

Life Without Anxiety

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ANXIETY IS A PART OF BEING HUMAN AND IS COMPLETELY NORMAL. HOWEVER FOR SOME PEOPLE SMALL THINGS CAN TRIGGER MAJOR ANXIETY THAT EFFECTS THEIR RELATIONSHIPS, ENERGY AND HIDES THE PLEASANT AND RELAXED PERSON THEY ONCE WERE.

THE ANXIETY REDUCTION PROGRAM AT MODERN HEALTH OFFERS AN ANSWER TO A QUESTION MANY CLIENTS ARE ASKING: HOW DO I REDUCE OR ELIMINATE MY ANXIETY.

IF YOU WOULD LIKE TO DISCUSS HOW WE MAY BE ABLE TO HELP YOU GET YOUR ANXIETY UNDER CONTROL SPEAK WITH OUR FRONT DESK BY CALLING: 567-940-9333



You Might Have Anxiety If You Experience:

1. Extreme Worry you can't let go.
2. Trouble Sleeping and runaway thoughts that keep you tossing and turning.
3. Panic Attacks that don't have a clear cause but cause your heart to race, dizziness and pain.
4. Irrational Fear that are overwhelming compared to what you used to experience.
5. Physical Tension like haunted shoulders and stiff muscles.
6. Stomach Problems like nausea and diarrhea.
7. Self Consciousness when you feel like you're always on display.
8. Self Doubt and constantly second guessing yourself
9. Flash backs of painful experience that keep replaying in your mind.
10. Compulsive behaviors like repeating phrases over and over or getting a song stuck in your head.



Modern Health Anxiety Program aims to :

- Reduce or eliminate Anxiety
- Calm Persistent Worry
- Eliminate Unrealistic Fears
- Reduce Physical Symptoms associated w/ Stress
- Sleep Better at Night
- Feel more comfortable in Social Situations
- Meet challenges and daily obstacles with confidence

ModernHealth

Initial Consultation 150.00 credited toward program cost.

Includes:

Cognitive Emotional Analysis,
Quantitative Electroencephalogram
Metabolic Analysis
Cognitive Performance Testing
Complete Report

3 month program

2 Empower Plus Advanced 139.96 69.98 each
2 Vitamin D transdermal 80 40 each
2 magnesium transderman 110 55 each
30 sessions of Neurofeedback 2x week
and a QEEG at end of treatment to review results

\$2,500.00 plus 24.75 tax

Add On Options:

X ray and 5 Chiropractic Adjustments \$140 (20% Discount)
Neurotransmitter Testing \$250
Vitamin D Testing and Results \$80
Additional QEEG & RESULTS: \$100

