

Life Principles Brochure

At Life Principles, we use a multi-disciplined approach to addictions. We combine deep-hypnosis with a Low Power Laser and Bioresonance. Over the last three years, we have invested in three different Bioresonance Systems. One of our Bioresonance systems, acquired in July 2008, has turned out to be the most effective for addictions; the other two are excellent for allergies, rapid healing and pain control. We also deal with everything from IBS, ME, Fibromyalgia, Skin Problems, Asthma, and Anxiety to full-blown clinical depression with the same level of success. In fact, our luggage of life programme has helped many people reclaim their lives without the use of anti-depressants. This Citizens Commission on Human Rights Video <http://www.cchr.org> blows the lid off the trillion dollar anti-depressants industry and how psychiatry is becoming the most discredited profession in the world. Even GPs have become part of this vast 'industry of death' prescribing dangerous and ineffective drugs to treat normal human emotions. People come to us for simple things like 'weight loss' and we end up changing their lives forever with our 'Luggage of Life Programme'. Examples of depression are scattered throughout this document.

"I just wanted to let you know that I feel really good and everything is going really, really well. I stopped taking my antidepressants on the same day I came to see you and I have never felt better. I am telling all my friends and family about your luggage of life programme which helped to remove my 45 years of emotional pain. The unresolved negative emotions were the root cause of most of my problems. Once the pain of the past had gone the need for antidepressants had also vanished. I had put on over 5 stone in weight, not because of what I was eating, but what was eating me. After the programme, the pounds just kept falling off without too much effort. Pauline, Merseyside"

"The luggage of life programme has really really worked. I feel a calm I have not felt in ages. It surprises me as to how well I can cope with the pressures of life now. I was recently made redundant and even that did make me smoke cannabis. Everyone around smokes cannabis including my husband but it does not bother me at all. I quit smoking with hypnotherapy before but struggled for three days before I settled down. With your combined system I quit smoking without any effort. I will be sending a lot of people your way in the near future. Carmen, Birmingham."

Mythical Success Rates

There is a great deal of 'hype' about the success rate of various methods. Products such as NRT, Zyban and Champix, with 'mythical' success rates, are endorsed by the Government and are available free on the NHS. Safe products or procedures such as laser, bioresonance or hypnotherapy, which knock the spots off anything the NHS can offer, are not even mentioned in any of the official government websites or literature. Only after failing repeatedly with the NHS do people think about paying for private treatment (one family took a year after reading our advert before coming to see us – both husband and wife quit smoking in the very first session). Those that make an informed choice usually succeed; those that make a hasty decision sometimes end up '££s' lighter without receiving any redeeming value from the programme. Going to the NHS stop smoking clinic over six weeks (add the number of hours you've wasted), paying prescription charges, and eventually failing, is not much fun either.

Someone challenged me on a radio programme that the NHS is free; sorry nothing is free - there are no free lunches in this world. According to one eight year study⁽¹⁾, the long term success rate of this programme is 5% (smokers who stay stopped). This is a system where if you manage to quit smoking for two weeks out of four, you are counted as a success⁽²⁾. This flawed information is passed on to the government to distribute. For their hard work the smoking cessation counsellor gets £45, the chemist gets £90 plus the profit from the sale of drugs (Zyban costs £800), and the drug companies get millions. What's more, the system allows people to make up fictitious names – one counsellor earned £90,000 from bogus quitters, helping 2,017 non-existent smokers quit smoking over a six month period⁽³⁾. Some chemists are also under investigation by the New Scotland Yard for making up fictitious names⁽⁴⁾.

Even after spending our money like water, the government has no idea of the one-year quit rates, and is willing to accept 15% (smokers who stay stopped) as good enough using flawed criteria. Our 50-page report called '**Addictions, the Addictive Truth**', which is accessible from the front page of our website, clarifies the whole area of addictions and highlights the scandalous way with which the government's 'Addiction Programmes' work.

Real Success Rates

Pharmaceutical Drugs: The worst results are from the chemical based methods such as NRT, Zyban and Varenicline (Champix or Chantix) with success rates of 5%, 10% and 20% respectively. The success rates of Champix claimed by Pfizer, in clinical trials, are not standing up to real world studies. Many institutions have expressed safety concerns over this prescription drug. The Federal Aviation Administration (FAA) has banned the use of Chantix for pilots and air traffic controllers, fearing for the safety of passengers⁽⁵⁾. Ashes to Ashes BBC

Scotland investigated Champix, the anti-smoking drug prescribed worldwide but dogged by controversy, and speaks to some of the people claiming that it can cause depression. Champix did absolutely nothing for Robert McGhee but his wife Karen quit smoking then proceeded to hang herself – she is lucky to be alive. Even then, Pfizer earned a billion dollars from the sale of this drug in the first year of its release. People who normally fail with these products usually fail even after repeated attempts. **Some people manage to quit while they are on the course of tablets or patches but start smoking as soon as they come off them – this is what we are finding with Varenicline.**

Laser: Trials undertaken at a number of Scottish hospitals and at Middlesex University suggest the success of the laser for smoking cessation is about 55%. This sort of success corresponds well with our own experience of working with the Laser System. We always undertake one session of laser before proceeding to hypnosis/bioresonance.

Bioresonance: As yet, there have been no clinical trials for addictions. From our work with bioresonance, we put the success rates of bioresonance at about 70%. We always use the bioresonance machine(s) in parallel with hypnotherapy treatment; this is a very potent combination. We use the Bicom 2000 (as shown on The Richard and Judy show on Channel 4) or e-Lybra (as seen on Tonight Channel 4 News 24) both for first session and also if needed for the subsequent sessions.

The problem with physiological methods: All of the methods above deal only with the physical-side of the addiction. If you do not deal with all three parts of an addiction (the **physical** cravings, the **mental** conditioning - linking it with good times and the **habit** - doing something for the sake of doing it, even when there is no longer any pleasure derived from it), then you are not going to be emotionally resilient, and could revert back to smoking at the slightest provocation. Also if you do not deal with the habit, then your mind will find something else to substitute in place of the cigarettes. Because of the same hand-to-mouth movement, it normally picks food, so you start eating more. Some people put on as much as 2 stones in weight over a 12-month period by quitting in this way.

“I undertook a 3-day Bioresonance treatment at a clinic in the UK for overcoming cocaine addiction. I thought they could cure my addiction and all would be rosy again. However, it transpired that the treatment didn’t work, mainly because my addiction is a mental one and this treatment was merely a body detox. Toby R.”

Hypnotherapy: There are no official clinical trials as no one will pay for them. It takes a million dollars to get anything through the FDA. However, the members of the FDA are dominated by people who have a vested interest in the drug companies and would never allow a natural, safe and effective method to get through the approval stage. Look at the corrupt way in which psychotropic drugs get approved even when they have caused fatalities (in one case four) during the trial phase. Dangerous and ineffective psychotropic drugs have also found their way into our lives in the form of anti-smoking aids such as Zyban and Champix. There will never be a fair playing field for natural methods – never! However, every meta-study involving thousands of people over the last 50-years have put hypnotherapy quantum leaps ahead of every other method – nothing comes close to its effectiveness.

When you have exhausted everything else, hypnotherapy literally is the last resort for treating addictions but only if undertaken in a competent way. The beauty of hypnotherapy is not only in its effectiveness but also its speed. You can go and re-mortgage your house, raise some £20,000 and spend three months in the priory, only to come out and hit the bottle again within weeks. Or you can go to a **competent hypnotherapist** specialising in addictions, and spend say £1,000 to £2,000 on a few sessions of hypnotherapy and get your life back.

Hypnosis works extremely well at the mental level and the habit which prevents you substituting unhealthy habits in place of your addiction. Hypnosis also works at the physical level to a limited extent - don’t expect it to work for entrenched subutek/opiate/alcohol addictions. Hypnotherapy is even more powerful if you combine it with a physical detox. This is exactly what we have been doing for many years using bioresonance and laser. We pick up other people’s failure from all over the UK. No wonder we are acquiring the reputation as the clinic of last resort.

Our Combined system really works! We deal with all parts of an addiction; mental and the habit part using deep hypnosis and the physical part using bioresonance and laser. So overcoming your addiction is not only easy, quick, painless, but most important of all, it’s enduring – most of our clients never revert back to their nasty addictions ever again. Hypnosis also deals with the habit part of the addiction very effectively, so you have no worries about putting on weight.

Mark Aubertin on page 6 quit drinking with our hypnotherapy system but could not quit smoking with any other method; he finally came back to us and also quit smoking with our combined system. Another two clients John Critchley and Paul Zafiri quit smoking with hypnosis - two years later they both suffered trauma (Greek wedding and crashing a car into a ditch) and reverted back to smoking.

They tried to quit with every ‘daft’ method the NHS could offer them such as patches, gums, Zyban and Champix and failed with each and every one of them. They finally came back to us and quit smoking in just one session with our combined system.

Years ago Jon and his wife Kristy quit smoking with hypnotherapy alone. They struggled for 3 days before settling down (the mind changes instantly but the body has to go through a period of physical detoxification). With our combined system there was no struggle at all. Over the years Jon has tried every method we came up with to quit smoking such as: Pure hypnosis – laser – Bioresonance – laser and Bioresonance - laser and hypnosis – Bioresonance and hypnosis - Bioresonance, laser and hypnosis. He now prefers the fully combined system involving all three techniques because of the remarkable ease with which he quits smoking. Our combined system makes it so eeeeeeeasy!

“After wasting £1,400 with a Bioresonance clinic I came to see Life Principles. I quit snorting cocaine in a day. Shokat also helped me shed all the negative emotions of my past. He also bolstered my confidence to enable me to deal with my current trauma (girlfriend left me). After the therapy I quit taking my anti-depressants with the utmost ease. I would recommend this treatment to anyone who wants to overcome their addictions and emotional baggage. I was surprised I felt so good without my pills. I just felt so alive and vibrant. The procedure is quick, easy and utterly painless both emotionally and physically. Coming here has been the best decision of my life. Toby R.”

When we take on a client we also take on the fact that everyone is different. If we get someone who quits in the very first session (95% of the people do), then we are all smiles. However if we get a client who turns out to be our worst nightmare, then we undertake to do whatever it takes to help that client succeed, no matter how much extra effort is required on our part. Some uncaring clinics could take a leaf out of our book (see example of Toby above). Using laser, bioresonance and deep hypnosis, we have helped thousands of people kick their addictions with the utmost ease. We make sure that our clients not only quit, but stay quit, with our free aftercare programme.

The difference between Psychological and Physiological addictions

When the problem is **psychological** (mental) then hypnotherapy works extremely well. If the problem is **physiological** (physical) then you need to go through a physical detox and follow this up with hypnotherapy. Bioresonance/Laser helps with the **physical** of things and hypnosis helps with the **mental** side. Good solid hypnotherapy together with our proprietary **Luggage of Life Programme** also deals with the fear, anxiety, depression and insomnia that normally follow therapy together with the root cause of the problem. This combined approach forms a potent combination for overcoming every addiction with the utmost ease.

Psychological (Mental) Addictions

Process Addictions

Gambling, Stealing (kleptomaniac), Compulsive Buying
Hair pulling, Nail biting, Bullying people, Bed Wetting
Self harm, Anorexia, Bulimia, Eating disorders
Internet addiction, Sex addiction, SMS addiction
Nervous tics, Swallowing problems

Substance Addictions

Chocolate, sweets, junk food
Cigarette, tobacco, hookah, Cannabis, snuff
Cocaine, Crack-cocaine, Binge-drinking
Ketamine, Khat/Quat, Alcohol*
Occasional and recreational heroin usage**

*Where you can quit for a day or two by yourself without suffering ill effects such as fits.

**You smoke it recreationally once or twice a week

There may be more process and substance addictions that may also fall into this category (such as crystal meths) but these are the ones we have had experience with. In each and every case we have managed to get the people to overcome these problems with just one session of our combined system. We have always followed this up with the ‘Luggage of Life Programme’ to deal with the root cause and remove all the unresolved negative emotions of the past. The second session and the follow-up CD makes people more resilient so they can cope with life without their ‘crutch’. The added benefit of this is that other unrelated issues such as IBS can also vanish into thin air.

“I quit smoking with Shokat and my IBS subsided completely within weeks.” **Sue [Ex-Licencee], Sutton Coldfield**
“I lost 2 stone in weight over 6 months and my IBS had gone into remission.” **Dee [Ex-Nurse], Sutton Coldfield**

A heroin addict told me that when he went to Pakistan his desire for heroin disappeared after a few weeks. He had no inclination for the drug while he was in Pakistan for 12 months but as soon as he came back to the UK he wanted a fix. I hear the same story from people who have gone to prison and quit. Even though the drug was freely available in prison they did not have any desire for it in that environment. However as soon as they came out of prison they wanted a fix and so started smoking heroin again.

Physiological (Physical) Addictions

Methadone, Heroin and opiates (regular usage), Alcohol (severe usage – drinking all the time)

As any heroin addict knows, heroin is out of your body within five days so why do you still crave it after a year? Why did our client not need his fix while he was in Pakistan? The answer is very simple; when he first went to Pakistan the addiction was physiological – that means his body physically craved the substance.

However, when he came back to the UK his body no longer needed the substance but his mind did; this is psychological addiction and is far more powerful than the physical addiction and the reason why so many people fail after successful chemical detoxifications. Our best advice is that you go and see a competent hypnotherapist as soon as you have undertaken chemical detoxification or as soon as you come back from somewhere where you have managed to stay clean. Our advice to all addicts who have overcome their addiction with any other method including NRT, Zyban, Champix, Laser or bioresonance is to follow this up with good solid hypnotherapy. This will ensure that you become free of your addiction at the mental/emotional level and not just at the physical level. This will make it easier for you to stay stopped without suffering nasty side effects such as depression, piling on the weight or both.

“I stopped smoking with the NHS and went from 9 ½ stone to 13 stone within 6 months. **Catherine, Oldbury.**
“I would quit smoking with the NHS and become severely depressed and light up after 3 months.” **Ann, Solihull.**
(Catherine did not put on weight and Ann did not suffer from depression when they quit smoking with our help)

For weight loss clients who have lost weight with pills, complete meal replacements or other methods it is even more important to finish off with a couple of sessions of good solid hypnotherapy. The first session should deal with the habit and the second with self esteem issues. Otherwise you will revert back to your old weight within months of finishing the programme – take action before you suffer the misery and disappointment of failing yet again. Several Lighter Life counsellors themselves have undertaken our hypnotherapy and also refer their clients to us.

Severe Anxiety and tendency to self harm – all gone after one session.

A 20 year old student was suffering from severe anxiety and high level of stress. All this was manifesting itself in physical problems such as degenerative tissue disease and hair loss. On numerous occasions she slit her wrists (a cry for help), hardly went out (reclusive) and was unable to cope with her university studies and pressures of life in general. Her family were worried about her tendency to self harm which started from the age of 13. Something from her past was tormenting her soul. Even though she told her mum of the problem, it did not lessen its effect but made it much worse. This was all three months ago before she undertook our ‘luggage of life programme’:

“After the first session I felt more positive. I got on with my course work without hesitation – this surprised me. I felt calm and relaxed and there was no sign of stress I had experienced before. Not only did I make a lot of progress with my studies but I also balanced it with recreational activities by going out with my friends. Not once was I tempted to harm myself. All of the problems of my past were no longer bothering me. My complexion had improved significantly and I was no longer losing my hair. I can’t believe it’s possible to feel this good.” **AA, Birmingham**

“Cocaine addiction - gone after just one 2h session - Transcript of video taken on 26/03/2009.”

“Before the first session I was craving up to pay day quite bad. I would spend sometimes, a third...two thirds of my wages on cocaine. So I came here with an open mind and for the first few days it started to dawn on me that the session had totally transformed the thoughts in my head...just did not need to go get cocaine...it’s just not in your head at all...It’s amazing.”

“When I was lying here after the session, it just felt like I come around from sleep. Then for a couple of hours, maybe three to four hours afterwards, not drowsy, but comfortable, but you definitely wasn’t thinking about going to get any cocaine. At that point you know, you’ve been here, and it’s on your mind that you want to stop anyway. But I say, it dawns on you a day or two later that I’ve not had thought about getting any, I’ve not had the cravings. From then on, even three weeks later, it’s been exactly the same, with no thoughts like that...it’s fantastic.”

Anxiety – The Facts

The medical model used for treating depression is nothing short of a scandal. There is no scientific evidence that depression is based on a 'chemical imbalance'; this is nothing but a blatant lie in order to sell the unsuspecting public very expensive and dangerous drugs.

Last year the government admitted that antidepressants don't work yet not a single GP has heeded this warning. In fact a lot of them were opposed to people coming off them. Psychotropic drugs (antidepressants) are not based on real science but pseudo-science (made up science or blatant lies). They do not offer a single cure but have taken the lives of countless number of people. Half of the people who commit suicide are on psychotropic drugs. Most of the people who have gone on wild killing sprees were found to be on psychotropic drugs.

Our job is to accelerate the healing process. We have developed a system that provides more benefit in one two hour session than in four years of non-directive therapy. Don't take our word for it; just listen to our clients have to say:

"I tried to kill myself when I could not cope with life."

"My name is Pete. I am 39 years old. I am director of my own business...a very busy and hectic business. I have been suffering from depression for the last two years. I tried to commit suicide two years ago...and been on very strong anti-depressants for the last two years. Before I called Shokat I was trying to come off my tablets for six to seven months. Tried every angle I could; dropping the dosage; different dosages; taking it down but I would hit a real low so I couldn't do it. I was recommended to come and see Shokat by a friend (Sofia). I came to see him and he assured me that I wouldn't need to take my anti-depressants tablets again after one session which I didn't believe. And sure enough after one session I stopped my anti-depressants, I never took another tablet and for two to three weeks afterwards I had the most massive high, feeling exhilarated and excited every day. I had this weird feeling that I had my whole life in front of me...I levelled off and it felt very normal now for the last three months. I had no problems at all, not even thinking I wanted to go back to my anti-depressants. I can't thank you enough; I think you have done such an amazing job."

Peter, Birmingham.

"Acute Anxiety. Unable to travel away from home. Hate motorways. Tremble in crowds."

"My life has been blighted with fear of driving on motorways and travelling away from home. I also get very nervous when I have to deal with crowds of people. All of this was a month ago before I came to see Shokat."

"After two sessions of his unique therapy my condition has improved by 80-90%. My husband drove me to Cornwall and I just loved the journey - normally I would drive my husband mad and could have caused accidents. My daughter gave a small party and at time I had to go through crowds of people 17-deep and rather than the fear, I actually enjoyed the experience. The only part I have not tested is going abroad as we have no money left this year but in my mind that no longer a problem. My life is immeasurably better as a result of this treatment and my family are delighted with the results."

Anne, Great Barr, Birmingham. 21/07/2008

"My life was turned upside down when I was falsely accused of a crime."

"In my early thirties I was falsely accused of a crime I did not commit. It took two years to prove myself innocent. However after about six months my employer said 'the court may have cleared you but we can't take a chance with you teaching our kids' and sacked me. I was completely distorted and never worked again. That one decision mentally crippled me for the rest of my life."

After one luggage of life session Roy rang us back to tell us his story. This is what he had to say:

"Thinking of my father no longer makes me sad. Also thinking about the court case or the feeling of injustice no longer bothers me either. My wife told me that she has never seen me so relaxed. A few days later something happened when I was driving. Before I would have ripped the other person's head off but now I stayed calm and relaxed as if it was no big deal. So something that took years of counselling and medication without success was sorted out in just one session."

Roy, Litchfield.

"A fathers heartfelt thanks."

Dear Shokat,

I am Pamela Devereux's father. Six weeks ago I was in despair over my daughter's health. Despite seeking NHS help over the past ten or more years she had just six weeks ago been diagnosed with OCD, with her behaviour complicated because of intense dependence on alcohol - to block out her nightmare thoughts. Her physical health was at a critical stage – she could not eat, had stomach pains constantly and bouts of extreme anxiety and trembling.

What you have managed to do in a very remarkable space of time – three short weeks – is to take her back some twenty years to the sharp, lively, effervescent musician, performer, conductor, teacher she used to be.

I am still trying to take in the fantastic change in her, and to stop asking myself if I am dreaming all this.

I know you have not yet finished your work with her, but I felt that you are overdue, from all the family, our heartfelt gratitude and thanks for your work with Pam.

Our sincere thanks.

Jim Gill
17/08/09

As a postscript, and from my personal point of view:

I also feel my political hackles rise when I consider the NHS inability/unwillingness to provide support when expertise such as yours is available. I would like to provide you with a considered statement on this when I have had time to reflect fully on it.

Regards,
Jim Gill

"Free from Alcohol and Anti-Depressants after 10 years"

Good morning Shokat

I just wanted to say Thank you. I have just had the best nights sleep in years, without any anti depressant, or alcohol the first since 1993. I know you asked me to contact you in a couple of weeks but I NEEDED to say Thank you now. I feel great.
Thanks Philippa.

Shokat: Philippa, thanks for making my day!

Philippa: No, Thank you for helping me to start my life again, Alcohol and prescription drug free.

Shokat: Maybe I should get you in for a testimonial. We could keep it anonymous and even distort the video – that is if you feel brave enough to share your story with the world and the ignorant medical profession. Also, I could just hug you now with the way you made me feel – my heart goes out to your recovery from this dreadful affliction.

Philippa: This is truly the best thing that has happened in my life for a long time. I came to you because I knew I must change my life, and couldn't carry on the way I was. I have prayed for help and guidance. I craved for a peaceful life and my prayers have been answered. I needed to sort my life out and move out of this very unhappy marriage I am in but in my heart I knew that I would probably end up in an apartment on my own drowning my sorrows, and feeling sorry for myself. I was having visions of losing my job, my driving licence, because I have been out in my car to fetch another bottle when one didn't do the job. I have been so lucky not to have hurt any one in or been involved in an accident. So you see you have saved my life. I could have lost my driving licence and my job which in turn would have meant losing my home and everything else - just thinking about it makes me feel cold. As for the video testimonial - Just call me when you want me to come in.

I will be visiting my Dr to tell him how well I feel after your amazing treatment.

Philippa, Stoke-on-Trent, Email 24/09/2009.

"A lifetime habit of drinking and depression vanished in two days - Email received on 27/03/2009."

"Sorry I haven't been in touch before now, but I wanted to get past the 'one week' stage before writing. You will be pleased to hear that everything is going very well, and I haven't had a drink, or wanted one - and I even managed to meet a friend of mine in a pub on Wednesday evening without feeling tempted! This would have been impossible two weeks ago! I can't thank you enough for your help."

"I have been listening to your CD every evening, which I am sure helps to reinforce the right messages, and I started watching the DVD last night - it was good to hear about other people's experiences of giving up drinking as well. I will be showing it to friends of mine who I know would benefit from your treatment."

"Once again, thank you so much for your help - I feel very privileged to have met you. Now I just want to give other people the chance to benefit from the same treatment. With very best wishes. Chris." **Chris W, Brighton.**

Severe Alcohol addiction and acute depression vanished after three sessions.

David had been drinking far too much alcohol for the last 45 years. It affected all aspects of his life, social and professional. He had undertaken many detoxification courses and followed the AA's 12-step approach which did nothing for him. David is a successful 60y old businessman and holds a PhD in Chemistry.

"After the first session I lost all desire to drink – it only required a small amount of willpower. I had no alcohol or was tempted to have any alcohol even when I went to the pub by myself. Once I had quit drinking I started suffering from depression which was quite bad during the first week. After my second session, a week later, my depression lifted and I felt more upbeat about my life. After the third session, the blues left me completely and I could now carry on with my life without having to depend on alcohol to sedate me. My wife Elena is over the moon! "

David [Chemist] Wales.

Binge drinking gone after the very first session.

"My problem is that when I drink too much. I think I can control it but most of the time, well 99% of the time, it controls me. As a result I let down the people closest to me. I become aggressive. I spend money which I know I shouldn't spend. It affects my work and I don't think or care about anything or anyone when I am drinking. Then afterwards when I stop, it gets me down and I get depressed because at that point I know it's wrong. However, a couple of weeks later it happens again. The last time it happened, I chose to leave my five year old son with a child minder and have a drink instead of going to pick him up. This sort of irresponsible behaviour has to stop."

"After my first session over 3 weeks ago, I have never been compelled to drink at all. Last time I went to the pub I just had J2O. At the moment I am staying opposite a pub while at work. Eight lads work for me. I feel good when everyone else has a hangover the next day and I don't." **Simon [Installer] Birmingham.**

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 latter 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.**

Dozens of people quit dinking with our help every month with the help of our unique therapy. Most people will never revert back to drinking after we have taken away the pain of their past. If anyone does slip up in the future, we get them back in free of charge. We stay with our clients for 12-months to ensure they quit and stay quit.

Weight-Loss – The Facts

There was a programme on the 'BBC' called 'Fat Nation'. A street in Walsall was chosen for this programme. When they revisited this street after two years, nearly everyone had reverted back to their original weight.



"The 'University of California' analysed 30 studies involving thousands of slimmers, the world's largest study ever concluded: 'Diets don't work for the majority of slimmers and may even put lives at risk'. More than two-thirds pile the pounds straight back on, raising the danger of a heart attack, stroke and diabetes."

"Indeed, most dieters end up heavier than they did to start with, researchers found. They warn this type of 'yo-yo' behaviour is linked to a host of health problems. And, they say the strain that repeated weight-loss and gain places on the body means most people would have been better off not dieting at all."

Daily Mail Online; 10 April 2007

In our opinion, most weight-loss programmes are real disasters. It's not unusual to find someone who has tried every fad diet imaginable, complete meal replacements, joined all sorts of slimming clubs and tried all the pills. They lose the weight for a little while, then put the weight straight back on. Most people end up worse than they were before and wish they had never started. A poll by More Magazine revealed astonishing results on the weight loss and associated cost for UK women over their lifetime. British women spend a hefty £150,000 **over a lifetime** - one and half times more than an average smoker spends over his/her lifetime. That's £2422 a year on **dieting over 62 years**.

In order for the NHS weight-loss pills to work, you must be prepared to take them forever. They only speed up your metabolism artificially, which burns off the fat more quickly. However, it does nothing for the three parts of an addiction (physical cravings; physiological need to eat more food; the habit of eating for the sake of eating). As soon as you come off these pills, the weight goes straight back on. There was a report on 'BBC News' where a lady had lost about five stones in weight using these wonder pills, but only temporarily. Not only did she put all the weight back on once coming off the pills, but she also had a new problem; diabetes⁽⁶⁾.

Why losing weight is so difficult

Eating is a 'analogue' behaviour whereas simple addictions like smoking are called 'digital' behaviours. Digital habits are generally easier to deal with than analogue behaviours. We have an overwhelming biological need to eat that goes back to the stone-age. We needed to eat virtually all the time so we could survive the harsh winters ahead. Nowadays there is no longer any danger of starvation but this does not stop us overeating. When you consider the abundance and varieties of food then you can understand why people have a weight problem. Most of us become emotionally addicted to the taste of junk food and fast food. Also a lot of people get depressed and the anxiety can be mistaken for hunger so we comfort eat. This is why any method of weight control that does not help us deal with our emotional problems is simply not going to work. Finally as we get older it becomes harder for our bodies to absorb minerals. Some of us end up with allergies and food intolerances. Others may have their metabolic pathways compromised or suffer from human endovirus or parasites. These underlying problems can stop us losing weight even if we become extremely sensible eaters.

Why our weight loss programme works

Our deep hypnosis programme helps you change your relationship with food. You will feel full with less food and you will stop snacking between meals. You'll become conditioned to eat the right kind of food, at the right times, and in smaller quantities. You will also become motivated to exercise more using a method which makes your workout extremely productive. Our 'luggage of life programme', undertaken after three months, deals with the emotional problems. The beauty of this programme is that when the past negative emotions are gone, they are gone forever. One of our clients said that 'to feel like this is worth a million dollars'. Most people can lose half the weight they wanted to lose at the end of three months (up to 2 stones).

Our use of the bioresonance during each visit helps you deal with the underlying biological problems such as allergies. If you do not get rid of allergies you will not be able to reach your target weight. The third visit is 12 months later by which time everyone should have reached their target weight (up to 4 stones). By the time the programme ends after five years, it will be almost impossible for you to revert back to your bad old habits. You will have permanently changed your relationship with food for good. One of our clients remarked that "You have not only helped me with my weight but you changed my eating habits forever. I will never eat another 'disgusting' cream cake ever again".

Barbara dropped from 15 to 12 stone in 9 Months and managed to stay that way for over two years.



"I have lost four stones in weight and kept it off for over two years. It was easy to lose weight with your weight-loss programme and I am absolutely delighted with the results."

Barbara went on to help us make two one-hour TV programmes sharing her experience of losing weight with hypnotherapy. Barbara is 82 years old and for the last 50-years she has struggled with weight. She acknowledges that absolutely nothing has had the same effect and endurance then our revolutionary weight-loss programme.
Barbara from Leeds, Yorkshire.



Teresa lost three stone is weight and kept it off for over three years.



"I have lost over two-and-half stones in weight and have kept it off for over three years with your help. I just can't thank you enough."

Teresa was so impressed with what we did for her that she wrote two wonderful testimonials for us. These were published in prestigious magazines, such as the 'Journal'⁽⁶⁾.

She keeps in regular contact with us and is not only our client but has also become one of our closest friends.

Teresa from Malvern, Worcestershire.



Laura lost two stone in weight in just three months.



"I came to see you in 2008 and within just over three months I had lost almost two-stones in weight. My skin improved, my tummy settled down and I have also noticed many other health benefits. Everyone has noticed that I look a lot slimmer having dropped from dress size 18 to petite size 14."

"My doctor tells me that my BMI had dropped from 30 down to 25 – going from dangerously obese to a 'healthy-normal'."

Laura from Derbyshire



Lesley lost two stone in weight in just three months.



"My name is Lesley and I came to see you in 5th March 2008 for weight-loss. Previously, I had tried all sorts of methods to lose weight including: Slim Fast, Adios slimming-pills, Weight Watchers, Local Slimming Clubs, Gym, Xenical from the doctor, dieting and nothing worked. I lost 2-stone in weight since coming to see you 3-months ago. Now I have been given my booster session for self-esteem. I have every confidence that I will succeed in reaching my target weight, of being 4-stones lighter, by the time I come back for my one year check-up. I am very pleased with the results."

Lesley, Birmingham.



John quit smoking cigarettes and quit drinking alcohol. His daughter quit smoking, quit binge drinking and overcame her panic attacks. His wife also lost her addiction to chocolate with our help.

Here is the story of John (pictured below) who thought he would never be able to quit smoking. He worked in his 24-hour café and was renowned for chain-smoking all the time. His cancer almost killed him, but it could not force him to quit smoking the dreaded ‘weed’. He enrolled on the NHS stop-smoking programme using the patches numerous times; he was put on Zyban three times; he went to five different hypnotherapists over the past five years; and, finally, he was put on Champix for two months. Absolutely nothing worked – that is, until he came to see us. He quit smoking after the very first session (the second session was just a booster).

John is not fluent in English. His wife Georgina - who is a medical trainer in Greece - wrote the testimonial for him. The point they wanted to make was that John was very sceptical when he came to see us and was quite prepared to waste his money - once again - without receiving any redeeming value from the programme. He was over-the-moon when he quit smoking - with the utmost ease - with our help. Here is his testimonial:



“I John Karataz was a chain-smoker, averaging around 80-100 cigarettes-a-day. Though the desire to stop smoking was there, sadly the willpower was lacking. Even when I developed metastatic throat cancer, this did not deter me from continuing the habit of a lifetime. I spent years searching for someone - or something - which would stop me from smoking, without suffering withdrawal symptoms. Patches, gum, Zyban, Champix, hypnotherapy, all failed.”

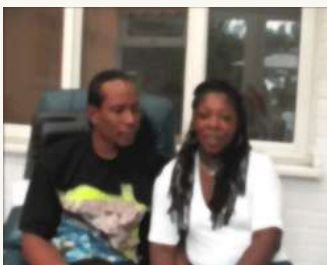


“Despite my cynicism, I stopped smoking with Shokat after just two sessions. That was a year ago. I haven’t touched a cigarette since, nor have I craved for one. I still can’t believe how easy it was.”

“Since then, my daughter Angela (pictured, top right) has quit smoking, binge-drinking and surmounted her panic attacks. And, my wife – Georgina (pictured, bottom right)) - has finally managed to overcome her addiction to chocolate with your help.”

John Karatzas [manager], Great Barr, Birmingham .

Denny quit smoking crack-cocaine with our help. He is still free from cocaine after 2 years.



“I quit smoking crack-cocaine in 2007. For the last six years, my addiction left us penniless and we almost lost our home. I quit smoking crack in just two sessions over one weekend. I could not believe it could be so easy. My wife and I just can’t thank you enough.”

Denny [Engineer], London.

Emily overcame her heroin addiction with the utmost ease. She is still free from heroin after 9 months.



Emily was brought to us by her mother so we could help her with a number of problems. She was most concerned about her 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 during the first visit, but by the third visit all traces of hard or recreational drugs were gone. Her skin was all flaky with eczema during the first session, but had improved significantly by the time she came in for her third session.

Emily [Student], London.

Desmond: I decided not to 'faff' around with the NHS but to go private - the best decision of my life.



“My name is Desmond and I was a compulsive smoker for 25 years. I looked up on the internet for the first time and decided to come (here). I rang up on the Friday, was seen on the Tuesday. I was a non-smoker the day I left, and have been a non-smoker ever since. Since I was such an entrenched smoker, my friends did not think I could do it straight away. But once I left here I found the compulsion to smoke had gone completely. Before I came here I was smoking cigarettes every ten minutes. I was smoking about 15-20 a day, and I was also smoking weed. I don't have cravings for any of it (cigarettes or spliffs) any more.”

“I have never tried any other method of quitting smoking, not even cold-turkey. Because I have seen my friends on the patches and when they wanted a cigarette they just took the patch off (and smoked) and I didn't want that. I did not want something where I would revert back to smoking straight away. I wanted something that was tried and tested. I looked up on the internet and it said that there was a guarantee that I would quit smoking and that really did it. The way I look at it is that if you are going to spend your money, then you may as well spend it wisely, and get the job done right the first time rather than just 'faff' around. Was it worth it?...the best ever!...the best three hundred pounds I have spent in my life.” **Desmond [Security], Birmingham.**

Mark overcame his Alcohol Addiction with our help and is still a tee-totaller after 12 months.



“Hi my name is Mark. I am 39 years old. I recently (have) been to see Shokat in January 2008 (7-months ago). Before that I suffered, about 25 years of pretty chronic alcohol abuse since I was 13. I went through all the therapies you can think of - couple of months rehabilitation in institutions – various drugs – various clinics to no avail.”



“My life came to a point seven months ago – at Christmas – where it was a make or break time for me mentally, physically...personally. As I say, I came to see Shokat and after the first session I have been a non-drinker since...which I am completely amazed with. There is no battle at the moment, there is no urge, there is no craving – I am totally amazed. This is me...after 25 years of constant alcohol abuse which turned my life upside-down basically. I have since started my own business...I have a new life. I highly recommend this form of treatment.”

Mark overcame his Alcohol addiction in just one session. However, it took three sessions to get him and his partner Michelle off the cigarettes. They failed with every other method but were saved by our combined system. The backup sessions were provided free of charge under our 1y guarantee.

Andrew overcame his entrenched, ten year gambling addiction in just one session.



“Hi my name is Andrew. My sister saw Shokat on the T.V. and then read more about it on the internet. My brother in law then bought me to see Shokat and also helped me to finance the programme. Over the last 10 years I must have lost over £100,000 on gambling. The stress of gambling was making me ill. I neglected every aspect of my life because of this.”



“Gambling on the roulette tables was running my life. I would get paid and then be drawn to the roulette table where I would lose all my money. I would feel physically sick after losing all my money and become depressed and promise myself I would never gamble again. The following week I would end up gambling again.”

“After the first session three weeks ago, I have lost all compulsion to gamble. I have been surprised it has been that easy. A week after my treatment I deliberately went into the bookies to see what would happen. I could see other people gamble but not once was I tempted to place a bet. In the past if I ever went to the bookies I would play and nothing could tear me away from plying roulette until I had lost all my money. I now have a life thanks to you.”

Andrew from Birmingham.

Robert's twenty year gambling addiction vanished in just one powerful hypnotherapy session.



“Dear Ali. I can’t thank you enough for your time and help yesterday. I feel a calm I haven’t felt for ages. I feel my body and mind is processing the messages and hence I am thinking a lot about gambling but not in the way that is compelling me to gamble but in a behavioural way in terms of repeating some of the phrases you give me. Thank you so much again. I will see you soon with some money at my next session. I believe I won’t gamble but I guess just a little apprehensive about relapsing in the future but not scared. Thanks again. Robert”. The before and after images show how Robert has gone from awful misery to true freedom after the just two hours.



Steven and Jane Higgins failed over and over again with the NHS for years but quit with us in 2 hours!

Steve suffered a heart attack four years ago. That was a wake-up call for him and his wife to pack up smoking but they could not quit with any of the methods used by the NHS. They had exhausted everything including, patches, gum, lozenges and finally Zyban and absolutely nothing worked. They both came to see us on Monday 8th September 2008 in utter desperation, and to their surprise, they both quit smoking on the same day. When they came back a week later for their free check-up, this is what they had to say:



Steve: “My name is Stephen from Wolverhampton. I came to see Shokat after reading about him on the internet. I first read about him 12-months ago but I thought it might be a bit expensive - but to be honest, for what he has charged us, it’s the best money I have ever spent.”

“I (have) tried all sorts before – patches – Zyban – nicotine replacement – you know – inhalers – chewing gum – willpower – and nothing seems to work. I was a bit sceptical when I came here last Monday as to whether this will work – but I have to say, it’s worked a treat.”

“He just told me now that I am officially a non-smoker (with the aid of a carbon monoxide monitor) and it’s like...that was my revelation...that (is) what I have been waiting for. I am a non smoker and I don’t intend to go back to smoking again. Also, I found it a lot easier than I had thought. Thank you Shokat.”

Jane: “I am Jane. I am Steve’s wife. I am also from Wolverhampton and thanks to Shokat, I am also a non-smoker. It’s been a week now and I really had no trouble at all.”

“I have tried so many different ways. I have gone cold-turkey before; I have tried patches, chewing gum, lozenges (oh that was horrible). This is a much nicer way to give up smoking.”

“I was talking to my daughter the other day, and she was saying – how we have quit smoking, but would it work for everybody? I was trying to explain to her what it felt like. I said, you know when you have tried having a nicotine patch – the first one is too strong and it itches... and you can’t sleep, and you feel horrible...it makes you like ‘hyper’ all the time and...you go so far, and you try and go down to the next patch, and that’s not strong enough, and that’s when you start to think about smoking again. I said what Shokat does is that he gives you a ‘tailor made nicotine patch’ just for you – so you don’t have any of the irritation and you have none of the bad feelings – it’s the absolute ‘perfect patch’ for you – and its tailor made for everybody that comes to see him. So she sort of understood, and it was great...and that’s how it feels, it’s lovely.”

“When Steve had his heart attack...four years ago, this Thursday...it was absolutely awful. That should have stopped us both smoking but it didn’t? With the shock and everything - but you come up with excuses such as - nicotine helps you relax which it doesn’t – it’s your friend which it’s not. That’s the way you think but it’s the wrong way to think about it. Once you get free of the cigarettes you think oh I understand now.”

Steve: “I will say that after the actual, I suppose, you could call it the ‘mental physio’, the nurse, after I had my heart attack told me that I will never give up. I thought thanks for being so encouraging. You will never give up because you have an addictive personality. So I just wanted to take this opportunity to say: ‘thank you very much nurse. I hope you are still encouraging other heart attack patients the way you encouraged me!’”

Steven and Jane Higgins [Wolverhampton].

Heather and her family from Oxford quit smoking cigarettes and lost weight with our help.

Heather was being persuaded to go to a bioresonance clinic by her niece (who had quit smoking with them), but she refused. She said: "Tell me why I should take a chance with just one method, when I can have the benefit of three at the same price?"

She travelled all the way from Oxford - in 2007 - to see us with her friend Zandra, who wanted to lose weight. Heather quit smoking with us in the very first session, whilst her friend Zandra lost just under 4-stone in weight by the end of the year. Since then, every member of her family has quit smoking cigarettes with our help.

The sixth member of her group was Nicola quit smoking with us in 2008. Two people out of this group also packed-up smoking cannabis with our help. No one who quit smoking with us has put on any weight. The only person who has put on weight is the person who quit smoking at the bioresonance clinic.

This is what Heather had to say in her video interview a year later:



"I (Heather) first came to see Shokat a year ago now to give up smoking and at that time I was smoking 20 cigarettes a day and I had been smoking 20 cigarettes a day for about 30 years."



"I only ever managed to give up for a short time on my own and I had - during that time - eaten morning, noon and night, so I was quite scared of given up smoking because of the idea that I would put on so much weight. So I really asked Shokat to take care of that and I came here full of hope to give up smoking with my friend (Zandra) who was basically wanting to lose weight and - from the day I left here - I had the urge to have a cigarette, but it was empty ... and it was very easy to say no ... and - after three days - that disappeared ... and - after a week - I didn't have a cough and I never had a cough since."



"I feel much better. I did put on a few pounds for a little while and I lost them again and my life is just immeasurably better as a result and I'm very grateful for it - thank you."



"After I came, I (felt) kind of inspired because I was a fairly entrenched smoker and they (my family) did not think I would give up...I inspired the next member of my family and the next member of my family until now, I think (silently counting)...six members of my family and friends have given up here and I actually I bought the last of my friends (Nicola) here today - that smokes - and I think I will be completely surrounded by non-smokers after today."



Shokat: "Good. Alright, how did your friend (Zandra) - who came with you a year ago - how did she do with the weight-loss?"



"Oh, she lost over three stone and she is like a different person, it's bought out a real confidence in her."

Pictured from top to bottom (Left): Heather (Quit Smoking), Zandra (Before Losing Weight), Ronald (Quit Smoking), Nicola (Quit Smoking). Top to bottom (Right): Zandra (After she had lost 4-stone in Weight), Pills (Quit Smoking), Ray (Quit Smoking). Two people also quit smoking cannabis, but we won't say which two.

Ann overcame her entrenched Alcohol Addiction and released her pent-up anger with our help.

Ann (shown below) came to see us on Tuesday 1st July 2008 for her first session for alcohol addiction. She was amazed that she lost all desire for the 'bottle' and has never touched alcohol since.

The interview below was taken when she came in a week later for the 'Luggage of Life' programme. The pictures are before the treatment and one week after the treatment. Can you notice the painful look in the first photo?



"I am Ann. I come from Staffordshire. I am 70 years old. I was an alcoholic. Going through the divorce, I started to drink and drink, until I got through one-and-a-half-bottles of spirits a day and I was out of my mind. So, I tried to get help; I had acupuncture – it worked for six weeks. Then, I tried to stop drinking by making myself busy, doing something, but as soon as I stopped that, I had to have a bottle; once I had my bottle, that's it, I would drink the lot; then I would just pass out and just go to bed and stay there 'til the morning - my life had gone. I can't understand why I was so bad an alcoholic. My eyes went yellow, my liver had a pain, my liver count was way over the limit and I (knew) then that I got to do something about it. So I came here, and it's the best thing that has ever happened to me in my life."



"The first time I came here, following the session that day, I did not want to drink – I never thought about the drink since and it's been absolutely lovely. I am starting to smell the flowers, go for a walk, which I haven't done for years. I am a new woman and I feel younger. The whites of my eyes are coming back and my skin is getting better, even my hair. I feel absolutely great. I can't understand why people don't know about this hypnotherapy/hypnosis like 'Gazza' and 'Georgie Best'. I think this would have done them a power of good; believe me, because I am 70 and they are a lot younger. It could have helped."

(While stroking her legs) "This is about my skin. This was all 'scurvy' flaking old skin, very dry and on my arms, and now, since I had this treatment, my skin is absolutely beautiful..moist; it's only been one week. Shokat, can you imagine what it would have been like after a year? I should feel like a queen in a year. Well, every penny I spent on drink (I'd rather bring it here because it's done me a power of good, it really has; and that's only one session, wait for all the others – oh I can't wait."

Ann [Retired], Staffordshire.

Video Testimonials and TV Programmes

You can find a lot more information on our 'BlogSpot', including video testimonials and our eight, one hour TV programmes at the following URL:

<http://www.lifeprinciples.com/blogSpot.htm>

Our Tariffs

Our prices are extremely competitive. The cost of the stop-smoking programme is less than two courses of patches or one course of Champix, but with no side-effects whatsoever. For alcohol and drugs, the cost is less than the price of 1-2 weeks in a rehab centre. Our weight-loss programme is extremely cheap when you compare the amount of time we spend with our clients (6-10 hrs or more over 12 months). Our 'Luggage-of-life' programme is priceless; as one of clients remarked four weeks later: 'To feel like this is worth a million dollars.' In terms of its effectiveness, we feel that there is absolutely no comparison whatsoever between our work and the drug-based methods.

We will require a non-refundable deposit equivalent to one-third the programme fee – this is to ensure your commitment to the programme. You will not lose this deposit if you inadvertently miss your appointment and the deposit can be moved forward in time. If you need help spreading the cost then please let us know. We can always come up with a solution to help our clients. If you are unsure then please ask.

Addictions with unlimited* backup support over 12 months (includes the hire of an e-Chip):

Smoking-Cessation Programme (all tobacco based products inc snuff)	£330.00
Weight-Loss Programme (requires a lot of effort on our part)	£370.00
Luggage of Live programme (covers every emotional issue imaginable)	£470.00
Soft drugs such as Cannabis, Quat (Khat) etc. (we also take care of the cigarettes)	£530.00
Gambling and all process addictions such as Internet, Sex etc.	£770.00
Alcohol (drinking 2-3 bottles of wine etc per day) or Binge Drinking	£870.00
Cocaine, Ketamine, Crack-Cocaine & heroin (smoked occasionally)	£970.00
Severe alcohol addiction, Heroin smoked regularly injected, Methadone, Subutex, Crystal Methamphetamine also known as Crystal Meths or Multiple addictions - Call us.	

*As much help as you need to get you to quit followed by a limited number of free sessions over 12 months.

“Hi Shokat. I came to see you this morning. I’m full of emotion this afternoon. Can’t stop crying. I know emotion is part of the settling down period, but I can’t function constantly weeping. Can you ring me when you have the time? Thanks. Becky.”

Any side effects like this are dealt with straight away – one of the benefits of coming to multi-disciplined clinic like ours. If you go to a single programme clinic and end up in tears, or put on weight, or both, then you are on your own, but we deal with these problems at once and without charge.

“I feel a lot better since I talked to you. I don’t think I will come tonight. I’ll get a good nights sleep. I’ll text you if this carries on or with other problems. Thanks. Becky.”

A quick NLP session over the phone was all it took to deal with this problem. Becky quit smoking with her partner Darren in order to prepare for their marriage in two weeks time. Becky settled down completely after that chat. Just like Becky, you also have the added assurance that if you suffer any side effects then we will deal with them using our advanced NLP and Hypnotherapy skills.

Per Session Programmes

First Session for cigarettes and tobacco products	£170.00
First Session for Weight Loss	£190.00
First Session Luggage of Life Prog (covers every emotional issue imaginable)	£270.00
First Session for Cannabis products	£300.00
First Session for Gambling and all process addictions such as Internet, Sex etc	£370.00
First Session for Alcohol (drinking once or twice a day) and Binge Drinking	£470.00
First Session for Cocaine, Ketamine, Crack-Cocaine & heroin smoked occasionally.....	£570.00
Subsequent sessions if required (limited to a period of 12 months)	£100.00

We have listened to you and have come up with inexpensive programmes. We have done this by splitting the addiction programmes into their component parts. Because of our unique protocol you can expect a 95% success rate in the very first session - we hit all the addictions with a big ‘sledge hammer’ using Laser, Bioresonance and Deep Hypnosis. However, if you are among the 5% of the people who are still struggling after the first session, then you can top up your treatment per session or even enrol on the Anxiety programme. You can also hire an optional e-Capsule for just £30 which makes the programme even more effective. This is a much fairer system for people who don’t have too many issues, are more committed or can quit with less effort.

The ‘Luggage of Life’ programme hardly ever fails. We have developed a unique protocol to eliminate all of your unresolved negative emotions using our proprietary ‘blue light healing’ technique under deep hypnosis together with bioresonance. Once the negative emotions are gone then the underlying symptoms such as phobia, obsessive compulsive disorder, depression, self harm, social phobia, panic attacks and irrational fear are gone for good. Other underlying physical psychosomatic manifestations also disappear in weeks or months such as IBS, ME, Fibromyalgia, slow or halted healing, ongoing pain etc. Most people can throw away their ‘pills’ or anti-depressants after just one to four sessions. We have had people walking in as ‘zombies’ with severe clinical depression and emerged out of therapy as if they were ‘walking on air’. Peoples learn to smile again and take control of their lives without their hang-ups. This programme altered the lives on many of our clients forever.

“Not only have I got the figure of my dreams with your help but I have also lost my fear of heights. I now go with my kids on all the rides - its so liberating. To feel like this is worth a million dollars. Pat Kemp, Lichfield”.

After the very first session Pat had regained a huge control over her eating habit and lost six pounds in the process. She used to eat cheese as if it was going out of fashion. She doesn't like cheese any more. Her other vice was that she used to unwind with alcohol, now she doesn't like alcohol.

If these things were not good enough in themselves she has never gone on rides before she came to see us. After the session she took her kids to Alton Towers and she went on all the rides.

Pat is now so motivated to exercise. Before the session she had only used her treadmill three times over the last six years but now she uses it every day. Don't you wish you could be motivated like that?

Pat is now free to redesign her life. All the hang-ups of the past will no longer bother her from now on.

When Pat came in for her second session she just could not stop smiling and telling us how good she felt and how the first session had changed her life.

[You can see the full video interview by clicking on this link.](#)

For weight loss you should have lost up to 2 stone by the time you come back for your second session three months later and up to 4 stone by the time you come back for your third session 12 months later. Most people can reach their target weight within a year. If you suffer emotional problems after starting the weight loss programme then we suggest that you also enrol on our Anxiety programme within two weeks.

Other items:

Skin problems, IBS, ME, Fibromyalgia, Asthma, Allergies etc. (60 minutes Biores)	£90.00
Laser Treatment (30 minutes – you require two to three session to quit smoking)	£60.00
Optional three month hire of the bioresonance e-Chip or e-Capsule	£30.00
Non-refundable deposit (one third of the fee required to hold your appointment)	£Ask
Weight, Anxiety, Alcohol, Drugs or Smoking Cessation home self-help programmes	£90.00

Want to shop around for the cheapest?

Have you heard the saying “You get what you pay for?” There simply are no free lunches in this world – none! We will therefore match like for like. That means we will match the procedure, guarantee and price of any other clinic. We will never let money get in the way of helping our clients. However, there is a saying “something for nothing is good for nothing” – why would anyone put any effort into a programme when they have nothing to lose? So we must see some financial commitment up front – the rest of the money can be paid by direct debit over a period of time or by several backdated cheque(s) covered with a cheque guarantee card.

A message for our readers

Because of our ethical business model no one who enrolls on the **fixed price programmes** loses out. Once we take you on as our client we are totally committed to achieving the success you desire no matter how much extra effort is involved on our part. Call us now for a free consultation and let's see how we can help you take control of your emotions and habits.

Addictions are usually self-financing and - in most cases - you can recover the full cost of the programme in just two months. Also, we will never let money get in the way of helping our clients – you can always use our 'quit-first-pay-later' scheme where you can use the money saved from overcoming your addiction(s) to pay for the treatment.

"Happiness is not the absence of problems, but the ability to overcome them."
Nichiren Daishonin (Founder of the Buddhism of the True Cause).

Now that you know all the facts, why not let us help you overcome your problems with ease? Just one call could be the answer to all of your prayers. Ring Life Principles today - on 0800 071 1991 - and get ready to reclaim your life without bad habits or emotional pain. Call now! It could be the most life-changing call you'll ever make!

Life Principles, 17 Foxwood Avenue, Great Barr, Birmingham, B43 7QX.
Email: info@lifepinciples.com; Tel (24h): 0800 071 1991