

On 30 May 2010 11:52, Sisi <roc> wrote

Hi Shokat,

I just wanted to let you know how good I am feeling, I went for 1 week to Turkey after seeing you and have not touched any alcohol or anti-depressants since I had my 2 appointments with you, no cravings at all & in fact I feel great. I feel like at last I have a life worth living, People are beginning to comment on how healthy I am looking, I have been in pubs & restaurants with people drinking around me & it does not bother me in any way at all. My skin has improved, my IBS has improved & my outlook on life is now full of hope for the future. Today the sun is out the birds are singing (I can hear them now!) & I am going out for a long peaceful walk.

Thank you so much,

Sue.

On 30 May 2010 21:45, Sisi <roc> wrote:

Hi Shokat,

Unknown to you I am a Fully Qualified NLP practitioner who was trained by Richard Bandler & Paul McKenna (I can provide a copy of my certificates if required). I felt total trust in you; your manner was very professional & more importantly VERY caring. You have given me back my life as I said in my previous email & it would be awful if you cannot carry on this work helping other people.

Please try not to worry as you are a good, kind man and often people cannot understand kindness. Some people are motivated by greed and therefore they cannot imagine a person can do something good to help another person less fortunate without some type of gain, financial or otherwise. It is sad but it is a fact in this greedy world.

Regards Sue

To Whom It Concern,

I am writing a letter describing my treatment, help received and the time I spent with Mr Ali, please contact me if further details are required.

I contacted Shokat several months ago after reading about the treatments and his almost 100% success rate. When I originally contacted Shokat I explained that paying for treatment was very difficult as was on benefits and the sole carer for my adult autistic cousin. Shokat immediately offered to treat me for a minimal deposit and allow me to pay monthly with no interest. This in itself gave me faith in Shokat's ability to treat my alcohol addiction but I did wonder if there was a catch as this did seem too good to be true, a person willing to treat an addict for a small deposit and trusting an addict to continue to make monthly payments.

I am very happy to say I placed my trust in Shokat, arranged my appointments and travelled to Birmingham to meet Shokat at his house for my initial consultation, 1st treatment session and make arrangements for my 2nd appointment the following day.

I arranged a taxi to take me to Shokat's house from the hotel, the taxi driver told me he often took people to and from Shokat's house and that he was amazed by the stories people had told him regarding successful treatments they had received from Shokat, adding "No-one has ever said a bad word against him so he must be doing something right".

When I arrived at Shokat's house I was introduced to his wife who then went upstairs while I had my consultation and 1st treatment session. I felt completely at ease in Shokat's company and he was extremely patient explaining everything to me in detail and put me completely at ease about my treatment sessions. I have not had any alcohol since my 1st treatment with Shokat and also gave up my anti-depressants after my 2nd appointment. I have suffered no withdrawal symptoms at all. My own GP had kept me on anti-depressants for over 13 years, I was originally put on them for post natal depression, my son is now 14 years old! I have never felt better in my life, can finally see a future for myself and look forward to each day as never before, this is all without any doubt a result of my treatments from Shokat. Shokat's wife was in the house during both my sessions but I felt safe alone in Shokat's company, Shokat acted

professionally at all times but it was also obvious to me that Shokat cares a great deal about his clients and really does want to help people overcome their problems.

I am a fully qualified hypnotherapist and Master of NLP, trained by Paul McKenna & Richard Bandler (Unknown to Shokat at the time of my treatment). I will most certainly recommend Shokat to anyone who needs an honest, caring person to help them with issues that are controlling their lives.

Regards Susan Smith

Don't take qualifications on face value.

Also, if you look through the Yellow Pages or the General Hypnotherapy Register (GHR) you will find a lot of hypnotherapists with the title Dr or Professor but what does that mean? You will find that the person runs some International Institute from their home, so they Christen themselves Professor and give themselves the honorary title of a Doctor. Also, a lot of Doctorates can be earned part-time from many American universities trying to trip over themselves in providing you with a useless qualification.

In fact, Neuro Linguistic Programming (NLP) is the most successful primed selling scam ever invented - every time you renew your licence you pay about £100 and all of this money filters up to two people who invented this system. This system encourages you to take more and more courses in order for you to accumulate more and more certificates so you can, one day, become yet another NLP trainer. Most of these people are totally useless as therapists, all they know is how to train people and so the cycle continues and the money just keeps rolling up the primed chain.

You may also become impressed by a person's association with organisations like the GHR. The GHR is in fact an organisation founded by William Broom (never done therapy in his life), run from his home, for his own personal gain. Even the newsletter you get several times a year is trying to sell you hypnotherapy courses from the many, so called, schools that are trying to take your hard earned cash. Most of these schools are petrified by the new

emerging technologies like Laser and Bioresonance, which they dismiss as utter rubbish.

The Hypnotherapist Register for most people is a far better bet, free to join and has over 6,000 members, far more than any of the one-man-bands like the GHR. The BBC was so impressed with the Hypnotherapist Register and LifePrinciples that they invited us to participate in a Quit Smoking awareness programme. However, the self proclaimed one-man-bands put their ore-in (kicked up a fuss), and so, the only people who were finally invited were the self-serving, self-administered, self-perpetuating and totally useless NHS stop smoking advisors and GPs paddling pharmaceutical companys' drugs. It's such a pity that a lot of people like the GHR (just like the people in the NHS) suffer from a scarcity mentality.

Don't believe me? Then read Andrew Newton's book called 'All In The Mind' where he rips apart NLP, the misinformation, meaningless qualifications and affiliations in this industry.

“Our Training.”

Over the past 8 years I must have spent over £30,000 on NLP, Hypnosis, Timeline and related training. I have over £100,000 worth of equipment in my home, more than some of the top Harley Street Clinics. So when someone looks at my Practitioners training and compares it with someone who has Master Practitioners training then they fail to take into consideration other relevant facts. One hypnosis training cost me £6,000 and another one £10,000. The cost of the Master NLP course would have been just £3,000. A good hypnotherapist will easily spend over £100,000 in their lifetime on training.

Also working from home affords you the flexibility to spend as much time as it takes to get your client to overcome his/her addiction. I remember seeing a client at 4 pm but working with that client until 2 am to get her to quit drinking alcohol. There is one client who took me about 16h to get her to quit drinking alcohol over a two day period. Most Harley street clinics would have easily processed 8 clients using a bioresonance machine and made a cool £8,000

(minimum) but our motivation is not just money. God, we do some really daft things to help people succeed!

Here is someone who thought a better qualified and cheaper therapist would be a better bet:

“I am trying to stop smoking weed and cigs. I am 27 and have smoked both since I was 15. I have tried various things to stop and am currently seeing a counsellor who is advising acupuncture. I went to see a NLP Master Practitioner called ‘NK’ last week, who is supposedly very good as this. It cost me £125 and I am still smoking weed.” *Rachael*

Yes it makes a lot of sense paying someone £125 to try and overcome an addiction that is easily costing you over £3,000 a year. Isn't it better to pay a little more and go to an expert who will address all parts of your addiction, the physical part, the psychological part and the habit. And for the cannabis they will also deal with the emotional part (for cigarettes you will have to pay a bit extra for this). We not only guarantee you will quit smoking cannabis with us but we also make sure you stay quit by looking after you for 12-months at no extra cost. At the end of the year, even after paying our fee, you are still some probably £2,500 better off! Also, what price do you place on your health? Now, it doesn't take a rocket scientist to see that paying a little extra makes a lot of sense. And if money is a problem then you can quit first and pay later from saving some £300 per month as a non-smoker. Do you still need excuses not to quit smoking?

If you can't measure then you can't manage?

A lot of people like to band about testimonials as if there was no tomorrow. However, most people who quit drinking etc. wish they had not given their testimonial as a knee jerk reaction because they start drinking again within weeks or months after the treatment. A one year quit rate is more meaningful. This is why we look after our clients for the full 12 months on our fixed price programme. When we sign off a client at the end of the 12 month period then we know that the client has succeeded with flying colours. What's more if our clients relapse at any time in their life then they are entitled to a massively reduced free for any future backups. So after 12-months, a small fee will buy you one 2h session to get you to quit again and another 2h session within 28 days free of charge.

A lot of hypnotherapists also use visual method of calibrating trance. This means, most of the time a good hypnotherapist can tell the depth of the trance simply by looking at your face or your breathing. The therapist can also ask you a simple question to ascertain the depth – both the client and the therapist can at times get this badly wrong - this is how you get dramatic failures. We use a high-tech Brain Wave Analyser to measure the depth very precisely on a visual screen. Using this high-tech equipment we can explore other means of helping you to relax to enable the hypnotherapy to work.

We saw a lady who failed to quit smoking with two bioresonance clinics (8 sessions) and AC (failed then continued as a secret smoker for over three years - this messed up her relationship with her husband). However, we spent four 2h sessions (she was very difficult to hypnotise) to get her to quit smoking, cure her insomnia and her depression. She had squandered some £1,000 with the competition and failed every single time - with us she spent about half that amount and got her life back in every way. What the full might of the NHS and other clinics could not do in years we managed to achieve in about 8 hours.

As we pick up other people's failures. We are now noticing a pattern with bioresonance only clinics. Some people who quit with bioresonance in the first session are saying that the second session is far less effective and the third session is more or less useless. The problem is not as bad with Laser only clinics for some reason. Good solid hypnosis is in a league on its own, it's just as effective in the first, second or third session. The other beauty of hypnosis is that it's so incredibly fast and it can be used for multiple addictions in one go - now how cool is that?

The problem with hypnosis is that it's as good as the skill of the hypnotherapist. So if you go to a useless hypnotherapist then you will get pathetic results. So everyone knows what they are worth. We have no problems with our fees. So if some hypnotherapist is only charging you £50 to get you to quit smoking, then they know that's how much they are worth, we know we are worth a lot more than that. If money is a problem then ask about our Easy Start Programme.

We saw a client a few months ago who failed to quit smoking, drinking or taking cocaine with one bioresonance clinic in London. He had gone there multiple times and each time the effect was less than before. He also had a session with a hypnotherapist in the City which did not work so he came to see us. In the first 2h session we got him to quit smoking, drinking and taking

cocaine. In the second 2h session (on day two), we got rid of all of his past hang-ups. The bioresonance clinic in the city had cost him a fortune. He said, when you are desperate, you will do anything even if it means going to a clinic and sitting in a horrible room for two hours connected to a machine.