

“Long term drinking problem and acute depression gone after just two sessions.”

“I have tried counselling, hypnotherapy and the AA without success. Then I quit drinking with bioresonance therapy. However, I felt depressed and had to rely on anti-depressants. I started drinking after three months.”

“I have always been a drinker but in later years I have not been able to control my drinking. Drinking wine secretly at home every day + when out, drinking too much. It is a bad habit that has been exacerbated by self pity. Although most friends, family + colleagues would think of me as fun loving + caring person. It does affect my family life. Although I have always held down a good job, I haven't given 100% to my children or husband that I could or should have done. Giving up would be a release from guilt + release me to do so much more.”

“After the first session I felt quite irritable in the afternoon. A mild argument with my husband caused me to burst into flood of tears. Listening to the self-hypnosis CD calmed me down. However, I felt in control as far as drinking was concerned. After the second session my troubles left me – this was far more valuable than quitting drinking. I have finally got my life back and I will never drink again as long as I live.”

RS [Writer] Solihull.

“You can only see how depressed you were once you're out of it - not when you're in the middle of it.”

“Just wanted to let you know that I'm feeling fantastic, tired but calm and relaxed and I've just put all the recycling out and the alcohol containers just didn't feel part of me, no guilt as usual, just indifference. Something definitely feels different, much more apparent since I got home.”

“I feel really really positive about the future. You are so caring and dedicated, I will be giving you nothing other than the glowing testimonials you deserve. I am so impressed and feel privileged to know you and blessed to have found you, totally by accident, but I'm a big believer in angels and destiny.”

"I notice you recommend Anthony Robbins. I'm a big fan of his and went to a 4 day Unleash the Power Seminar with him in London a couple of years ago (even he couldn't stop me drinking though!)"

"Thank you so much, I know what the lady meant when she called you an angel."

THREE MONTHS LATER

"I just wanted to let you know that all is going really well – no inclination to drink whatsoever, just the odd though but never any more than that - just no desire, feel very indifferent and to drink would seem mad to me - where before the common sense went out of the window - guess that's where addiction comes in."

"I think a big part of it is that the depression has gone completely, which is quite scary as you can only see how depressed you were once you're out of it - not when you're in the middle of it. I knew I was self medicating to try to feel better - or take the pain away - and I knew it wasn't working but making things worse, but knowing didn't stop me. I now feel 'normal' again, like I used to feel and it's wonderful."

"I am still a bit anxious, I always was, but nothing like I was 12 weeks ago - I couldn't answer the phone or the door unless I knew who it was, but I can now, and the behaviour changes will in turn build up my confidence and reduce the anxiety as time goes on."

"Oh and I'm not tired anymore, and sleeping really well every night."

Helen, Manchester.

On 30 July 2010 09:45, Philippa wrote:

In September 2009 I made an appointment to see Shokat after trawling the web site for help. You see, even though doctors will tell you that the 'New' anti-depressants are not addictive I found it very difficult to stop taking them and I mixed them with large glasses' of red wine just for good measure.

Shokat has helped me to turn my life round. I had been dependant on anti-depressants and alcohol since my husband died in an accident nearly 10 years earlier. I had tried on numerous occasions to wean myself off anti-depressants, by taking one every other day or every three days, but if I had a bad day or week I would be back to taking them daily. The same with alcohol I would have the most terrible craving if I tried to go a few days without it.

The treatment was the closest I have come to a miracle. To say I don't have my bad days would be very foolish, I have had a few since my first treatment, but Shokat has always been at the end of the phone, or rang me back if I left a message and made an appointment within days for me to see him if need be.

In June of this year I lost my mother in a tragic accident, and I am ashamed to say I drowned my sorrows with alcohol, I soon realised it was not going to change anything, in fact, if truth be told it made me feel more depressed. I rang Shokat and asked for help, an appointment was made for me within days (where else would that happen) he wasn't judgmental or made me feel weak (which in fact is how I did feel,) but very understanding and put back on the right track again. I felt like a different person again when I left after the treatment and much more able to cope.

I have visited Shokat's clinic on four occasions. On my first visit his wife was present. Shokat has helped me to turn my life around, so much so I agreed to share my story, which can be viewed on YouTube.

http://www.youtube.com/watch_popup?v=YuwJLUWmZtM

http://www.youtube.com/watch_popup?v=PKfD2oq8K5o

At all times I have always felt safe and have been treated with the utmost respect, and have always found Shokat to be very professional in his manner.

Shokat is one of the kindest, honest, caring, most genuine people I have ever met, and one of the few gentlemen left on this planet.

I would not hesitate in recommending him to my friends and family.

Philippa [Sales Manager], Newcastle, Staffs (Quit drinking alcohol and anti-depressants 16/9/2009 and overcome her bereavement on 8/7/2010).

Look under the section 'Depression' for more people like RS who quit drinking and overcame their depression with our help.