

## Here are some of our testimonials.

**“Hi Shokat, Just thought** I would send you an email to let you know how I am doing. Before I came to see you, on a "good day" I was experiencing about twenty to thirty thoughts per day around taking cocaine or drinking alcohol. About two or three of these would develop into a more serious "craving". On a "bad day" you could exchange this for almost constant cravings until I used cocaine or drank alcohol. It has been this way for the majority of my adult life, despite trying to quit for well over eight years. In the few days following my visit I was experiencing only two or three brief thoughts around using, but these were fleeting and had nowhere near the same power as before, nor did they develop into a serious craving. After about a week, I was experiencing approximately one thought every other day. Now after two weeks, I only tend to briefly think on using if confronted by it (i.e stood at a bar) but that passes immediately and in no way do I feel tempted to drink or shove more coke up my nose! Best decision I ever made was coming in, thanks and see you soon! Kind regards, Pete”

**“Dear Shokat. It's been about two** years since I came to see you. I was addicted to heroin, crack cocaine and alcohol. My life was in turmoil. I was neglecting my business, my family and my own health. Since I came to see you my life has changed beyond measure. I have expanded my business and reaped enormous rewards. I regularly go to the gym and work out. I look after my body and my family life. My wife thinks it's the nearest thing to a miracle and we tell all our friends about you. Jazz”

### **“Cocaine took over my life.”**

“I was a very heavy user, sometimes several times a day. I was spending a fortune feeding my habit (£1,000+ per week) and driving my family mad. Before I came here, I felt very angry and agitated and could not imagine that anyone could help me, let alone in one to two 2h sessions. I felt totally different when I left here after the first session. The cocaine was no longer in my head. I will never, ever do cocaine again. In the past when I used to wake up, I was constantly thinking about doing cocaine and also feeling a bit sick. I woke up the next day, after the therapy, and the cocaine was not bothering me or affecting me in any way - I did not feel sick, angry or agitated either. I felt this incredible 'high' and a feeling of wellbeing like my life had suddenly been changed forever. My family are absolutely amazed. Mark”

**“I lost 8 stone in weight and kept it off for years.”**

"I went to see my optician and the girl behind the counter said 'are you the hypnotherapist I saw years ago?' She looked very familiar but I failed to recognise her. So she proceeded to remind me; 'My name is Natalie Sappleton and I came to see you for weight loss in March 2006. Since then I have gone from 20.4 stone to 12 stone. Not only have I managed to lose the weight but I kept it off without too much effort.' I thanked her for her story and asked her to come back for a video testimonial. I told her that she had just made my day. This is not the first time I have bumped into a client whilst out shopping who has lost up to five stones and kept it off for years. Shokat"

**“I have remained a tea-total for over three years with your help.”**

"Hi Shokat, Just thought I'd send you a quick update to let you know how things are going (since I saw you in Oct 2008), and I can honestly say that life without alcohol is brilliant!! - there was a time I didn't think I'd EVER be able to say that, but thanks to you and your method I am completely transformed - there is no battle with drink any more, I never even think about it these days and for me that is true release - I can go to the pub, to dinner parties, even have alcohol in the house and pour drinks for people sometimes, only now I wonder what they see in it - there's no "one day at a time" or "white knuckle" abstention (which is hell to live with) there's just freedom, and that is priceless. Something always told me that there was an answer out there somewhere and fate pointed me in your direction and I'm so glad that it did, I just wish that everyone struggling with addiction could find this way out. I hope you and your family are keeping well and that business is good, and I'd just like you to know that this "t-totaller" will always be grateful for the help that you gave her - thank you Shokat. All the best, Carol"

**“I am still free from alcohol after 12 months.”**

"Hi Shokat Conor here from Ireland. Just to let you know everything is going great here for me. It's now been 12 months this weekend since I had any alcohol and I feel much happier and confident in myself. I just want to thank

you for changing my life around. My family and I are a completely happier bunch of people and are amazed at what happened with just one visit of 2 sessions with you. Thanks again and when I get a chance (as the days are not long enough for of now) I must come and see you again about my smoking and see how that goes."

Dear Shokat,

I have a drinking problem. When I try to stop I suffer from insomnia and then I get depressed and drink more. I tried my way out hypnosis DVD's but that didn't work very well, so I thought I would give it another shot with a different hypnosis tape. My health is suffering badly. I also smoke and have been on the patches for over a year, they work well until I take them off, and then I smoke again. I have two small children and I worry they won't have a mum for much longer.

Thanks for your enquiry,

Yes most people have problems sleeping when they quit drinking - this is normal. This is why a full insomnia cure is built into our therapy. So not only do you quit smoking, drinking, gambling etc. but you also have no problems sleeping after the therapy.

We also deal with the underling depression in the second session. Most people will throw away their anti-depressants after this session. No you do not need to take your 'pills' for years or for life - it takes just two hours to get you life back.

If the patches were to work then we would have gone out of business years ago - NRT is a good system that allows people in the NHS to make lots of money from other people's misery. Also, very few people quit with self-hypnosis CDs or Tapes. We provide a CD with every addiction, but if the person ever falls off the bandwagon, the self-hypnosis CD cannot get them to quit on their own, they have to come back for a free backup session. This is why we look after people for a year, free of charge.

We can help you quit smoking and drinking as easy as pie. Your problems could be over in just two, 2h sessions - yes it's that simple. We would get you to quit drinking and deal with your insomnia in the first session. We will address your depression in the second session. When you have happily quit drinking, thrown away your 'nasty' anti-depressants and have no problems sleeping, then you

can come back, and we can help you quit smoking in 2h. No it does not take 12 weeks to quit smoking - only greedy and ignorant people in the NHS think like that.

**“Dear Life Principles,**

I have chronic depression - I've had it for about 15 years now and in that time have been on and off anti-depressants - mostly on, though they don't help that much. I watched several of your videos, and would like to know more about your service - how many treatments I might need, how helpful they are likely to be, ie. what the success rate is for similar cases of depression, and what the cost is. (I live in Gloucestershire, about 1 1/2 hours away by car, so not too bad if I only need a few sessions.)

many thanks

Katie.”

**“Dear Shokat,**

Hi, It's been two and a half weeks now since I saw you - time for a quick update... I had some withdrawal symptoms from cutting out the anti-depressants - they were annoying but not really debilitating. Otherwise, I just keep feeling really well, and want to shout out and tell everyone I'm cured - but am holding myself back because it's still really early days. Anyway, so far, it's been really good.

Many thanks

Katie.”

**“Dear Shokat**

Thank you for your help on Friday, I have to say I feel like a different person. Fresh and cleansed. My partner offered me a beer on Friday night after work and I just said No thanks, I don't want one. I must have said it very fast, as he looked at me a bit surprised. I sat with him all night while he had a few drinks; the same on Saturday. On Sunday afternoon he wanted to go to the pub for a few beers and I had Britvic orange and lime and soda, it did not bother me at all. I don't seem to have any craving for alcohol. I have been drinking soft drinks and coffee. I have also had much better sleep, although I still woke up, I went back to sleep quickly. Am I not supposed to drink coffee or eat red meat etc. anymore?

I cant wait for the Life Luggage Programme this is a new start for me on a clean sheet

Thank you again

Kind regards

Carol.”

"Sorry I could not answer my phone. It is the annual dinner of my company's sales conference. I had still not touched a drop of alcohol. I have no desire for it, how amazing you are. Thank you. I am surrounded by drunk people. Carol."

Carol (above two feedbacks), had several issues - Drinking, Insomnia, Depression, Letting go, HRT and Procrastination - all were addressed as part of the Quit Drinking Programme. Now she no longer has a desire for alcohol, sleeps like a baby, has forgiven her husband for his past mistakes, is driven, and no longer reliant on anti-depressants and HRT - we give back far more than we receive. This is what she wrote several months after the therapy:

**"Thank you very much for your time last week Shokat."**

"It is now 7 days since I had a drink. 7 days!!! I can remember quite a few times over the past 5 years when I have gone 1 day without a drink and a few when I have gone 2 days, but 7? Thank you. I can't say that I have not thought about drinking every day but neither can I say that I have been really tempted. I think that it has been such a big part of my life for such a long time that it just seems really 'odd'. There have been several times when I have felt a little nervous with regard to the situations that I have put myself in. I have eaten out several times over the past week. Once in an Indian restaurant, once in a pub and today at a café bar with my sister who drank a pint of lager. (each time I have drunk soda water!!) My sister was incredulous. Actually, I think I was a little too. Unless I am driving, I never go out to eat without drinking – sad to say that the alcohol has always appealed to me more than the food. I have also been sleeping very well."

25/02/2011 Lorraine.

**"Since our session I have remained smoke free."** (Email 11/01/2011)

"Hi Shokat, happy New Year and I hope you had a pleasant time in Spain?"

Since our session I have remained smoke free and despite a few cravings to date I would consider this as being an easy task.

I am unsure what we do with regard further sessions etc. as I know you mentioned using the bioresenance machine for my garlic allergy?

Hope to hear from you soon.

Kind regards,

Andrew.”

Andrew [Director], Hednesford, Staffordshire (Enrolled on the Quit Smoking Programme on 05/12/2010).

**“I have not gambled since I came to see you.”** (Email 04/01/2011)

“Hi Shokat

Just a short email to let you know how I am doing.

The good news is that I have not gambled since I came to see you, I still think about it but I have had a few opportunities to do it and have not.

I have been taking your advice and listening to your cd although not every day this week as been very busy and just have not found the time. I will make more of an effort to listen to your cd and hopefully feel less down in the near future.

Hope you had a Good Christmas & Best Wishes for 2011

Yours Gratefully

Julie.”

Julie [Operative], Bolton (Enrolled on the Quit Gambling Programme on 22/12/2010).

**“It has been the best Christmas for me and my family in such a long time.”**  
(SMS text message 30/12/2010)

“Hi Shokat Conor here in Ireland. Just to let you know I still have not had any alcohol since I met you last June. Christmas is in full swing and I’ve been to a good few parties without any difficulty. It has been the best Christmas for me and my family in such a long time. Hope you and yours are all well too. I believe you saw John, someone I sent your way in the last few days. He was having sleeping problems. Hope you did as much for him as you did for me. He told me that he had 4 sessions, that seems a lot. Thanks again and happy new year.”

Conor [Farmer], Co-Galway, Ireland (Enrolled on the Quit Drinking Programme on 28/06/2010).

**“I never thought it would be possible for me to stop smoking for 21 hours let alone 21 days.”** (Email 07/12/2010)

“Dear Shokat,

Three weeks ago I attended my 2nd hypnotherapy session with you to stop smoking.

I am pleased to report that since then I’ve been a non-smoker and have no physical desire or cravings to smoke.

Before meeting you I never thought it would be possible for me to stop smoking for 21 hours let alone 21 days, especially without nicotine replacement therapy.

My ability to taste and smell has greatly improved; my appetite has not changed except for a desire to eat healthier.

I have not experienced any problems sleeping, have been irritable but know I’ve come too far to lapse now.

Many thanks Vicki.”

Vicki [Manager], Birmingham (Enrolled on the Quit Drinking Programme on 03/11/2010). (She quit in the first session but became severely depressed so in the second session we dealt with the depression free of charge).

**“It’s been 3 weeks and I am still not smoking.”** (Email 05/12/2010)

“Hello shokat

I came and had my treatment with you 3 weeks ago today.  
And I am a non smoker now. I can not thank you enough.  
Just need to now how 2 leave feed back for you.

Many thanks

Daniel.”

Daniel [Electrician], Black Water, Surrey (Enrolled on the Quit Smoking Programme on 07/11/2010).

**“I am feeling much better – improving all the time.”** (SMS text message 28/11/2010)

“Morning Shokat. It’s David Jones. I came to see you for the 3<sup>rd</sup> time on Friday 5<sup>th</sup> November. I am feeling much better. Improving all the time. The relaxation cd and Susan Jeffers book are very good. See you in the New Year. All the best.”

David Jones [Engineer], Wales, (Enrolled on the Anxiety Programme 28/04/2010)

**“I have not had a drink since my first visit.”** (SMS text message 22/11/2010)

“My friend will be calling you today, she interested in weight loss. Just 2 let you know I have not had a drink since my 1st visit which is fantastic! Especially with my personal problems. Kim.”

Kim [Housewife], Birmingham, (Enrolled on Alcohol addiction programme 01/11/2010)

**“I don’t think I have been this positive and jolly for quite some time.”** (Email 12/11/2010)

“Hi Mr Ali,

I hope you are doing well.

It has now been 3 months since my last appointment, and things are going extremely well. Since I last saw you I have not had a single cigarette or a drop of alcohol. Also I have been very happy in spirit and health. I don't think I have been this positive and jolly for quite some time. It has not been a struggle at all.

Do I still need to come in and see you again? You did mention that I email you in 3 months time.

Also you asked me which of the two treatments I felt was more beneficial/easier, I don't know how to answer this as I did not struggle at any point one bit. How do I even begin to compare? :)

Best regards as always,

Dee."

Dee [IT Support], Great Barr, Birmingham (Enrolled on Alcohol & Smoking Cessation Prog on 04/09/2010).

(Dee was asked to compare a session he had to quit smoking and drinking alcohol in 07/03/2009 with another session on 04/09/2010 to quit smoking and give up alcohol. He found it just as easy to quit the first time as he did the second time.)

**"My wife Natalie and I quit cocaine 12 months ago."** (Email 09/11/2010)

"We came to see you exactly a year ago, to quit cocaine with you help. We both had two sessions each, one for the addiction, and one for the feelings. After the first session we both quit using cocaine with ease."

"The only slip-up was whilst on holiday, three months after our first visit; you put us back on track (free of charge) when we came back to see you on our return. Over the last 12 months we must have saved an absolute fortune – this habit is not exactly cheap."

Mark [Company Director], Cannock (Enrolled on the Cocaine Programme on 09/11/2009).

**“I lost all compulsion for chocolate with your help.”** (Email 31/10/2010)

Hi Shokat.

Have just returned from holiday and thought I would update you on my progress. I feel it is going well. I haven't had a single bit of chocolate which is a huge achievement for me.

Jo [Paramedic], Warwickshire (Enrolled on the Weight Loss Programme on 12/10/2010).

**“The last two weeks have been the first in 10 years that I have not had alcohol on my mind on a daily basis.”** (Email 10/10/2010)

Hi Shokat

I saw you two weeks ago and as agreed I'm sending feedback. First of all though, I sincerely hope that your mother is making a good recovery. I can only imagine how proud she must be of a son who changes people's lives.

That will give you some clue as to how it is going. Amazing and brilliant. I have not even thought about alcohol over the last two weeks, neither have I wanted to talk about it in any context, which has made me realise anew how negative and unhealthy the entire premise of AA is, where people sit around talking almost exclusively about drink. I want to forget all about it. I play your CD every night, I am sleeping really well, I am not worrying constantly as I used to - in short, I am really happy. OK, so I don't have a job yet, but I am in a much better place to be able to get one. My partner's drinking isn't bothering me either.

The last two weeks have been the first in 10 years that I have not had alcohol on my mind on a daily basis, whether drinking or not. I was committed to your treatment and did everything you advised, but I am still if I am honest surprised at the effects. It's as if the self-destruct part of me has been removed (admittedly I still have an eating disorder but that never once formed any part of what I came to you about - I was purely focussed on my drinking).

I'm not surprised you are busy - I am more surprised that everyone with addiction issues doesn't come to you! I have also passed your website details onto a couple of people I know who are interested in meeting you about their own problems.

I met my mother for coffee the other day, and she extends her thanks to you and says - quote - that I look and seem like a different person, that she can tell that I am not stressed all the time anymore and that she no longer worries about me constantly. She is 80 and I have felt terribly guilty about worrying her. It's not just my life you have improved in this family.

I've just seen a friend who was fully aware of how bad my drinking was, for the first time since my treatment. He didn't know anything about you or your treatment but said that I look entirely different "as if a beautiful inner child has been released". Praise indeed!!

I am looking forward to seeing you for the Luggage of Life session and am happy to wait a while for this. I am really grateful and feel that I have a new life; the one I wanted but have allowed drink to cloud and prevent my getting on with it for so many years.

Thank you so much.

Claire [Chartered Accountant], Ashford, Kent (Enrolled on the Quit Drinking Programme on 27/09/2010).

**"I quit drinking alcohol a few weeks ago and I am doing amazing."** (Email 01/10/2010)

Hi Shokat,

It's Sara from Sutton. I saw you a couple of weeks ago for alcohol addiction; doing amazing. My new life has started.

I am going to send you my husband Daniel to quit smoking on 07/11/2010. He just can't wait to come over and see you.

Sara [Banking Clark], Sutton Coldfield, Birmingham (Enrolled on the Quit Drinking Programme on 16/09/2010).

**“I do not crave alcohol, tea and carbonated drinks in the slightest, which is amazing.”** (Email 29/09/2010)

Dear Shokat

Just a quick email to express my heartfelt thanks to you and to apologise for my initial demeanour. To say that I arrived at your house with a sense of trepidation and apprehension would be an understatement; even though I was 100% convinced that you were genuine and that your methods would succeed, when I told some close family members of my intentions, they expressed grave concern - despite all the terrible things I have done over the years due to drink. I realised in yesterday's session when you mentioned my difficulty in getting to Birmingham and the credit card issue that I must have offended you and for this I apologise.

As for the rest, it is amazing. I loathe motorway driving and had need to drive from my partner's home in Berkshire to Kent yesterday, following my second treatment. As soon as a wave of panic set in, a voice in my head said "for the rest of my life I am going to be strong, calm and relaxed". If anyone had told me this I might have thought they were mad! Not only do I not crave alcohol in the slightest but I have also developed an aversion to tea and carbonated drinks, which will amaze all who know me ....

I do feel slightly "drugged" still but imagine that this is natural and an indication that it is all working. I have read all the post treatment advice and am playing the CD although only at night as I find it rather sleep-inducing. Last night I had my best night's non-alcohol induced sleep for years. I hope that once a day will be OK; if not then please let me know.

I will as agreed update you in two weeks' time and am looking forward to the life luggage session. I will walk to Birmingham if necessary!

Many thanks

Claire [Chartered Accountant], Ashford, Kent (Enrolled on the Quit Drinking Programme on 27/09/2010).

**“Your work has made a tremendous leap possible in my life.”** (Email 27/09/2010)

Hi Shokat, how are things with your family?

I hope things have not been too difficult for you and your wife. You do such a good service for people, I send you prayers and thanks for all you have done for me.

My Progress - I have done really well so far. Totally no caffeine withdrawals which is amazing for me - when I last stopped caffeine I was in bed for two days with all-over body aches - this time nothing at all!

I get an occasional slight 'nostalgia' for coffee and occasionally a less strong feeling about alcohol but it passes within moments and there is zero temptation.

I was certainly suffering a lot more than I realised as a 'dry' alcoholic. It subtly altered all my moods. Since the treatments I have felt like I stepped back in time - to the person I was before I started my nurse training, the person who was relatively free of addictions. I hadn't realised how unhappy I was being 'dry' without anything to take me out of myself or take away the anxiety. Now I am happier just as I am. My family have been amazed and it has probably rescued my marriage too. Perhaps all that struggling in my Buddhist practice to overcome my depression is what brought me to you, who knows. But whichever way you look at it your work has made a tremendous leap possible in my life.

I am very sensitive to energy fields and could feel my whole meridian system buzzing for days after the treatments. Now whenever I want to go back into that feeling I listen to the CD you gave me. I am trying to wake my right brain up too.

Please feel free to use this endorsement in any way. I am an acupuncturist (MSc) work in private clinics and addiction treatment and am also a RGN. I am happy to be contacted by email for confirmation of this.

All the best

Note that Leon was a 'dry' alcoholic. That means he had quit drinking years before he came to see me. Physically he was free, but mentally he was still being tormented. I remember hearing on the radio someone saying that he

quit smoking 50 years ago, but even today, when he is with other smokers, he could murder a cigarette. After good solid hypnosis, you could even be with your partner who smokes, and it will not bother you at all.

Now can you understand why the chemical based NHS model can never be as successful as good solid hypnotherapy? Anything that does not deal with the mental side of things including weeks of rehab are never going to be as good as a few hours of deep hypnosis together with our luggage of life programme! Using chemicals to deal with anxiety, depression and insomnia is nothing short of criminal – when all it takes is 2h of our luggage of life programme to put all of your troubles behind you.

Leon [Acupuncturist], Liverpool, (Enrolled on the Quit Drinking Programme on 09/09/2010).

**“No Alcohol for 9 days without the slightest problem.”** (Email 25/09/2010)

Good morning Shokat

Although I had made my mind up to stop drinking on the Thursday prior to seeing you on the Tuesday I know your session has really helped me. No Alcohol for 9 days without the slightest problem. Its Saturday morning (normally I would be feeling lethargic and tired) NOT SO, I really feel alive and fit.

It's a wonderful feeling to know I will never drink alcohol again. I actually feel proud of myself. Self esteem is creeping back. More than anything to do with myself, my boys are so happy.

I am confident I will not drink without another session but I so much enjoy your philosophy on life (it is so similar to mine).

When would you like to see me again?

Have a pleasant weekend

Alan [Director], Bobbington, Dudley (Enrolled on the Quit Drinking Programme on 21/10/2010).

**“No craving for alcohol in fact I don't even think about it!”** (email 24/09/2010)

Hi Shokat,

Just a quick e-mail to let you know everything is going well. No craving for alcohol in fact I don't even think about it! What a fabulous change in my life. I'm not sure if this is the right e-mail address to contact you on; I managed to delete your original e-mails to me! And I know you wanted to hear from me in 2 weeks after the treatment, but the good news is that my life has changed!! So that's the important thing.

Speak soon,

John [Manager], Pontypridd, Wales (Enrolled on the Quit Drinking Programme on 28/08/2010).

**“13th week without touching a drop of alcohol and am feeling great.”** (Email 19 Sept 2010)

Hi Shokat Conor here in Ireland. I saw you on 28th of June. Just to let you know I am going into my 13th week without touching a drop of alcohol and am feeling great. I still have not had a desire to touch it. My family and friends are really behind me too and are telling me I look much better.

Thank you, you have put me and my life back on track hopefully I can keep it up . Maybe you could help me with the smoking habit as well but maybe I should just keep going the way I am for now .

Thanks again.

Conor [Farmer], Co-Galway, Ireland (Enrolled on the Quit Drinking Programme on 28/06/2010).

**“We dealt a good blow to my past history, and put that where it belongs, in the past.”** (email 11/09/ 2010).

Hi Shokat,

I remember you asked me to report back to you after about a month so here goes:

Its about 4 weeks since I came off the pharmaceutical drugs. I had headaches which lasted until about 2 weeks ago which made everyday life very difficult. Since then I feel like I am very slowly getting my life back. I have faced some challenges though. I have been trying to find work for the last two weeks and had an interview on Thursday (I did not get the job, probably as I was 'over-qualified' for it). I also met a very nice girl and had a couple of dates, which went very well, the second date lasted nearly 24 hours, as we 'hit it off'.

1. I believe I have come to terms with the situation with my boys living in Bristol and other difficult things from my past. It's not as if I never think of things from the past but that I do not really dwell on them like I use to and have accepted things are the way they are.
2. I am slowly getting back to fitness, and have been going to the gym or walking most days, since the headaches stopped.
3. I have sold my flat and have been looking for a house (as I want a garden for the boys) though this is tricky since I am not working.

So, I think we may have dealt a good blow to my past history and put that where it belongs in the past. The thing now is can you help me to build my confidence to deal with the challenges I am facing now, to develop clear-headedness and stop worrying!!

Thanks for reading,

Kevin [IT Professional], Birmingham (Enrolled on the Luggage of Life Programme on 17/08/2010).

**“I have only praise for your treatment and support in giving up smoking.”**  
(10/09/2010)

Hi,

I have only praise for your treatment and support in giving up smoking. The ongoing support is very reassuring as I know that if ever I lapse I only have to call you.

I had already tried bioresonance on its own - I stopped for a couple of weeks but was still craving, and would have been charged again for a 'top-up'. The combination of bioresonance and hypnosis seems to be the key.

I had tried preciously through the NHS - patches and Zyban - both failed and both were adding chemicals to my body. Shokat's treatment put nothing in - just takes nicotine out. The NHS thinks their methods have succeeded if you quit for a week or two - Shokat monitors his clients regularly.

I felt completely safe in Shokat's home, it was the same as same as being a doctor, he behaved professionally and appropriately at all times.

I believe the NHS should be supporting people like Shokat and actively encouraging people to use services such as his. They subsidise things like patches and Zyban etc. at great cost and often get no results - I think they should embrace methods such as bioresonance and hypnotherapy.

It's like all 'alternative' treatments as the NHS likes to call them - because it hasn't been produced from chemicals by large pharmaceutical companies holding them to ransom, then they attack or try to put of business people who are genuinely helping those of us for whom their methods didn't work.

Let's embrace other methods - treatments such as Reiki have at last been recognised by the NHS, as has Reflexology - I was actually offered both while undergoing cancer treatment. If not now, then at sometime in the very near future, I believe bioresonance will also be recognised as a very successful alternative to what the NHS offer at present.

Finally, Shokat's methods do NO HARM.

Regards

Caroline [Medically Retired], Bristol (Quit smoking on 29/09/2009).

**“My husband came to you about four years ago and has never smoked since.”** (email Carolyn 24/08/2010)

My husband Gareth came to you about four years ago to quit smoking. This was very successful and he has never smoked another cigarette since.

I now need help with my 10y old son who has lots of problems with anxiety, insomnia and other problems with studying and concentration. I hope you can help.

Gareth, [Teacher], Walsall (Quit smoking on 30/08/2006).

**“My mum is over the moon since I quit drinking with your help.”** (email 21/08/2010)

Since coming to see you over seven months ago, I still have not had a drink. Still some ongoing emotional problems with the constant battle with my wife over my son, but even then I have managed to keep away from the booze. I am much easier to live with since I quit drinking. My family, especially my mum, are over the moon with the results.

Today I want you to help me quit smoking cigarettes.

Raj [Cashier], Slough (Quit drinking on 26/01/2010).

**“Since coming to see you two weeks ago I have lost 10 lbs.”** (email 20/08/2010)

Hi Ali. You asked me to update you after two weeks. Good news, I have lost 10 lbs.

It has been really easy some days, other days quite hard particularly when I am away and food choice on an evening is restricted.

The first few days I had bad headaches, felt constantly hungry, couldn't sleep and I was feeling low in mood. This has subsided now. Today I have felt really tempted to have cheese which I did have but the first time since I saw you. I haven't eaten any bread and successfully eaten fruit salads every morning. I listen to your disc everyday and walk at least 45 minutes on most days or done a good period of exercise. There have been about 3 days that I haven't done exercise.

My partner, Kelly has also been giving me support by changing her eating habits to help me and she has lost 7lbs which she is over the moon about.

Going to keep Reading the books. Kind regards.

Ru [Trainer], Wolverhampton (Weight-Loss therapy on 31/07/2009).

**“Lost all desire to drink & other people drinking around me has not bothered me at all.”** (email 19/08/2010)

Since I came to see you over two weeks ago I have lost all desire to drink alcohol. Also, other people drinking around me have not bothered me at all. I am pleased with the outcome. I look forward to seeing you for my luggage-of-life in a week’s time.

(Martin’s father worked as a caretaker at Oxford University when my son was studying his MSc. When he was searching on the web to help his son he stumbled upon our website and saw my son’s picture in ‘About Us’ page. He rang, asked about Bobby then proceeded to book a session for his son who had alcohol problems going back many years. Martin had been to rehab over and over again but would relapse within weeks of coming out. As Martin was a heavy drinker we decided it would be better if Martin went to a chemical rehab then came straight to see us in order to avoid an epileptic fit. After one week of Valium Detox Martin was in a pretty bad state so we proceeded with the addiction therapy but left the luggage-of-life part out until Martin was study on his feet. We are seeing him next weekend for the emotional part of his therapy. Strange how we get some of our business?

Martin [Electrical Engineer], Oxford (Alcohol therapy on 06/08/2009).

**“I become full half way through eating my food.”** (email 18/08/2010)

I don’t know what you did but I seem to become full half way through eating my food. I am not eating too much junk food either which is also good. Thanks dad.

(Now who says you can’t hypnotise your children?).

Bob [post PhD research project], California, USA (hypno-mind therapy on 12/08/2009).

**“My drinking habits have totally changed since I came to see you a year ago.”**

(email 17/08/2010)

My drinking habits have totally changed since I came to see you a year ago. Also the free session for smoking cessation has worked really well – I have had no desire for cigarettes since I left you a week ago.

Adele [Project Manager], Cheshire (Quit drinking alcohol with our help on 28/07/2009 and quit smoking on 11/08/2010).

**“I am fine and no drop of alcohol.”** (email 16/08/2010)

Hi Shokat,

I trust you are doing well. I am fine and no drop of alcohol :)

I am interested in knowing more about your weight management program and obviously the fees ...

Please let me know about ..and I would give you a new patient.

Regards, Shekhar.

The new patient he was talking about is his wife who we are seeing on 28/09/2010.

Shekhar [IT Consultant], London (Enrolled on the alcohol addiction programme on 12/01/2010).

**“I was amazed that 2 hours after being a smoker, I could sit surrounded by people smoking in a pub and not feel even slightly tempted.”** (email 14/08/2010)

My Name is Heather Allen, I am a qualified nurse and group therapist, now with my own company, working as a consultant to the Fire Service.

I first met Shokat 3½ years ago when I wanted to give up smoking. I knew the success rate was of the methods being offered by the NHS was 5-14%. I didn't like those odds. I knew I only wanted to do this once. I did an extensive search

on the internet, looking for bio resonance in particular as I knew people who had good results with it.

I liked Shokat's 3 pronged approach, which I thought would mitigate the emotionally difficult time others had told me about, following bio resonance alone. I spoke to him before going to the clinic. My best friend came with me, she decided to enrol on a weight loss programme.

Shokat's attitude was fully professional. We were both impressed with our treatment and the clinic. We stayed in the area and went back the next day (treatment regimes have improved and now just one treatment is enough). I was amazed that 2 hours after being a smoker, I could sit surrounded by people smoking in a pub and not feel even slightly tempted. I just thought they looked very old fashioned! The success continued and I have never smoked since.

I am so happy with Shokat's professionalism that I took another 4 members of my family to see him and subsequently, another two close friends. Now no-one around me smokes either!

I have happily recommended him to my clients, putting my professional reputation on the line each time someone went to him. I am fully confident that each person will be dealt with in a professional manner and will come away, delighted by the results.

Shokat says to me, often, that I seem to him like a sister from another life! Whatever the reality, we certainly have a connection in this life. We are currently planning a joint venture and I very much look forward to working with him.

Heather Allen RGN, Dip TCp

Heather Allen [Trainer], Oxford (Enrolled on the nicotine addiction programme on 26/06/2007).

**"Had a friend visit last night, but it didn't bother me when he went in kitchen to smoke."** (email 13/08/2010)

Hi Shokat,

Just a quick line to update you.

Thanks for everything by the way as I didn't get a chance with taxi coming and your next client coming.

Day home was very stressful as Henry desperate to be back home with his pot so he could poo and not keen to do outside our house even in nappies I bought him but finally he calmed and everything done.

Had some tobacco in house and succumbed to a few puffs but tasted like nothing and the great thing is I didn't really inhale properly. Really glad this is without NRT because it's all going to be done more effectively and quicker. Managed my Epsom salt bath I find them so hot and can't seem to stay for long in them but helps to relax. Had smoking friend visit last night but it didn't bother me when he went in kitchen to smoke and I will later ban smoking in the house completely but have decided to confront everything first.

We're going to a fun day today with bouncy castle and lots of things in garden for h and his friend to play.

Ivonne [At Home Mum], Camden (Enrolled on the smoking cessation programme on 10/08/2010).

**"I WISH I had had the good fortune to have met Shokat YEARS EARLIER - it would have spared me years and years of emotional distress and pain, as well as damage to my health and well-being."** (email 11/08/2010)

Hi Ali – Apologies for this 'more rushed' testimonial. I had a much better one, nicely laid out and in much more detail all ready to send off to you but, annoyingly, my laptop decided to 'give up the ghost' completely! It is now away for possible repair, not sure when/if will be back! In any case, I will probably have lost all my work so I have had to start all over, go to a Library and type up this abridged version but - no matter - the sentiments are the same. I hope they are of assistance.

To Whom It May Concern:

I wish to fully endorse Mr Ali Shokat's work /treatments and his manner of dealing with patient/client.

The crux of my original testimonial was-

1. Mr Shokat's methods and treatments are, by far, the best I have come across (and I have tried other methods in the past – one, with some success, but nothing like the success I am having with Mr Shokat's methods). I am undergoing his Luggage of Life programme, whilst trying to get rid of 3 deeply entrenched bad habits/addictions – one of which an increasing problem was with/dependency on alcohol.

2. I have been being treated for almost 1 year now and am continuing with my treatment. I most certainly would not be continuing my treatment with Mr Shokat, if I had any doubt about his professionalism! His manner is correct and professional.

(In fact, as a female + as someone, who is also rather circumspect, I always take appropriate measures of security in certain situations, e.g., meeting unknown person/especially male - for the first time. Thus, (unbeknown to Ali – I feel I should apologize to you, Ali, for this next bit but I know that you will understand and indeed, may even be grateful, as it is further proof of your trustworthiness + professionalism) on my first visit to Mr Shokat's, I made sure I was driven there (and waited for) by a senior, male relative (one who has the power and contacts to deal with any untoward instance that may/may not occur). Nothing, of course, did occur but I consider it pays to be cautious, at times. Furthermore, I took no valuables/jewellery – only paste jewellery with me (such were my own fears about hypnotherapy!), except for my mobile phone and a good watch. No problem again. In addition, on the website, it states one can have the session recorded. I duly had my session recorded. I can't recall now if I or Mr Shokat brought it up but, either way, he was quite happy to do that.)

Out of the 3 things I went to see Mr Shokat for, I am free\* of 2 of them. (\* I would say 100% 'cured' but am a little wary of using such wording, in case I jinx my so far excellent success in these 2 areas!) The 3rd area (+ probably the main root cause) is also a great deal better but may need a little more work. I have every confidence that Mr Shokat will eradicate this too. I understand this latter issue – namely, truly believing in oneself fully, having a deep, inner confidence, eradicating anxiety, having the inner strength to believe in a happy future – make take more treatment, after all, it has been with me since I was a small child.

In conclusion, I ONLY WISH I had had the good fortune to have met Mr Ali Shokat/come across his website YEARS EARLIER - it would have spared me

years and years of emotional distress and pain, as well as damage to my health and well-being. However, I am not going to dwell on that – I shall now make up for the lost time, the lost years - now that I am healthy and well again and growing stronger emotionally. I would advise anyone struggling with similar, entrenched bad habits and/or addictions to seek Mr Shokat out. It will be the best thing they ever do.

I would be quite willing to give further information and support, if called upon – as long as this is treated confidentially. It is simply too embarrassing to have just anyone know of one's personal issues/struggles. As far as I am concerned, it is like a doctor/patient relationship and as such, should be treated in the same manner, i.e., in strictest confidence. Thus, I prefer to remain anonymous but again, would be willing to prove 'my existence', to the powers that be, in confidence, if necessary.

Yours faithfully, A [Teacher], Scotland (Enrolled on the Alcohol and Anxiety programme on 31/07/2009).

**“I have lost 3.5lbs since I saw you, so very pleased.”** (email 08/08/2010)

Just a quick update as promised. I have lost 3.5lbs since I saw you, so very pleased.

I have just finished the book you recommended. Thoroughly enjoyed it and have ordered my own copy online. In fact I have ordered two. I think my daughter will benefit from it, so thanks for recommending it.

Philippa [Sales Manager], Newcastle, Staffs (Enrolled on the weight-loss programme on 29/07/2010).

“Due to the 'off the booze status' kayaking work and life in general very good.” (email 04/08/2010)

Hi. All going very well and no alcohol.

Due to the 'off the booze status' kayaking work and life in general very good and busy in the best sense of the word. Am away kayak guiding in North of

Scotland as of this Friday for till end of August then on holiday to States till mid September. It would be much appreciated if you could let me have a date for my final appointment - Wed 6th October? That would be a year as I recall. If that date is ok Ill put it in the diary now and organise a flight down and back on the same day like I did for the last appointment. I think we met at 12 o'clock on that occasion.

Roddy [Educationalist], Isle of Bute (Quit drinking on 07/10/2009).

**“I got through a week in Corfu without alcohol, no problems – 3 weeks so far.”** (email 03/08/2010)

Hi Shokat,

All is going well. I got through a week in Corfu no problems - 3 Wks Thursday!

I have a childminder Friday 13th August if this suits you for my next visit.

Kind regards,

Tammy [Financial Director], Dudley (Quit drinking on 16/07/2010).

**“Everything is going very well. I hardly thought about smoking at all.”** (email 02/08/2010)

Hi Shokat.

Just to say everything is going very well with my not smoking. I haven't thought about it hardly at all & my only difficulty was a few nights restless sleeping. Be back in touch to make my 3 month appointment. Thanks again. Heather.

Heather [Director], Coventry (Quit smoking on 26/06/2010).

**“I have confidence in you and your methods.”** (email 01/08/2010)

I am struggling so badly already. I will have to avail of everything you have to offer (hypnosis, laser & bioresonance) because I really want an end to smoking in my life.

Since I have now met you and perceive you are a God centred person I need no longer worry about my spiritual life in Jesus being upset with hypnotherapy. I have confidence in you and your methods.

Eve is struggling so she is coming back on 02/08/2010 so I can exorcise the nicotine monster from her body forever. Her perception of hypnosis has changed since coming to see me a few days ago. Hypnosis is nothing short of God's gift to mankind – one day the NHS will realise this and stop giving people useless drugs to help them overcome addictions and depression.

Eve [Systems Analyst], Wolverhampton (Attended a Laser quit smoking programme on 30/07/2010).

**“After my first visit to see Shokat, my compulsive behaviour stopped.”** (email 31/07/2010)

Before I came to see Shokat my marriage was on the rocks. My husband was a compulsive flirter, always trying to seek attention from other woman. One day I caught him cheating on me; after that I became preoccupied with his behaviour. I was obsessed with his phone calls, text messages and his emails. I was also paranoid about his whereabouts. This, together with his flirting put an enormous strain on our marriage to such an extent that I was just wanted to throw in the towel. We were desperate for help, and then one of our friends who had quit smoking with Shokat over a year ago, told us of his work with anxiety and depression.

When I spoke to Shokat he told me that both of us had anchored bad feelings towards each other. This meant that we would go into a bad mood simply by being in each other's presence and these anchors needed to be removed. He also told us that we were holding-on to a lot of bad emotions for our previous failed relationships and these would also need to be removed. In other words, he would deal with the habits first then the feelings with a subsequent session two weeks later. Then he would keep an eye on us by seeing us every three months for a year.

After my first visit to see Shokat, my compulsive behaviour stopped ; not once was I tempted to look at his correspondence or worry about what he was up to when he was away from home, it was amazing. Also, from the time my husband saw Shokat he no longer felt the need to seek attention from other woman. As a result our relationship has improved immeasurably. I just wish I knew about this sort of treatment rather than go through years of agony. I truly believe that our marriage now has a fighting chance of success.

Two weeks later we undertook the Luggage-of-Life programme to remove all the trauma of our past. It will be interesting to see how our relationship has moved on when we come back to see Shokat in three months time.

Jane [Mature Student], Sutton Coldfield, Birmingham (Relationship breakthrough programme 18/06/2010 ).

**“The treatment was the closest I have come to a miracle.”** (email 30/07/2010)

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=YuwJLUWmZtM)

[http://www.youtube.com/watch\\_popup?v=PKfD2oq8K5o](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 ).

**“I haven't had a drink since I left you 4 weeks ago which is brilliant for me.”**

(email 30/07/2010)

Hi Shokat its Conor here. You saw me on 28<sup>th</sup> and 29<sup>th</sup> June 2010. Just to let you know I haven't had a drink since I left you 4 weeks ago which is brilliant for me. I am feeling so happy in myself and my family are really proud of me and supportive. They cannot actually get over how well I am doing. I can now sleep all night without waking up and haven't had any problems going to my local pub without having alcohol. My vertigo has also gone now. Thank you so much for your help. Hopefully I can stay on the right track for the future. I will keep in touch and let you know how I am getting on.

Conor [Farmer], Co-Galway, Ireland (Quit drinking alcohol on 28/06/2010).

**“After the first session I did not have an urge to pick up a knife or to harm myself.”** (email 28/07/2010)

I am a 21 year old female psychology student.

I first saw Shokat in March 2009 as a last resort to help control my anxiety and stop myself from self harming. At the age of seven I was sexually abused and this abuse continued for many years afterwards. I was unable to tell anybody of what was happening or what I had gone through because at that tender age. I myself was completely unaware of what was happening to me. The only thing I knew was that it was something wrong and there was a possibility I could have got into trouble for it.

I thought I had forgotten what had happened to me and started to believe it did not even occur - maybe it was just a nightmare or I was just imagining this had taken place to me. I became very secluded from members of my own family and was very quiet in gatherings. I spent most of my time playing with my younger cousins rather than interacting with those whom were of the same age. I felt a form of uneasiness towards them, I don't know why. Perhaps it was because it was me who was chosen to have these nasty things done to rather than them. I retaliated in a very different manner and very defensively - if a joke was made about me in public or if my parents spoke to me using certain terms and tones. My mum knew something was wrong she was unable to put her finger on it.

At the age of thirteen I began self harming with objects, it was very subtle at first nobody was able to tell as I conducted it on parts of my body nobody would have been able to see and used a drawing pin to cut into my arm. I was unable to deal with the pressure of exams and I hated going to school because I just felt as though I never truly fitted in.

At the age of 16 I finally had the courage to tell my mum what had happened, I was ready to make a run from the car we were sitting in and I remember telling her she had to promise not to shout at me. I realised by the reaction on her face that had I told her before my mum would have stopped it all from happening and perhaps got me the justice I was entitled to. It was too late for that. I could not have imagined things getting any worse from here but they did when I started college. My anxiety got to such a stage where I was unable to go to my exams and complete my coursework. I would start having panic attacks the night before any work was due in. I then moved onto using a knife to self harm and trying all sorts of things as an act of desperation to rid myself of this turmoil I was in. I was blinded during those moments of desperation to

how my mum was being affected by it all. I was overcome with guilt and did not know how to get out.

On the morning of my exam I had suffered from the worst panic attack I had ever experienced. I was in tears and completely hysterical to the point I walked to a centre where my mum was training. Immediately she phoned my GP. I had seen my GP prior to this occasion a couple of months before where I had informed him of what had happened to me and how I needed some help. The only response I was given was he was 15 years old, boys experiment at that age. I felt sick to my stomach and thought to myself I am on my own. The fact I was going back to this same GP in this state I thought he would have given me something for my nerves or referred me on to somebody for professional help perhaps a community nurse. Again I received nothing.

This vicious cycle continued for two more years and it was at the peak when I was hit by extended family members and accused for lying when things got worse, as if they could not have been any worse already.

It was by chance whilst at a cinema we saw an advertisement for life principles. My mum did all the necessary research about it and had persuaded me to go to see Shokat. I was very reluctant at first and did not have trust or faith in him, especially since he was a male and the experience I had had with my GP. However, when I went to see him things changed. I was introduced to his wife who went upstairs whilst me I had my treatment session.

I had had Hypnotherapy before but it had not helped me. I was not relaxed at all not in the slightest and felt I was wasting my time. However, Shokat's session was completely different. In fact I don't think I had ever been as relaxed as I was after this first session I had encountered. He was very professional and very kind in his approach. The first time I had gone to Shokat's house for my treatment was with my mum and she stayed in the next room. After the first session I did not have an urge to pick up a knife or to harm myself and since then I have not harmed myself at all.

It feels great to have just finished my second year of university and not have had to have any extensions or deferrals because I am managing everything a lot better. My outlook to life is positive and I am determined to achieve things which were not the case 5 years ago. I have my final session coming up and to be honest I cannot wait to become relaxed once again.

I don't think I have ever met a therapist who cares a great deal for their clients and wants what is truly best for them. If I had not gone to Shokat last year I don't know where I would have been. I have not met anybody to be caring and yet remain professional at the same time. There has not been a single moment where I have felt uncomfortable yet I have only seen this person 2 times. The same could not be said about my GP. I have recommended Shokat to people I know who have a variety of problems whether it is smoking or suffering from bipolar depression. I know they think very highly of Shokat as well from the discussions we have had. My support for Shokat is always there and it is a shame that these programmes are not available on the NHS or recommended by the NHS.

Anne [Student], Leicestershire (Overcome her self-harm tendencies and depression on 12/12/2008).

**“The two sessions did something way beyond my expectations and understanding.”** (email 27/07/2010)

Dear Shokat, I hope this finds you well.

I came to see you back in April in a state of turmoil and desperation. The two sessions that I had with you did something to me way beyond my expectations and understanding.

Your warmth, compassion and 'Powers' put me in a place that I hadn't been to in a long time. I realised that you were my best chance to be the father and husband I wanted to be and you handed me the best chance yet of achieving control of my demon.

Yours truly,

Peter [Director, Property Development], St Neots, Cambridgeshire (Quit smoking cigarettes and cannabis on 9/4/2010).

**“As far as the drinking goes it's going very well. I've not been tempted at all”**  
(23/07/2010)

"I'm contacting you a bit earlier than planned. As far as the drinking goes it's going very well - despite eating out one evening I've not been tempted at all."

Lynn [Counsellor], Douglas, Isle of Man (Quit drinking alcohol on 13/5/2010).

**"I was stuck in Istanbul because of the volcanic dust cloud. Even then I had no desire to drink alcohol."** (email 19/07/2010)

"Everything was fine for a long time after I left here. I was stuck in Istanbul because of the volcanic dust cloud. It cost me a fortune to get back home. Even then I had no desire to drink alcohol."

Louise [Radiographer], Pretoria, South Africa (Quit drinking alcohol on 12/10/2009).

**This is how we turn even the biggest disasters into resounding success.**

Tracey travelled all the way from Devon to see us. She decided to accept our offer of staying overnight at the Great Barr Hotel so she could see us over two days. She had a lot to lose. Five years of drinking had taken its toll on her life, health and marriage.

This is what she wrote on her questionnaire:

"Binge drinking - once started do not stop. Adverse effects on marriage/friendships. Lack of pleasure in life. Quality of life impaired. Guilt/self pity/blame/chaos."

Tracy had spent £7,000 to spend two weeks in the Priory. She also spent two weeks in Spain twice at a cost of 2 x £3,500. She had also been to the AA to no avail - she did not have very kind words to say about this utterly useless charity.

I had clients booked in back to back so I could only give her 2h of my time on day one. She was so anxious about failing yet again that she compromised the session. She just could not be hypnotised. I told her that she had not failed at all as we will turn things around for her the very next day when we would have more time. I asked her to come back the next day at 8 instead of 10.

She cried and drank alcohol all night long and so when she came back in the morning she was worse for wear. In the four hours not only did I manage to get

her to quit drinking but also managed to fit-in the 'luggage of life programme'. She went home all smiles.

This is the post card she wrote to us two weeks later:

"Dear Ali,

It has now been almost a week since my visit and I haven't had a drink or even thought about it. Also my confidence and general outlook has changed beyond recognition. Early days but will keep you informed. My husband sees a marked difference / improvement.

Many thanks,

Tracey, Devon."

Just like Tracey, you can also quit drinking without spending an absolute fortune and get your life back. The answer to your problems is only a free phone call away, so call me now!

### **“Want to overcome your habit for free or on the cheap?”**

I recently appeared on a TV show (Asian Britain) about the horrendous alcohol problems in the Sikh community. Everyone there, the government bodies, the charities like the AA and quangos like the totally useless organizations such as Aquarius were all talking about the problem while I was the only one in the meeting offering a solution. When I mentioned the price, which is about 20 times less than most rehab clinics, like the Priory, they all jumped at affordability. My argument was that the cost does not even enter the equation, because all addictions are self-financing – if you can spend thousands on an addiction, then you can quit on the Easy Start Programme, then pay from the money saved after overcoming your addiction. You have to be willing to pay the price for expert help.

I find it laughable that most people will end up losing thousands of pounds, on gambling, but can't even come up with £200 to get on our easy-start quit programme. Here is someone who enrolled on the Easy Start Programme, but decided to pay the full amount on the day she came to see us.

During December 2010, a lady from Manchester needed my help to quit gambling. She had spent nine months with the Gambling Anonymous (GA) -

the group meetings had not made any difference to her gambling habit at all. Then she went to a, so-called therapist, who gives her 10 sessions of hypnotherapy. Each time she had to relive her past. The therapist was convinced that her past had caused her gambling addiction - this made her suicidal but did not stop her gambling.

As she was not willing to stay overnight (understandable, as it was so close to Christmas), I undertook an extended 3h session with her. She quit gambling instantly and has not gambled since. When I saw her again, some three weeks later, she told me that even though she had full control of her money now, she was never tempted to gamble. Her resolve to stay quit became clear when she was left alone near a bookie, but had the willpower to say no. Occasionally she thought about gambling, but was not tempted to gamble. This was by far the easiest method she had used to quit gambling.

She was beginning to feel a bit down and irritable so we got her back in, and reinforced the suggestions and also removed the trauma of her past. She left here on cloud nine; her life has been radically altered by our work.

The moral of the story is that if you have a problem that is compromising the quality of your life then you have to be willing to pay a decent amount of money for expert help. You need someone who has the experience to help you make a transition from your unhealthy habit to health one with the utmost ease.

This lady thinks that the £770.00 she has paid for the one-year gambling addiction programme, has been the best investment of her life. The ten 'cheap' hypnotherapy sessions she had with the other therapist, had set her back some £500.00 but had provided her with no redeeming value in return.

Finally, do you have endless amounts of time to listen to other peoples problems day in and day out at the GA or the AA or the NA or the other useless charities or money grabbling government quangos like Aquarius? Isn't it better to undertake a therapy that can get you back on your feet in hours, rather than months or even years? It takes 12 weeks on patches, gums, Zyban or Champix to get you to quit smoking but with dangerous side effects, it takes 1-2 hours with expert help, with no side effects, to get you to quit smoking, drinking or gambling with the utmost ease. It also costs 20 times less when you take into consideration the pathetic success rates offered by these dangerous methods.

The rehab clinics and some bioresonance production lines are better than the NHS, but not that much better.

So do you still want to overcome your addiction for free, or on the cheap? Do you think the incompetent governments; the NHS or the government quangoes have all the answers? So what price are you willing to invest in your health? Do you still want to shop around for a cheap £50 therapist?

If you want to know why state funded monopolies are bad for us then you need to read the article below:

<http://www.lifeprinciples.com/Monopolies.pdf>