ten-year struggle to overcome his addiction:



"My name is Dennis. I come from Essex. I have been drinking alcohol for many, many years with no success to cure myself. I have been to the AA - that was no good to me. I have been to the 'Alcohol Advisory Service'. They were just talk. And what I used to do is drink too much, and call myself an alcoholic. I used to lie to him (about) how much I was drinking and giving him the impression that I was overcoming it when I wasn't. And my wife made the decision to come and see Shokat. We took a train from Essex to Birmingham, and booked into a hotel. I came to see Shokat. I had three hours of hypnosis. I left here to go back to our hotel and Shokat said to me you can mix with people who drink alcohol, because they are drinking alcohol, that's their problem, it's not yours because you are not dying from it anymore. You can cure yourself, and you will be tee-total for the rest of your life. And after I left Shokat yesterday,

we went to a local hotel where we bought a meal and there were people walking around me with pints of Guinness and pints of lager and spirits and I bought my wife a spirit and I had two glasses of lemonade-and-lime and it did not bother me at all. It is now Saturday morning and I am back with Shokat for another session, and I can honestly say to Shokat that, by this time, at home, I would have had a can of lager. Now I don't even want to. I think it's been worth it and I would recommend it to anyone because the people I have met have been all talk and no action. Now, I finally got action. Because I feel so good, I feel so good this morning. My wife says I look better. I used to wake up in the morning and I used have to pry my eyes open with my fingers because they were stuck together. And I was in the hotel room this morning, standing by the radiator and I said to my wife, "It did not dawn on me initially, it's the first time in months and I have woken up and my eyes are open - fantastic feeling." Shokat, today you are here for the second session, and because we dealt with the alcohol so well yesterday, today we are going to concentrate wholly on the 'Luggage of Life'.

Shokat: "So what we are going to do today is to take away all the pain that you are carrying from your past and thereby we will get rid of the reasons why you may have started drinking in the first place. Okay. Are you ready for that?"

Dennis: "I am ready for it, Shokat: Okay, lets go."

On Sunday - two days after his first session - Dennis called me and said, "My family is so impressed with what I have managed to achieve with your help. The best present I got was when my granddaughter told me that her mum had told her that she now had a new grandad. I will always remember those words for the rest of my life."

He also went to pick the Sunday groceries and paper and when he was leaving the shop the shopkeeper reminded him that he had forgotten his booze. He said, "No, I haven't forgotten it. I just don't need it any more."

This is what Linda had to say five weeks after the treatment:



"My husband has been abusing alcohol for many years, in excess of ten years to be precise. The local Community Alcohol Team used to visit and speak to him every week. Normally, when they visited, he was drunk, but he lied to them and they believed him and the whole story went on. He tried AA – (but) no avail. He even attempted suicide – not once, but several times. I was at my wits end as to what to do.

"I found Shokat and 'Life Principles' one night whilst searching the internet for hours and hours. I asked him lots of questions - via e-mails - over a period of several days, one of the questions being cost."

"We both looked at the DVD's prior to the visit, so that I could try and help my husband, and he could help himself."

"I got an appointment for my husband to see Shokat in December 2007. I booked train tickets from Euston to Birmingham, booked a hotel, and we both set off at 9am on the 7th December."

"My husband had not had a drink that morning and was suffering badly on route – sweating, shaking - all the symptoms that alcoholics get when in withdrawal. I went down to the buffet car and got him two cans of cider to help with the symptoms, and this worked."

"We arrived at Birmingham, got a cab to the hotel and then got another cab to Shokat's house for my husband's 4pm appointment. I sat in the lounge whilst Shokat spoke to my husband and then he went into the treatment room. He came out at 7.15pm and we got a cab back to our hotel. We went into the Harvester for a meal. I myself had my usual tittle and my husband had a tonic and lime. There were lots of customers drinking alcohol but it did not worry him. I am glad to say that seven weeks down the line he still drinks tonic and lime, he eats loads of fruit and, although he was previously 9st. 5lbs, as of today, 20th January he weighs just under 11st.

"I had the best Christmas that I have had in ten years. I was so happy to have my man back in my life. We celebrated our 40th wedding anniversary last September, but he does not remember it as he was drunk. He does not work now because of ill-health, due to his past drinking habits, so I myself do ironing to meet our debts."

"We still have a long way to go to sort out the financial problems because my husband drank all of our money away."

"But I do have to say that Shokat and his family have given me and my man a new lease of life. I got engaged to him when I was thirteen and married him when I was eighteen; we have two beautiful daughters and five beautiful grandchildren. My husband missed the last ten years of their lives and also of my life. Not anymore. He is wonderful to all of us, and that is thanks to Shokat and his family."

"We both listen to the follow-up CD's and both find them very relaxing and helpful, I actually fall asleep and when I wake up I'm fully relaxed and refreshed."

"It cost me £700 for the alcohol abuse programme which I thought was a lot of money. However, looking back at how this has changed our life, the cost pales into insignificance. I know that in the long run we will recover this money and more. Anyway, what price can anyone place on their health?"

**Four days later we got this e-mail from his wife Linda:**

Sent: 11 December 2007. 20:50  
To: info@lifeprinciples.com  
Subject: Dennis & Linda

Dear Shokat and Mrs Shokat,

Thank-you so much, you have given me my husband back.

I myself am still struggling because I can not believe the change in him - still looking for old habits - four days down the line, I and my daughters and my grandchildren have him back. THANK YOU THANK YOU.

I know it is early days and we take one day at a time.

I have always believed in angels, you and your family are without a doubt ANGELS.

I look forward to the next trip to see you - so you can check on my other half.

I have put your posters everywhere I can - but there are so many non-believers out there it is untrue.

DENNIS is most definitely proof of your help and work, so I thank-you with all my heart.

Linda xxxxx.

**Two weeks later, just before Christmas 2007.**

Sent: 22 December 2007 23:14  
To: info@lifeprinciples.com  
Subject: Dennis & Linda

Dear Shokat and Mrs Shokat,

Update for you lovely people, Dennis has now gone two weeks with out alcohol, and he is a happy person, and me myself could not be happier.

This will be the first Christmas for many years that I have my husband back, not only for me but our daughters as well. They keep asking me, "Mum, are you sure Dad has not had a drink?". My answer is, "No, he has not." Dennis now tells people when they ask him: 'Would you like a drink?' His answer is: "No, I don't drink."

Dennis went to see his GP today, told him about your good selves and the outcome, he shook Dennis's hand and was very pleased - so we are passing the word.

We cannot thank-you both enough, have a lovely Christmas, and a very happy New Year to you both and your family.

Look forward to seeing you in March of next year.

Thank- you both once again.

Dennis & Linda.

**Four weeks later - January 2008.**

-----Original Message-----

Sent: 06 January 2008 00:11  
To: info@lifeprinciples.com  
Subject: Shokat & Mrs Shokat – re: Dennis 05/01/08

Hi there,

It's me again, Linda - just would like to wish you and your family a happy and healthy and prosperous new year. Thank -you once again - Dennis has been alcohol-free for four weeks yesterday the 4th of January 2008. His CAT advisor (Community Alcohol Advisor) visited yesterday, and dismissed Dennis from his books as an ALCOHOLIC. He was very amazed and very surprised, and also stated - to his understanding – (that) this has never worked before, as they have (a) hypnotherapist on-site. Me speaking now (Linda) again - I told him they have never met a family as you - with such dedication to the care and welfare of people. It is not this Advisors fault and he was and is a lovely person - but you have to believe in Angels - as we do - and you are.

I (Linda) have spent the happiest Christmas that I have spent in the last eight years it has been wonderful. Dennis most likely will not like this but he has found the washing machine and the tumble dryer for the first time in forty years. He now drinks tea like it is going out of fashion - costing a fortune eating fruit - and likes bread and butter. We used to use one pack of bread (per) week - we now use five. Shokat, what we have saved on alcohol we now spend on food - and it is wonderful – THANK-YOU.

XXXX Linda (and the fatter person AKA Dennis (he has put on 4 kilos).

Look forward to seeing you in March.

P.S. He does not go anywhere without the E Capsule - and I myself listen to your CD's. They are wonderful. Dennis has to wake me up from them - so relaxing mmmmmmmmmmm. THANK-YOU.

xxxx Linda & Dennis.

Government's attitude

Dennis was convicted on a drink driving charge. He was put on a restraining order which was enforced with an electronic tag around his ankle. Dennis could not go to his allotment which he loved. This got him down and he finally 'cracked-up' and started drinking again. The Government could not help him stop drinking for the last ten years but they were very quick to undo all the good we had achieved with the therapy. They did not even take into consideration the fact that Dennis was now a tee-totaller. What a strange world we live in. The e-mail below was received after we undertook a free back-up session to get him to stop drinking again.

### Three months later - March 2008.

-----Original Message-----  
Sent: 02 March 2008 22:13  
To: info@lifeprinciples.com

Subject: Dennis

Hi there,

Dennis is very good – (you) do not know your powers.

THANK-YOU SO MUCH.

We spent today round our daughters being Mum's Day, had lunch - Dennis ate our daughter out of house and home. It is now 10pm - he is still eating - he is making up for lost time during the last several weeks.

Dennis tells me you will give him a gift next year March 2009 - TO GIVE UP SMOKING - if he is good.

I cannot thank-you enough.

Linda x.

### Joyce [Housewife], Birmingham – Alcohol

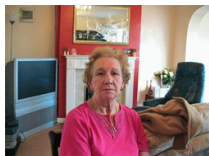
First Session 09/02/2006 (habit)  
Second Session 16/02/2006 (find the root cause)  
Third Session 08/03/06 (reinforcement)

*Questionnaire: 'Alcohol; fainting turns; tiredness. Behind the counter at our local Co-op, the bottles of whisky are always a temptation. Since my teens, my stomach has been sensitive to food poisoning - or similar- causing blackouts and fainting.'*

Before the first session, Joyce could not stand unaided. She was shaking violently; that she could not even sign her name on the questionnaire. Well, she had no such problem when she came back for her second session. All of the problems (above) had disappeared, and she even looked different and more composed.

Methods Joyce had tried before (without success) included: Self-Determination; Alcoholics Anonymous; Lantern House.

This is the video transcript of Joyce from our website ([www.lifeprinciples.com/](http://www.lifeprinciples.com/)):



"Hello, I'm Joyce. I am 71 next week. I had a very bad alcohol problem. I was drinking two or three bottles of whiskey a week. I was tired all the time. I nearly lost my family. My daughter said she was not going to come and see me if I did not pack-up. My husband has been wonderful. He has tried to be fair with me, he has tried to be firm with me, he has tried to be loving. He has tried everything he could to help me but I just could not help myself. Anyway, I saw this advert in the Journal and I came last week for the first time and oh, what a difference it's made. I am sleeping better, eating better, I haven't touched a drink. Yesterday I went down to the shops and there was a bottle of whiskey and I thought I love a drink but then I thought, 'No, I am not going to let people down.' And as Shokat says, I would be letting myself down. We don't argue my husband and I, but he has been cross with me and we have not had one cross word this week and he said, 'It's been one of the best weeks for years that we had together.' I used to pass out – I think that was because of the drink. I was sick a lot of the times because of what I was doing to my body. I have only been once and I feel wonderful.

Shokat: 'Will you ever drink again?'

Joyce: 'No, I am not an alcoholic, I am a tee-totaller. Yes, it's most definitely worth it. If anyone who is in the same problem as me - if they can afford to come - then they should come.'

Shokat: 'Last week you were shaking like a leaf, you could not stand up, you could not sit down, you had to be assisted because you were shaking very violently. Last week, your husband was so worried about you and so was I.'

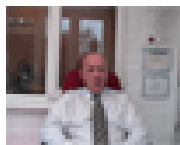
Joyce: 'I could not even sign my name on the paper, my hands were shaking that much. I am going to sign it now.'

And she signed her name without any problems.

## David [Musician], Birmingham - Cocaine

First session: Sat 23/04/2005; Second session: Sat 30/04/2005; Third session: Sat 07/05/2005

Transcript from the video on our website ([www.lifeprinciples.com/](http://www.lifeprinciples.com/))



"My name is David. I am here (because of) cocaine addiction. I have tried everything – been to the NHS, been to meeting(s) – there are all a waste of space. I came to see Ali and he has dealt with the problem. I am now free from cocaine. I came originally about 14 months ago. Slight relapse since Christmas, I am back again and now I am sort of free again."

## Mandy, Peterborough - Binge Drinking

First Session: 18/06/2007

Second Session: 02/07/2007

*Questionnaire: 'I binge drink 3-to-4 times-a-week and will often drink until I blank out. I am devastated by my behaviour + by the effect it has on my family + close friends but I cannot seem to break the habit. I feel it is life-threatening.'*

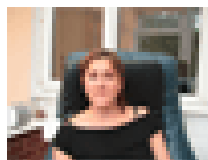
Mandy wants to remain anonymous because of the social stigma associated with alcohol-related problems. Because of this, we have distorted her picture (below) and video testimonial ([www.lifeprinciples.com/](http://www.lifeprinciples.com/)) so she cannot be recognised.

Mandy talks about her 10-year struggle to overcome her problem including months with counselling and nothing had helped her. In just one session, she went from a binge-drinker to a tee-totaller with the utmost ease.

So many people have already stopped drinking with us using our advanced hypnotherapy, but now we have incorporated bioresonance into our programme and the success rate has gone through the roof. It's extremely difficult to get a failure these days.

A few weeks later, Mandy's mother came to quit smoking 40 cigarettes-a-day with us. She quit smoking instantly.

This is Mandy's story, a transcript of her video interview on our website ([www.lifeprinciples.com/](http://www.lifeprinciples.com/)):



"I would say that from about ten years ago, I went from having a social drink to binge-drinking where I would regularly binge drink three-to-four-times-a-week, where I would 'pass out', 'black out', every single time. I would be absolutely devastated the next morning because I couldn't remember what I had done. I had shown myself up, I lost my dignity, and I would be absolutely dying inside and would never want to drink again. But then, like I said, three-to-four-times-a-week became my habit - the cycle was just set – a spiral downhill, because the more I did it, the less control I had of it. There were some really worse circumstances where I found I nearly got attacked – I would not even know that I got attacked because there were moments when I would wake up and think how did I get here? It was absolutely devastating, because without drink I am very dignified and very in control of every other aspect of my life but the drink really did take a hold. I just put it by; that was society because everybody goes out and everybody gets wasted and I was in good company."

Shokat: "Tell me what happened, how did you overcome your problem?"

Mandy: "Well, I just came to the point where I knew that this was life-threatening. I knew that one particular time I would either vomit in my sleep and that would be it, or I would be attacked because I left myself open, completely open within that state. So, you know, it's started to affect my life as I would not want to go out because I knew that if I (got) drunk, I would be just a loose cannon, I would be susceptible to anything. So you know, I tried to just stop drinking and I found it extremely difficult. If I went to a social occasion, I really didn't want to be there because I didn't feel part of it because I wouldn't be drinking. It didn't work it just never worked, with all the willpower in the world it never happened – I would still drink. A few days would go by and some scenario would come up and I would excuse myself, pretending I could control it this time, or that I needed it because I had some stressful occasion, or I needed it because of a celebration – I would find some sort of an excuse. (I) just did not have the willpower and it just continued and continued until I just happened to be looking on the internet and just trying to find something that would help me. And that's when I come across Shokat Ali's website and I saw Liz and how it had affected Liz. I could relate to Liz in that she drunk a couple of bottles of wine and didn't think much of it but she knew it was taking a toll on her health and on her life. So I phoned up."

Shokat: "So what happened?"

Mandy continues: "I had an appointment very quick, so once I set the decision; it was not long before I came up and then we had a two-hour session where I had the hypnotherapy and the bioresonance treatment. And I went away, and, I just can't believe it – this is my second session and I have not touched a drop and it's just not like me."

Shokat: "How many weeks (since you last had a drink)?"

Mandy continues: "It's been two weeks, and I have had the most stressful two weeks, I have actually moved house, it's been really stressful but not once have I even felt like having a drink. I can't believe it really. I feel a lot more optimistic now, I feel very optimistic for my future because I feel that I can now make plans. I don't feel that that's now controlling me."

Shokat: "Until you ended up looking at my website by chance, did you think there was help out there, did you consider something else?"

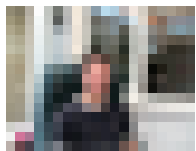
Mandy: "I've seen people do the conventional way and go via the hospital; the doctor's and I'd seen it fail, so no. I had gone previously a few years back when I realised that this was becoming a problem and I went to a counsellor to talk but it didn't have any effect on me and I would still go back and drink. You know, it just didn't seem to have that effect so with all the passion and the willpower it just didn't work for me – until here, yes."

#### MG [Male Nurse], Sutton Coldfield - Alcohol

First Session            01/11/2005    (habit)  
Second Session        10/11/2005    (smoking)

'MG' was a secret drinker and smoker. He has a wonderful partner in his life and did not want these to vices to mess up his relationship, so he sought our help. He took full control over his drinking in one session and in the second session we blew away his smoking habit free-of-charge. You get a lot more than you pay for with 'Life Principles.'

Transcript of video on our website ([www.lifeprinciples.com/](http://www.lifeprinciples.com/)):



"As far as alcohol is concerned - since my first session 19 days ago - I have not had any inclination to have any alcohol. I have not even thought about it. Even on the odd occasion when I did think about it, I did not have the urge to drink. I have been very happy with my water and odd cups of tea instead. I do - straightaway - feel the difference as I am a lot happier at home and - in the future - I can't see any inclination to revert back to drinking again. I am extremely happy with how things have gone."

#### JW [Social Worker], West Midlands – Alcohol

First Session            11/10/2005    (habit)  
Second Session        18/10/2005    (unresolved emotions)

*Questionnaire "I'm drinking a bottle of wine a day - only in the evening, trying to cope with inability to sleep due to anxiety. I'm alone with four children - their father gives no support. My parents died within eight days of each other, in May. I'm finding tolerance to one bottle of wine and recognise I have a problem. I don't want to drink any more."*

Transcript from audio



"I started to consume about a bottle of wine a night. When it came to maybe another drink afterwards and maybe another bottle after that, I knew that was very serious.

"When monitoring my blood pressure, it was bordering on hypertensive. I tried to cut out the alcohol and struggled doing so. I felt the best way forward for me was to investigate hypnotherapy to see whether that would help. After a long time trying to find an appropriate person going on websites and doing different things, I decided to come to you. I liked the professional advert. I came with trepidation and nervousness as well. Because I don't know very much about you and the environment as well, it could be very vulnerable. But fortunately, that was not the case. I had the two sessions and I think I am okay. I can't say I have (an) overwhelming aversion to wine or anything like that, but just a disdain.

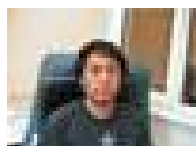
"I work very closely with stroke families and stroke victims, and one of the factors of (suffering a) stroke is alcohol. I am aware that I should not be consuming a bottle of wine a day and end up a statistic, either through stroke or liver problems or other health issues.

"I do recommend hypnotherapy and I may want to come back for more treatment to do with other area's of my life. I see you had someone who wanted to get over her ex..(chuckle)..that's interesting.

"Since leaving here after the first session, I have not had a single drink or had the desire to drink. I don't think I will ever drink again."

#### Joe [Engineer] London - Cannabis, Cocaine, Alcohol

First Session            31/05/08  
Second Session        01/06/08



Joe wanted to overcome his addiction to a number of vices. Rather than get him in and deal with each of his habits at a time (a bit much when you have to travel from London), we decided to try

a revolutionary new approach. We decided to deal with all of his habits on day one, then reinforce them on day two. It worked like magic.

We will see Joe in three months time to check on his progress and also to deal with the root causes of his problems. We very much doubt if he will touch cannabis, cocaine or alcohol again.

We get testimonials for things like smoking and weight all the time. We just do not have the time to publish them all. However, because of the social stigma attached to things like cannabis, alcohol and cocaine, it's very difficult to get someone to speak in front of a camera, no matter how well they have done. We asked Joe to consider giving us an interview during his next visit. Let's see if he agrees to that in three months time.

#### HR [Teacher], West Midlands - Alcohol

First Session 11/10/2005  
Second Session 18/10/2005

*Questionnaire: "Once I have one drink, I find it impossible to stop. I've tried to narrow it down to when I need to drink, but it is really (for) any reason."*

Video Transcript:



"Basically, the problem was alcohol. I got to the point that the only way after I finished work was to go home and I'd be drinking all night. As soon as I started drinking, I wouldn't stop until I fell asleep, and then I would wake up and then go to bed. It was every excuse I could find to have a drink, whether I had a stressful day, whether I'd done something good, whether it was the end of the week, a family celebration, anything. I was really concerned about the extent of it.

"Also - as well - I did not like the person I had become when I did start drinking. I hated the person. I also hated myself because I couldn't stop drinking. And I knew it was affecting myself and my family..also my health as well, because the next day, I just get up with a terrible hangover..be really bad..then I would start eating lots of carbohydrates to try and settle myself down. The weight piled on so obviously I got a lot fatter.

"I have tried abstaining. I tried doing extra things like going out, doing different evening classes and absolutely nothing has worked. To be quite truthful, I was very sceptical when I first came here but I was absolutely desperate to do something about my drinking, really desperate. I came here, had the session and I haven't had a drink since.

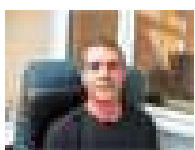
"I actually identified two time periods: Friday evening when that was it, like the end of the week, that was it. I would go out for an Indian meal and have a bottle of wine with a meal and then come back and drink some more. And then on Sunday, when I would have all of my family around - or relatives - for dinner, where I would cook for everyone and we would drink lots and lots of wine. Then I would carry on drinking and the next day I would feel awful. I just could not stop this process at all.

"So when I came here, as I said, I was very sceptical but I am absolutely amazed. I have not had a drink, and this Friday and Sunday it did cross my mind and I just said 'No' to the thought and it just went. I just cannot believe I have not had a drink. I had not wanted a drink. I mean yesterday, I had one of the most stressful days of my life, at work..really stressful. When I got home - which was a lot later than normal because of the circumstances - I didn't even think about having a drink and that to me is a miracle. So I am just 'over-the-moon' and it really has changed my life and I hope it continues to change my life as well. It's absolutely brilliant and I will tell everybody.

"If I look back, it all started when my first marriage was on the rocks 27 years ago. For all of those years, I was out of control until now thanks to your help."

#### Chris [Designer] Sutton Coldfield - Cannabis and Crack-Cocaine

First Session 14/04/2008  
Second Session 16/04/2008



Chris was spending about £1,000-a-month feeding his habit of smoking cannabis and crack. His mum found us through local advertising and bought him to see us.

Crack is an incredibly addictive substance. One puff and you are hooked for life. It is almost as bad as smoked heroin. Chris came back three days later for his booster session before he went on holiday. The cravings for the cannabis had disappeared into thin air and the cravings for the crack had reduced by 50%.

In the second session, Chris was given a booster of our special hypnosis that is used to perform surgery without anaesthesia. At the same time, he was given bioresonance to take away the poisons in his body. Finally, we finished off with the laser to take away the physical cravings.

We will see Chris when he comes back from holidays in a few weeks time and we will let you know how he got on. Before he left, this is what he had to say:

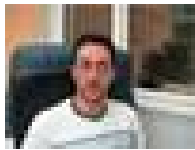
"You have given me back my life. I can't thank-you enough."

Third Session                      Tue 20-05-2008

When Chris came back from his holiday, his mum told us that he has been marvellous and not needed any crack at all. He is still a non-smoker and very happy with his new found freedom.

### Neal [Mechanic] London - Crack Cocaine

First Session                      09/05/2008  
Second Session                    10/05/2008



Neal wanted to quit smoking crack. His mum found us on the internet and booked him on a three session programme. The third session is due in three months time.

Neal started using cocaine but things got a lot worse when he was introduced to crack. Now, he is broke all the time and the moment he gets paid, he goes out and spends it all on crack.

Two weeks after coming to see us, his sister wrote an e-mail to us saying that already she can see the changes in him. For the first time, he went to the pub and did not have a drink\*. Two weeks later, we got another text. For the first time in ages, Neal did not go out to buy crack when he got paid. Here is part of the e-mail:

To: <[shokat@sky.com](mailto:shokat@sky.com)>  
Date: May 17 2008 - 9:25am

Just to let you know that Neal stayed home last night! First Friday/payday in years! Still early days, I know, but brilliant all the same. I can't thank-you enough.

I asked him if he carries the E-capsule and he said he doesn't while at work in case he loses it. I'd be very grateful if you could e-mail or txt him to ask how he's doing and if he could keep the capsule on him at all times. He is eating and drinking all the stuff you told him to.

Thanks again Shokat. God bless.

Pam

We spoke to Neal a few days ago, and he told us that he can't explain exactly how this has worked, but his desire to smoke crack has gone. Now, he is trying to persuade two of his best friends to come and see us.

(\*We put suggestions to stop him drinking and smoking as well, although his main concern was the crack.)

### JM [Chef], Bucks - Cigarettes, Cannabis, Cocaine, Alcohol & Ketamine



We have abbreviated the name and blurred the picture to keep this client anonymous, but it's a story that is worth sharing. 'JM' suffered a mental trauma when he was about 11 years old. He went through hell for two years and the only way he could cope was by turning to drinking alcohol and smoking cigarettes and cannabis. As he grew up, his fantastic relationship with his father also started to suffer very badly. By the time he was in his late teens, he also started taking cocaine and ketamine (horse tranquiliser).

In utter desperation, his father found us and bought his son over to see us. In just one session of our combined system, we took away all of his addictions. The plan was to get him back in after about a month for the 'Luggage of Life' programme, where we would address the trauma of his past. However, we made it so easy for this young man to quit all of his vices in one go, that two weeks after his first session, he decided he could get away with a glass of lager. Well, as any alcoholic will tell you that once the compulsion to drink has gone you can never have another drink again. Of course, when he was drunk he wanted a cigarette. So, when he came back for his second session a month later not only did we have to deal with his troubled past, but we also had to get rid of two habits that he had inadvertently restarted again.

In the second session, we took away all the pain of his past and then repeated the induction for the addictions. He is now free from all of his bad vices and – moreover - he is now free from the troubles of his past. We also used a

simple NLP technique to restore the loving relationship he once enjoyed with his father when he was young. We will see him again in two months time and maybe he will share his story on video.

Remember the NHS has no answers to a lot of these problems. So how much would you pay to get your life back?

### Emily [Student], London - Heroin

First Session	21/06/2008	(heroin habit)
Second Session	22/06/2008	(bad eating habits)
Third Session	02/07/2008	(emotions)



Emily was brought to us by her mother with several problems, i.e. unhealthy eating habits and heroin addiction. She was most concerned about the heroin addiction after falling in with the wrong crowd. After the first two sessions, Emily's eating habits improved dramatically and she felt totally indifferent about heroin. The bioresonance found traces of hard drugs in her body on the first visit, but in the third visit there were no traces of hard and recreational drugs – she was totally clean. Her skin was all flaky with eczema during the first session, but this had improved vastly by the time she came in for her third session.

Emily should be able to go it alone from now but if she ever falls off the bandwagon, she can come back to us free-of-charge during the 12-month period, and we will gently guide her back on the straight path once again.

### Paul Lynch, Paul Zafiri and Mariana Charles, Birmingham – Cannabis

Paul Lynch, Paul Zafiri and his fiancé, Mariana Charles (now his wife), quit smoking with us back in December 2002. However, Paul (Zafiri) had reverted back to smoking eight months later due to the pressure of the wedding and then quit again - on Wednesday 3rd August 2005 - with our help.

Paul Lynch had smoked 30 cigarettes-a-day since he was 16. He had a lot of compelling health reasons for stopping. He had tried all sort of things - including group hypnosis - and nothing had worked for him. He walked into our office as a smoker and he walked out of the door as a non-smoker, after our very powerful induction.

Paul (Lynch) told his friend Paul (Zafiri) about the success he had in stopping and he booked in a week later. Paul was so desperate to stop and could not bear the thought of smoking during Christmas. We made special arrangements for him to come in during our holiday period and stopped him smoking in the very first session. He booked in his fiancé Mariana Charles, who wanted to stop smoking before they went off on their holidays on 10th January 2003. She stopped smoking with us a day earlier - on the 9th January - and has not touched a cigarette since.

Cigarettes are not the only thing we got them to stop smoking, but that's another story. So, does it matter if you are smoking tobacco or marijuana?



Out of the three of them, only Paul (Zafiri) lit-up about 8 months later because of the stress of getting married. Since then, he has tried just about everything he could think of to quit but nothing has worked for him. Before he came to see us - on Wed 03/08/2005 - he was put on Zyban. Paul found our number from our promotional literature we sent him recently and told us that the Zyban was 'doing his head-in' and he wanted to stop desperately with our help again. Needless to say, he quit instantly. Paul is very 'camera-shy', so he only agreed to an audio testimonial.

### Valerie Waterhouse [House-person], Great Barr, Birmingham - Cigarettes

First Session 08/05/2005

Valerie's mother died from cancer of the bronchial tubes, so this was a good enough reason for her to quit smoking. She was also worried that her partner smoked and how she would cope with that.

She has tried to quit smoking for 35 years using patches, gums and hypnotherapy several times but to no avail, until she came to see us.

On Friday 21st October, she came back with her niece Gale Thompson and granddaughter Leamme Graham. Leamme quit smoking instantly, but Gale needed another session - on Saturday - to calm her down. On Monday 24th October, Leamme's mother and Gale's sister - Joan Pinkney - also quit smoking with us. That's three generations in the same family who have become non-smokers with our help.

Valerie's video transcript:



"My name is Valerie Waterhouse. I live locally in Great Barr. I have tried several times to stop smoking over a 30-year period. I have had hypnosis before - three times - and it didn't work in my opinion.

"I tried patches. I have chewed chewing gum. I almost tore my hair out to despair. I am back to the cigarettes, I am afraid (to say).



"One day in May of this year (2005), I was in my dental surgery having some treatment and I glanced over to some leaflets on his counter. So out of curiosity, I bent over and picked one up – there it was: Life Principles. I thought, 'I don't understand what Life Principles is,' and I spoke to my daughter and I said, 'You know, my asthma is really, really bad at the moment and I really feel that at the moment, but whether I can do it or not is another matter.' So she said, 'Let's try and phone and find out what it's all about,' which I did – (I) actually made an appointment.



"I came on the Friday the 13<sup>th</sup> of May, which I did not know for me, lucky or unlucky, but you know with the thought of non-smoking in my head I thought, 'Well, my daughter and her boyfriend actually paid for me to have this done,' so I thought, 'Give it a go and see what happens,' and - low-and-behold - I haven't had a cigarette since. And I really and truly feel as (though) I am a non-smoker and I feel as if I never, ever had a cigarette in



my life. The smell of them makes me cringe, and I have brought my nieces with me to stop smoking. They can't believe that I have actually done it, after all of these years and they know the various process(-es) I have been through to try and stop smoking, to no avail of course, but now I have done it and they are so impressed and they are having this process done themselves."

(Pictured - from top to bottom - Valerie, her daughters Gale Thompson and Joan Pinkney, and her granddaughter Leamme Graham.)

## Pedro Dos Santos [Retail Manager], London - Cigarettes

First Session 02/08/2007

Second Session 03/08/2007

Methods I have tried in the past to quit smoking

- Patches (stopped for 3h then used patches and also smoked)
- Zyban (the £800 wonder drug had no effect on me at all)
- Hypnosis (stopped smoking for a about 4h then caved in)
- Bioresonance (stopped smoking for about 6h after the first session)



"Hi my name is Pedro. I am a retail manager from London. Basically I have tried lots of different things before. I have tried Zyban - patches - bioresonance - hypnosis without any success at all. The longest success I ever had was five or six hours and then started smoking again. I have now just finished my second session (24 hours after the first session at 'Life Principles') and I am now a non-smoker. Basically, I have had the hypnosis, the bioresonance and the laser (treatment). I feel great about myself...for the first time I don't feel this fear (anxiety of losing my 'crutch')...I feel really really good."

Shokat: "It's the first time you have gone (a) whole day without cigarettes?"

Pedro: "It's the first time ever...it's the first time...I have been smoking for ten years."

Shokat: "Let's just go through the different methods you have gone through. You have been thorough patches - how successful were they?"

Pedro: "Not at all – I think it was two or three hours after I started using them...then I was using the patches and still smoking the cigarettes. "

Shokat: "That's very dangerous. What about Zyban?"

Pedro: "The Zyban did not do anything for me at all. I think my problem with smoking was more mentally then anything else...and Zyban had very little effect."

Shokat: "Then you had hypnosis didn't you? So what was the effect of the hypnosis?"

Pedro: "Well the hypnosis I had made me very positive for about three or four hours...but then the cravings (started) and (I became) very anxious again...and at that time I just started smoking again."

Shokat: "The last thing before you came to see us was bioresonance in London. Just describe how that went along?"

Pedro: "Basically you sit on a chair and they put something on your arms and the session is about 40-45 minutes. And they give you the option...they let you know that if you needed a top-up appointment (within 30 days) than that would be free of charge... I did take up the offer because about four or five hours after the first time...I just started panicking, because I started getting a lot of (irritability) because everything I could think about was the cigarettes...where to buy them or when I should go and get them...everything to do with the cigarettes...so it was not successful at all. (I) went back a second time...and pretty much the same (thing happened again)."

Shokat: "Our bioresonance system was 90-minutes which is a lot longer and you also got a printout which addressed a lot of your other biological problems and not just the smoking. And you got the e-Capsule. The hypnosis again was one-and-half hours and you got your aftercare (self-hypnosis) CD as well. So compare this to everything else you had before – how does it compare?"

Pedro: "It's been the best – the very best. I think a lot of things that are available for you to do, don't address all of the other issues that you have...and its fine to try and address the physical side of the addiction but you also got to (deal with the) psychological side...and a lot of the things (available) don't do. Or - you know - they will address the psychological (side) but not the physical...and you are feeling great about yourself but you are still physically wanting a cigarette."

That was on Thu 2<sup>nd</sup> Aug 2007 and Pedro is still a happy non-smoker a year later. From what he says, it seems that his hypnosis session in London did not work (he finds it extremely difficult to relax). Pedro is the sort of person who would have found it extremely difficult to quit smoking with laser/bioresonance/champix alone – for him, the hypnotherapy just had to work or he would have obsessed about cigarettes 24/7 as the anxiety of being a non-smoker 'kicked-in'. Knowing Pedro's history, we did not want to take a chance so he was invited to stay overnight in a nearby B&B when he came in for his treatment. He was our last client of the day (6 pm) and our first client the following day (10 am). In this way, we could monitor the progress of the first session as soon as he came back into the clinic the following day. When he came in for his second session, he was very relaxed and upbeat, rather than 'climbing-the-wall', so we knew the previous session had gone well. The last thing we wanted was for Pedro to travel all the way to Birmingham from London and go back home a failure.

Pedro goes on to describe how he had failed - got disillusioned - did some research on the internet - came across a website called 'Bad Science' where people were 'slating' bioresonance and the only positive article on it was by 'Life Principles' – the rest is history.

The rest of the video interview can be seen on our website at:

[http://www.lifeprinciples.com/testimonialDetails.php?cur\\_id=7&txtSearch=&tm\\_id=214&tm\\_cat\\_id=1&tm\\_cat\\_name=StopSmoking](http://www.lifeprinciples.com/testimonialDetails.php?cur_id=7&txtSearch=&tm_id=214&tm_cat_id=1&tm_cat_name=StopSmoking)

### Linda Buchanan [Retired], Jamestown, Scotland - Cigarettes

12/11/2007 Session One

13/11/2007 Session Two

03/03/2008 Free Backup Session

Linda travelled all the way from Jamestown, Scotland to quit smoking with our help. Linda was desperate to stop. She had tried almost everything in the last three years but failed miserably every time. Well she did not fail with us. Linda quit smoking after the first two sessions of our combined system.



"My name is Linda - I've come down from Scotland. I've been smoking for over 45 years now...I am retired. I've tried every method that you can imagine – hypnosis – laser treatment – patches – gum – zyban - you name it, I've tried it...just everything...I don't think there is anything I haven't tried. I heard about Shokat Ali, going on the internet, and he sounded like just the man that could help me give up (the smoking habit) for good...and I came to see him last year (November 2007)...and it actually worked for me for three months.

However, through something totally unexpected (that happened to me)...which put a lot of pressure on me personally...(and) I actually started to smoke again."

"So I've come back again and Shokat has given me a free session...and now I feel very very confident that as I go home this time...I'm going to do it...I am going to do it for good and not for (three) months as I have done the last time."

Shokat: "When was the last time you quit smoking for three months before?"

Linda: "I never have...the longest time I managed to do it is for two months. This has been the longest and the easiest...let me put it that way...to cope with it in that space of time...yes."

Shokat: "Well you were very difficult to hypnotise and because you stayed overnight (the last time around), we recon that you actually quit smoking with the combination of laser and bioresonance...but this time we actually got the hypnotherapy to work...in fact, it's worked so well that you literally feel asleep most of the way...you can't go any deeper than that?"

Linda: "I feel very relaxed (chuckling)."

Shokat: "We also superimposed that (hypnotherapy) with the bioresonance...we have given you (an) extended session of the bioresonance using brand-new formula's...and we then finished that off with the laser (treatment)."

Linda: "Oh, I feel very confident I will never go back to smoking again."

This interview can be seen on our website at:

[http://www.lifeprinciples.com/testimonialDetails.php?cur\\_id=7&txtSearch=&tm\\_id=227&tm\\_cat\\_id=1&tm\\_cat\\_name=StopSmoking#](http://www.lifeprinciples.com/testimonialDetails.php?cur_id=7&txtSearch=&tm_id=227&tm_cat_id=1&tm_cat_name=StopSmoking#)

Some people travel half way around the world to seek our help

Some people complain that we are too far away to travel. For something as life-changing as overcoming an entrenched addiction, distance should never be an obstacle. The following people came to see us in 2008 – they did not let the distance put them off, did they?

### **David, Dhahran, Saudi Arabia**



"I hope you are well. It has been over two months since my first session of stop-smoking program. I would like to inform you that I have not have any cigarette and I do not feel like having one. I am really happy now and I hope that I will never touch it again, inshallah."

**Mohammed, Riyadh, Saudi Arabia**

### Allan [Birmingham] – Alcohol Addiction

Pictured (below) is Allan who overcame his long-term drinking/smoking habit with our help. Allan needed three sessions to quit smoking and drinking. Again, you can see the look of anguish on his first photo, taken before the treatment. Compare this to the second photo which was taken a week later. See the difference?



"Hi, my name is Allan. I am 40. I have been drinking heavily for about 20 years. I have come here to get help because the AA did not help me, group sessions didn't help me, and hopefully the sessions I had (with 'Life Principles') will. I came last week because I was a heavy smoker as well and, since then, in the last seven days, I have only had just one cigarette rather than 20-a-day. And all I can do is to recommend this kind of therapy because the AA (wouldn't) have helped you, doctors wouldn't have helped you and the NHS will always forget you."

"Aquarius, I went there. It made me worse. The group sessions were terrible. All you do is sit down and listen to everybody else's problems (then) go away, feeling more down than when you come in. There is no after-care; there is no after-thought, there is nothing. And all they do is to take the money they take from the donations and the money they receive and use it for themselves. There is no help whatsoever. This is why I came here and this is why you should come here (too)."



"I used to smoke up to 60-a-day. The things I have noticed since I cut down on the smoking and since I cut down on the alcohol intake, how much it didn't just affect me and my health but how it affected other people. I was not just hurting myself, I was hurting a lot of people, and that is one thing that has to stop. My actions should not have a reaction on somebody else, when they have no control over the situation I'm causing. It's my problem and I got to deal with it and - if I get better - then everyone else will get better, and everybody else will be nicer towards me."

"The reason for drinking is because I have had a bad life. It's no excuse for drinking. It's just that when you are drinking that heavily, you forget everything. The only thing is (that) the problem doesn't go away, you wake up the next day, the problem is still there and you start drinking again. So it's an ongoing thing. So, rather than drinking Monday, Wednesday, Friday you are drinking Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sundays – just to try and forget. The only thing is the problem has not gone away. Shokat, the problem doesn't go away until you deal with it at the unconscious level first, which we will deal with in the next session."

"I have been to no-smoking-groups. I have had the patches, I have had the tablets (chamfix), I have had the gum and nothing works until I came here. Now, one fag to me in a week, that for me is unheard of. I am now looking forward to the next session."

His video can be seen on our website at:

[http://www.lifeprinciples.com/testimonialDetails.php?cur\\_id=0&txtSearch=&tm\\_id=236&tm\\_cat\\_id=4&tm\\_cat\\_name=Wellness](http://www.lifeprinciples.com/testimonialDetails.php?cur_id=0&txtSearch=&tm_id=236&tm_cat_id=4&tm_cat_name=Wellness)

#### Sagir [Birmingham] – Nicotine Addiction

Sagir (pictured below), a baker from Birmingham, came to see us on Saturday 7<sup>th</sup> June 2008. He quit smoking (roll-ups) in the very first session. Not only was he extremely sceptical before he came to see us (like most people undertaking hypnosis), but was pretty convinced that this was nothing more than a scam.

He just could not imagine how it was possible to quit smoking with something as simple as hypnosis. He was glad to be proven wrong though.



"I am from Birmingham. I have been smoking for 18-odd years. I smoked Golden Virginia (rolling tobacco). I tried to stop myself with the help of friends and family but it never worked; at most it would last a couple of days. When I saw the advert (Shokat was very optimistic), I thought it was a scam sort of thing first. But when I stopped smoking it was unbelievable. I didn't know it was that easy."

Shokat: "Has it been worth it?"

Sagir: "You can spend money on yourself; you can throw the money away. Three hundred odd quid to stop smoking, I think is well worth it. Hopefully giving me a few years on top of my life, basically."

Shokat: "What does your family think?"

Sagir: "Family couldn't believe it, that something just as simple as hypnosis would have actually worked. My father, he's been smoking for 50-odd years and he still says the same thing; I still don't know how you have done it; fair enough, you have paid your money and everything but how a person could make you stop smoking rather than do it yourself by willpower. Money-wise, it's been worth it, I don't think there is a problem there. Health-wise I think it is better as well. (I) do feel fitter a bit (and) do feel healthier. That's about it."

His video can be seen on our website at:

[http://www.lifeprinciples.com/testimonialDetails.php?cur\\_id=0&txtSearch=&tm\\_id=237&tm\\_cat\\_id=1&tm\\_cat\\_name=StopSmoking](http://www.lifeprinciples.com/testimonialDetails.php?cur_id=0&txtSearch=&tm_id=237&tm_cat_id=1&tm_cat_name=StopSmoking)