



(... and STRESS BUSTERS...)

Researched, Compiled, Experienced and Released by

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STRESS... arrrrghhhh

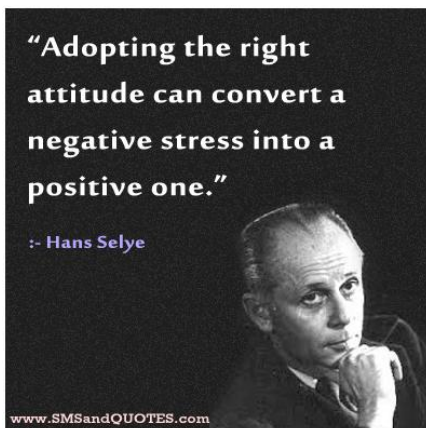
Birth of the stress concept

What are we talking about when we mention the word "stress"? The term was first coined in 1936 by Hans Selye, a Hungarian-born and raised physician who also holds a doctorate in organic chemistry. To him, stress was simply a non-specific response of the body to demands placed upon it.

Selye found that stress is a factor and **plays a role in any disease** as any disease causes an increased demand. In some diseases, stress is a decisive factor. Stress is also the salt of life. Without stress, not much would be accomplished. Yet, for stress not to impact our health negatively, we need to learn to work at the stress level for which we were born.

Selye had noted in numerous experiments that laboratory animals subjected to acute but different noxious physical and emotional stimuli (blaring light, deafening noise, extremes of heat or cold, perpetual frustration) all exhibited the same pathologic changes of stomach ulcerations, shrinkage of lymphoid tissue and enlargement of the adrenals. He later demonstrated that persistent stress could cause these animals to develop various diseases similar to those seen in humans, such as heart attacks, stroke, kidney disease and rheumatoid arthritis.

At the time, it was believed that most diseases were caused by specific but different pathogens. Tuberculosis was due to the tubercle bacillus, anthrax by the anthrax bacillus, syphilis by a spirochete, etc. What Selye proposed was just the opposite, namely that many different insults could cause the same disease, not only in animals, but in humans as well.



Stress was generally considered as being synonymous with distress. Dictionaries defined it as “physical, mental, or emotional strain or tension” or “a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.”

Stress was thus put in a negative light and its positive effects ignored. However, stress can be helpful and good when it motivates people to accomplish more.

As illustrated below, increased stress results in increased productivity, up to a point, after which things go rapidly downhill. However, that point or peak differs for each individual, so you must be sensitive to the early warning symptoms and signs that suggest a stress overload is starting to push you over the hump. Such signals differ for each individual and can be so subtle that they are often ignored, until it is too late. Not infrequently, others are aware that you may be headed for trouble before you are.



Any definition of stress should therefore also include good stress, or what Selye called eustress. For example, winning a race or election can be just as stressful as losing, or more so. A passionate kiss and contemplating what might follow is stressful, but hardly the same as having a root canal procedure.

In attempting to extrapolate his animal studies to humans so that people would understand what he meant, **Selye redefined stress as “The rate of wear and tear on the body”**. This is actually a pretty good description of biological aging so it is not surprising that increased stress can accelerate many aspects of the aging process. In his later years, when asked to define stress, Selye told reporters, “Everyone knows what stress is, but nobody really knows.”

Stress and dis-eases

"Oh, I am just a little stressed." Have you ever heard this sentence? Have you said it yourself? Stress is NOT a trivial state: between 75 and 90 percent of all visits to primary care physicians are caused by stress. Stress erodes your health in general. Stress causes deterioration in everything, from your gums to your heart and can make you more susceptible to illnesses ranging from the common cold to cancer. Seriously, stress contributes to heart diseases, heart

attacks, strokes, headache, achy neck, ulcer, allergies, PTSD (Post Traumatic Stress Disorder), diminished sexual desire, erectile dysfunction, common cold, recurrent herpes, obesity, AIDS, cancer and more.

Stress is a major cause of insomnia and a major contributor to mental illnesses such as depression, obsessive compulsive disorders and anxiety. It is hard to think of any disease in which stress does not play a precipitating or aggravating role.

Stress is a weapon of mass destruction. Do NOT trivialize it or brush it off. Do NOT underestimate its potency! It is lethal. Do NOT let it destroy you!

Stress and stressors

Stress is a measure, a measure of your mental, emotional and physical resistance to circumstances beyond your control. We all face many stressors, such as losses, threats, demands, changes to which we attach a special or significant importance, something that gives us a feeling of uncertainty.

Common stressors faced by most people at one time or another during their life is the loss of a vital connection, either through death or separation, as well as financial distress, overwork, relationship struggles, divorce, fear of loss or of being unable to meet external demands.

How does the body react during stressful situations?

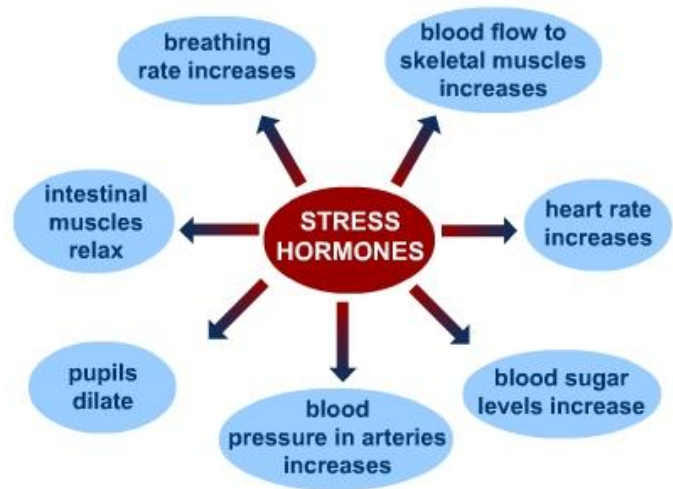
Thanks to new research crossing the disciplines of psychology, medicine, neuroscience and genetics, the mechanisms underlying the connection between stress and disease are rapidly becoming understood.

What happens when you encounter a stressful situation? Stress hormones flood your bloodstream to allow you to respond quickly and with strength. For instance, if you were to watch your child blindly run across a busy street, hormonal response might enable you to catch him or her before any harm is done.

When you perceive danger, a chain reaction of signals kicks into gear. Your pituitary gland, a small gland the size of a hazelnut, sitting in the middle of your brain, discharges adrenocorticotrophic hormone (ACTH) in your bloodstream. This ACTH then catalyzes the release of epinephrine (adrenaline), norepinephrine (noradrenaline) and cortisol produced by the adrenal glands (located on top of the kidneys) into the bloodstream. This prepares the body for emergency action.. Norepinephrine has been shown to strengthen neuron connections in a way

that seals memories of emotionally-charged events, perhaps encouraging us to dwell and stress over traumatic incidents, or to keep them in memory to warn us of a potential recurrence.

What happens when these stress hormones are released? In order to supply adequate blood to your brain and musculoskeletal system to face the emergency, your heart rate and your breathing increase, as well as your blood pressure and the tension in your muscles. Free fatty acids and blood sugar are released to provide immediate energy, enabling the well-known fight or flight response. These reactions take a lot of energy, so stress simultaneously tells other costly physical processes to shut or slow down. Digestion, reproduction, physical growth and some aspects of the immune system go into a semi-dormant state.



Is there anything wrong with this response? Absolutely not, *if* there is a real life threatening emergency. However nowadays, we do not fight against saber tooth tigers but against bureaucratic challenges, stressful social and personal situations, on-going financial worry, overwork, traffic jams, etc. There is no physical fight nor is there much possibilities of flight.

If stress happens once in awhile, no problem. The body's stress thermostat adjusts accordingly. The digestive system resumes its function, the sex organs kick back into gear and the immune system fights infections again.

Stress takes its toll

However, since you do not run to burn off these stress hormones, they keep accumulating in your body. You store the stress internally and marinate in these corrosive hormones around the clock.

What happens when you store the stress internally? It causes oxidative damage, i.e. your body rusts, leading to inflammation. The medical literature is filled with "...itises", meaning inflammation: bursitis, arthritis, appendicitis, bronchitis, colitis, gastritis, laryngitis, otitis, encephalitis, tendonitis... and many more.

Additionally, your reaction to the stressor may include feelings of helplessness or futility, which might cause your stress hormones to continue to surge. Of course, your body is beautifully designed and will adapt... for a certain time. However, continued stress over a long period of time will exhaust your reserves. You *will* burn out. Your adrenal glands get tired, the aging process accelerates, your immune system weakens, some vital brain tissue shrinks leading to memory loss and difficulty concentrating.

Not only do common stressors weaken you, your sedentary lifestyle adds insult to injury. You often deprive yourself of much needed rest and sleep, abuse stimulants, smoke, live in social isolation, eat an unhealthy diet while spending hours sitting on a couch watching TV or in front of your computer.

You are more vulnerable if...

Robert Maurice Sapolsky, a neuroendocrinologist, in his studies on baboons and humans, found that you are more vulnerable to stress if the following factors are true:

- You feel like you have no control
- You're not getting any predictive information (how bad the challenge is going to be, how long it will go on, etc.)
- You feel you have no way out
- You interpret things as getting worse
- You have no "shoulder to cry on" (e.g., lack of social affiliation or support)

Like baboons, people at the top of the social pyramid feel a greater sense of control because they are the ones who call the shots. Typically, they also have more social connections and resources at their disposal. This results in less stress which, over the long run, translates to lower rates of disease.

Overall, men and women suffer from the same stress-related illnesses, but they differ in the types of situations they experience as most stressful. The genders also experience stress differently. For example, women suffer more stress-induced anxiety and depression than men. One thing is known to be true for *both genders*: higher stress equates to a shorter life expectancy.

Are you an adrenal junkie?

We already broach the subject, but let's understand that too much good stress can also lead to diseases. We distinguished between good stress, called *eustress*, and bad stress, called *distress*. If you enjoy riding on a roller coaster or skydiving, you will experience eustress. If it is an unpleasant or even frightening experience for you, you will experience distress. It is the



same with scary movies: do you enjoy them? That's good stress. Do they terrify you? It is bad stress.

When stress is experienced, your heart will start pounding, your respiration will increase and your body will stop all its non-essential processes. It could become pleasantly exhilarating and even addictive. Have you ever met an "adrenal junkie?" They thrive on thrills. Are you one of them?

However, if you spend a lot of time in that arousal or stress mode, it will take its toll on your body, whether you perceive the stress as good or as bad.

What could happen? You may gain weight, typically an increase of fat around your belly, considered to be the most dangerous fat your body can accumulate, as it increases your risk of cardiovascular incidents. Isn't it interesting that the hormones your body produces when you are stressed can change the way fat is deposited in your body?

Stress can also damage some of your brain cells. Have you ever noticed that suddenly you are not able to remember things? It seems that under stress, brain cells have a tendency to shrink, especially around the hippocampus, the seat of learning and memory.

Stress disrupts your endocrine and immune systems leading to potential degenerative and auto-immune disorders. Stress can accelerate aging, shortening your telomeres... when they get too short, you die.

According to Dr. Lisa Rankin, "*Our bodies know how to fix broken proteins, kill cancer cells, retard aging, and fight infection. They even know how to heal ulcers, make skin lesions disappear and knit together broken bones! But here's the kicker—those natural self-repair mechanisms don't work if you're stressed!*"

Stress in utero and Adverse Childhood Experiences (from ACE studies)



Growing evidence shows that our sensitivity to stress as adults is already "tuned," so to speak, in infancy, according recent research. Specifically, the amount of stress encountered in early life sensitizes an organism to a certain level of adversity. High levels of early life stress may result in hypersensitivity to stress later, as well as to adult depression. This is likely because when a child is raised in chronically adverse conditions (e.g., high conflict or material deprivation), he or she may expect more of the same in the near future, and his/her body must quickly adjust.

It has been documented that stress in utero might be followed by a lifetime of poor health. Survivors of the Dutch famine, who are now in their 60s and who were conceived during the famine, have a higher rate of cardiovascular diseases and diabetes and are in poorer overall health than those conceived after the famine ended. Babies of women who were in their third trimester of pregnancy in New York during the 9/11 events had higher stress levels than babies who experienced a peaceful in utero development.

Mental and physical health can be permanently affected by childhood stress and trauma. The ACE study (Adverse Childhood Experiences) is an ongoing research project that analyzes the relationship between stressful childhood experiences and health outcomes later in life. There is a very strong correlation between childhood stress and many diseases, including cancer, depression, heart and degenerative diseases and obesity.

Stress kills our ability to feel compassion

McGill University, in a new research, shows that stress is not just bad for our physical and mental health, but that it may also inhibit our ability to empathize with others. Researchers found that a drug that blocks stress hormones can increase the ability of both humans and mice to "feel" others' pain.

A phenomenon known as "emotional contagion of pain", i.e. the ability to experience the pain of strangers, is a key component of empathy. Both mice and humans have this ability, particularly when the person in pain is somebody they know.

In a first test, the research showed that, as stress levels rose in the mice, they showed less empathy towards their cage mates. The researchers explained that biochemical changes related to stress seemed to be preventing emotional contagion in the mice.



In a second test on humans, students were paired with either a friend or a stranger and asked to evaluate the pain of their partner when holding their hand in ice water. When the undergraduates were then treated with the stress hormone blocker, they showed a greater empathy towards their partners. They both reported a greater experience of pain, and also showed more pained facial expressions and bodily movements when witnessing their partner's pain.

The findings suggest that the stress response may play an important role in dictating how we respond to social situations. Italian researchers found that while stress undermines empathic abilities in men, it boosts these abilities in women. Namely, their research showed that stress rendered men more self-centered and less able to distinguish their own emotions from those of other people.

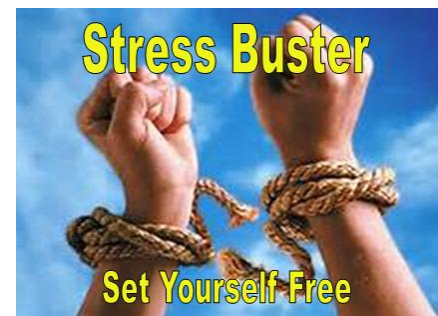
Lead researcher Giorgia Silani stated, "To be truly empathic and behave prosocially it's important to maintain the ability to distinguish between self and other, and stress appears to play an important role in this."

Stress is serious... take it seriously!

To summarize, new research shows that stress is more dangerous than previously thought. It takes a heavy toll on your body and on your mind... and the more you worry about it, the worse it gets.

Stress is a major component of many health conditions. Stress increases the risk of heart diseases by 40%, of heart attacks by 25% and of strokes by 50%. 3 out of 4 visits to the doctor are for stress related ailments. 40% of stressed people overeat or eat unhealthy foods. 44% of stress people have some type of sleep related disorder. Stress related ailments cost the United States some 300 billions dollars in medical bills and lost productivity.

Stress Busters



Stress or Fear?

Some have suggested that if we were to replace the word *stress* with the word *fear*, we would be able to cope with it better. Let's face it: children do not say they are stressed. They tell you that they are afraid, sad or upset.

The word stress most often hides the element of fear, which is not an acceptable emotion to experience in our society. It is cool to say "I am stressed" but not "I am afraid," even though it would be easier to resolve if we faced it directly. So, if you were to replace the word stress by the word fear... what would it be that you may fear? Loneliness, inability to assert yourself, grief and sadness, anger, a feeling of doom and gloom, poverty, shame, guilt ... What is hiding behind the stress? Nobody can hear your thoughts... so allow them to surface... just for you.

F.E.A.R. has been used for many acronyms. Below are a few:

- False Evidence Appearing Real
- Forget Everything And Run
- Face Everything And Rise
- and my own: Fabulous Energy for Awesome Results.

Minimizing stress is easier said than done in our modern competitive western society. However, we can work at NOT adding more stress than what we are faced with from external factors.



Nutrition is very important. If what you eat adds stress to your already weakened digestive organs, their overall function will soon be challenged. Think about it this way. As new research has demonstrated, every bite you eat is a direct command to your cells and your genes. Just as keys on your keyboard form words and sentences, bites of food form commands to your body. Are you heading toward health or illness? Are you triggering killer genes or longevity genes?

I have been studying nutrition for over 40 years, initially to battle a cancer condition that



necessitated surgeries every 6 months, then to just feel at my best, full of vitality, to raise my children and keep my family (and later, my clients) in great health. I learned that you can maximize your well-being by eating foods appropriate to your blood type, metabolic type and brain chemistry type. Food sensitivities are getting more and more prevalent, no thanks to the toxic environment we live in. Pollution of air, water and food does stress

our bodies. Why not enjoy the right foods in the right proportions for you, to give a boost to your body?

Some people thrive on being vegetarians or even vegans. Others will get weak and sickly on such a lifestyle. What's best for *you*? Fresh and healthy meals are quick and easy to prepare. Do NOT settle for microwavable unbalanced prepared meals.

You can learn on your own, or get one of my self-help or coaching programs. Contact me at Danielle@DanielleDuperret.com for an application and/or a short interview.

Regular physical activity/movements will help burn some of these stress hormones, instead of letting them accumulate in your body. Yoga, Chi Gong, Tai Chi have all shown that they can decrease stress, improve sleep and boost the immune system. Beware though. Cramming high intensity exercises on top of a stressful lifestyle could be too much. There is a time for everything. If you are facing a lot of stress, you may want to find a more relaxing activity and I still mean "activity", NOT becoming a couch potato.

How about **dancing**? It qualifies as movement and offers social connections in addition. My personal favorite is Argentine Tango, which has also been shown to be very therapeutic, especially for people suffering from Parkinson's, PTSD... and stress.

If you are married or have a regular partner, **great sex** is one of the most de-stressing, relaxing and alkalizing activity. It definitely falls under "physical movements."

Do not forget to get regular **massages**, either among friends or by a professional. Massages allow for profound relaxation of tense muscles.

How about **meditation, mindfulness training** or **brain entrainment**? They can decrease your feelings of stress and anxiety and get you out of overwhelm. They will help retrain your brain so you can focus on what you decide, instead of letting troubling thoughts run amok without control.

Social connections are important. Do you have an empowering group of friends and/or a supportive family?

Laughter... it decreases stress. How about laughing yoga, comedy shows, cartoons, humor targeted to your cultural heritage? I was born and raised in the French part of Switzerland and still enjoy French humor shows.

Spending time in **nature** is one of the most relaxing and soothing endeavor you can indulge in. Lying down on the earth will help restore and reset your energy system.



Listen to some soothing or upbeat **music**, adding sound therapy (healing frequencies) to it. Check sound frequencies available on my website at <http://danielleduperret.com/SOUNDS-FOR-HEALING.html>

EFT-Emotional Freedom Techniques, also known as the Tapping Techniques, have been around since the 1980s. They have quickly become one of the most sought after therapies in the world, with absolutely amazing results.

What is EFT (or my own brand, a cocktail of Tapping Techniques, called F.R.E.E.D.O.M.)? It's a type of psychological acupressure, where you tap on specific points on your body, while focusing on a particular issue to release its stress-causing energy.

- It's a type of psychological acupressure, where you tap on specific points on your body, while focusing on a particular issue to release its stress-causing energy.
- EFT has been scientifically shown to calm your central nervous system and significantly reduce cortisol levels. In 2012, a triple blind study conducted by Dr. Dawson Church (who can be credited for the majority of current research on Clinical EFT), found EFT to reduce cortisol levels and symptoms of psychological distress by 24 percent—*more than any other intervention tested*.
- Tapping can help your body repair emotional "scarring" and reprogram the way it responds to stressors. Since these stressors are often connected to physical complaints, many people find that pain and other physical symptoms will improve or completely disappear.
- Although the basics of EFT can be learned quite easily, for serious issues it is recommended that you seek the help of a qualified EFT practitioner. There is an art to these techniques and having an expert guide you—someone who has spent years training in these skills—will accelerate your progress. Working with an expert will also prevent you from falsely concluding that EFT doesn't work, when you simply need a little coaching and support, especially if you are working on deeper issues such as trauma or post-traumatic stress disorder (PTSD). The beauty of EFT is that it can actually *reprogram* your body's reactions to the unavoidable stressors of everyday life, providing a lasting effect.

If interested in learning EFT/F.R.E.E.D.O.M., contact me at Danielle@DanielleDuperret.com. I offer do-it-yourself programs, Skype and personal coaching, as well as private and group consultations. Contact me also if you are interested in a workshop with your friends or fellow colleagues.

EPFX/QXCI/SCIO/INDIGO... these are the different names of a specific device which helps to assess stress levels and to rebalance the energy system. I offer private sessions in my practice in Las Vegas. Contact me for more information at Danielle@DanielleDuperret.com

InterActive Guided Imagery will help you find the root cause of the stress AND how you can mitigate it, in a personal manner. *You* know, deep inside of you, what stresses you, *you* know why it stresses you and *you* know, at a subconscious level, what to do about it or what is best for you. Each case is unique, with its unique set of "solutions." InterActive Guided Imagery is an exploration at the frontier of consciousness. Want to bring problem and solution to the surface? Contact me at Danielle@DanielleDuperret.com.

STRESS ... you cannot get away from it in our society BUT you can do something to minimize its effects on your health and well-being.

Do NOT let it age you faster, shrivel you up and do NOT fall prey to one of its many lethal effects (emergency room or energy sapping and painful dis-eases).

You can take your life back... and enjoy it to the very end.

What is *your* choice? Death by default... or life by design?



AWARENESS + WILLINGNESS + TOOLS AND TECHNIQUES + ACTION = SUCCESS

When You Change Your Energy... You Change Your Destiny!

LIVE WITH PASSION, PURPOSE and DELIGHT!

Who is Dr. Danielle J. Duperret?



Born and raised in the French-speaking part of Switzerland, Dr. Danielle came to the United States in 1979. She was studying psychology in France and Switzerland when she was challenged with skin cancer, requiring surgery every 6 months. She added nutrition to her studies and at age 18, she decided to use food therapy instead of surgery. In 1993, faced with another health challenge that kept her bedridden for months, she went on another quest for health. She became an ND-Naturopathic Doctor and added a PhD in Natural Health. She opened a practice in 1996 and has been helping clients to restore or keep their health and well-being holistically ever since.

She teaches classes and workshops training professionals and lay people to become "independently healthy" and offers group and private health and life coaching consultations in French and English, worldwide, by phone and Skype.

Several options are opened to you regarding your health and wellness:

1. You can, of course, spend time studying on your own. Lots of information is available on the internet, often quite controversial. How are you going to put it together?

Dr. Danielle has over 40 years of education, research, personal and professional experience in fields such as nutrition, food therapy, safely cleansing and detoxifying your body-mind with little or no side-effect, cell integrity regeneration, emotional freedom from trauma, mental fitness training for sharpness and focus, client-centered hypnotherapy and quantum/energy therapies. She also has a background in psychology, parapsychology, spirituality and personal development.

2. Dr. Danielle offers many e-books and programs. They are available with or without online coaching.

3. Personal and individualized mentoring for 3, 6 or 12 months, using a unique individualized body-mind-soul-spirit approach so you can become independently healthy (by application only).

For more information, contact Dr. Danielle at

Danielle@DanielleDuperret.com or 702-900-6730.

Testimonials from Happy Clients

So many different issues... how is that possible? Quite simply! When you change your energy, you change everything. We are all composed of energy, vibrating at different frequencies. A healthy liver vibrates differently from a sick liver. Anger has a different frequency than joy. Prosperity vibrates differently than poverty. When you change your frequencies, you transform your life... **it's energy alchemy!**

As a guide/coach, I find what frequency is disturbed... and nudge it to get back into alignment, using different strategies and techniques. The **secret** to health, vitality and youngevity?

WHEN YOU CHANGE YOUR ENERGY... YOU CHANGE YOUR DESTINY!

*"I have suffered off and on for 19 years with **sciatic pain** due to being rear-ended by a drunk driver. I had found relief from a chiropractor until 3 years ago when I re-injured my spine from a fall. When the chiropractor could no longer bring relief to my ongoing pain, I decided to try treatment from Dr. Danielle... After Dr. Danielle's thorough and compassionate Imagery session, I **felt relief for the first time in almost a year**. Then more pain relief and emotional clearing came from the Tapping session with Dr. Danielle. She is even teaching me how to do this Emotional Freedom Technique for myself for other issues and pain. I highly recommend Dr. Danielle Duperret as she is the best in her field of energy work and emotional clearing! Margaret D., Las Vegas, NV*

*We all know that healing one's life is an ongoing process but, after five decades of working on myself, I was getting weary. Recently, the universe gave me a gift and I discovered in Dr. Danielle someone to teach me **simple techniques resulting in timely, visible and tangible results**. Thank You! Karen C., Las Vegas, NV*

*The session we had as a group to learn tapping came at a perfect time in my life. I was facing a wall of **stuffed and denied grief** after the shock of 1 family and close friend death after another resulting in 5 losses in a short period of time. After learning the tapping I was able to get in **touch and release the pent up grief**. During the following week, I tapped on all sorts of issues including minor every day challenges which were bothering me. If I worried about something, especially to the point where my thoughts were like a broken record I would tap. The thoughts subsided, I felt uplifted and the given situation turned out better than expected. Beyond a desired outcome I noticed that there were improvements that went beyond what I had tapped for. I also tapped for a periodic skin break out which is continuing to improve. Thanks for sharing tapping as in a little over a week, I have noticed such a difference and in general feel more peaceful and at ease. Denise*

"I leave her office smiling, and energized." Heather.T.

"Danielle uses many different tools to achieve lasting improvements. My **chronic depression has vanished.**" Roberta.G.

"Her techniques are **quick and powerful.**" Christy H.

"I don't seem to worry anymore. I had the **best month I have had** since I began my business 2 years ago." Donna L.

"My **sex life has been restored.**" B.B.

"My stiff knee is gone; **I can dance again.**" Melinda F.

*My **energy level has returned** and I have lost 15 lbs." Virginia G.

"The F.R.E.E.D.O.M. workshop was well-taught, exhilarating, informative, and useful. Many of the materials in the handbook have been **very useful to my patients.** They and I thank you." Carl Hendel, MD

"The F.R.E.E.D.O.M. class was very informative, exciting new concepts, presenting complex material in a straightforward, easy to understand style, fun!" Sheva Feld, PhD

An experienced practitioner and teacher, Dr. Duperret brilliantly **combines the cognitive, emotional and spiritual elements of her own insightful nature to promote wellness** and to mitigate distress in others. Dr. Duperret's advanced certificates and diplomas include Interactive Guided Imagery to Cranio-Sacral Therapy, Reiki, Sexology, Allergy Control, Detoxification, Biofeedback, EFT (Emotional Freedom Techniques), and Quantum Healing. Her **well-attended and highly regarded seminars** for practitioners and individuals address the steps that allow one to achieve health, a rock-solid sense of well-being, and sovereignty over one's life.

My clinical observation of Dr. Duperret's techniques confirms that **she approaches each patient as a unique individual with unique issues.** She does so with gentleness, empathy, and the knowledge to heal and even save lives. She has my total confidence.

Sincerely, Dr. Pravin Patel, ND

I am writing this letter to THANK YOU for your EFT (tapping) class. You are very much a professional who not only knows what you are teaching but are also available at any time to help with whatever questions I have had.

Here are a few of the examples that I have used EFT (tapping): at least 3 woman who were having **menstrual cramps**, pain was gone after one short round, I have heard from one of them that she doesn't have any more pains during her menstration.

PMS, after 2 short rounds not grouchy anymore.

I worked with 2 women who were getting a divorce and couldn't talk about it without crying much less think straight. The longest took 40 minutes. When we were done they were able to tell their husbands where to go and able to stick up for themselves.

*Lastly, I worked with a woman whose 9 yr. old son was **seeing things in the dark** so he **couldn't sleep** and she went home and taught him and guess what, **after 2 short rounds GONE!** Now he uses it with anything that bothers him.*

These are only a few of the problems I could continue but I would run out of paper, I have found for the EFT that you have taught me I can try it on anything. I sincerely THANK YOU, and I know that anyone else you teach will succeed and if they need more help YOU ARE ALWAYS THERE TO HELP. Feel free to show this to anyone you like, they can contact me also.

John Cerda, CMT, MyP, CBT

*I would like to thank you for your wonderful work and in helping me successfully overcome the devastation of **Legal Abuse Syndrome, Post Traumatic Stress Disorder, Fibromyalgia and Chronic Fatigue**. For years I have worked with medical doctors, researched and changed many aspects of my life, in dealing, coping and applying medications, nutrition and stress therapy for remedy and to most hopefully, find a cure. The process has been slow and gradual until attending your Emotional Freedom Techniques Therapy. I am amazed and cannot say enough regarding the immediate results and ability to focus throughout the day as it pertains to my health and clarity in being able to make decisions without suffering from the effects of my diagnosis. Even my family and friends are telling me about the changes in my voice, attitude, physical body and energy and are interested in attending also! I can't believe how with each day I look forward to the future now, and to the wonderful possibilities that lie ahead knowing, I can manage my life with a healthy outlook and potential of development I have long awaited for. Thank you for your work and treatment you do in EFT and for the wonderful opportunity of treatment. Best Wishes to you, your practice, and to all your future clients. Sincerely, S.C.*

*"Dr. Danielle it has been so long. **You saved my life from anorexia** when you treated me in La Grange, CA. I've been divorced 12 years now. I'm fully recovered. I'm so grateful for you. I am forever indebted to you. **You saw something in me that I couldn't see at the time**. You planted the seeds to aid in my recovery. You were always so positive and saw my potential. It helped me to learn to cope with life in a more positive way. I don't know how I survived. It was literally by the grace of God and you believing in me. Dr. Danielle, I would love to devote my life to helping other eating disorder survivors and domestic violence survivors as well." Norma H.*

For more information, go to

<http://takingyourlifebackstartsnow.com>