

malibu

C H R O N I C L E

*Kathy
Faulstich*
PRIVATE TRAINER



Bring
Out Your
Beach
Body
with Kathy
pg. 7

Befriend
Your
Memory

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20

restaurants
in 8 miles of PCH
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"A NEW STUDY HAS REVEALED THAT PEOPLE WHO DON'T DEAL WITH THEIR STRESS EFFECTIVELY ARE MORE LIKELY TO ENCOUNTER SOME FORM OF MENTAL ILLNESS 10 YEARS DOWN THE ROAD!"

TECHNOLOGIES THAT RELEASE THE CAUSE OF STRESS

BY DEEPAK CHARI, M.S. & ROOPA CHARI, M.D.

→ STRESS

is all around us and is a part of our daily life. It is important to know that stress is not due to the actual events that take place in our lives but is our perception or interpretation of a real or imagined threat to our body or identity.

The aging process can be sped up with excess stress due to the increase in stress hormones such as cortisol and adrenaline, which affects us mentally, emotionally, and physically. This can cause an increase in belly fat, depression, anxiety, memory loss, hair loss, decrease in hormones, muscle loss, high blood pressure, insomnia, palpitations, and food cravings. It can also weaken and suppress important systems in your body including the immune system, digestive system, and the reproductive system. A new study has revealed that people who don't deal with their stress effectively are more likely to encounter some form of mental illness 10 years down the road!

It is important to know that if our reactions to stress are determined by our perceptions or views of a situation or event, then our perceptions can be changed. Our perceptions of the events in our life are subconscious reactions based on our beliefs, (attitudes and views usually developed from childhood).

For example a golfer may learn better techniques, but at a subconscious level is still held back by the perceptions he or she may carry about their abilities to master their game. Or in relationships, a woman may repeatedly attract abusive men because of her perceptions of her self-worth.

In order to understand the underlying causes of these stresses we combine state of the art biofeedback with voice mapping to release subconscious emotional blocks to transform your previous limiting perceptions.

These technologies are based on the body's ability to respond to subtle stimuli. Using the body's natural energetic field via a bio-communication hand unit and a person's voice, a communication link is established. Through this connection, the special software sends stimuli and then records the body's response. This conversation is called bio-communication, and it provides insights into health and wellness as well as facilitates the release of stress from the mind and body.

For example, one of our clients, Jane (not her real name), who is a singer, felt very anxious and powerless before and during her performance due to her perception that she was not good enough. After her sessions with our advanced technology, she performed in the largest hall of her career and felt very confident and powerful. The audience responded with ecstasy and she said it was the best performance she's ever done. This happened because her limiting subconscious perceptions that she was not good enough or talented enough were positively changed.

Advanced bio-communication technologies facilitate the release of subconscious and conscious emotional stress. As a result, you have a new perception of the previous stressful event. Some of the many benefits include greater peace of mind and deep restful sleep, along with increased energy, productivity, and confidence.

Business owners report greater success in their business, and even the quality of a person's voice improves so that singers, speakers, and actors perform better!

These advanced technologies can quickly release stress by transforming our perceptions, which can transform the quality of our life, health, and career. ■



Dr. Roopa Chari is a Board Certified integrative medical doctor in Internal Medicine and her brother Deepak Chari is an Engineer and Certified Biofeedback Specialist at The Chari Center of Health, an advanced Holistic Integrative Medical Center in Santa Barbara, CA.
www.charicenter.com