

From: ian and mo <yeti>

Sent: Sat, 12 June, 2010 10:21:13

Subject: Re: Last Visit

Dear Shokat,

Apologies for the delay in sending this to you but we were told last week that Ian's aunt (the lady that brought him up and is therefore more like his mother) has only 6 weeks, at the most, to live. So as you can imagine we have been rushing to and fro to sort out a hospice place etc., for her.

Anyway, thanks to you, we are both coping well with the situation and I look forward to hearing from you and seeing you again for our 12 month check-in.

Best wishes,

Maureen and Ian.

To whom it may concern

My husband and I had quit smoking, on a number occasions over several years, but sooner or later we always started again. We had tried everything from patches and Zyban to herbal remedies, as well as sessions of hypnotherapy and even previous attempts using bio-resonance, but nothing seemed to work for very long, if at all.

My health was beginning to suffer severely from the effects of long-term cigarette smoking. I was having problems breathing due to smoking related chest complaints and knew that my health and well being could not be improved unless I firstly overcame this powerful addiction.

We had had some success in the past using bio-resonance in isolation so when I searched the web, in desperation for something that may help, and saw Shokat's triple approach to addictions, I wanted to know more.

I was extremely impressed with the testimonials I saw on the website and, following discussions with my husband, I rang Life Principles and asked if they could make arrangements for both of us to see Shokat.

I knew from the minute Shokat contacted me that he was genuinely concerned about our health and wanted to help. We travelled from the north of England to see him and following that first session we both quit smoking.

Unfortunately, although my husband had no problems quitting smoking after our first session with Shokat, I relapsed several weeks later as a result of a family trauma. I rang Shokat and he told me to return immediately for further support. Within days he had managed to reschedule his appointments so that I could see him again as soon as possible. The booster session has been a total success and I know now that whatever comes my way, I shall never smoke another cigarette in my life.

I cannot thank Shokat enough for his kindness and understanding and I can say, with absolute certainty, that he is one of the nicest people anyone could ever wish to meet. He is a true gentleman and his professionalism is outstanding. I certainly have never felt uncomfortable or threatened in any way whilst being alone in his presence.

I would recommend Shokat Ali to anyone with a problem. Whether their suffering is due to an addiction, a mental health problem or any of modern day life's complications, I am convinced that Mr Ali will do his utmost to help anyone in need. My husband and I both feel very privileged to have met and been treated professionally by such a kind and caring individual.

Maureen and Ian.

P.S. Ian and Maureen forgot to mention that they both paid an extra £200 each for the luggage of life programme. The reason why the therapy was so successful was that we helped them overcome their depression and get them off their anti-depressants as well as get them to quit drinking. A lot of people who give us an interview on how easy they overcame their habit with our help forget to mention this very important fact.

Here is another couple, 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].