



TOP 5 MOST BURNING QUESTIONS FOR UNIFIED THERAPY™

When we start the healing process, consistency is the key to break the cycle. Just like any new exercise program, the hard part in the beginning is the soreness and wanting to give up.

1. Q: How long is this going to take?

A: It depends... it depends on YOU. In general, it takes 1 to 2 times a week for 4 to 6 weeks to see a change in symptoms. If not, we will re-evaluate. Of course, every individual is unique. More often it's like peeling away the layers of an onion. We release restrictions layer by layer until we get to the core issue that's been holding all the others in place.

Here are some variables that determine how fast someone can heal:

- Overall health. Healthy people heal faster. Younger people heal faster.
- Other health issues such as diabetes, heart disease, high blood pressure, tobacco use, alcohol abuse and body weight all influence healing rates and make time to heal longer.
- Diet. People who consume more nutrients in their calories heal faster than those who eat primarily processed foods.
- Rest levels. Our bodies need sleep and rest to rebuild. A lack of sleep slows healing time.
- Stress levels. People who have high levels of stress heal more slowly.
- Sedentary lifestyle. People who sit all day for work or to watch TV heal more slowly.
- People who follow advice and instruction from top level healthcare professionals heal more quickly than those who do not follow through with care.
- Readers heal more quickly.
- People who think there's hope tend to be more persistent and won't let anything stop them.

2. Q: How do I know the cause of my pain?

A: As you become more connected and aware, you will know. The cause of pain is not always what you think. It's often generated by the unconscious. Consciousness is the goal.

3. Q: How does Unified Therapy™ differ from other healing modalities?

A: While a lot of therapies just deal with the biomechanical or mental aspects of a condition, Unified Therapy™ - the cornerstone of Jim's work – is the only known toxic stress, anxiety, and pain therapy

that allows active participation in the healing process. It is the new model for addressing all the components of neuromuscular pain. All components must be addressed and unified for long term healing to take place.

4. Do you think Unified Therapy™ could help with psychosomatic issues, as I have pains in my body that I think may be really related to my emotions?

A: Unified Therapy™ is ideal for psychosomatic issues such as pains in the body that may be related to emotions. If you are suffering from syndromes or symptoms that cannot be explained medically, then Unified Therapy™ is for you.

5. Q: What do I need to do for complete care? Am I going to relapse?

A: It has been shown that by-weekly or monthly sessions can dramatically improve your state of health, slow down degeneration and release the most important attribute to disease and illness – TOXIC STRESS!

Toxic Stress (relationships, family, job) is one of the major causes of illness and death. Science says and has proven that most disease comes from abnormalities in stress physiology that starts early. Don't wait until you are in pain or get overwhelmed to schedule an appointment.

The Advanced Stages of Unified Therapy™ are the people who are seeking Prevention: prevention of further pain, surgeries, illness, and disease. Overcome recurring health problems and strengthen what was lost. Release the accumulative negative effects of stressors (ex: from family, work, overwhelming events or diagnoses). Helps create allostasis to give you the ability to have peace under crises and life's challenges.

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Thank you for trusting me with your health and healing process. I commend you for taking charge of your life and health and will fully support you in any way I can. I look forward to working with you.