



## Manage your stress.

If you feel chronically overwhelmed, anxious and exhausted, there is hope. LaserHealth's comprehensive Stress Management Program can help you improve your quality of life with cold laser therapy, a painless, non-invasive and drug-free treatment that is used to treat stress and anxiety.

We all have significant demands upon us in life. Work, family and finances are just a few of the bigger demands that, over an extended period of time, can increase our stress levels exponentially and begin to negatively affect the mind and body. How we manage both the pressures of everyday living and the anxieties associated with stressful events is truly the crux of creating a healthy lifestyle.

In combination with laser therapy, our behavioral program will help you pinpoint the origin of your stress and provide you guidance on how to reduce and deal with anxiety.



## Enhance Wellbeing and Gain Energy.

Cold laser therapy energized normal body chemistry to stimulate a feeling of wellbeing. Lasers are used on specific points of the body called meridians to release endorphins, the body's natural pain relievers and "feel good" chemicals. This stimulation in turn balances the body's energy.

In addition to laser therapy treatments, you will receive helpful relaxation techniques that apply to everyday situations. Our technicians

work with you to establish realistic, positive behavioral changes that help to reduce the negative effects of stress on your mental and physical health. Cold laser therapy has helped thousands of people manage, reduce or eliminate the source of stress and anxiety in their lives.



*Call us today to effectively manage your stress and become healthier.*